

SHAKE THE FUTURE.



STUDENT GUIDE BOOK 2020 – 2021

SUMMARY

SUMMARY.....	1
I. GETTING TO NANTES.....	3
1. AIRPORT.....	3
2. TRAIN STATION.....	3
II. LIVING IN NANTES.....	5
1. CVEC.....	5
2. BANK ACCOUNT.....	5
3. ACCOMMODATION INSURANCE.....	6
4. ELECTRICITY CONTRACT.....	6
5. WATER CONTRACT.....	7
6. MOBILE PHONE.....	7
7. CAF.....	7
8. TRANSPORTS IN NANTES.....	8
9. PHOTO BOOTH IN NANTES.....	9
10. DRIVING LICENSE.....	9
11. GROCERY SHOPPING.....	9
12. VISITING NANTES.....	10
III. HEALTH INSURANCE.....	12
1. AMELI.....	12
2. CARTE VITALE.....	12
3. DOCTOR APPOINTMENT.....	13
4. MUTUELLE.....	13
IV. IMMIGRATION FORMALITIES.....	14
1. OFII.....	14
2. VISA RENEWAL.....	14
V. USEFUL APPS TO DOWNLOAD IN NANTES.....	15
1. NAONED.....	15
2. CAF / AMELI / MUTELLE.....	15
3. SNCF.....	15
4. ELECTRICITY.....	15



VI.	FOLLOW US FOR THE LATEST NEWS	15
1.	FACEBOOK.....	15
2.	iNSTAGRAM	15
3.	TWITTER.....	15
4.	student intranet.....	15
5.	ALPHA.....	15
VII.	LEAVING NANTES.....	16
1.	APPARTMENT NOTICE.....	16
2.	INSURANCE CANCELLATION.....	16
3.	ELECTRICITY / WATER CANCELLATION.....	16

I. GETTING TO NANTES

1. AIRPORT

Nantes has an international airport close from the city "Nantes Atlantique" you have direct flights from/to the main European countries and flights connecting from/to Paris.

- *Flying via European cities*

If you are coming from "East" India for example, considering flying through Germany or The Netherlands and arrival in Nantes with Lufthansa (for example) might be a cheaper option than flying via Paris.

If you are coming from "West" South America for example, considering flying through Spain (Madrid) and arrival in Nantes, might be a cheaper option than flying via Paris.

- *How to reach Centrale Nantes from Nantes airport*

You can take the Shuttle bus (navette) directly to city center and stop at "Commerce", then the **tram 2** (direction Orvault Grand Val) to the stop "**Ecole Centrale-Audencia**". This second option is faster but costs €9. You use the same ticket for the bus and the tram.

For a cheaper option: when you arrive at the airport, take the **Bus 48** and stop at the next stop which is called "**Neustrie**". Then take the **tram 3** to the stop "**Commerce**", and then the **tram 2** (direction Orvault Grand Val) to the stop "**Ecole Centrale-Audencia**". (Price of one bus/tram ticket: €1,70 - you use the same ticket for the bus and the tram).

2. TRAIN STATION

Nantes has a big train station with connecting trains to main cities in France and direct trains from Paris main airport "Roissy Charles de Gaulle".

- *Roissy Charles de Gaulle Train station*

One train station is located inside Terminal 2 of the airport. Check while booking your train ticket that you are taking a direct train. The journey lasts for approx. 3h30.

- *Paris Montparnasse Train station*

Note that this train station is located in **Paris city center**. It can be reached by coach "Le Bus Direct" (ex: Air France buses).

From Orly airport: 1 h drive - €18

From Charles de Gaulle airport: 2h drive - €18

- *How to book a train ticket*

You can use the following website : <https://www.oui.sncf/>

- *How to reach Centrale Nantes from the train station*

When you arrive at the train station, go down the platform and take the exit "**Sortie Nord**" (the other exit leads to another part of the city). Take the **tramway 1** (direction François Mitterrand) and stop at "**Commerce**". Then take the **tram 2** (direction Orvault Grand Val) to the stop "**Ecole Centrale-Audencia**". (Price: €1,70 for one ticket that you can use for 1 h – buy the ticket at one of the machine at the tram stop).



II. LIVING IN NANTES

1. CVEC

In order to finish your registration with Centrale Nantes, you will need to pay for the CVEC (Contribution Vie Etudiante et de Campus).

The CVEC is an annual **MANDATORY** contribution to student and campus life: €92.

- CVEC contribution DOES NOT apply to executive education students or semester or year exchange programme students, neither to Foundation Master students. If you have any doubts whether you should pay it or not, refer to the DRI (International Relations Office)

- ***CVEC Procedure:***

- Login to/ create an account on the following link <https://bit.ly/2ViD5mU>
- Indicate « NANTES » as your city of study
- Pay your CVEC contribution
- Receive proof of payment

Learn more: cvec.etudiant.gouv.fr or [CVEC FAQ](#)

If you wish to pay cash, you can go to a Post Services in Nantes.

2. BANK ACCOUNT

You can open an account in any bank.

In Centrale Nantes we work with BNP Paribas, that gives special offers to our students.

- ***BNB Paribas***

Address: NANTES 50 Otages - 3, Allée Jean Bart - 44 000 Nantes

Your advantages:

- **€80** at the opening of your bank account credited
- **Free account** – with “Esprit Libre” including a visa card for withdrawals and payments, insurance for theft or loss of your card, 2 standing transfers and 2 certified checks per year with no extra charge

You can contact them at nantes-50-otages-hotel-de-ville@bnpparibas.com

- ***Other banks***

Crédit Mutuel - <https://www.creditmutuel.fr/home/index.html>

LCL (at Bourgeonnière Stop) - <https://www.lcl.fr/>

Banque Populaire - <https://www.banquepopulaire.fr/portailinternet/Pages/default.aspx>

3. ACCOMMODATION INSURANCE

To enter your accommodation in Nantes and get the keys, you will need to provide Accommodation insurance.

Thanks to our partnership with **BNP Paribas**, you can subscribe the insurance before arriving to Nantes. Please contact them **at least 10 days before your arrival. If you subscribe insurance with BNP Paribas you will have to open a bank account with them. (see above)**

If you do not want to open a bank account with them (or wish to wait to be in France to open your bank account), you can use the following insurance for example:

- MAAF – <https://bit.ly/3eBOsOu> approx.€5 per month for 9m2 room
- MACIF - <https://bit.ly/2Bbje2l> approx. €5 per month for 9m2 room
- MAE - <https://bit.ly/3eNb92B> approx €4 per month for 9m2 room

(Everything can be done on line - prices depend on the size of the accommodation).

Required documents:

- Copy of your Passport
- Exact date of arrival in Nantes
- Copy of residence booking confirmation
- Centrale Nantes acceptance letter

4. ELECTRICITY CONTRACT

For some places you will have to subscribe an electricity contract.

- *Which company ?*

To do so you will have to choose a contractor such as:

HAPPY-E - <https://www.happ-e.fr/>

ENGIE - <https://particuliers.engie.fr/>

OUI PLANETE (Green energy) - <https://bit.ly/2VklNec>

(the above mentioned are only examples)

- *How to register?*

To register online, you will need a RIB (bank details), choose if you want a monthly automatic payment (recommended) or half-yearly.

They will ask you for a "Relevé de compteur". You will press the "+" button to give them the numbers on the device for "Heures Creuses"(HC) and "Heures Pleines"(HP).



No need to register for the Gaz as most of your accommodation will be only with electricity.

5. WATER CONTRACT

For some places you will have to open a water contract.

Nantes Metropole – Boulevard de Seattle – 44923 Nantes Cedex 9

- *How to register*

- You can call them: 02 40 18 88 00 to open a contract

- Send an email to: regie.eau@nantesmetropole.fr

- Or use the following link: <https://bit.ly/2VKiZT9>

They will ask for your “Relevé de compteur”, you will have to give them the numbers that are in your device outside from your room.

6. MOBILE PHONE

When you will reach France you will for sure need a French Sim Card.

The following providers offer no-biding pay monthly plan. Before subscribing check the amount of datas for each offer.

- *RED by SFR* - <https://www.red-by-sfr.fr>

- *Sosh* - <https://www.sosh.fr/>

- *B&U* - <https://www.bouyguestelecom.fr/forfaits-mobiles/sans-engagement>

- *Free* - <http://mobile.free.fr/>

7. CAF

CAF is the “Caisse d’Allocations Familiales” that **reimburses you some accommodation fees** depending on the type of accommodation and your monthly rent.

CAF can be subscribed only after your arrival, and can be done online.

<http://www.caf.fr/>

- *APL = Aide au logement*

APL is an amount that will be reimbursed for your accommodation rent.

APPLY online as soon as you enter your accommodation as it is not retroactive! First month you won't benefit from the CAF it will start 2nd month.

(If you enter your accommodation July 31st, open your CAF account on the same day, so that you will receive the APL starting from August. Please note that payment will be made the next month: in September for the example.)

One of the questions that will be asked is if you live in a CROUS residence or not.

- **Required documents if you live in a CROUS residence**

- Copy of passport
- Copy of your valid "Titre de séjour"
- Certificate from the CROUS – check with your residence
- Bank details (RIB) - **French bank account is compulsory**
- Other documents may be requested when you fill in the online application

- **Required documents if you live in a private accommodation**

- Copy of passport
- Copy of your valid "Titre de séjour"
- The proof of address form filled out by your landlord, if this is requested at the end of your application
- Bank details (RIB) - **French bank account is compulsory**

Please note: students under "Long Séjour Temporaire" Visa cannot benefit from the CAF.

8. TRANSPORTS IN NANTES

TAN is the bus/tram network in Nantes.

www.tan.fr

There are different formulas:



- **Formule illimitée**

You can use the buses/tram any time you want unlimited time per month.

- You are less than 26 years old -> €28 per month over 10 months (2 months are free)
- You are 26 years old or more -> €60,61 per month over 10 months (2 months are free)

- **Sur-mesure**

You pay on a ticket basis each time you use the buses/tram. With this formula you do not need to buy a ticket each time you travel but every month it will be charged on your bank account.

- Price per ticket: €1,51 (normal price when you buy a ticket in a vending machine is €1,70)

- **Registration**

- Fill the document <https://www.tan.fr/fr/contrat-formule-sur-mesure>
- Either send it per post with the required document or leave it at the TAN shop in the city center "Commerce"

- **Required documents**

- ID photo (format 45 x 35 mm) with names written at the back of the photo
- Copy of your passport
- RIB/IBAN linked to the account
- SEPA document signed = authorization for TAN to charge your account

9. PHOTO BOOTH IN NANTES

For your TAN card or other administrative paper you will need photo. Following are different places where you have photo booth:

- **Bourgeonnaière**

Tram Stop Bourgeonnaière inside the Tobacco Shop

- **City Center**

There are many places Monoprix, Fnac, "Passage Pommeraye",
Train Station, Galeries Lafayette

- **E. Leclerc Supermarket in Orvault Grand Val (Tram Line 2)**



10. DRIVING LICENCE

No need to do anything, if you are an international student, you can drive in France with your driving licence during your studies.

11. GROCERY SHOPPING

- **E. Leclerc in Orvault Grand Val**

Huge supermarket for you grocery shopping. Direct access from Centrale Nantes with the Tram line 2.

- **Super U - Bourgeonnaière**

Small supermarket 2 tram stop from Centrale Nantes easy access with tram Line 2

- **City center supermarkets**

There are many little supermarkets in the city center for your groceries, there are more expensive than E. Leclerc which is bigger and has more choice.

- *Lidl and Aldi*

Those supermarkets are discount stores where you can get groceries for cheaper price and less choice.

12. VISITING NANTES

Every first Sunday of the month, few museums in Nantes are free of charge (except in July and August).

13. KEEPING YOUR ACCOMMODATION CLEAN AND TIDY

In all the CROUS residence and private residences you will have to clean your own accommodation.

- *Bathroom*

Clean the sink, shower and toilet using proper chemicals. Do not forget to remove the hair in the shower bung.

- *Kitchen*

Do not throw food leftovers in the sink, use your bins.

- *Floor*

Use broom to swipe the floor and use water, chemicals and mop to clean your floor (we recommend to do it weekly).

- *Windows*

Every day open at least 10 min your window to renew the air.

- *Garbage bins*

In Nantes we recycle:

- Yellow bin bag - cardboard, can, aerosol spray, paper, newspaper...
- Blue bin bag - daily waste, plastic bottles...

Do not forget to bring your bags every week to the bin room, so that they will be collected.

- Special glass containers - do not throw your glass bottles in the plastic bins, use the special container in the city (for example one is available in Recteur Schmitt tram stop)

- *Examples of chemicals*





Floor chemical

Bathroom/kitchen
chemical

Dishwashing liquid

Please note that for CROUS accommodation and private Student residence, it is written in the contract that they can access your room without noticing... **just to make sure you keep it clean and tidy.**

III. HEALTH INSURANCE

1. AMELI

- *European Students*

You should request your CEAM Card (European Health Insurance Card / Carte Européenne d'Assurance Maladie) before coming to France. Then you do not need to register to French Social Security as you are already covered.

- *Non-European Students*

You **NEED** to register to French Social Security. If you ever need to go to the hospital in France this will automatically trigger your medical coverage in France.

- *How to register once in France?*

After receiving your enrolment certificate "certificat de scolarité", you can register to the French Social Security **here**: <https://etudiant-etranger.ameli.fr/#/>

Ameli is the name of the website of the **French Social Security/CPAM**

Register to the website and complete the **mandatory** fields (name, date of birth, country of birth, email address, postal address in France, telephone number, etc.)

Create your account and upload mandatory supporting documents (passport/ID card, residence permit, birth certificate, registration certificate, IBAN, etc.)

You will receive a temporary social security number that will open your rights to social security.

2. CARTE VITALE

"Carte Vitale" is the card you will receive after being affiliated to the French Social Security.

Please note that **it will take 8 to 9 months to receive it** but you will be covered once you register.



Without this card if you go to a doctor you will need to fill in "une feuille de soin" and send it by post to the below address in order to get reimbursed:

CPAM Loire-Atlantique 9 Rue Gaëtan Rondeau, 44958 Nantes Cedex 9

3. DOCTOR APPOINTMENT

- *How to make an appointment with the Doctor?*

- SUMPPS - <https://univ-nantes.contactsante.fr/RendezVous>

- There is a **nurse** at Centrale Nantes. Ask her to know **the list of Doctors who speak English**.

- Search on **Doctolib** <https://www.doctolib.fr/> for the next available appointment (*might be the quickest option if you need to see a specialist*)

- *How much does a general consult cost?*

You should expect to pay €28 for a general consult. And you will be reimbursed approx. 70% of that amount.

4. MUTUELLE

As written above the French social security does not cover your medical expenses 100%.

That is why we use "Mutuelle" in France. That is a complementary health insurance.

You should pay attention to the different options they offer as the basic one will reimburse basic medicine and general consult. If you suffer from teeth or more complicated disease you should get a premium formula (more expensive).

- **HARMONIE MUTUELLE** – Yvon <https://www.yvon.eu/>

You can subscribe online with 2 formulas.

We have a specific email address for ECN students that can be reached in case of question:

AGSTHERBLAIN@harmonie-mutuelle.fr

Allow them 48h to answer your demand.

If you are 30 years old or older, you can contact them directly per mail, as you won't be able to confirm your contract on the website, they will send you a proposal.

- **LMDE** - <https://www.lmde.fr/>

Address: 6 Rue du Chapeau Rouge, 44000 Nantes

Another option with different prices, depending on the coverage you wish.

IV. IMMIGRATION FORMALITIES

1. OFII

- *Who needs to register?*

If you are a non-European student, you have to have your visa validated by the OFII (Office Français de Immigration et de l'Intégration) **in the first 3 months following your arrival in France.**

Validate your visa online with OFII

<https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

- *Required documents*

- Your email address
- Your visa
- Your date of entry if France
- Your address in France
- A credit card to pay for a virtual excise stamp (€60 for VLS-TS)

This is compulsory for each international student entering France with a visa. Do not miss this step or you won't be able to receive your Titre de Séjour.

2. VISA RENEWAL

No need to worry about it right now. We will get in touch with during Spring 2021.

And all information and latest procedures will be updated in the Student Intranet on Centrale Nantes website.

V. USEFUL APPS TO DOWNLOAD IN NANTES

1. NAONED

This application gives you a map of the tram/bus transports in Nantes. On each stop you can check when is the next tram/bus coming.

2. CAF / AMELI / MUTELLE

Downloading the apps will help you following your documents and payments.

3. SNCF

That is the train company in France. You can book train ticket for all train station in France as well as checking the timings.

4. ELECTRICITY

Downloading the app of your electricity provider will help you to check your consumption.

VI. FOLLOW US FOR THE LATEST NEWS

1. FACEBOOK

@CentraleNantesInternational



2. INSTAGRAM

Centralenantesinternational



3. TWITTER

Centrale Nantes Int



4. STUDENT INTRANET

You will be able to access the student intranet once the courses will start and you will receive your Centrale Nantes email address.

All the information you will need regarding academic, regulations, visas process, internships... will be posted on it.

5. ALPHA

Alpha is the website for Centrale Nantes associations with useful information.

<https://alpha-centralenantes.ec-nantes.fr/>

VII. LEAVING NANTES

After spending your wonderful months/years in Centrale Nantes, here are few things to remember before leaving.

1. APARTMENT NOTICE

At least 1 month prior to departure you will have to give your notice to your accommodation.

A letter with acknowledge of receipt has to be sent to your landlord or to the CROUS Residence explaining your date of departure.

Ex: If you wish to leave your accommodation on June 25th, you need to send the letter before May 25th.

Failure to do so you will have to pay one month rent for nothing.

2. INSURANCE CANCELLATION

At the same time of the above mentioned notice, you will have to advise your Accommodation Insurance to stop the contract.

3. ELECTRICITY / WATER CANCELLATION

Few days before leaving, you will have to stop your electrical contract (for those of you who needed to open one).

Note the numbers written in your electrical system (usually 2 big numbers) with your consumption and call them. You give your date of departure. Contract will then stop. They will calculate if you owe them money or if they will reimburse you.