



PRACTICAL INFORMATION GUIDE FOR EXCHANGE STUDENTS

université
Paris Ouest
■ ■ ■
Nanterre La Défense

SRI

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WHAT IS A UFR ?

The term UFR in French higher education refers to a School or Faculty. For example, the Faculty (or School) of Law. Université Paris Ouest Nanterre La Défense (UPOND in French) is made up of 8 faculties, each one of which is then divided into departments.

Paris Ouest offers a wide range of academic disciplines, most of which are open to exchange students without any special requirements. Students may also sign up for and take part in the sports activities which are organised on campus. If you are interested in playing sports on campus, please go the SUAPS Sports Centre (opposite Building V) and register. This is a very good way to meet French students, so this type of activity is strongly encouraged!

LIST OF FACULTIES

1 - **SPSE** - Sciences Psychologiques et Sciences de l'Éducation / *Faculty of Psychology and Education Studies* - Building C

2 - **SSA** - Sciences Sociales et Administration / *Faculty of Social Sciences and Administration* - Building D et DD

3 - **LCE** - Langues et Cultures Etrangères / *Faculty of Modern Languages and Cultural Studies* - Building V

4 - **DSP** - Droit et Science Politique / *Faculty of Law and Political Science* - Building F

5 - **SEGMI** - Sciences Économiques, Gestion, Mathématiques et Informatique / *Faculty of Economics, Business and Management, Mathematics, Computer Science* - Building G

6 - **STAPS** - Sciences et Techniques des Activités Physiques et Sportives / *Faculty of Sports Sciences and Physical Education* - Building S

7 - **PHILLIA** - Philosophie, Information-Communication, Langues, Littératures, Arts du Spectacle / *Faculty of Arts, Philosophy, Communication and Information Studies, and Performing Arts* - Building L

8 - **SITEC** - Systèmes Industriels et Techniques de Communication / *Faculty of Industrial Systems and Engineering Communication Technology* - Saint-Cloud Campus



WHAT CLASSES SHOULD I CHOOSE ?

The choices you make should be done in conjunction with your Educational Coordinator and in accordance with the contract signed with your home university. Below is some important information about university education in France.

a) What is a TD and a CM?

Instruction is provided in two forms: lectures (CM – cours magistral) and tutorial classes (TD – travaux dirigés).

- Tutorial classes have a maximum of 35 students. The aim of a tutorial class is to bridge the link between the theoretical and practical aspects of the subject being studied. To fully benefit from the tutorial classes, it is indispensable to prepare your work in advance.
- Lectures generally take place in a university amphitheatre. Students participate less in this type of teaching given the number of people in attendance (for example, up to 1,000 students in law lectures).

b) Department Education Handbook and class times

All university departments provide a handbook which summarises the classes being offered and the corresponding number of ECTS credits. As an exchange student you should do the following:

- Obtain the Education Handbooks from the departments which interest you. You can get them either from the department's administration office or online.
- Write down and remember the class code, class name and instructor's name.
- Find the class times based on the class code (class times are generally posted next to the department's administration office so that students can choose their classes based on their availability).
- Go to the department's administration office to register for the tutorial class of your choice. Do this quickly as tutorials often fill up very fast.

c) What is the grading system in France?

Grades in France are awarded on a scale of 1-20. A grade of 20 is the maximum level and a 10 denotes a passing grade. Any grade under 10 means that the student will not pass the class and will not receive the ECTS credits.

IMPORTANT NOTE ABOUT ATTENDANCE – Students are expected to regularly attend classes. If a student misses more than 3 classes – and whether these absences are justified or not – the student will be expelled from the class.



It is generally much easier for exchange students to meet French and foreign students if they participate in the different cultural and sports activities which are organised on campus (see the chapter on “cultural and sports activities”).

The **Nanterasmus Association** regularly organises events for exchange students! Please go their Facebook page to find out more:

nanterasmusparis10

The web site dedicated to student associations contains a wealth of information on cultural activities. Visit this site and find out what is happening now: **culture.u-paris10.fr**

Go to the “Café-Langues” at the Language Resource Centre!

Foreign students are invited to come and talk to university students and personnel over a cup of coffee. The aim of this conversation exchange is to have fun speaking a language in an informal/relaxed/non-threatening environment, while also meeting and getting to know people on campus. Conversation exchanges are open to all language combinations. The Café-Langues takes place every Wednesday from 2 to 4 pm at the **Millénium**. Find out more about at:

crl.u-paris10.fr

Having the blues? The Réso-U helpline is there for you!

If you are having the blues or experiencing some small problems, you can contact the helpline in Building G -Mezzanine level.

Tel: 01 40 97 75 50

E-mail: **reso-u@u-paris10.fr**

Your Educational Coordinators are also here to help you, so please feel free to contact them if you need any assistance.



▾ PRACTICAL INFORMATION

Important – the prices indicated below are only intended to give you a general idea. Please check the appropriate web sites for up-to-date information.

DIFFERENT TYPES OF TRANSPORTATION

AIRPORT INFORMATION (www.aeroportsdeparis.fr)

> Paris Charles De Gaulle ROISSY & Paris ORLY

How to get to the Paris Airports:

>  line to go to Paris Charles De Gaulle ROISSY and to Paris ORLY

Low cost flights :

> EasyJet (www.easyjet.com) & Ryanair (www.ryanair.com/fr)

TRAIN TRAVEL

SNCF railway company : You can travel by train in and around Paris as well as throughout France.

If you want to travel in France by train, go to www.voyages-sncf.com

This site will provide you with information about the different types of train travel in France (TER, TGV, THALYS, TEOZ).

PUBLIC TRANSPORTATION FOR PARIS AND THE SUBURBS

RATP public transportation: underground + RER express trains + buses

> RATP information (transportation times, current traffic conditions, maps, etc.) - www.ratp.fr

>Transilien Paris area public transportation - www.transilien.com

> Noctilien/Noctambus night buses - www.noctilien.fr

Ticket prices

1 metro ticket: € 1.80 / 10 metro tickets: € 14.10

Travelling by car

> Routard travel information- www.routard.com

> Michelin travel information - www.michelinguide.com

> Bison Futé (information about traffic conditions) - www.bison-fute.equipement.gouv.fr

Touring Europe

> By train - www.eurail.com

MEDICAL INFORMATION



HOSPITAL AND CLINICS

Hôpital Max Fourestier

403 av. de la République
92000 Nanterre
Tél. : 01 47 69 65 65

Hôpital Foch

40 rue Worth
92151 Suresnes
Tél. : 01 46 25 20 00

Clinique de La Défense

16 bld Émile Zola
92000 Nanterre
Tél. : 0 826 30 92 92

Hôpital Louis-Mourier

178 rue des Renouillers
92701 Colombes Cedex
Tél. : 01 47 60 61 62

PHARMACIES WITH EXTENDED HOURS

Grande Pharmacie Daumesnil - open 7 days a week

6 place Félix Eboué 75012 Paris
Tel. : 01 43 43 19 03
Underground station - Daumesnil (lines 6 and 8)

Pharmacie européenne - open 24/7

6 place de Clichy 75009 Paris
Tel. : 01 48 74 65 18
Underground station - Place de Clichy (lines 2 and 13)

Pharmacie Les Champs Dhéry - open 24/7

84 av. des Champs-Élysées 75008 Paris
Tel. : 01 45 62 02 41
Underground station - George V (line 1) or Franklin D. Roosevelt (line 1 and 9)

Web sites :

www.monpharmacien-idf.fr

www.pharmaciesdegarde.com

www.aquelleheure.com/pharmacies



USEFUL PHONE NUMBERS

Emergency telephone numbers in France:

18 - Fire, accidents and medical emergencies (Pompiers)

15 - Medical emergencies in cities (SAMU)

17 - Police

SOS Emergency doctors (24/7): 3624

Anti-poison centre in Paris: 01 40 05 48 48

Fraud hotline: 0 811 02 02 17

Gouvernement administrative information: 39 39

Child protection hotline: 0 800 05 41 41 or 119

Emergency shelters: 0 800 306 306 or 115

PUBLIC HOLIDAYS

FRANCE

New Year's Day

Easter Monday

Labour Day

WWII Victory Day

Ascension Day

Pentecost Monday

National Holiday

Assumption of Mary

All Saints' Day

Armistice Day

Christmas

2016

1er janvier

28 mars

1er mai

8 mai

5 mai

16 mai

14 juillet

15 août

1er novembre

11 novembre

25 décembre

2017

1er janvier

17 avril

1er mai,

8 mai

25 mai

5 juin

14 juillet

15 août

1er novembre

11 novembre

25 décembre

COST OF LIVING (GENERAL EXAMPLES)

Meals and food:

Main dish in university restaurant: €3,20

Fixed price menu in a fast-food restaurant: €7

Fixed price menu in a brasserie or restaurant: €10-20

1 sandwich: €4-6

1 coffee: €2

1 baguette: €1

1 croissant: €1,10

6 eggs: €2-3

1 litre of milk: €2

1 kilo of potatoes: €2-3

1 kilo of rice: €3



SPORTS FACILITIES ON CAMPUS

- > Olympic-size swimming pool (swimming, diving, water polo, aqua gym)
- > Weight room with about 20 weight lifting machines and a fitness centre (step, cardio-training, stretching)
- > Martial arts dojo and a boxing gym (boxing, judo, jujutsu, capoeira)
- > Dance studio (contemporary dance, jazz, mime and clown, social dances, belly dancing, African dancing, hip-hop)
- > Sports hall (team and racket sports)
- > Fencing room

For more information: www.nanterresportcampus.fr

Tel.: 01 40 97 73 91

Fax: 01 40 97 47 24

CULTURAL ACTIVITIES ON CAMPUS

The Campus Cultural Club (SGACAC) offers students artistic workshops (music, theatre, photography, dancing, etc.), support for student association projects and support for student initiatives dedicated to on-campus cultural activities.

Artistic Workshops

- > **Photography**
- > **Theatre**
- > **Physical theatre**
- > **Choreographic creation**



> **Mélo'dix University Symphony Orchestra**

The Mélo'dix Orchestra comprises 70 musicians who rehearse every week to perform major works of Western classical music, in collaboration with the University Vocal Ensemble (Dix de Choeur). Contact the Mélo'dix Association for information about auditions.

Web site: www.orchestremelodix.com

Facebook: Orchestre Melo'dix

> **Dix de Choeur University Choir**

The Dix de Choeur University Choir is open to all and provides aspiring singers with the opportunity to sing classical music, whatever one's starting level. The commitment required during this programme enables participants to perform concerts at the university and in outside locations.

Web site: www.dixdechoeur.fr

Facebook : Dix de Choeur - Choeur de l'université de Paris Ouest Nanterre La Défense

Cultural facilities on campus:

> Bernard Marie Koltès Theatre (1st floor - building L) - 500 seats (theatre, dance, concerts, etc.)

> Pierre Reverdy Exhibition Hall (Ground floor - building L) - 340 sq. metres (exhibits, shows, cultural gatherings, etc.)

> Student Cultural Centre (at entrance of university campus) (Exhibition hall, theatre rooms, music rooms, etc.)

For more information, go to the Student Cultural Centre or visit the web site about university cultural activities.

For more information: culture.u-paris10.fr

Tel.: 01 40 97 56 56

Fax: 01 40 97 47 20



GOING OUT IN NANTERRE

Useful sites:

Nanterre web site: www.nanterre.fr
Nanterre Tourist Office: www.ot-nanterre.fr

Social Programme Volunteer Association AFEV Hauts-de-Seine

33-39 bvd des Provinces Françaises
92 000 Nanterre
Tel. 01 47 24 31 93
Web site: www.afev-iledefrance.org

A “Social Action Platform” has existed at Paris Ouest since 2011. Its aim is to promote student involvement and strengthen the ties between the university and council estates. This programme is based in the Student Cultural Centre. The social action network is in contact with various student and French associations and is open to all Paris West University students who want to be involved in social action or who make use of their skills. This involvement may take several forms: volunteer work, remunerated social work or social action internships.

The Social Action Platform is actively involved in university student life and participates in events such as student-town meetings, student visits of the town and annual Social Action Information Days.

Cultural facilities in Nanterre

The city of Nanterre has a wide range of cultural facilities, such as the Music Centre, Conservatory, Daniel-Féry Music Performing Centre, Nanterre-Amandiers National Public Theatre, recording studios, artistic and cultural associations, La Forge Theatre, Municipal Hall and CinéArt Events Centre.

These facilities enable inhabitants of all parts of the city to enjoy cultural activities throughout the entire year.

For more information : www.nanterre.fr > «culture»

GOING OUT IN PARIS



Useful sites:

Paris city web site: www.paris.fr

Top things to do in Paris: www.quefaire.paris.fr

Going out in Paris: www.sortiraparis.com

Outings in Paris: www.parisbouge.com

Paris Tourist Office: www.parisinfo.com

Discounts in restaurants : www.lafourchette.com

The “Officiel des Spectacles” (€0.70) is a weekly cultural guide about activities and outings in Paris. It is published every Wednesday and can be purchased in newsstands.

www.offi.fr

Theatres

Thanks to the support received from the city of Paris, private theatres offer first and second category seating to young people under the age of 26. Tickets may be reserved by telephone or directly at the theatre.

For more information: **www.theatresparisiensassocies.com**

Museums

Paris has a large number of world famous museums such as the Musée d’Orsay, Louvre, Quai Branly, Cluny Museum (National Museum of the Middle Ages), Musée Rodin ... and many more!

For further information, visit each museum’s web site or go the Paris Tourist Office site :

www.parisinfo.com > «Visiter - Musées».



Paris City Museums

The city of Paris has 14 museums which are open from Tuesday to Sunday between 10.00 am and 6.00 pm. Access to the permanent collections is free of charge.

- > Musée d'Art Moderne de la Ville de Paris (Paris Museum of Modern Art)
- > Maison de Balzac (Balzac's House) – free except during temporary exhibitions
- > Musée Bourdelle (Bourdelle Art Museum) – free except during temporary exhibitions
- > Musée Carnavalet - Histoire de Paris (Carnavlet Museum dedicated to the history of Paris)
- > Musée Cernuschi (Cernuschi Museum dedicated to Asian art)
- > Musée Cognacq-Jay - musée du XVIIIe siècle de la Ville de Paris (Cognacq-Jay Museum dedicated to 18th century art) – free except during temporary exhibitions
- > Musée du général Leclerc de Hauteclocque et de la Libération de Paris - Musée Jean Moulin (Museum of General Leclerc and the Liberation of Paris – Jean Moulin Museum)
- > Petit Palais - Musée des Beaux-Arts de la Ville de Paris (Petit Palais Fine Arts Museum)
- > Musée de la Vie romantique (Museum of Romantic Life)
- > Maison de Victor Hugo (Victor Hugo's House)
- > Musée Zadkine (Zadkine Museum of Sculpture) – free except during temporary exhibitions

IMPORTANT!

There is a charge for admission to the following Paris sights: Catacombs of Paris, Archaeological Crypt of Notre Dame Cathedral and Palais Galliera - Museum of Fashion.

For more information, visit the Paris museum web site:

www.parismusees.paris.fr



Paris Youth Discount Ticket Offices (KIOSQUES PARIS JEUNES)

1. Where can I find a Youth Discount Ticket Office?

Kiosque Jeunes Le Marais - 14 rue François Miron 75004 Paris / open 10am - 7pm

Kiosque Jeunes Champ de Mars - 101 Quai Branly 75015 Paris / open 10am - 6 pm (opens at 1 pm on Thursdays)

Kiosque Jeunes Goutte d'Or - 1 rue Fleury 75018 Paris / 11am - 7 pm Tuesday - Friday

2. What is a Youth Discount Ticket Office?

All year long these ticket offices offer young people (between the ages of 13 and 30), who live, work or study in Paris, free or discounted tickets to a wide range of cultural events: theatre, dancing, comedy shows, concerts, sports events, trade fairs, etc.

The Kiosques Jeunes also provide detailed information about cultural and recreational activities in Paris.

3. Discounts, free invitations ... so, how does it work?

All year long these youth ticket offices negotiate a wide range of great deals. Every day you are entitled to the following maximum:

- 2 invitations per person for 2 different shows
- 4 discounted tickets per person for 3 different shows

4. What is a countermark?

A countermark is a personal pass which you must obtain from a Youth Discount Ticket Office. This pass entitles you to receive discounted tickets or free invitations. You must present your countermark at the event's ticket office in order to qualify for a discounted price or free invitation.

5. What are the available events?

The events offered by the youth ticket offices change all the time. Visit their web site for a complete list of current events on offer:

www.jeunes.paris.fr

This list of events is regularly updated.



USEFUL LINKS



Université Paris Ouest Nanterre La Défense
www.u-paris10.fr

International Relations Office
international.u-paris10.fr

IT Resources Centre
cri.u-paris10.fr

University webmail
webmail.u-paris10.fr

Student Cultural Center on Campus
culture.u-paris10.fr

University Physical and Sports Centre
nanterresportcampus.fr

PERSONAL NOTES

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