

STUDENT HANDBOOK



A : ACADEMIC CALENDAR

1. Academic year dates

- **Diploma Programme Year Yr 1 :**
Fall semester : 26 Sep 2006
Spring semester : mid Jan (to be confirmed)
- **Diploma Programme Year Yr 2 : 28 Aug 2006**
- **Orientation Fall Semester Diploma year 2 : 29 Aug 2006**
- **Orientation Fall semester Diploma year 1 : 22 Sep 2006**
- **Orientation Spring semester Diploma year 1 : to be announced**

Please note **ORIENTATION is MANDATORY for all INTERNATIONAL STUDENTS**

NO LATE ARRIVAL is AUTHORIZED and students must stay till their exams are over.

2. Organisation of semesters

- Diploma Programme year 1 : from early Sep 22 till mid Jan, from mid Jan till beg. May
- Diploma Programme year 2 : from early September till 2nd week of December.

3. Examination periods

- Diploma Programme Year 1, Fall semester : *3rd week of Jan*
2nd semester – end of April
- Diploma Programme Year Year 2 : 1st semester – from 18 to 22 Dec

4. Holidays

- Christmas : from 23rd December 2006 to 3rd January 2007
- February : from Feb 17th till fev 25th, 2007

Public holidays in France	
January 1st	New year's Day
Easter Sunday & Monday	Easter
May 1st	Labour Day
May 8	Armistice World War II (1945)
Ascension Thursday	Ascension Day + following Friday off
July 14	Bastille Day (Revolution 1789)
August 15	Assumption
November 1st	All Saints' Day
November 11	Armistice (1918) + following Friday off
December 25	Christmas Day



B : ECTS INSTITUTIONAL COORDINATOR

1. Identification

ESC Chambéry Savoie Group

Savoie Technolac, 12 avenue Lac d'Annecy
73381 LE BOURGET DU LAC CEDEX
FRANCE

Tel : (33) 4 79 25 32 54
Fax : (33) 4 79 25 33 54
http : //www.esc-chambery.fr

- The ESC Chambéry institutional co-ordinator is:

Bernard PINAT, Director

*ESC Chambéry Savoie Group
Savoie Technolac, 12 avenue Lac d'Annecy
73381 LE BOURGET DU LAC CEDEX
France*

*(33) 4 79 25 32 54
(33) 4 79 25 38 41 (direct line)*

*e-mail : b_pinat@esc-chambery.fr
Fax: (33) 4 79 25 33 54*

- International Relations

Mouloud MADOUN, Director of International Relations Office

*(33) 4 79 25 33 40 (direct)
e-mail : m_madoun@esc-chambery.fr*

Joëlle Silvestre, Assistant

*(33) 4 79 25 33 51 (direct)
e-mail : j_silvestre@esc-chambery.fr*

- Study Programme Department

Michèle CUDO, Head of Study Dept.

*(33) 4 79 25 38 32 (direct)
e-mail : m_cudo@esc-chambery.fr*



C : FORMALITIES IN THE HOST COUNTRY

1. Checklist of documents

- Even for a short visit as a student, you will need :
 - passport or identity card for EEA (EU) members
 - visa for non-European students, except Swiss nationals
 - several passport size photographs (3 minimum)
 - **birth certificate, made out by your own country and translated into French (for non EU students)**
 - medical insurance certificate or form E128 for European Community students. **Non EEC students coming to France to study more than 3 months will have to buy French Student Social Security. This is mandatory.**
 - blood group card (if you have any)
 - civil liability ("Responsabilité civile") insurance certificate (can be bought in France upon arrival)
cost : €15
 - proof from your bank specifying the amount of your resources (minimum 460 €/month)
 - car insurance certificate, if applicable

Remember to make several certified photocopies

2. Residence permit - marked "Student"

You must request a residence permit if you intend to stay for more than 3 months. The duration of the permit is limited to the validity of your passport and cannot exceed the duration of your studies (max. one year). It can, however, be renewed each year. **You must apply for it within 2 months of your arrival in France.** (The students from the 10 new member states of the EEA and Switzerland do not need a residence permit since May 2004, except if they want to work, even part time, in France).

You must go the Préfecture to obtain the list of documents you will be asked to supply (see address below).

Next you will hand in an application form with the following documents : (NB you must present the originals of all your documents along with a copy)

- Valid passport with a "long stay" visa, except for the 10 New EU States Members and Switzerland)
- Proof of domicile (electricity bill, rental receipt)
- **Birth certificate made out by your own country (translated into French or multi lingual)**
- photocopy of your student card + proof of enrolment at the University or at the School stating the dates of duration of your stay (from entry until departure from France)
- Proof of sufficient resources (a bank account with an amount of money of about € 3 000 for one year or proof of a scholarship or a bank transfer of €430 per month coming from abroad)
- photocopy of medical insurance (Social Security)
- 3 passport photographs

WARNING : - Students coming for the 1st time, will be requested to go the Agence Nationale pour l'Accueil des Etrangers et des Migrations (ANAEM) in Lyon or Grenoble for an obligatory medical visit. The renewal of the residence permit will be submitted to the presentation of a certificate proving that you had undergone this obligatory visit.



You will have to pay a fee of €55 the 1st time you will be delivered a residence permit. Once your file has been completed and handed out to the Authorities (Préfecture or Mairie depending on where you live), the residence permit shall be delivered within a month.

For further information, please contact :

Préfecture of Chambéry – Service des étrangers

. 04 79 75.51.05 - Monday-Friday, 8.30 –11.30 am and 1:30- 4 pm

Contact : Mrs PONTIN

3. Insurance, Health and Social Issues

Foreign students have access to the student social security system under the same conditions as French students, i.e. they must be enrolled in a higher education establishment giving access to the student security system and be under the age of 28.

The student security system is obligatory. It is run by 2 student complementary health organisations (**SMERRA** and **LMDE**), one of which should be selected when you enrol. Affiliation to the social security system takes place when you enrol at school and requires payment of €186 contribution (2005/06 academic year). Citizens from the EEA and Switzerland who have either the E128 (or any other E xxx) form completed and stamped in the country of origin or a certificate showing that they have taken out private insurance are of course exempt. **Non EU students must subscribe to the French Social Security Student scheme.**

➤ **Mutuelle des Etudiants (LMDE)**

14 bis Faubourg Reclus
73000 Chambéry
. 04 79 75 10 96

➤ **SMERRA**

123 rue Michaud
73000 Chambéry
. 04 79 33 34 34

Civil Liability (third party and personal accident insurance, Responsabilité civile in French) is **mandatory** in France. Average cost per year : €15. Forms E...and other forms which give proof of cover in your country of origin do NOT cover you against personal liability claims.

Repatriation Insurance : Should you have a serious or long term health problem, it is highly recommended that you take out in insurance policy that would cover your repatriation.

Before coming to France, find out full details from your Social Security office or private insurer and make sure you will be fully covered for all risk when abroad.

Home Insurance : All students in accommodation must take out home insurance (fire, flood damage...) for the accommodation they are in. This is called “multi risque habitation”.

Health Care :

In France you can choose your own doctor. Doctors generally see patients by appointment only. Basic appointment with a general practitioner costs €20. Make sure to choose a doctor who is “conventionné”, otherwise you will not be reimbursed by Social Security and the tariff will be higher.

Please note you will be reimbursed 70% of the doctor’s fees, the remaining 30% can only be reimbursed if you take a private insurance policy. Make sure you choose suitable policy for all circumstances (Contact LMDE or SMERRA)



In order to buy most medication you will need a prescription that you must show the chemist.

Useful sites for more information : www.ameli.fr and www.amb-sa.fr/consul/guideoas/doc.pdf

Useful numbers

- **SAMU** (Emergency Medical care) : **15**
- **Chambéry Hospital**
Place du Docteur François Chiron
73000 Chambéry
04 79 96 50 50
- **Fire Brigade** : **18**
- **Free and anonymous Centre AIDS**
Chambéry Hospital
04 79 96 51 52
- **Police** : **17**
- **European Emergency Call Center** :
112

4. Housing benefits

They are available to anyone paying rent for accommodation. As soon as you sign your lease make your application at the "Caisse d'Allocations Familiales – CAF (this can be done on line). Once your application had been made it will take about 3 to 6 weeks for you to receive your benefits

- **Aide Personnalisée au Logement APL** : you must be renting a state-approved flat, (meaning a state – recognised contract between the owner and the State whose number must appear on the lease).
- **Allocation de Logement à caractère Social ALS** : you must be resident of a flat meeting the basic norms of comfort, size.

For a furnished apartment, the «CAF» will only take into account 2/3 of the rent + utility expenses. The time to obtain it is about 3 to 6 weeks after the deposit of the complete form. The allowances are paid with a retroactive effect of 3 months. There is no allowance for the first month.

However, **allowances can vary from 15 to 50% of rent so it is worth applying for this help.**

- Application forms are available from the CAF. To be eligible you will need :
 - *Passport or ID*
 - *declaration of resources (last year)*
 - *a rent receipt (the first month)*
 - *photocopy of your student card or certificate of enrolment*
 - **French bank or postal account details (= R.I.B. postal ou de Caisse d'Epargne)**
 - *photocopy of residence permit (=titre de séjour) for non EU students*

For further information, please contact: **Caisse d'Allocations Familiales**
04 79 96 62 22 - Monday-Friday, 8:00 am/4:00 pm
www.caf.fr



4. Bank account

In order to simplify your financial operations, you should quickly open an account with a French bank. The following documents are needed:

- *identity card or passport*
- *proof from your bank which says that you receive at least 460 €/month*
- *proof of domicile*

The majority of banks are located in the town centre, near the *Eléphants* :

- | | | |
|---|--|--|
| • Banque de Savoie
6 boulevard du Théâtre
73000 Chambéry
04 79 33 94 94 | • Caisse d'Epargne
14 boulevard de la
Colonne
73000 Chambéry
08 20 00 01 17 | • Société Générale
10 boulevard de la
Colonne
73000 Chambéry
04 79 60 57 80 |
| • Banque Nationale de Paris
3 place de l'Hôtel de ville
73000 Chambéry
08 02 35 60 63
(operations with foreign
countries) | • Crédit Agricole
2 place du Château
73000 Chambéry
04 79 70 11 67 | |
| • Banque Populaire
Des Alpes
15 av. des Ducs de Savoie
73000 Chambéry
08 20 33 79 24 | • Crédit Lyonnais
26 boulevard de la
Colonne
73000 Chambéry
04 79 75 99 11 | |

The banks are generally closed on Mondays. Opening hours are from 9:00 am to 12:00 am and from 2:00 p.m. to 5:00 p.m. There are many cash machines in and around the town, (with a visa or an international cash card).

Finally here is a last web site that you can consult for more practical information regarding your stay as an exchange student in France : <http://etudier-en-france.org/cerise/index.html>



D : ARRIVAL IN CHAMBERY

1. Schedule of formalities

To help you with the formalities, we advise you to follow this procedure :

- **first obtain your visa in your own country.** This may be attained through the local town hall or at the French Embassy
- as soon as you arrive at the School, go directly to the International Relations Department to sort out any outstanding **admission formalities**
- the registrar's office will give you a **certificate of enrolment** at the school and your **student card**
- to simplify your financial matters, open a **French bank account**
- next, go to the *Préfecture de Chambéry* with your passport
- then make your request for a **residence permit** (carte de séjour) at the *Préfecture de Chambéry*, foreign service or at the Town Hall if you live outside Chambéry.
- finally you will be able to deposit your form at the *Caisse d'Allocations Familiales* in order to obtain **accommodation allowance**

Additional advice : above all don't expect to do everything in one go, be patient. To avoid wasting time, remember to bring all the information required (otherwise you will be made to go back!) and make sure you note the opening hours.

Note: each formality has already been explained above . So for addresses, hours, documents etc., refer to different points above.

2. International Relations

The International Relations Service :

- *Mouloud MADOUN, Director of International Relations*
- *Joëlle Silvestre, assistant*

Mouloud MADOUN ; 04 79 25 33 40, e-mail : m_madoun@esc-chambery.fr and Joëlle Silvestre : 04 79 25 33 51, e-mail : j_silvestre@esc-chambery.fr, are present to help and accompany you throughout your stay. As soon as you arrive at the School, they will greet you and take you through the enrolment procedure.

You must provide :

- *2 passport photographs*
- *medical insurance certificate (social security, E128)*
- *Civil liability insurance*
- *Birth Certificate drawn up by your own country (translated into French) (non EU students)*



3. Registrar's office

After settling admission formalities at the International Relations, the first thing you have to do is to report to the registrar's office (*Service de scolarité*) where Maryse Ferlin will register your enrolment : 04 79 25 33 45, e-mail : m_ferlin@esc-chambery.fr.

From that time, she will give you proof of your enrolment at ESC Chambéry :

- **French student card** (gives subsidised rates : university restaurant, bus, and cinema..)
- **certificate of your enrolment at the school**
- **certificate of regular attendance**

All these documents you will require to complete administrative formalities. But before starting, do not forget to make photocopies...just in case!



E : COST OF LIVING

1. Money

The currency used in France is the Euro (€)

- 1 € = USD 1.23 (June 05)
- 1 € = 100 centimes (cts) = centimes

Coins :

- bronze coins : 1 ct - 2 cts - 5 cts
- yellow coins : 10 cts - 20 cts - 50 cts
- two - color coins : 1 €, 2 €

Bills :

- 5 € - 10 € - 50 € - 100 € - 200 € - 500 €

2. Examples of expenses

EXAMPLES	QUANTITY	PRICE (€.)
Butter	250 gr.	1,70
Milk	1 litre	0,95
White bread	500 gr.	2,40
Sugar	1 kg.	1,80
Eggs	6	1,00
Cereals	1 kg.	2,40
Coffee	250 g	1,20
Orange juice	1 litre	1,30
Pasta	1 kg.	1,40
Canned beans	220 gr.	1,60
Frozen fish	400 gr.	2,50
Meat	1 kg.	8,40
Cheese	1 kg.	10,50
Yoghurt (8 pots)	1 kg.	2,50
Toothpaste	75 ml	1,50
Soap	4 × 125 gr.	0,60
Shampoo	250 ml	3,00

Typical Budget per month for accommodation : € 400, allowances not being taken into account.



3. Meals

For lunch, in school, you can choose to eat at :

- **University canteen:**
Savoie Technolac
04 79 25 22 83
Opening hours : Monday to Friday = 11:30 -13:30 and 18:00 -19:45
Ticket : 2,50 € for a meal
➔ First course, meat/fish, vegetables, cheese, dessert
- **School Cafeteria: Tec Café**
Savoie Technolac
04 79 25 35 38
Opening hours : Monday to Friday = 7:30 - 16:30
Special student prices
Pizzas, sandwiches, salads. Daily special: 6,50 €
- Or you **can** bring your **own lunch** to eat at school.

As regards restaurants, Chambéry offers a diverse choice and numerous specialities. Everyone can find something to their liking and discover new tastes. Check the Passe-Montagne guide for a complete listing of restaurants (addresses, opening hours, prices, specialities).

Here are some addresses :

- **Crêperie le Menhir** – Carré Curial, free « Kir » with Passe-Montagne card
- **La Boîte à Pizza** – Place Monge : pizza specialities to eat-in or takeaway, 15 % discount with Passe-Montagne card
- **Le Petit Bouchon** - rue de Lans : French and Italian specialities
- **Le Sporting** : Savoy specialities, local food
- **La Spaghétéria** : pizza, tartiflette, Tiramisu maison, filled pasta
- **McDonald's** : fast-food
- **Quick** : fast-food

4. Passe-Montagne discount card

The Passe-Montagne guide is created by students of ESC Chambéry for all students. It lists shops in Chambéry and Aix-les-Bains which offer student discounts.

On the whole, there are more than 400 discounts for shopping, leisure, sports, restaurants, services, etc, listed within its pages.

The guide is freely delivered to students, it is available here at the School. In order to benefit from the discounts, you just buy the Passe-Montagne card for 3€ (2005/06 price).



F : ACCOMMODATION

1. Useful Addresses

- **Point Logement OSE**
123 rue Michaud
73000 Chambéry
04 79 70 01 05
→ Help in finding and applying for accommodation. You need to buy their subscription card (€55) which gives you access to their information with regards to accommodation, jobs and give you a few tips in different shops.
- **Chambéry Tourist Office**
24 boulevard de la Colonne
73000 Chambéry
04 79 33 42 47
→ Private accommodation ads, consultations 9-12am and 1:30-6pm. List of estate agencies. Free information
- **Savoie Information Jeunesse**
79 place de la Gare
73000 Chambéry
04 79 62 66 87
→ Free information for young adults. Open Monday to Friday. Private ads can be consulted
- **Housing Service - Chambéry Town Hall** 04 79 60 21 40. This has details of various student residences in Chambéry
- **Agencies**
There are more 60 agencies in Chambéry. Choosing an agency will guarantee professionalism, but the fees are higher. Certain agencies offer subsidised rates for students.

You can consult the **private ads** in the free weekly newspapers: *Le 73*, *Info Annonces*, *Plus Contact*.

- **Private Student residences** (see details page 14).

WARNING : A Guarantor *is required for almost all accommodation situations. This is a person that vouches for the student and who lives in France or in the EU He/She must be a European citizen and must be able to prove that he or she has a monthly income at least equal to 3 times the amount of the rent. If you have no guarantor you will have to pay your rent for the whole year in one payment in advance.



1. Accommodation via the School

➤ Via the Student Union (BDE)

The student Union can let you have a list of flats to rent or flats to share. Here is their email address : bde@esc-chambery.com

Do introduce yourself as being an Exchange student and send a copy of your email to Joëlle Silvestre : j_silvestre@esc-chambery.fr

➤ Via the International Relations Department

Joëlle Silvestre can book for you a room in the **University Residences Halls (CLOUS)**. However you need to inform her in May or early June the latest for the Autumn semester and in November for Spring.

This is a state funded service which offers of accommodation range from a single room (with or without private bathroom) to flats to share (2, 3 or 4 rooms, kitchen and bath). Rent prices go from €130 to €330 per month (2005/06 prices), housing benefits are possible.

You will be asked a deposit equivalent to one month of rent upon arrival. ESC Chambery can act as your **guarantor** and shall ask you a cheque equivalent to one month rent also to do so. This cheque will be given back to you at the end of your stay as well as the deposit, unless you have debts with the CLOUS or have deteriorated something in the accommodation.



3. Student residences

Hotel Curial

371 rue de la République- 73000 Chambéry
04 79 60 26 00 - Fax : 04 79 60 26 01 – E-mail : curial@antaeus.fr

- rooms equipped with kitchen (crockery, fridge, oven, hot-plate), bathroom, direct telephone

	1 night to 30 nights	Fr 3 months on
20m2	€30/night	€450/month

For all stays exceeding 2 months, a housing allowance ('ALS') of around 150 € is payable to students. This is paid by the Housing Office (on the basis single flat rental levels)
Deposit required for all stays over 1 month.

Les Lauréades

348 rue de la République - 73000 Chambéry
04 79 85 24 84 - Fax : 04 79 33 20 41 Internet : www.laureades.com
(possibility of reservation)

Located in the heart of Chambéry, the two student flat halls « Les Lauréades » and Prince Eugène provide comfortable and fully-equipped flats : office, corner kitchen with fridge and hotplates, bathroom, ...and in most flats, sofa-beds, armchair, table, chairs, crockery and mini-oven.

The surface area varies from 16 to 45 m², and the rents are from 350 to 550 € including utilities but not electricity. There are various types of accommodation from studios to flat to share.

Both halls propose daily services : sports, video room, launderette. Possibility of ALS.

ARPEJ Univercity

402 rue de la République - 73000 Chambéry
T 04 79 70 82 00 F 04 79 85 66 69 Internet : www.univercity.fr

- flats 19 to 24 m² : kitchen, bathroom, telephone, TV for hire, sheets not supplied

Prices for flats 19 to 24 m² : from 368 to 437 € per month, everything included except electricity. Possibility of APS, around 130 €.

Les Studélites

Résidence Malraux
42 rue Ménabréa & 11 rue du Batonnet - 73000 Chambéry
04 79 75 19 82 FAX : 04 79 85 23 13 Internet : www.studelites.com

Price : from 375 to 400 € per month, everything included, except for electricity (23 to 30 € for 18m²)

Fee : 125 €. Deposit : 470 € (returned at the end of lease).

For foreign students, full payment in advance, arrangements are possible for students coming from the euro zone, please get in touch with the residence as soon as possible.

All flats are furnished and all the residences are situated in the center of Chambéry with good bus connexions.

Beware all prices given are susceptible to change.



G : OTHER INFORMATION

1. Working in France

The right to work in France for students is generally allowed if they are enrolled in an institution that gives them access to the student social security system. The law allows you to work a maximum of 850 hours per year, this is equivalent to a part time job during the week (16 hours a week) or full time work for 3 consecutive months. French and EU students have no peculiar formalities to carry out.

However, EU students coming from the 10 New Member States will have to ask for a residence permit and therefore will need to stick to the formalities mentioned on page 4 of this guide, and therefore will need a birth certificate.

Finally EU students from the 10 New Member States as well as students from outside the EEA will have to obtain a "promise of employment" (promesse d'embauche), which will allow them to apply for the APT "Temporary Work Permit" (autorisation provisoire de travail).

Applications for the APT should be made to : Direction Départementale du Travail, de l'Emploi et de la Formation Professionnelle (DDTEFP), Carré Curial, Chambéry)

2. Transportation

➤ Lyon St Exupéry Airport

Daily flights Paris /Lyon

Many international airlines offer flights to and from Lyon.

You can go to Lyon Airport by TGV within 1 hour, the price of a single trip is about €40 regular price.

More info on www.lyonairport.com

➤ Geneva International Airport

This airport can be reached by train within 1.5 hour. Regular price : around €17 However if you arrive in Geneva in the evening you may miss the last train connexion to Chambéry. Check before you book your flight !

There is also a bus connexion from the airport. Single trip : € 45 and booking requested at least 48 hours in advance.

Schedules, prices, bookings : www.gva.ch/en/transport/horaire-grenoble.htm

➤ Chambéry Train Station SNCF 04 79 60 97 99

Schedules, prices, bookings : www.sncf.fr

Young person's card (12 - 25 years old) : 49 €, entitles holder to reduction of 25 or 50% according to time of travel. Valid for 1 year. 08 36 67 68 69

Carte "coup de foudre"(up to the age of 26) : 30€, entitles to 50% reduction on all journeys in the Rhône-Alpes Region.

➤ Bus : Service des Transports de l'Agglomération Chambérienne (STAC)

04 79 68 67 00

- Open card : €123/year or €16/month + bus card : €2 in each case
- book of 10 tickets, student price : €5.15 + bus card : €2



- **line 9 :Jacob Bellecombette- Eléphants - Savoie Technolac / Le Bourget Plage (till 8:00 p.m.)**

- **Taxi** (station exit) : practical but expensive.
- **Car Rental**: charged by day or by kilometre (+ 21 year old, valid driver's licence).
- **Cycle-paths** : developing more and more with one between Chambéry and Technolac.

3. Miscellaneous

➤ Telephone service

The country code to call someone in France is 00 33 and you need to dial the telephone number without the "0" at the beginning of the city code.

Telephones can be installed easily and quickly for a fixed charge (about 50 €, students get a reduction though). You can either rent a telephone from the phone company or you may purchase your own equipment (basic model from 20€). Either way, you will receive the bill every 2 months. You can save the cost of a technician if you know the name and the telephone number of the person who rented the apartment before

If you don't have a telephone at home, you can use public phone boxes, throughout the town. You need a phone card that you can buy in every post office or in most newsagents or at the tobacconist's (120 units = 14,90 € and 50 units = 6,20 €).

Finally you can also buy a **mobile** : You can buy prepaid cards or close a deal. When signing a contract, the minimum period is offer one year. However it is possible to quit the contract earlier if you can prove that you are leaving back home earlier. For further information contact the different operators (Orange, SFR and Bouygues).

➤ Mail

The postage rate for France and for all the EC countries is 0,56 €. But for the non-European countries, you must go to the post office to weigh the mail (the price depends on the weight).

A postal code has been assigned to every postal area in France. The number appears at the end of the address before the name of the city. For Chambéry, it is 73 000.

➤ Electricity

All the small appliances operate on 220 volts. So before purchasing an electrical appliance to be used in France, check the voltage ratings are compatible.



H : EXTRA-CURRICULAR AND LEISURE FACILITIES

1. Sport

➤ **Bureau Des Sports** at the School (sports club of students)

It offers various sports activities within the School : rowing, aerobics, tennis, athletics, basketball, football, handball, rugby, volley-ball. It also organizes different outings : bungee jumping, climbing, paragliding, rafting, outing to the mountain, extreme sports...

➤ **School Ski Club** (students) at the School : (all "slope" sports : ski, surf...)

It stages many events : day's ski, week-ends in ski resorts, second-hand ski sale (gear at attractive price) and competitions.

➤ **Sporting Equipment of the city**

11 municipal gymnasiums in city and around, 7 municipal stadiums one which contains an athletic track.

Chambéry Olympic Stadium (S.O.C.) : rugby, football, handball, ice hockey.

Ice rink, Swimming-pool covered/ Swimming-pool uncovered (June-August).

➤ **Sports Clubs**

They propose several sports : golf, roller, baseball, softball, cricket, boxing, badminton, judo, archery, yoga, fencing...

And in comparison with the rich natural environment of Savoie you can try: riding, parachute, paragliding, rock-climbing, scuba-diving, sailing...

2. Shopping

In general, the shops are open every day, except Sundays and Mondays for some. The opening hours are 9am - 12am and 2pm - 7pm.

There are different kind of shops :

- **department stores:** *Galleries Lafayette*
- **hypermarkets/shopping centres:** *Carrefour or Leclerc, located in suburbs, where you can buy food, electrical appliances, clothing, furniture... and you can go window-shopping in the shopping arcade*
- **discount stores:** *Leader Price, near Carrefour, you can find cheaper food and domestic products*
- **small independent stores:** *chemists, butchers, newsagents... clothing/shoes shops... generally in the town centre*



3. Cultural activities

Chambéry has many places of interest: Médiathèque Jean-Jacques Rousseau, Espace Culturel André Malraux (movie and theatres), Charles Dullin Theatre, Castle of the Dukes of Savoie and the Holy Chapel, Savoie Museum, Fine Art Museum, Les Charmettes (Rousseau Museum), Museum of Natural History, and so on

- **Médiathèque Jean-Jacques Rousseau**: languages laboratory, space for the visually handicapped, CD/video, newspaper kiosk space – 6 €/year for students.
- **Espace Culturel André Malraux** : theatres,
- **Charles Dullin Theatre** : century XIX, Italian style decoration of auditorium.
- **Castle of Dukes of Savoie and Holy Chapel** : buildings of centuries XIIIe/XIXe.
- **Savoie Museum** : archaeology, art, ethnography + Memorial of the Résistance.
- **Fine Art Museum** : Italian painting, painting of German, Dutch, Flemish, French art schools and works of art of local artists.
- **Rousseau Museum (Charmettes)** : country house of Jean-Jacques Rousseau.
- **Museum of Natural History** : mineralogy, butterflies, birds, reptiles, fossils, shells and geology.

For further information please contact the Tourist Office . 04 79 33 42 47

N.B. : Museums offer in general student prices : so remember to bring your student card to benefit from it.

4. Other leisure activities

➤ Walk through the town

In the old town, Rue d'Italie, Rue Trésorerie, Elephants' Fountain, Rue Croix d'Or, the arches in Rue de Boigne, Place Saint-Léger, Rue Basse du Château, the Castle, Rue Juiverie... but also the cycle-paths.

Where can you get a breath of fresh air? At Le Parc de Buisson Rond, it is possible to go for a walk and find also riding, running, ice sports, skating, swimming, cycling on the cycle-path towards to Saint-André lake, and to Bourget du Lac.

➤ **Cinemas** : Full fare : 7 € - Student price : 5,10 €

➤ **Going out**

The students of the school often frequent certain bars in Chambéry : Bar du Comte Vert (Passe-Montagne discount), Bar de la Boule, L'Eden Park (Passe-Montagne discount), Pub Charly's, Hacienda Pub Rock, Le Pause Café.

As an indication, in a bar, on average :

- a beer costs between 1,5 and 2,5 €
- a Coca-Cola : 2,5 €
- a coffee : 1.20 €

There are parties organised by the students every month (between 4 and 9 € for BDE subscribers or between 10 and 15 € for others).

SEE YOU SOON AT ESC CHAMBERY !!!

