



International Students WELCOME GUIDE

THIS WELCOME GUIDE IS DESIGNED TO:

- Help you prepare for your stay in Lyon.
- Assist you with settling in La Mache life
- Provide you with useful information for your stay in France



ECOLE LA MACHE

A BIT OF HISTORY FIRST:

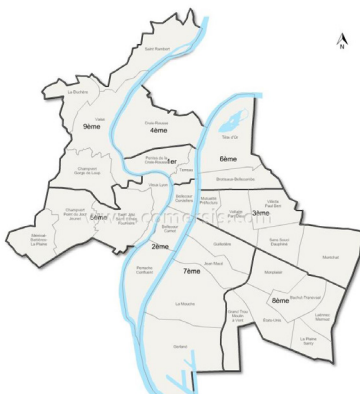
Founded in 1920 by the La Mache Abbey, l'École La Mache is a private Catholic highschool and prep school in Lyon. It provides education and trains around 800 pupils and 300 students a year. Its field of work is industry, business, technology, computer sciences and the building sector.

FIRST OF ALL

Upon arrival in Lyon, one of the first things you should do is to come and visit us at the International Relations Office (CIEL).

We will give you general information to help you settle in Lyon and assist you with all the administrative procedures for your registration.

You will be given a French student certificate to attest your student status. Throughout your stay, please feel free to contact us.



2020-2021 Academic Year :

Winter semester : Start on September 14th 2020

Spring semester : Start on February 15th 2021

PEDAGOGICAL CONTENT

The courses noted in the Learning Agreement (LA) are not definitive and can be reevaluated with our team upon your arrival.

Your timetable will be handed once your LA is approved. All lecture times are between 08.30 am and 05.30 pm.



LIFE IN LYON

—Accommodation—

HOW TO FIND ACCOMMODATION

It is possible to ask a real estate agency to help you find a flat, but you will have to pay fees (around 1 month rent). If you deal directly with a landlord there are no fees.

Average price in a share flat :
between 350€ and 500€

Average price for a furnished studio:
between 550€ and 800€

Another option is renting an apartment in a private student residency. These are buildings designated just for university students.

- Adele
- Nexity
- Crous

—Website—

- leboncoin.fr
- seloger.com
- pap.fr
- lacartedescolocs.fr
- appartager.com
- location-etudiant.fr
- etudiant.gouv.fr

—Where to live in Lyon—

Lyon is a very pleasant city to live in. The most dynamic areas are located between the 2 rivers Presqu'île, (Lyon 1 and 2) and Vieux Lyon (Lyon 5). But those places are expensive. Lyon 3, Lyon 6 and Lyon 7 are also good alternatives to find an affordable and well located flat.



ALLOWANCES

The CAF is a government allowance to assist with rent expenses given to every French citizen and even international students! You are guaranteed to receive the CAF, but the amount varies according to your income. You have to apply online at www.caf.fr as soon as you sign your rent contract. **IMPORTANT** Please be aware that it will take a few weeks before you receive this allowance.

HOUSE INSURANCE

As soon as you move to the flat, you may have to purchase insurance to cover you in case of fire or flooding. This is mandatory.

HEALTH INSURANCE

As an EU student you have to ask for the European Health Insurance Card issued by your country in order to cover your health care. It is free of charge.

ESTIMATION OF A MONTHLY BUDGET

One needs approximatively a budget of 700 € and 900 € per month in order to cover basic expenses.

ADVICE : For your first month, we suggest bringing between 800 and 1,000 € for the expenses related to your move(deposit and rent).

The International relations team can advise you in every aspect of your move to Lyon.

EXAMPLES OF EXPENSES FOR A STUDENT IN A FLATSHARE (These prices are a guide only)

RENT	300 to 550€/month
FOOD	200 to 250€/month
ELECTRICITY, GAS, WATER	Around 40€/month
PHONE	2 to 20€/month
TRANSPORT	0 to 31,80€/month
ENTERTAINMENT & SOCIAL ACTIVITIES	50€ - 150€

BANK ACCOUNT & PHONE PLAN

HOW TO OPEN A BANK ACCOUNT ?

If you need to open a French bank account, the procedure is simple.

You will need to present:

- Your ID plus a copy
- Proof of housing (a copy of your rental contract)

Banks provide similar offers and cost around 4-6€ a month.



PHONE ?

There are a lot of phone companies that offer different prices from 2€ to 20€ depending on your needs. The website «Tous les forfaits» can help you to determine the best option for you.

PUBLIC TRANSPORT IN LYON

The TCL public transport network in Lyon is quite developed : it is equipped with 4 metro lines, 5 trams lines and hundreds of buses. As a student, the pass **CAMPUS MENSUEL** gives you unlimited access to the network for 31,80€/month. It enables you to travel on any of the public transport systems in the city (Tram-Metro-Bus).

To get this card, go to any TCL office (Part Dieu, Perrache, Hôtel de Ville) and bring:

- Your ID and one ID photo
- 5 €
- Your student ID or your La Mache acceptance letter.

Make sure you go at the beginning of the month or as close to it as possible to get the most out of that month. To top up the card you can go back to the TCL office, or recharge it at any of the ticket machines at any of the stations.



OTHER SOLUTIONS

- **Velo'v** : for only 16€ per year, you can use any bike in the city for free first 30 minutes. Easily findable, firstly you must create a account and then, use the app on smartphone to unlock the bike.
- **Electric scooter** : after downloading the app (there are approximatively 5 brands), you will be able to use the scooter for 1€ to unlock it and then 0.20€ per minute.

HOW TO GO TO L'ECOLE LA MACHE

Easily accessible by tramway, you have to take the tram T2 and stop at «Bachut Mairie du 8ème».

FROM THE AIRPORT

The Rhône Express shuttle connects the airport to Lyon city centre in 30 minutes for 13,60€ (less 25 years-old).



Practical Information



General information about Lyon

Are you seeking more information about Lyon ? You can ask the «office du tourisme du Grand Lyon».

Do you need help visiting the city ?
Go to visiterlyon.com

Touristic places

- **Basilique Notre Dame de Fourvière**
- **Park Tête d'Or**
- **Vieux Lyon (the old part of Lyon)**
- **Place Bellecour et Rue de la République**
- **Hôtel de ville**
- **Confluence**
- **Musée des Beaux Arts**
- **Musée d'art contemporain de Lyon**
- **Croix Rousse**

International student associations in Lyon



SEE YOU SOON

Centre International de l'Ecole La Mache
(CIEL)
69 Boulevard Jean XXIII, 69008 Lyon

— Contact —

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linda.zekri@lamache.org

— Opening hours —

From Monday to Friday

9.00 am to 5.00 pm

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 www.ecolelamache.org

 La Mache

 [sup_la_mache](https://www.instagram.com/sup_la_mache)