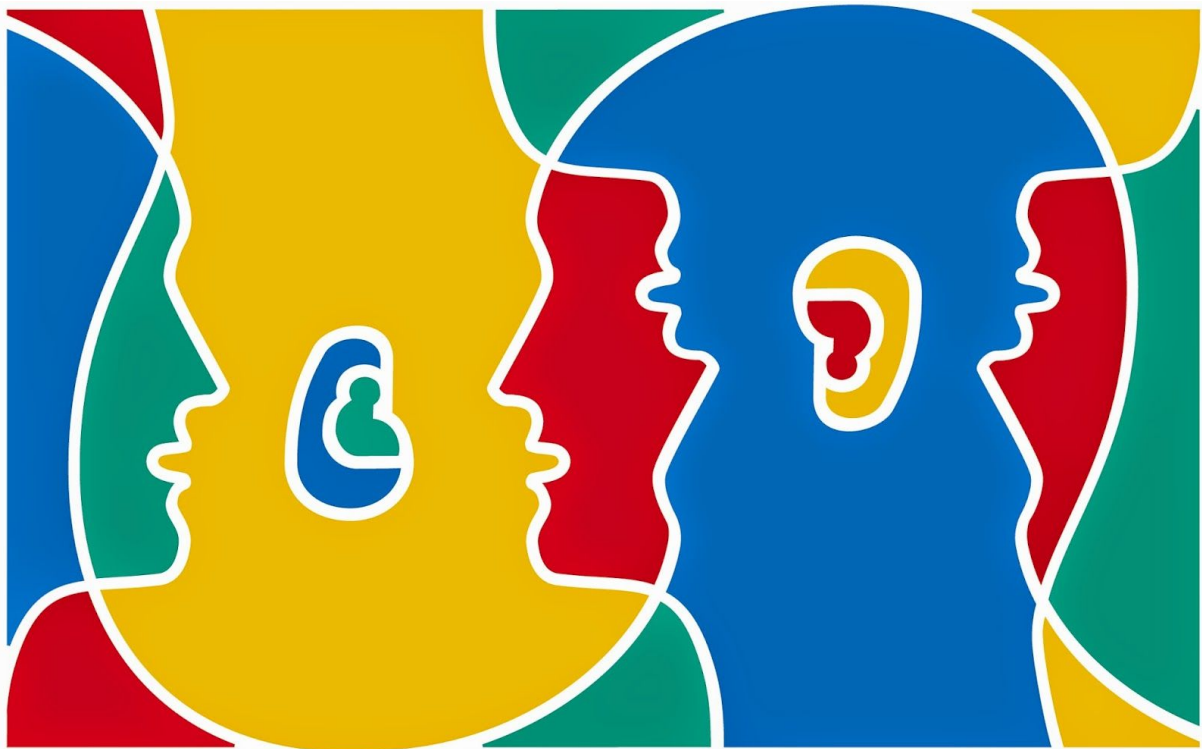




# **Spring Course The Lyon of wall street**



**Arrival Guide**

**7th – 16th April 2018**

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## SpC Lyon 2018

Welcome to our Spring Course Arrival Guide! This guide, full of the BEST spirit, will find a path for you, to join us from 7th to 16th April 2017!

To make this event as great as possible, here are some pieces of useful information. Please read it carefully! We also recommend you to print it, download it, printscreen it, so that you can take it with you during the trip.

### The role of organisers

The organisers are the ones who have spent their last months on the preparation of the entire course just for you. They are students like you, working hard for this event. Their only motivation is to meet up with you and to share their BEST conviction: The BEST spirit.

We want the course period to be a meeting, working and partying time!

The organizers will also provide you housing, food, social activities and all the great theme parties. But, remember, they are particularly the ones who will help you with whatever you need!

## About France

### Some facts

- Population: 66,6 million people,
- Area: 675,417 km<sup>2</sup> (the biggest territory in Europe),
- Official language: French (the most beautiful language),
- Capital: Paris (the city of the love),
- Currency: EUR,
- International code: FRA,



- International telephone code: +33.

### Did you know?

- The 'poubelle' (garbage can) is called like that because the person who invented it was called Eugène Poubelle,
- Marie Curie, Polish and naturalized-French physicist and chemist, was the first woman to win a Nobel Prize (but, in fact, she won two!),
- There is a small village in France called Pussy,
- From 1800 to 2012, it was illegal, in Paris, for women to wear trousers,
- Napoleon wasn't short. He was actually above the average French man,
- French is more spoken in Africa than in Europe,
- France is the most visited country in the world, with 80 million visits a year.

### The city of Lyon

Lyon, the city of lights and cinema, is the third most populous city in France (with 500,715 inhabitants) and the second largest metropolitan area, after Paris, with 2,237,676 inhabitants. Moreover, it is the second university city, with more than 140,000 students.

It is situated in East-Central France, in Rhône-Alpes region, in a really strategic position for North-South circulation in Europe. That's one of the reasons why the roman Lucius Munatius Plancus made of this city the capital of the Three Gauls Empire, in 43 b.C., under the name of *Lugdunum*, which means Hill of Lights.

In the Middle Age Lyon became a trading city and it turned to be a first-rate financial center in the 19th century. Its economic prosperity was due to the silk monopoly (we will tell you everything about the *canuts*, the silk workers and the mysterious *traboules*), and later on, to the development of textile and chemical industries. Nowadays, the main economic sectors are pharmaceutical, biotechnological and, still, chemical industries; and more recently, software industry and start-up sector.

Lyon is known for its historical and architectural landmarks, with beautiful monuments as the Fourvière basilica, Terreaux square or Saint Jean cathedral, and lovely neighborhood as Vieux Lyon or Croix-Rousse; from 1998 it is a UNESCO World Heritage Site.



But if all of that wasn't enough for you, you must know that Lyon is the gastronomic capital of France! You can try culinary pleasures in its famous *bouchons* and *brasseries*.

And last but not least! Talking a little bit about culture we can name some of the biggest events taking place every year in our beautiful city, as the *Fête de Lumières*, *les Nuits de Fourvière* or *les Nuits Sonores*. And every two years, we have the Art Contemporary Biennale and the Dance Biennale (alternatively). But we can't forget our incredible football team: the Olympique Lyonnais!

### **French and Lyonnaise food... and drinks!**

Of course those good clichés that you are thinking of are all true... In France we have the best bread, the best cheese and the best wine!

Bread: there are many different types of French bread, but tasty baguettes can be bought all over France, and a trip to the local *boulangerie* is often one of the daily highlights of a holiday in France. You will definitely have croissants and *pains au chocolat* for breakfast!

Cheese: we can definitely say that cheese is a major staple of the French diet and we can count more than 400 different types of French cheeses!



Wine: what to tell you about wine? Red wine, white wine, rosé wine... You will find in France everything you need! And more particularly in Lyon... if you look in a map, you will see two rivers flowing across the city: the Rhône and the Saone. But we say there's a third one: the Beaujolais wine!

And for sure we have so many other things, such as crêpes, quiches, raclette, ratatouille (it is not only the name of a film!), tarte tatin, fondue, tartiflette... And a lot of Lyonnaises specialties: quenelle, Lyonnaise salad, andouillette, tarte praline...

Don't you have your mouth watering?!

## About INSA Lyon

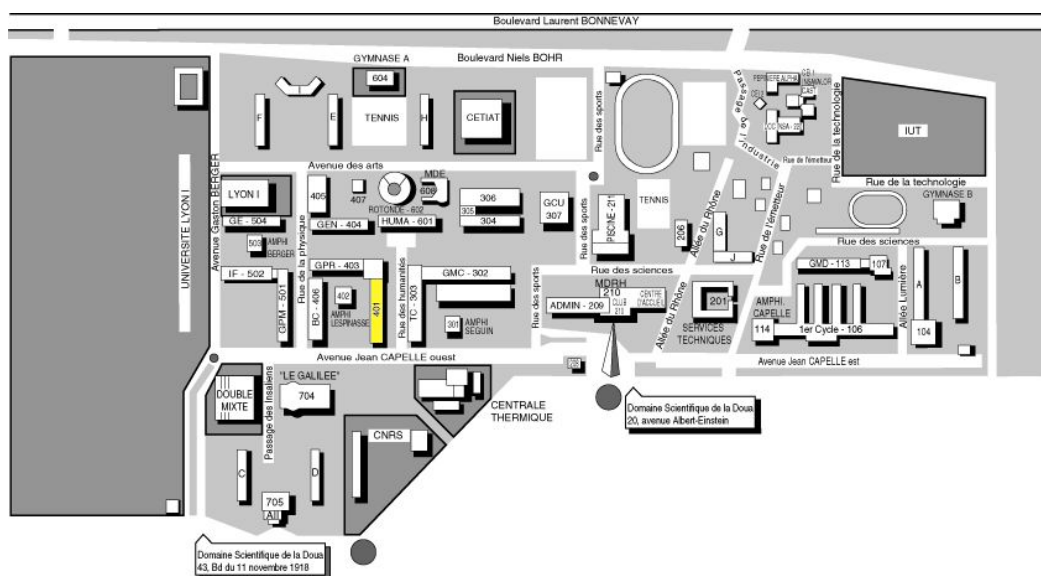
Located on the premises of the Science and Technological Park of la Doua in Villeurbanne, INSA Lyon is ranked among the top universities of Science and Technology in Europe, pluridisciplinary and international, at the heart of the European Higher Education Area.

INSA Lyon is accredited by the CTI (*Commission des Titres*) to deliver Engineering Degrees.

Over a 5 year curriculum, it trains Humanist multi-competent engineers who are both innovative and entrepreneurial. INSA Lyon applies a policy of excellence implemented at all levels. INSA Lyon was the first INSA to be created in 1957 and has always had a strong ambition in terms of social awareness.

It graduates over 800 engineers each year in 12 fields of specialization. International perspective has always been a priority for the establishment, which has progressively set up international options such as URINSA, ASINSA, SCAN and AMERINSA.

Today INSA Lyon sets a new challenge for itself: consolidate its position as one of the best Technological Higher Education Establishments in Europe. The University places pedagogical innovation at the core of its training program in order to produce engineers who possess qualities of innovation and entrepreneurship.



## Accommodation info

You will sleep in rooms located in our University's dormitories, which are inside the campus. In each room, there are going to be three people, who will share one bathroom, which is located inside the room. In those bathrooms, there will be showers with hot water. Remember to bring your towel and sleeping bag!

We will have meals in a big room also located inside the campus, five minutes walking from the dormitories. Classes will be next to this room.



## Weather

France possesses a great variety of climates depending on the zone.

More particularly, in Lyon, in winter, the temperature can be a few degrees below zero and in summer, it can go above thirty degrees, while in spring and autumn we have the most pleasant months of the year.

Spring is probably the BEST season for visiting this city (why do you think we are doing our course in this period? ;) ), but be careful! A French quote says: *En avril ne te découvre pas d'un fil*, which means something like "In April, don't remove a thread (of your clothing)" (sounds better in French, right?) So it's better to take some coat for the nights, and also some protections for the rain, even if we hope not to use them!

## Currency and prices

In France the currency is the Euro. For those who are not familiar with it:

- Bank notes fractions are: 500, 200, 100, 50, 20, 10 and 5 €,
- Coin fractions are: 2, 1, 0.50, 0.20, 0.10, 0.02, and 0.01 €.

People coming from Eastern Europe might need to exchange money. You can do so at the airport and in a few places in the city center. For directly withdrawing money from an ATM machine, we recommend you to ask first to your bank how much will be the charges for doing so.

If you want to use a credit card or traveler/restaurant checks, there are many places which accept both. In ATM machines in the streets, you can use the most common cards: VISA, Master Card...

Here you can see some average prices;

- A bus/metro/tramway ticket (valid for 1h in any of those means of transport): 1,80 €
- Coffee: 1,50 – 2 €
- McDo Menu (Big Mac, French fries, drink): 6 – 8 €
- Pizza: 7 – 10 €
- Kebab: 5 €
- Ice-cream: 3 – 4 €



- Cinema: 7 €
- Cigarettes: 7 €
- Beer (bar/pub): 5 – 6 €
- Beer (BEST office): 1 €

## Electricity

The electric current used throughout Spain is the European standard 220-240 V, A.C. 50 Hz. The sockets are two-pin, and adapters may be bought at most electrical and lamp stores.



## Emergency

ALL EMERGENCIES 112

112 calls are answered in 9 seconds. In addition to French, the calls can be answered in 40 languages thanks to the help of interpreters.

- Police: 17
- Firefighter brigade: 18
- Medical emergency: 15
- Social emergency: 115

## Travelling to Lyon... And getting to INSA

For getting to INSA Lyon you have to arrive to the tram station Gaston Berger (tram lines T1 and T4) or INSA Einstein (tram line T1).

### By plane

To get from Lyon Saint Exupéry airport to INSA you can take the Rhône-Express shuttle. It's a train that leaves every 15 minutes and costs around 14 € (a little bit cheaper if bought in the web site [www.rhonexpress.fr](http://www.rhonexpress.fr), 12 – 25 years) and leaves you at Part-Dieu. From there, you can take the tram

line T1 (direction IUT Feyssine) or T4 (direction La Doua-Gaston Berger) to the stations Gaston Berger or INSA Einstein, which are on the INSA campus.

### **By train / By bus**

You will arrive either to Part-Dieu Station or Perrache Station. For the first one, you just have to follow the same directions as explained above. The second station it's a little far away, but don't worry! You have either the tram line T1 or the metro line A, which you can take for getting to the university campus.

### **By thestral**

Only for Harry Potter's freaks.



We will try to pick you all up at the airport or station where you will be arriving but, in case this is not possible, please, note very well the steps to take to get to the campus. And make sure to have our phone numbers registered in case you need to call us!

## Don't forget to bring

- Passport / ID card,

[www.best.insa-lyon.fr](http://www.best.insa-lyon.fr)  
[www.best.eu.org](http://www.best.eu.org)



- Student card, international if possible,
- Visa (for those who need it),
- Travel and medical insurance (and phone number of your insurance company),
- Cash money,
- Your fee (make sure it's in euros),
- Formal clothes (for the Official Opening of the course and the final presentation),
- Clothes and shoes for walking, sightseeing and playing sports,
- T-shirt / clothes that you don't mind ruining,
- Sleeping bag,
- Towels,
- Personal hygiene items and special medication that you might need,
- Rain clothes (hope not necessary!),
- Hat, cap or handkerchief / sunglasses to protect your head from the sun,
- High protection sun lotion,
- Swimsuit, flip-flops,
- Camera,
- Songs from your country / songs that you like for the parties,
- For the International Evening, a bottle of your traditional DRINK and a typical meal from your home country. This would be very appreciated ☺. Please bring the ingredients you need if you think they won't be available here (you can store here your products in a fridge if you need).

## Some tips about French Language

### Basic things

English	French
Hello / Hi	Bonjour / Salut [salu]
Good morning	Bonjour [bonjoor]
Good evening / Good night	Bonsoir
Good bye	Au revoir [o rev war] / salut
How are you? / Fine, thanks	Ça va ? / Ça va !
My name is...	Je m'appelle ...
I am ... years old	J'ai ... ans
Name	Prénom
Surname	Nom
Passport	Passeport
Date	Date
Please	S'il te plait / S'il vous plaît [sil voo play]
Thank you	Merci [mercy]

You are welcome	De rien
Excuse me	Excusez moi [excusey mwa]
Sorry	Pardon
Yes / No / Perhaps	Oui [wi] / Non / Peut-être
Cheers!	Santé !

### In the street

English	French
What time is it?	Quelle heure est-il ? [kel er etil]
I don't speak French	Je ne parle pas français
I don't understand	Je ne comprends pas [je ne compren pa]
What does it mean?	Ça veut dire quoi ?
I don't know	Je ne sais pas [je ne say pa]
Could you tell me the way to ...?	Comment je peux aller à ... ?
Where is ...?	Où c'est ... ?
Straight on	Tout droit
Right / Left	Droit / Gauche
One ticket to ..., please	A ticket pour ..., s'il vous plaît
Bus / Train / Plain / Subway station / Airport	Bus / Train / Avion / Station de métro / Aéroport
Where is my luggage?	Où sont mes bagages ? (oo son mey bagaj)

### In restaurants and shops

English	French
How much does it cost?	Ça coûte combien ?
My size is ...	Ma taille est ...
I want this	Je veux ça
Could you show me that, please?	Pourriez-vous me montrer ça ?
Where is the toilet, please?	Où sont les toilettes, s'il vous plaît ?
I'm hungry / thirsty	J'ai faim / J'ai soif
Entrance / Exit	Entrée / Sortie
The bill, please	L'addition, s'il vous plaît
I want a beer / mineral water / tee / coffee	Je veux une bière / de l'eau / un thé / un café

### Flirting...

English	French
I like you	Je t'aime bien
I love you	Je t'aime
Kiss me	Embrasse-moi
You are handsome / pretty	Tu es très beau / belle
You are so sweet / cute	Tu es trop mignon / mignone
Do you want to dance with me?	Veux-tu danser avec moi ?

Love	Amour
Your eyes are prettier than the stars in the sky	Tes yeux sont plus beaux que les étoiles dans le ciel
Would you like something to drink?	Tu veux quelque chose à boire ?
Could you buy me a drink?	Tu m'offres un verre ?
It's a bit hot here! Do you want to go outside?	Il fait chaud ici ! Tu veux sortir ?
I like this song	J'aime cette musique
I'm not drunk!	Je ne suis pas bourré(e) !
Bartender, another drink please!	Un autre verre, s'il vous plaît !
She is fucking hot!!	Elle est super intelligente !! (private jargon)
I am a little strawberry, eat me!	Je suis une petite fraise, mange-moi !
May I see you tomorrow?	Chez moi ou chez toi ?

## Contact us!

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