

Survival Guide

BEST Course in Spring 2024

A guide for innovative start-ups

LBC Lyon

20th-28th
April 2024



Index:

SpC Lyon 2024	3
Organizers Role	3
About France	3
Some facts	3
Did you know?	3
The city of Lyon	4
French and Lyonnaise food... and drinks!	5
About INSA Lyon	6
Accommodation info	6
The rooms	6
Washing Machines	7
Wifi	7
Address	7
Weather	7
Currency and prices	8
Electricity	8
Emergency	8
Traveling to Lyon... And getting to INSA	9
By plane	9
By train / By bus	9
By thestral	9
Don't forget to bring	10
Some tips about French Language	11
Basic things	11
In restaurants and shops	12
Flirting...	12
Contact us!	13

SpC Lyon 2024

Welcome to our Spring Course Survival Guide! This guide, full of the BEST spirit, will find a path for you, to join us from the 20th to the 28th of April 2024!

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, screenshot it, so that you can take it with you during the trip.

Organizers Role

The organizers are the ones who dedicate the months preceding your arrival to the preparation of the entire course. 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: 67,2 million people,
- Area: 675,417 km² (the biggest territory in the EU),
- Official language: French (the most beautiful language),
- Capital: Paris (the city of love),
- Currency: EUR,
- International code: FRA,
- Country calling code: +33.



Did you know?

- The 'poubelle' (garbage can) is called like that because the person who invented it was called Eugène Poubelle, a french guy.
- Marie Curie, Polish and naturalised-French physicist and chemist, was the first woman to win a Nobel Prize (in fact, she won two!).
- There is a small village in France called Pussy.
- Napoleon wasn't short. He was actually above the average French man height,
- 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 most populated city in terms of students after Paris, counting more than 155,440 students. Moreover, these past few years, it was nominated the most life attracting city in France especially for students.

Located in East-Central France, in the Auvergne-Rhône-Alpes region, in a very strategic position for North-South circulation in Europe. That's one of the reasons why the roman Lucius Munatius Plancus made this city the capital of the Three Gauls Empire, in 43 b.C., under the name of *Lugdunum*, which means Hill of Lights. Nowadays, Lyon is still situated in France, and is standing in the centre of the North south trajectories; but is also close to the Alps and the sea in the South of France.

In the Middle Age Lyon became a trading city and it turned to be a first-rate financial centre in the 19th century. Its economic prosperity was due to the silk monopoly (we will tell you everything about the *Cantus*, 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 such as the Fourvière basilica, Terreaux square or Saint Jean cathedral, and lovely neighbourhoods such as Vieux Lyon or Croix-Rousse; Since 1998 it has been 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, such 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 at 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.

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 1000 engineers each year in 9 fields of specialisation.



Accommodation info

The rooms

You will sleep in rooms located in our University's dormitories, which are inside the campus. In each room, there are going to be two to 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.

Washing Machines

We recommend not to plan to wash your clothes in Lyon because time will be quite limited. If you need to, there are shared washing machines in the residences. If you want to use them, you will have to talk to the organisers to buy tokens (2€) as the office that sells them will be closed during your stay.

Wifi

There is no wifi in the residences ! There will be eduroam in the classrooms. If your phone is configured to use eduroam in your home university, you will be able to connect here too ! In case you really need it, some organisers can share a little bit of their data with you. For those of you who live in the EU, if you have data on your contract, you will be able to use at least some of it free of charge ([more info there](#))

Address

The postal address of the residence is (for post, authorities, ...):

INSA Lyon - Résidence D
20 Avenue Albert Einstein
69621 Villeurbanne
France

The physical address of the residence is (for google maps):

INSA Lyon - Résidence D
59 Boulevard du 11 novembre 1918
69100 Villeurbanne
France

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 coats for the nights, and also some protection 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 centre. To directly withdraw money from an ATM machine, we recommend you first ask your bank how much the charges will be for doing so.

If you want to use a credit card or traveller/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): 2 €
- Coffee: 1,50 – 2 €
- McDo Menu (Big Mac, French fries, drink): 8- 10 €
- Pizza: 6 – 13 €
- French Tacos: 6-12€
- Kebab: 6 €
- Ice-cream: 3 – 4 €
- Cinema: 11 €
- Cigarettes: 10 €
- Beer (bar/pub): 6 €

Electricity

The electric current used throughout France 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 EMERGENCIAS 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

Traveling to Lyon... And getting to INSA

To get to INSA Lyon you have to arrive at 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 bus 47 to Mezieu ZI, then take the T3 to Part-dieu Vilette and take tram T1 or T4 to La Doua G. Berger from there. Bus 47 passes every hour ([timetable](#)). A single ticket bought in the bus costs 2.20€ and is valid for 1h, which should be enough for the entire trip. You have to validate your ticket every time you enter a new bus or tram, and everytime you enter the metro.

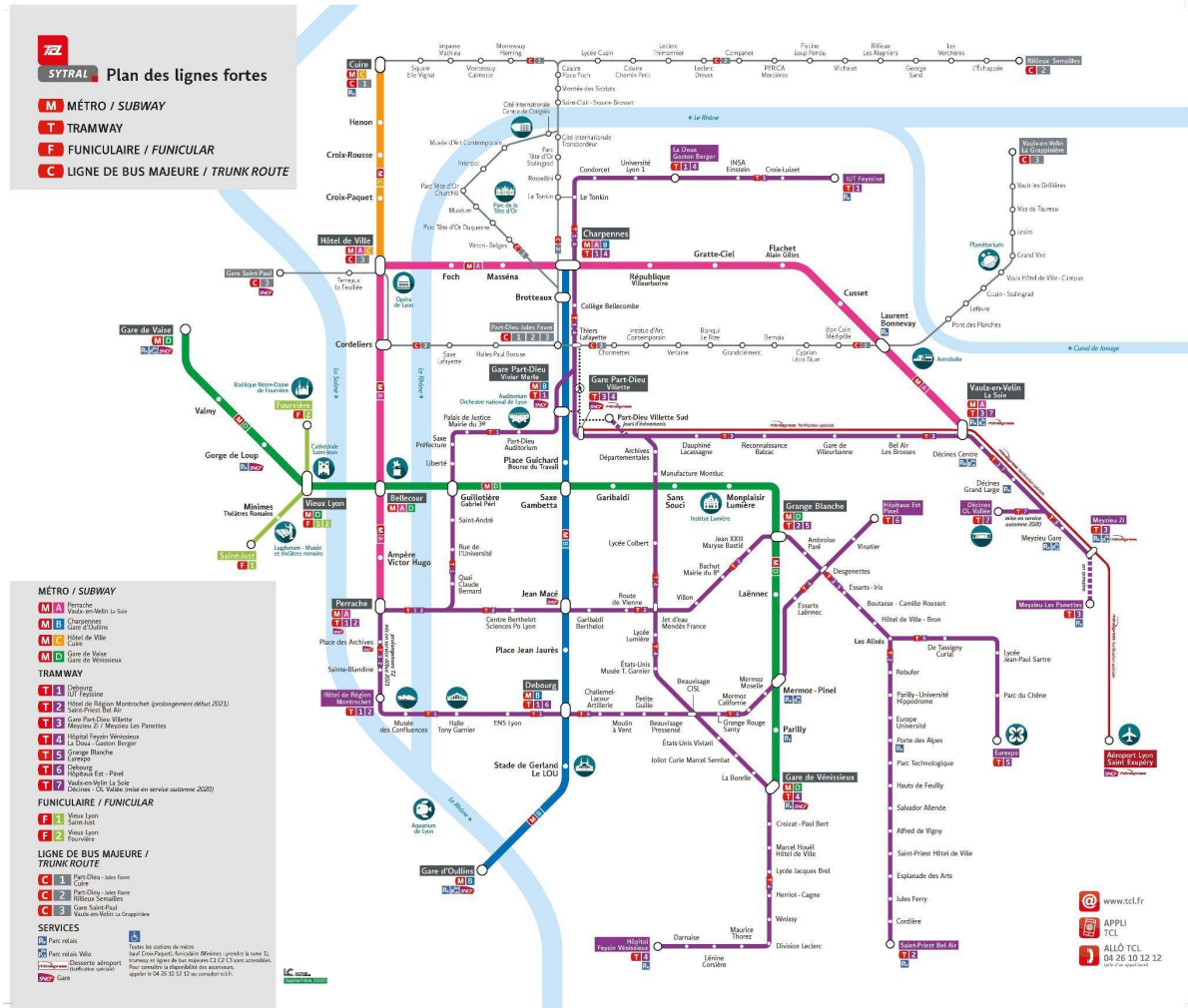
You may also take the Rhône-Express shuttle. It's a train that leaves every 20 minutes and costs 16,30 € (a little bit cheaper if bought on the web site www.rhonexpress.fr, 12 – 25 years) and leaves you at Part-Dieu. From there, you can take the tram line T1 (direction IUT Feysine) or T4 (direction La 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 at Part-Dieu Station or Perrache Station. For the first one, you just have to follow the same directions as explained above. The second station is a little far away, but don't worry! You have either the tram line T1 or the metro line A, which you can take to get to the university campus.

By thestral

Only for Harry Potter's freaks.



We will try to pick you all up at the 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,
- 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
- Swimsuit

- 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,
- 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 food 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 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 plaît / 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	Droite / Gauche
One ticket to ..., please	Un 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 / mignonne
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 !
May I see you tomorrow?	Chez moi ou chez toi ?

Contact us!

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