

WELCOME BOOKLET
FOR INTERNATIONAL STUDENTS
2020-2021

Dear international students,

You have chosen to follow one of the international programs of Cnam. Thank you for your trust!

To assist you in preparing for your journey, we offer this booklet, which brings together the main practical information you may need.

All of Cnam international teams are looking forward to welcoming you.



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PART 1: BEFORE COMING

1.1 Language training

If you plan to come and study at Cnam in France, although your course will be taught in English you should be prepared in French language, as advised by the students in the video on <http://www.cnam.eu/students-and-professionals/>

Several solutions are offered here:

The first is to find French classes in your country. To do so click on the map to find the nearest Alliance Française center in your area :

<https://parlons-francais.tv5monde.com/Webdocs-to-learn-French/p-109-lg1-Trouver-un-cours.htm>

Another solution is to learn French by yourself using the following websites:

Here is a course for complete beginners:

<https://modules.cned.fr/FranceEducation/Tools/headerCned.html>

And here is a course for beginners (A1 level):

<https://apprendre.tv5monde.com/en/exercices/premiere-classe>

Finally, here is a MOOC that will help you prepare your arrival in France, both linguistically and practically:

<https://www.fun-mooc.fr/courses/course-v1:dgef-interieur+134003+session01/about>

To complement your courses (online or at an Alliance Française center), here is a website that offers you the opportunity to have linguistic and cultural exchanges with a student who is learning your language & culture:

<https://www.speaklanguages.com/language-partners/>

1.2 Cultural training

To blend into a country, it is important to share with its inhabitants a common cultural background and to understand a few ways of being and living that may be a little different from yours.

To discover French culture, we suggest you visit the following websites:

In English

<https://asia.tv5monde.com/Blogosphere/French-Lifestyle?lang=en-US&page=2>

In French

https://culture.tv5monde.com/?utm_source=tv5monde&utm_medium=metanav&utm_campaign=culture

<https://www.lepointdufle.net/p/civilisation.htm>

French News

Another way to become acquainted with French culture is to immerse yourself in its news in English:

<https://www.france24.com/en/france/>

1.3 Preparing your stay in France.

1.3.1 Welcome to France

Going to France for your studies requires planning ahead. Before leaving, the first step is to contact Campus France to find answers to questions you may have concerning visas and immigration, housing, and the basic living expenses to expect in France: <https://www.campusfrance.org/en>

1.3.2 Welcome to Paris

You have just arrived in France and are wondering how to deal with practical and administrative formalities, such as health insurance, banking or public transportation?

Twice a year, from September to November and from January to February, the Cité Internationale Universitaire de Paris, supported by the City of Paris and the Île-de-France Region, sets up a multi-service and multilingual hosting platform for international students and researchers. The principle of this one-stop welcome desk is to help you to carry out administrative procedures and to find the necessary advice and information for your study or research stay in the Paris Region.

More information regarding the services of Welcome Desk Paris such as residence permit, health insurance, jobs, work permit, welcome, information and support can be found by clicking on the following link:

<https://access.ciup.fr/en/welcome-desk-paris/>

1.3.3 Welcome to Cnam

Cnam provides a personalized welcome service organized by each institute/department. At the beginning of each semester, a special orientation session is organized. This session is also an opportunity to meet other international students, French students who have also studied abroad, Cnam professors and administrative staff.

Welcome desks

See Annex.

Getting in touch...

You can join student associations, make new friends or team up with a language partner. Get support from a buddy or mentor and take part in fun weekend activities. It can be helpful to have people close by that you can trust, have fun with and turn to in times of trouble.

...with students from all over the world in Paris:

<https://www.facebook.com/international.students.in.paris/>

...with Cnam Master in management or MBA students:

<https://www.linkedin.com/groups/7405979/>

...with Cnam Electronics, Electrical Engineering, and Applied Physics students:

<https://www.linkedin.com/groups/7405979/>

...with International-Institute-of-Management Alumni association (IIMAA):

http://www.cnam-iimaa.net/788_p_47557/home.html

...with the students association (BDE) “Yes We Cnam”:

<https://yeswecnam.com/>

1.3.4 Differences in ways of being and living

Here are some websites that will introduce you to some of the differences in ways of being and living

This is a Canadian website about French ways of being:

https://www.international.gc.ca/cil-cai/country_insights-apercus_pays/ci-ic_fr.aspx?lang=eng#cn-8

Another website on possible culture shocks:

<https://www.francaisavec pierre.com/choc-culturel/>

A website on different French body gestures:

<https://www.frenchpod101.com/blog/2019/08/16/french-body-gestures/>

And finally, a website about a few typical clichés!

<https://www.youtube.com/watch?v=ERD2TnMNH98>



PART 2: AFTER ARRIVAL

2.1 Safety

2.1.1 Your money and ID documents

- Carry as little cash as possible. Split up any money you might carry with you and place it in several places (bags, pockets...)
- Keep the PIN code of your credit cards confidential. If you must write it down, keep it in a safe place and separate from your credit card.
- Make sure you have a photocopy or a scan of all your ID documents. This precaution will facilitate their re-issue in case of loss or theft.
- Carry a copy of your passport, residence permit and student card with you at all time in case of identity check.
- Always carry your phone number and address of residence.

2.2.2 Public places and transport

- Never leave your bags or luggage unattended and do not accept any bag or package from strangers
- If you find any suspicious items, do not touch them and immediately contact police services
- Keep your mobile phone in a safe place and take good care of your bags and luggage
- If you are to go back home late, never go back on your own or catch a taxi.

2.2.3 Emergency telephone numbers

Medical help/ SAMU (ambulance and medical doctor for serious but not life-threatening emergencies)	15
Police / Police Nationale	17
Fire & accident/ Sapeurs Pompiers (firefighters, ambulance, and first aid for life-threatening emergencies)	18
SOS - all services (calling from a mobile phone)	112

2.2 Accommodation

Students who have not been admitted to a students' residence, have to rent a studio or a flat. Looking for a flat in Paris is time-consuming and difficult.

For further information, contact Welcome desks of your department (See Annex)

2.3 Social security and insurance

2.3.1 Health Insurance

Medical care is not free in France but the social security system does reimburse for treatments.

Students can also subscribe to additional health insurance coverage with a private insurance company, which will refund the difference between actual cost and social security reimbursement. This insurance coverage is called the “mutuelle”.

2.3.2 Civil liability and individual accident insurance

Insurance companies also offer coverage for “RESPONSABILITE CIVILE” (Civil Liability, accident caused to a third party), accidents and life insurance.

Automobile insurance is mandatory for vehicles (car, motorcycle).

2.3.3 Rental insurance

Every student must hold a housing insurance (“assurance d’habitation”) which will cover damages in case of fire, water spillage or any other type of damage to their accommodation.



PART 3: ANNEXES

3.1 Programs taught in English

Program code	Dept.	Program title	Department website	Welcome desks
MR14602A	EPN03 Electronics, Electrical Engineering and Applied Physics)	Master in Telecommunications and Networks – International program	http://eeap.cnam.fr/ site-en/	Kim- anh.nguyen@lecnam.net
MR11802A	EPN15/IIM Strategies – International Institute of Management	Master in Management E-Business and Digital Marketing	http://iim.cnam.fr/	sophie.le_liboux@cnam.fr
MR13403A	EPN15/IIM Strategies – International Institute of Management	Master in Management International Business and Corporate Development	http://iim.cnam.fr/	sophie.le_liboux@cnam.fr
MR12002A	EPN15/IIM Strategies – International Institute of Management	Master in Management Project Management and Business Engineering	http://iim.cnam.fr/	sophie.le_liboux@cnam.fr
CPN8100A	EPN15/IIM Strategies – International Institute of Management	Master of Business Administration Manager d'entreprise	http://iim.cnam.fr/	sophie.le_liboux@cnam.fr

MR13000A	ENJMIN Graduate School of Games and Digital Interactive Media	Master of Games and Interactive Media (JMIN)	http://enjmin- en.cnam.fr/	indira.clanet@lecnam.net
CPN93	ENJMIN Graduate School of Games and Digital Interactive Media	Master in Interactive Digital Experiences - IDE	http://enjmin- en.cnam.fr/	indira.clanet@lecnam.net
FLE100/FLE200	CLE Foreign languages center	French as foreign language	http://langues.cnam .fr/	saleh.hairia@lecnam.net

	EPN04	Master Sciences, technologies, santé mention Mécanique Parcours mécanique des structures et des systèmes couplés	Start from 2021	
	EPN11	CC Tourism	Start from 2021	

3.2 Programs taught in French

Program code	Dept.	Program title	Department website	Welcome desks
ING6200A	ENJMIN – Ecole nationale du jeu et des media interactifs numériques	Diplôme d'ingénieur spécialité informatique - Sciences et Technologies des Médias Numériques	http://enjmin-en.cnam.fr/	indira.clanet@lecnam.net
DIE4100A	INTECHMER L'Institut national des sciences et techniques de la mer	Diplôme d'établissement Cadre technique Production et valorisation des ressources marines	http://www.intechmer.cnam.fr/intechmer/	scolarite-intechmer@cnam.fr
DIE4200A	INTECHMER L'Institut national des sciences et techniques de la mer	Diplôme d'établissement Cadre technique génie de l'environnement marin	http://www.intechmer.cnam.fr/intechmer/	scolarite-intechmer@cnam.fr
BCH1500A	INTECHMER L'Institut national des sciences et techniques de la mer	Diplôme établissement Bachelor Océanographe - prospecteur	http://www.intechmer.cnam.fr/intechmer/	scolarite-intechmer@cnam.fr
	ESGT École Supérieure des Géomètres et Topographes		http://www.esgt.cnam.fr/esgt/	
	EiCnam Ecole ingénieur		http://ecole-ingenieur.cnam.fr/ei-cnam-ecole-d-ingenieur-e-s/	
	Ecole Doctorale Abbé Grégoire		http://recherche.cnam.fr/etudes-doctorales-hdr/	

For further useful information (in French) about Cnam student life, please check:

<http://eleves.cnam.fr/vie-scolaire/>