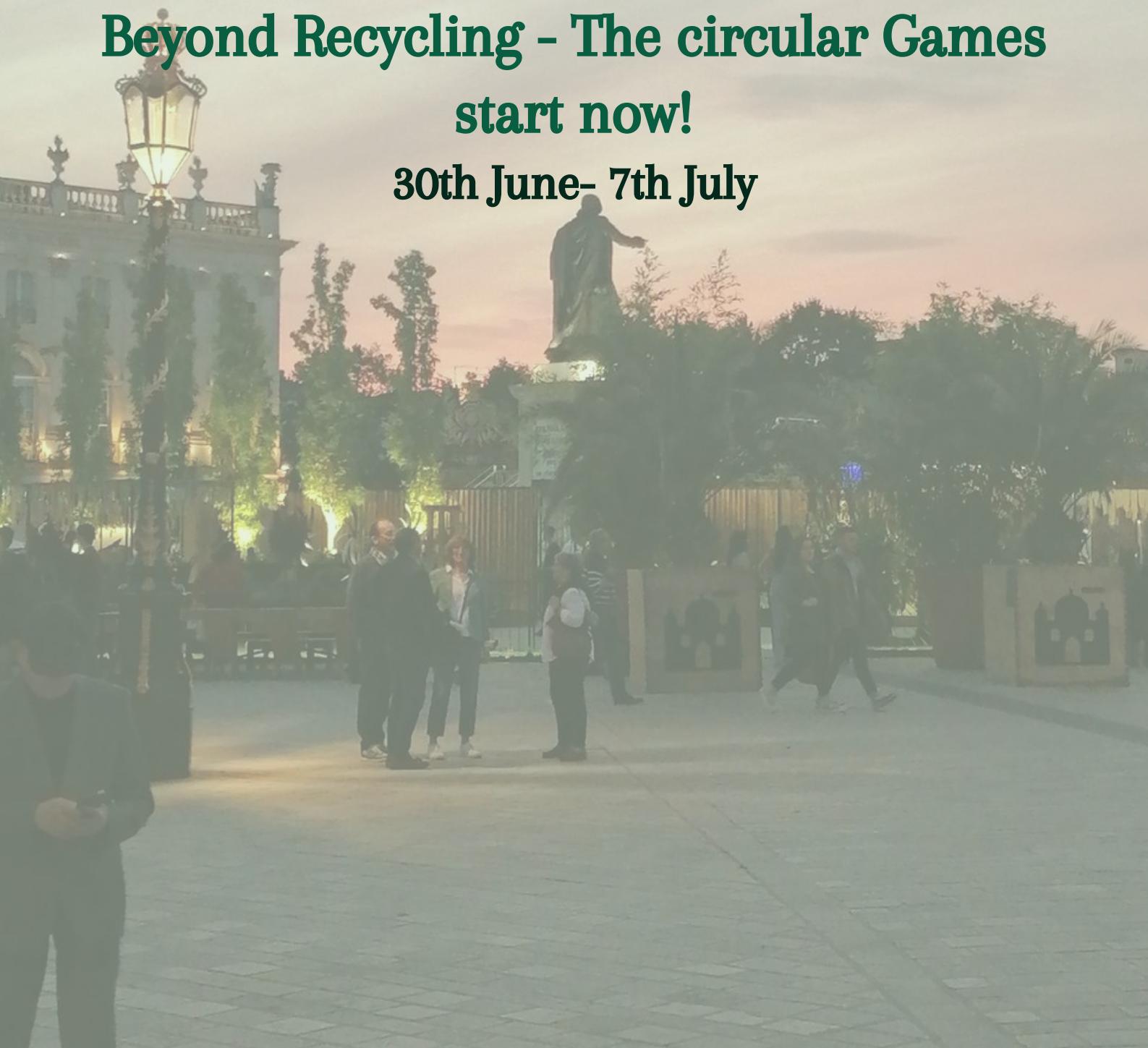


SURVIVAL GUIDE

BEST Course in Summer 2024

Beyond Recycling - The circular Games
start now!

30th June- 7th July



SuC Nancy 2024



Welcome to our Summer Course Survival Guide! This guide will help you make the best out of the trip!

To make this event as great as possible, here are some pieces of useful information. Please read it carefully! You will have the opportunity to discover the French spirit, landscapes and culture with at least twenty other students, who will soon become your new family! And don't hesitate to ask if something needs to be clarified!



About France:



Some facts:

- Area: 551 695 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.
- Population: 68 Million
- Government: Republic

DID YOU KNOW?



Some fun facts:

- There are over 400 kinds of cheese made in France
- The French eat around 30,000 tons of snails a year
- There's only one French word with the letter ù, and that's « où » («where»). Yet the letter still gets its own key on the French keyboard.
- In France, there is a law which prohibits people from calling their pigs Napoleon



About Nancy:

- Country: France
- Region: Grand-Est
- Department: Meurthe-et-Moselle
- Mayor: Mathieu Klein
- Land area: 15,01 km²
- Population: 105 162 (2015)
- Important tourists landmark in Nancy: PLACE STAN, ART NOUVEAU (Villa Majorelle)
- VILLE ETUDIANTE: Total number of students compared to general population, number of engineering schools (= departments but dispached in the city)

Place Stanislas



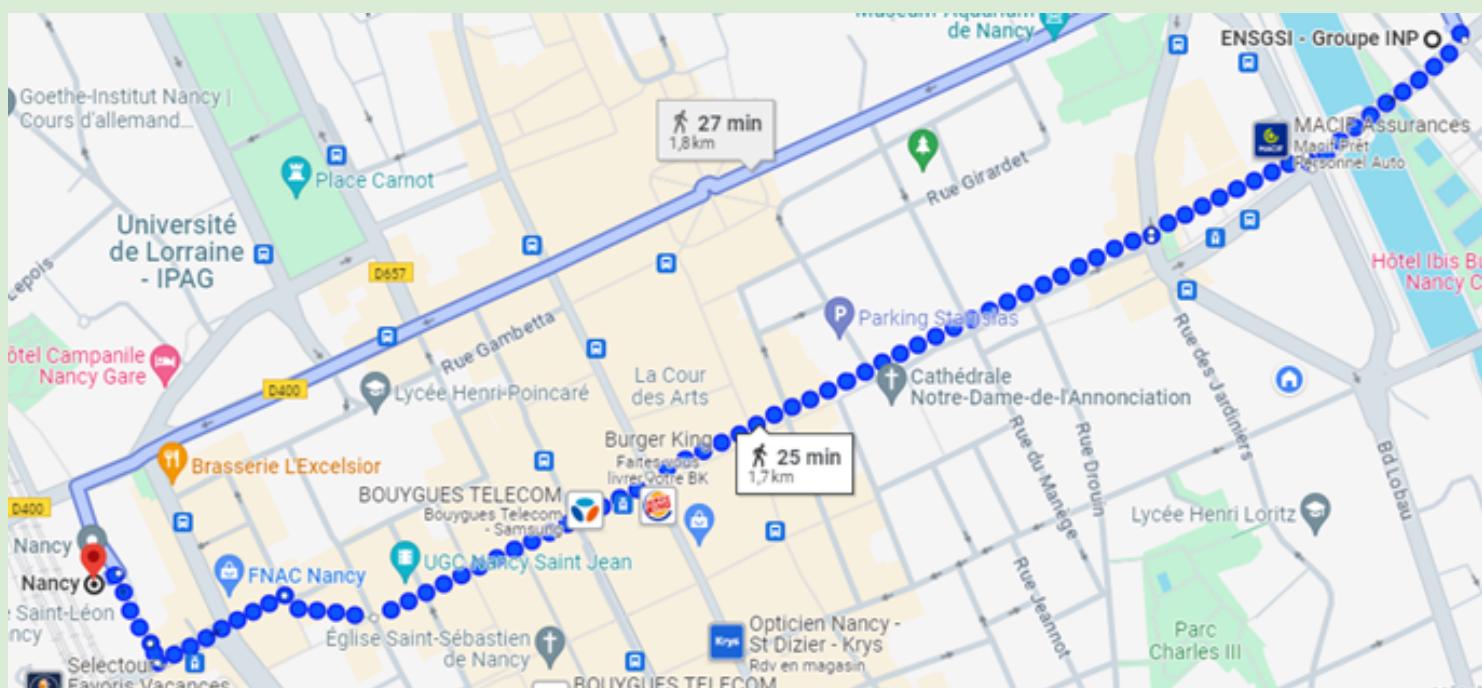
Address:

Ecole Nationale Supérieure en Génie des Systèmes et de l'Innovation (ENSGSI) 8, rue Bastien Lepage 54010 NANCY

How to go here?

There are a lot of works for transports, especially tram in Nancy, so you can take the **bus A direction ESSEY-MOUZIMPRE** and get off at “**Division de fer**” stop and walk 5min, or if you are in the train station you can take to the street St-Jean, it's less than 30 min

- Accommodation : you will have your own bed, in hostel or dorms



walk from Nnacy-Gare to ENSGSI

French and Nancéenne food...and drink:



- bergamotte: candy
- soeur macaron: famous macaron in Nancy
- cheese: Munster, Camembert, Roquefort, Comté, etc.
- snails: especially for festive occasions such as Christmas or New Year
- bread: the famous baguette
- wine: alcoholic beverage (red, white, rosé)
- champagne: sparkling wine



Weather:



Nancy is located on the East of France so the climate is half continental. The normal summer temperature varies a lot between 20° and 35°. The weather should be warm and sunny, so we'll be able to make the most of the outdoors but it could still rain.

Check the weather forecast before you pack your luggage!



bergamotte



wine and baguette



snails



cheese

PRICE LIST

BUS 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	7 €
ICE-CREAM	3-4 €
CINEMA	11 €
CIGARETTES	10 €
WINE BOTTLE	5 €
CHAMPAGNE BOTTLE	15 € (MINIMUM)
BEER (BAR/PUB)	6,5 € (50 ML)

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 EMERGENCIES 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

Policies and law:



- Drinking in the public places such as: streets, parks, beaches, bus stops is prohibited under the fine up to 25 euros.
- Smoking at bus stops and train stations is prohibited. The fine is up to 108 euros.
- Fine for traveling in public transportation without the ticket is up to 100 euros high.



What to bring:



Important Document



- Passport or Identity card
- International Student ID (if you have one)
- Travel & Health insurance (European insurance card)
- Money : (euro/€) : LBG Nancy will cover your basic living expenses (food, housing, transport during the course), and all group activities. However, it's advisable to bring some money in case you might want to make some extra expenses like souvenirs, presents,
- Travel Tickets

Toiletries



- Medicine (something specific that you must take, and you're not sure if you will find it here). You can buy all kinds of condoms here, but it is always better to bring them in advance... and if you're not sure, bring them too, just in case. You never know...
- Toothbrush
- Towel
- Sunscreen
- Deodorant
- Soap
- Perfume
- Feminine Products

Other things

- Food & Drinks for the International Evening : You can bring any traditional food or drink from your country
- Laptop
- Travel Adapter
- Your sleeping bag
- Charger

And... The most important thing : Your incredible sense of humor, a lot of energy and your BEST SPIRIT ! You will work hard and party harder ;-).

TRAVEL



How I get to Nancy?

By Plane:

- In Paris : Paris Orly or Paris Roissy Charles de Gaulle
- In Strasbourg
- In Metz



By Train:

- In Paris (Gare de l'Est)
 - In Metz
 - In Dijon
- > check the site <https://www.oui.sncf/> or trainline

By Bus:

Check the flixbus'website: <https://www.flixbus.fr/>

You will arrive in Nancy at this address 4710 Quai Sainte-Catherine, 54000 Nancy, France (5min walking from the meeting point ENSGSI)

If you arrive from somewhere else in France:

Check the links : <https://www.flixbus.fr/> or <https://www.oui.sncf/> or trainline

In Nancy:

Buses and trams : under construction, so complicated to explain here but **free on weekend**



If you arrive in Paris :

By plane: 

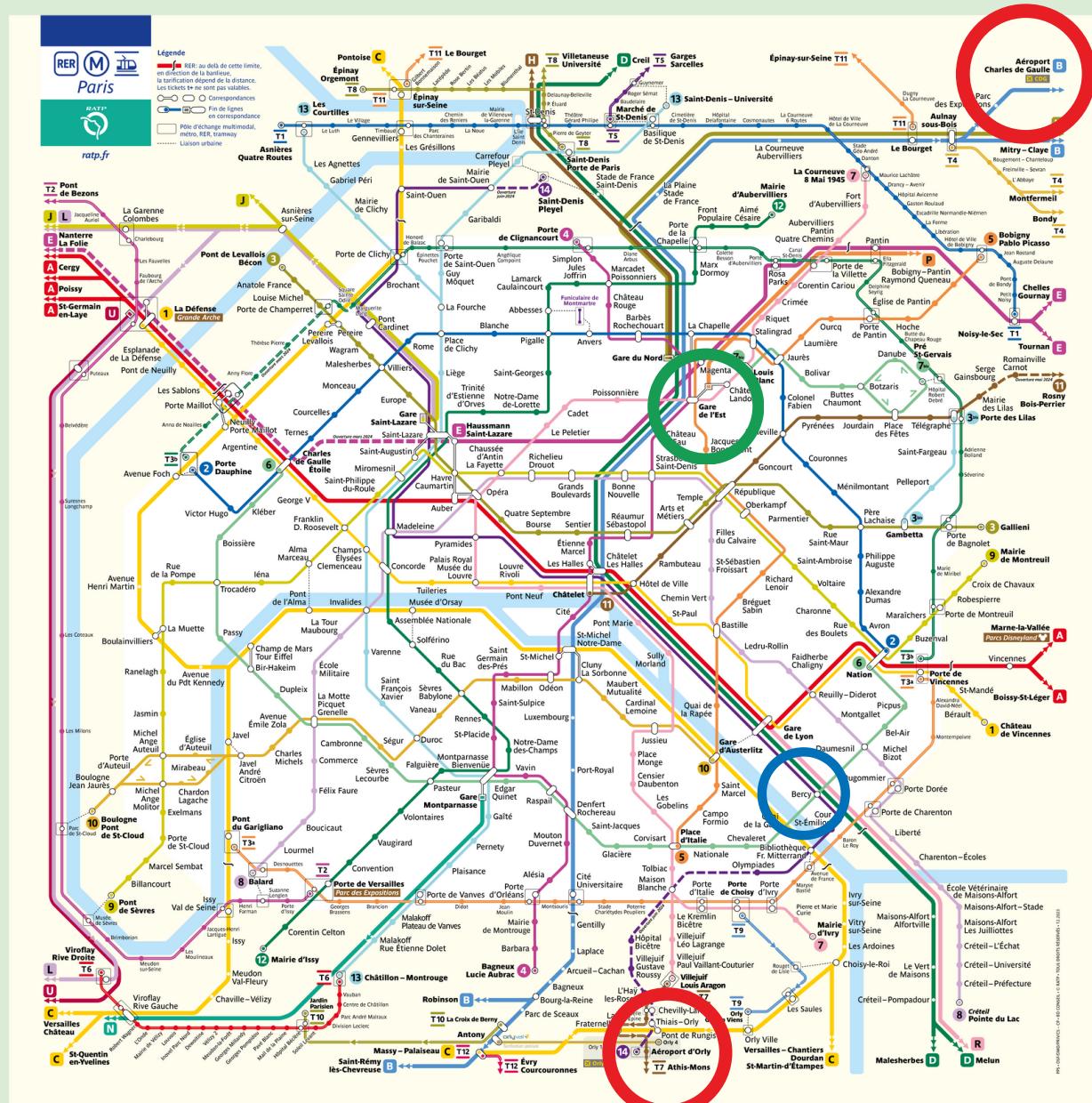
- In Paris Orly: Take the metro to join the train station or the bus area to Gare de l'Est
- In Paris Roissy Charles de Gaulle : Take the train from Paris Aéroport Roissy Charles-de-Gaulle to Nancy (more than 100euros, 2h30)

By train: 

- Take the train from Paris Gare de l'Est (train station) to Nancy (it costs about 55 to 100 euros and lasts about 1h30-3h)(<https://www.oui.sncf/> or trainline)

By Bus: 

Take the flixbus from Paris (Bercy Seine) to Nancy (16 euros, 4h45) (<https://www.flixbus.fr/>)



If you arrive in Strasbourg :



By plane:

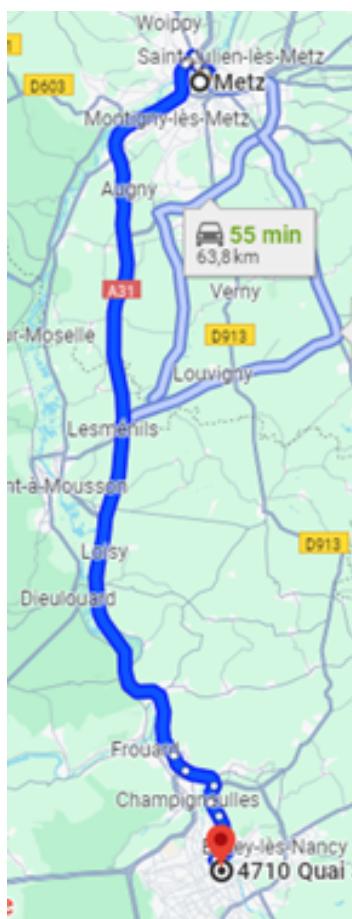
- Take the train to join the train station : from ENTZHEIM AEROPORT to Strasbourg (3euros, 10 min)

By train:

- TER Strasbourg – Nancy (30,40 EUROS 1h30) (<https://www.oui.sncf/> or trainline)

By Bus:

- Flixbus (5-8euros) Strasbourg – Nancy (2h) (<https://www.flixbus.fr/>)



If you arrive in Metz :

By plane:

- Take the shuttle and join Nancy Gare or Metz Gare. It costs 8 euros and you can buy it directly from the driver. The schedules are in the website (<https://lorraineairport.com/passagers/accesparking/>). Attention some shuttle must be reserved.

By train:

- Metz – Nancy (13,10euros, 40 min but if you take your ticket early you can have tickets at 5euros) (<https://www.oui.sncf/> or trainline)

By Bus:

- Flixbus (3euros) /Metz – Nancy (1h) (<https://www.flixbus.fr/>)

In France, train is your friend



If you are using the train:

You can buy a "Carte Jeune SNCF" pass for €50 (sometimes €25) to get a 30% discount on your train tickets (TGV and TER). We'll let you do the maths to find out if it's worth it. The subscription is valid for 1 year, and you can choose the start date. This could be interesting if you come back to visit France.

Here is the link : <https://www.sncf-connect.com/app/catalogue/description/carte-avantage-jeune>

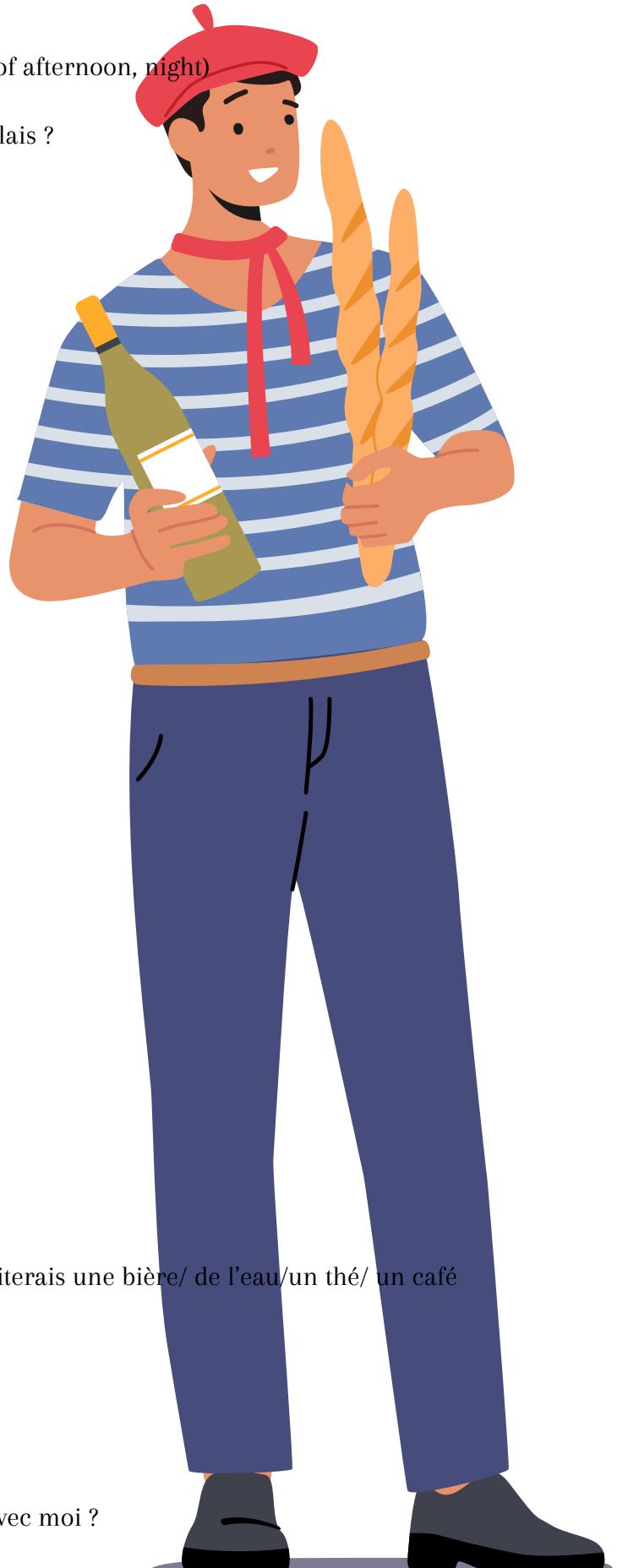
If you're arriving by train from Metz or Strasbourg :

You can buy a "Carte Fluo" - a season ticket valid only on the Grand EST region's TER (not TGV) trains. It entitles you to a reduction of 50%. And it will cost you 1€ if you are under 26 YO and 20€ if not.

Here is the link : <https://www.ter.sncf.com/grand-est/tarifs-cartes/cartes-reduction/carte-fluo>

How to speak french:

- Hi, Hello = Salut, Bonjour (morning), Bonsoir (end of afternoon, night)
- Goodbye = Au revoir
- Do you speak English? = Est-ce que vous parlez anglais ?
- I don't speak french = Je ne parle pas français
- Welcome = Bienvenue
- Please = S'il vous plaît
- Thank you = Merci
- You are welcome = De rien
- Excuse me = Excusez-moi
- Sorry = Pardon
- Yes/No = Oui /Non
- Name = Prénom
- Surname = Nom
- My name is... = Je m'appelle...
- How do you say ... = Comment ça se dit ... ?
- I don't know = Je ne sais pas.
- I don't understand = Je ne comprends pas.



If you're lost in the street:

- Where am I? = Où suis-je?
- I'm lost = Je suis perdu
- How to get to ... = Comment aller à...

If you want to talk about transport :

- Bus = Bus
- Subway = Métro
- Train / Train station = Train / Gare
- Plane / airport = Avion / aéroport
- Cab = Taxi
- Where is my luggage? = Où sont mes bagages ?

If you are in a bar or a restaurant:

- How much does it cost ? = Comment ça coûte ?
- Where are the toilets? = Où sont les toilettes ?
- I want this = Je voudrais ça
- I'd like a beer/ mineral water/ tea/ coffee= Je souhaiterais une bière/ de l'eau/un thé/ un café

During parties :

- Cheers! =Santé! / Tchin!
- It's drinking time!= C'est l'heure de l'apérooo !
- I'm not drunk! = Je ne suis pas bourré(e) !
- You are handsome/pretty = Tu es beau/belle
- Do you want to dance with me ? = Tu veux danser avec moi ?
- I love you: Je t'aime



Contact!

While you wait for the course to start, you can ask us any questions,
See you soon!

LBG Nancy

 boardbestnancy@gmail.com

 [@bestnancy_](https://www.instagram.com/@bestnancy_)  [@board.bestnancy](https://www.facebook.com/@board.bestnancy)

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