

SURVIVAL GUIDE



IEG PARIS 2019



Congratulations!
You have been selected
to participate in the
fifth edition of the
**International Erasmus
Games, the sports
competition of the
Erasmus Generation.**

This survival guide will
help you through this
amazing journey. Please
read it carefully.

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Responsible Party
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Sports for everyone

SPECIAL THANKS

OC & Team
Partners

COMING TO PARIS

Paris is a major rail, highway, and air transport hub. The Île-de-France Mobilités coordinates public transport and contracts it out to the RATP (operating 347 bus lines, the Métro, eight tramway lines, and sections of the RER), the SNCF (operating suburban rails, one tramway line and the other sections of the RER) and the Optile consortium of private operators managing 1,176 bus lines.

AIRPORTS

Paris is served by three airports



Airport Roissy Charles de Gaulle, access to Paris via :

RER B (Price: 11€40; Frequency: every 5 to 10 minutes by day ; Duration: 30 minutes)

First departure from Paris to CDG: 5.26am / Last departure: 00.11am

First departure from CDG to Paris: 4.50am / Last departure: 11.50pm

Shuttle Paris-Roissy (Price : 12€ to 21€ ; Frequency: every 15 to 30 minutes ; Duration : 1 hour)

Departures from 5am to 0.00am.

Airport Orly, access to Paris via :

Orlybus (Price: 9€ ; Frequency: every 10 to 15 minutes ; Duration: 30 minutes)

1st departure from Paris to Orly 5:30am

Last departure from Orly to Paris : 00.30pm

Shuttle Orlyval + RER B (Price: 13€30 ; Frequency: every 5 to 7 minutes ; Duration: 30 to 40 minutes)

Airport Paris -Beauvais

Shuttle Porte Maillot (Price: 17€ ; Frequency: 25 min after every flight, 4h before every flight, Duration: 1h15)

TRAIN STATIONS

There are several national and international train stations.

Gare du Nord (Belgium, Netherlands, United Kingdom...)

Gare de l'Est (Germany, Luxembourg...)

Gare de Lyon (Switzerland, Italy, Spain...)

Gare de Montparnasse

Gare d'Austerlitz

Gare de Bercy



All trains in France are managed by the company SNCF.

BUS

Several bus lines come from the international and national:

Ouibus (vouchers on esncard.org)

Departure / Arrival at: Bercy, Saint Denis, Vitry Sur Seine, Charles de Gaulle Airport, Orly Airport, La Défense, Pont de Neuilly.

Flixbus (vouchers on esncard.org)

Departure / Arrival at: Disneyland, Evry, Avenue de la République, Bercy, Charles de Gaulle Airport, Gallieni, Clichy Batignolles, La Défense, Massy Palaiseau, Orly, Pont de Levallois, Porte de Charenton, Porte Maillot, Saint Denis Université, Ermont-Eaubonne.



Eurolines / Isilines

Departure / Arrival at: Disneyland Paris, Gennevilliers, La Défense, Orly Airport, Place de Clichy, Concorde, Gallieni, Porte de Charenton, Charles de Gaulle Airport

CAR



Coming to Paris is also very easy, since the city is connected to several highways and national roads.

You can also do some care-sharing through Blablacar !
Parking : around 25€ a day

TRANSPORT IN THE CITY CENTER

There are 16 metro lines, 5 RER, and many bus lines in Paris.

USEFUL APPS

City Mapper

One app to rule them all! Metro, day and night bus, bikes, self-services scooters, carshare, uber, taxis and overboards! Finds for you the best itineraries, with times and prices, adapted to needs (easy access no stairs) and calculates how many pains au chocolats and red wine glasses you eliminate!

RATP

official Paris transports

Google Maps

Click here for the list of IEG locations

Heetch: french VTC (discount code)



Prices in Paris

1 ticket	1,90€
10 tickets	14,90€
1 day	9,75€
2 days	15,85€
3 days	21,60€
5 days	31,15€

Paris + suburbs + airports

1 day	20,50€
2 days	31,51€
3 days	43,65€
5 days	53,40€

Tickets to and from all the venues during the event will be provided by the OC

WHAT TO BRING WITH YOU?



Food, flag & colours from your Erasmus country



Comfortable shoes (preferably one pair for sports outside, one for indoor sports)

Umbrella or waterproof jacket in case of rain



Flip flops



Chargers



Towel, hairdryer, shampoo, soap, toothpaste, etc

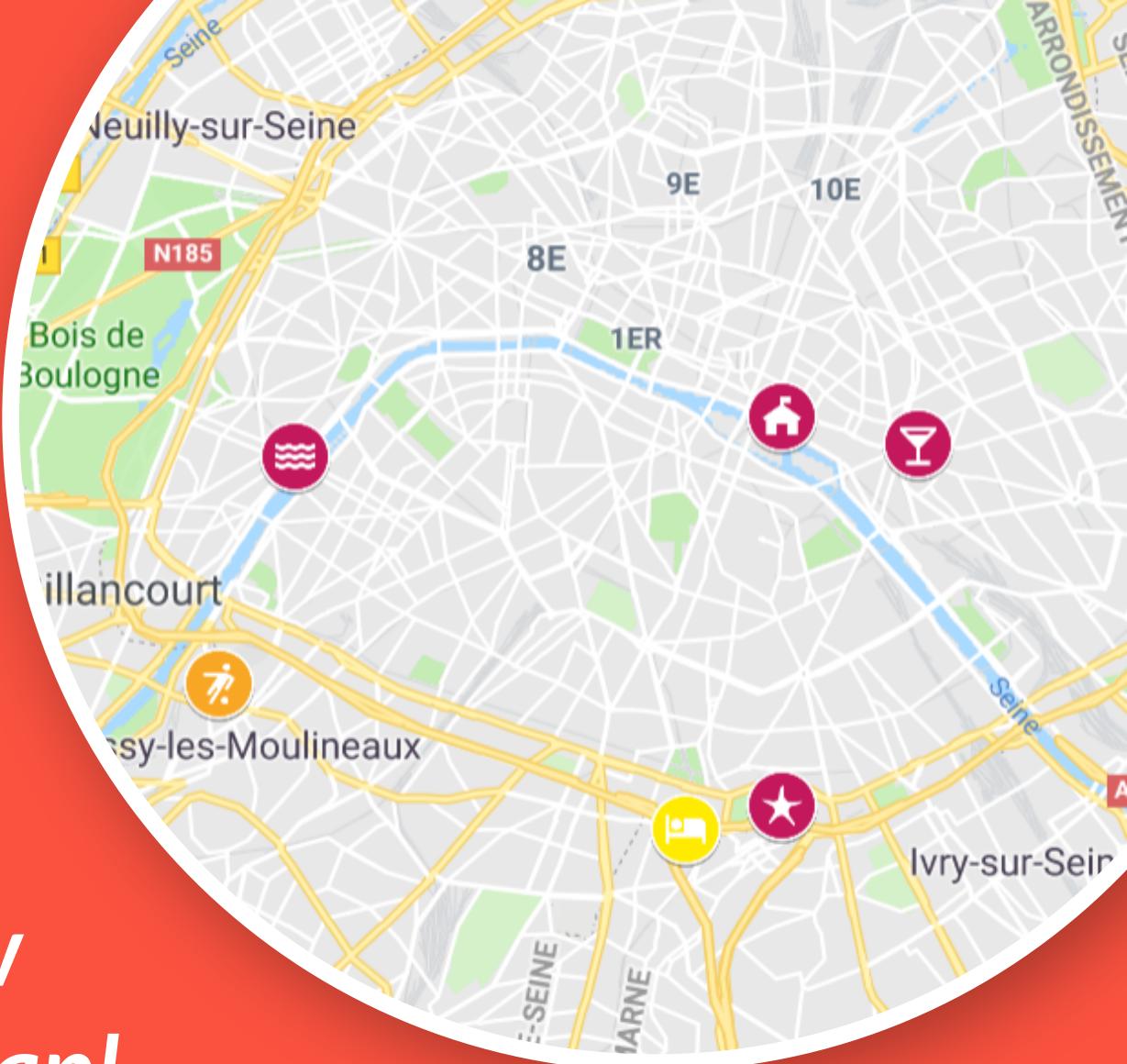
The t-shirt of your team if you have one



Follow

the map!

LOCATIONS



HOSTEL



JO&
JOE



BREAKFAST SCHEDULE

Groups will be determined the day before

FRIDAY

- 7am Group 1
- 7.30am Group 2
- 8am Group 3
- 8.30am Group 4
- 9.45am Group 5

SATURDAY

- 7am Group 1
- 7.30am Group 2
- 8am Group 3
- 8.30am Group 4

SUNDAY

- 7am to 10am



Click on the beds to find your room!

Jo&Joe is an amazing Open House, with an innovative design and values of conviviality, confort and accessibility.

STADIUM



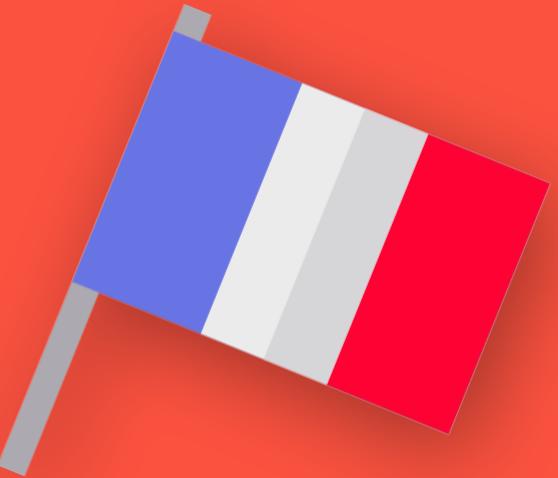
COMPETITION

Futsal 1
Volleyball 3
Basketball 3
Athletics 2

OTHERS

Dressing rooms 2
Showers 2
Warming 2
Lunch 2
Pétanque 4
Chill corner 2
Forum 2

PARLEZ-VOUS FRANÇAIS ?



Hello **Bonjour**

Goodbye **Au revoir**

Please **S'il vous plait**

Thank you **Merci**

Excuse me **Excusez-moi**

I'm lost **Je suis perdu**

I don't understand **Je ne comprends pas**

Can you speak english? **Parlez-vous anglais ?**

Can you help me? **Pouvez-vous m'aider ?**

IEG PARIS PROGRAM

THURSDAY
02.05

FRIDAY
03.05

SATURDAY
04.05

SUNDAY
05.05

COMPETITION

COMPETITION

CITY TOUR

BUDDY SYSTEM
CONFERENCE

CLOSING &
AWARDS
CEREMONY

OPENING
CEREMONY

PARTY

INTERNATIONAL
DINNER

FRENCH
BOAT
PARTY

ASSOCIATIVE FORUM
& EUROPE CELEBRATION

THURSDAY 02.05

BUDDY SYSTEM CONFERENCE

*Share your
Buddy stories!*



11am - 5pm

Jo&Joe Hostel (93 avenue Paul Vaillant Couturier 94250 Gentilly)

Participate in debates and workshops on international students mentoring and community animation. Become the next ambassador of the Buddy System in your home section!

- 11:00 Welcome of participants – Coffee
- 11:30 Presentation of the European Buddy System project - its situation in May 2019
- 12:00 Workshop 1 - International buddy programmes : what can we learn from it
- 13:00 Lunch
- 14:00 Workshop 2 - What is the platform and interacting with the community on it+ Using the tools that come with it
- 16:30 Feedbacks from the participants
- 17:00 Resuming the day - next step of the project

THURSDAY 02.05

OPENING CEREMONY

INTERNATIONAL DINNER

7pm - 8.30pm

Seven Spirits (7 rue de Ste Hélène 75013 Paris)

The OC and all our partners are glad to welcome you in Paris. Let's begin!

8.30pm - 2am

International Dinner

Seven Spirits (7 rue de Ste Hélène 75013 Paris)

Before representing your Erasmus country in the competition, you will have to show us its best culinary specialties. Don't forget to bring it with you, along with some flags and make-up!

[Click here](#) to add songs to the party playlist!



**ADD YOUR SONGS
TO THE PLAYLIST**

FRIDAY 03.05

COMPETITION

9am - 6pm

Suzanne Lenglen Stadium

(2 rue Louis Armand 75015 Paris)

Competition all day long! Participants represent their Erasmus country. Four sports: Futsal, Basketball, Volleyball and Athletics. Between the games, have some time at the chill corner or try yourself at Pétanque!

Sports are handled by the competition committee. Find more info about the games rules in the rulebook [here](#).



9pm - 5am

River's King

(108 avenue du Président Kennedy 75016 Paris)

Enjoy a night on the Seine, with a cruise along the Eiffel Tower and other famous Paris monuments. Dinner will be served on the boat. The Responsible Party Squad will organise fun activities. From 23h, ESN Paris will welcome local Erasmus students on the boat. **Enjoy responsibly, the competition is not over!**

BOAT PARTY

SATURDAY 04.05

COMPETITION & FINALS

FORUM SPORTS FOR EVERYONE

CLOSING CEREMONY & PARTY

9am - 5.30pm

Suzanne Lenglen Stadium

(2 rue Louis Armand 75015 Paris)

The competition continues and ends with the finals.

1.30pm - 5pm

Suzanne Lenglen Stadium

(2 rue Louis Armand 75015 Paris)

Training about disabilities and a solidarity forum with the presence of French associations will be implemented to raise awareness and to interact with the public about social inclusion and sports for everyone.

8pm - 5am

Paris City Hall (Place de l'Hôtel de Ville 75004)

J-Club (20 rue de Lappe 75011 Paris)

The closing and award ceremony will be in the great city hall of Paris. Other activities and a concert will last until 22h for Paris Europe Days. We will then move to Bastille to enjoy a typical student night in Paris.

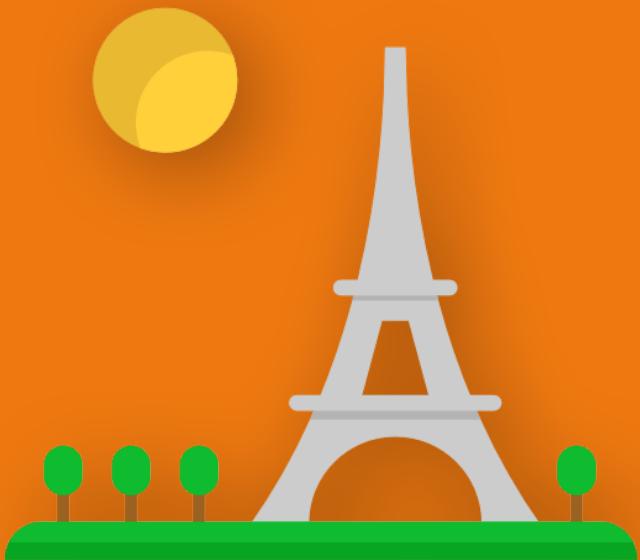
SUNDAY 05.05

CITY TOUR

10am - 2pm

Paris

Wander around in the streets of Paris and discover its most famous places thanks to ESN Paris volunteers experience in visits, which gather hundred of students every semester!





As a participant of a sports competition, you are surely well aware of the importance of a **responsible and healthy attitude**.

During IEG week-end, we will encourage you to **enjoy while taking care of yourself**.

Friday evening Boat Party will be all about partying responsibly. Our "**Party Squad**" will ensure that while you have a fun time, the event goes nice and smooth without any accidents or dangerous situation. Say no to hangovers! You'll have to be in good shape for the finals on the following day.

During the competition, the "**chill-out**" corner will be a safe space to recharge with positive energy! Why not take some time to prepare a smoothie... on a bike?!

BE GREEN!

The sum of smalls actions contributes to great changes

1. Respect your teammate, your adversary (#fairplay) and your environment
2. Don't leave the lights and heat turned on when you are not in the hostel
3. Do not waste water. Don't spend too much time in the shower (also you don't have time for that)
4. Sort your wastes and don't leave them on the ground.
5. Avoid using single-use plastics (bags, straws, glasses, etc).
6. Don't waste food! If you don't want it, maybe someone else does?
7. Talk about it around you and encourage your teammates to act as responsible.

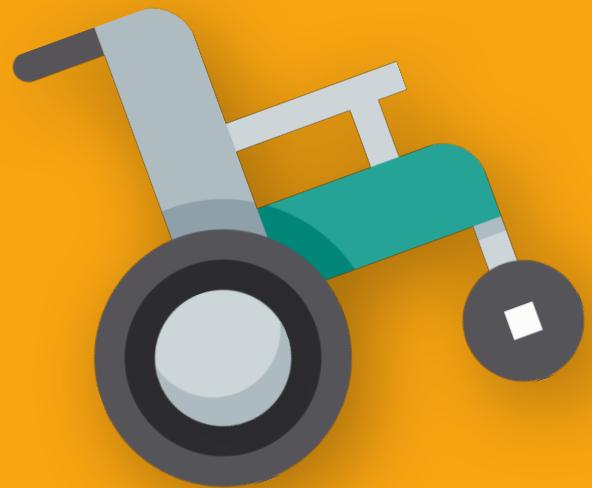
SPORTS FOR EVERYONE

On Saturday afternoon, on the very same place of the competition, we offer you to meet with external associative actors, during the associative forum, engaged on the topics such as:

- sports
- disabilities and inclusion
- sustainable development
- health and well-being

Our goal here is to encourage students involvement and awareness on causes we hold dear. In participating to this competition, you are making yourself a representative of a european country. Take it as an opportunity to take it further and become an **#activeErasmus** outside of the field too!

**Saturday 1.30pm,
on the main ground in the
centre of the athleticism track!**





ORGANISATION COMMITTEE



JULIEN
HEAD OF THE OC



JULIE
VICE-HEAD OF THE OC



FADILE
INSTITUTIONAL
PARTNERSHIP MANAGER



ORANE
COMMUNICATION
MANAGER



DAMON
INTERNATIONAL
AMBASSADOR



YASSINE
PARTNERSHIP
MANAGER



BAPTISTE
PARTNERSHIP
TEAM



RÉMY
WEBMASTER



SAMIA
LOGISTICS



NATHAN
OC SUPPORT



HÉLOÏSE
OC SUPPORT



CLAIRE
OC SUPPORT

IEG TEAM & COMPETITION COMMITTEE



HRVOJE
PROJECT
COORDINATOR



ALEKSANDRA
COMMUNITY
MANAGER



ZRINKA
COMMUNICATION
OFFICER



NINO
ADVISORY
TEAM MEMBER

PARTNERS



Pantheon Assas University is the first Law university in France, and the home of our association. They wished to send a strong message by financially supporting the biggest sports project carried by a student organisation of the university.

Paris City Hall, and more specifically the European special delegation and the Sports delegation have wished to accompany us and support us.



For the 10th consecutive year, Pernod Ricard has renewed its partnership with Erasmus Student Network through their program: "Responsible Party". This program aims to empower International students for their well-being in a responsible and active Europe.



CEV
EuroVolley
2019





INTERNATIONAL
ERASMUS GAMES