

USEFUL INFORMATION FOR INTERNATIONAL EXCHANGE INCOMING STUDENTS



TEACHING METHODOLOGY

Learning input is delivered via:

- **Lectures** (CM),
- **In-class groups** (TD)
- **Practical workshops** (TP).

ASSESSMENT

ASSESSMENT:

- **Continuous assessment:** continuous assessment is made within the framework of Practical Workshops (TP). A mark is given for other types of work completed during the T.D in-class group sessions (e.g. written and oral tests in language courses).
- **Semestrial exams** (DS: “*Devoir Surveillé*”): exams are programmed according to a specific calendar for each Course Unit.

ECTS:

ENSAIT uses the ECTS (European Credit Transfer System), which has been developed and extended to **guarantee academic recognition of study periods spent abroad**. Full-time students in a European university must have 60 credits to validate their academic year (or 30 credits for one semester).

ACADEMIC CALENDAR

03/03/25 : last day to be in your accommodation

04/03/25 : Welcome Day

07/03/25 : visit of Old Lille

13/06/25 : last day of class / exams

LIBRARY AND IT SERVICES

ENSAIT library service

ENSAIT library offers several information retrieval tools specialized in the field of textiles.

With subscriptions to 25 different magazines, 18,000 books, 1,000 Industrial Innovation projects, 90 PhD thesis, textile databanks (Textile Technology Digest, Colour Index, Compass France...), and access to databases on French and foreign patents, you will find virtually all the technical information you need.

The library has created different electronic tools such as press reviews and information bulletins, and offers open consultation of its documentation database.

IT Services

Students have free access to 4 Computer rooms (outside teaching hours), as well as use of e-mailing and web services.

ENSAIT E-MAIL and INTRANET

There are two main information channels for students - the e-mailing list and ENSAIT intranet. Here, you will find information about ENSAIT timetables, courses, lectures, conferences and events. You can join the ENSAIT e-mail address to any e-mail address. It's a good idea to do this as soon as you arrive at ENSAIT.

The intranet service also contains an events calendar, where you will find updated information and several useful links.

ENSAIT intranet: <http://ent.ensait.fr/uPortal/f/u30l1s4/normal/render.uP>

INTERNATIONAL RELATIONS CONTACT

Incoming international student coordinator : Mrs Marie HOMBERT

Contact: marie.hombert@ensait.fr / +33 (0) 320 258 951

ACADEMIC and SCIENTIFIC SUPPORT

Each international exchange student is tutored/mentored by a lecturer-researcher who perfectly knows the curriculum at ENSAIT. The tutor lecturer helps students to choose their courses or their project, he/she advises international students regarding academic issues.

MENTOR PROGRAMME during the international semester (spring semester)

You will have a student 'buddy' who will help you during the semester and makes sure that everything goes alright for you.

Your 'buddy' will take care of you personally, show you around the school and the town, help you to settle in and help you if you have any problems. He or she will also tell you about other activities like parties, meals or outings that are taking place to ensure that you have a good semester and fit in well.

You'll have the contacts in January.

The BDE ENSAIT for a High Quality Student Life ...

The **BDE ENSAIT** (the student union of ENSAIT) plays a major role in the student life. It organizes and coordinates social activities for students like travels, clubs, parties, etc. The BDE aim is to bring opportunities, to help student to develop skills, to build communities and friendship, and to provide help and guidance for extracurricular activities. As international student, during your time at ENSAIT you are welcome to take part to any of the activities organized. This association is composed of many volunteer students which all have a key role to play. One is responsible of the welcoming and the wellbeing of international student. Feel free to contact him/her if you have any questions. The person changes every year, beginning of December. You will be given the name in January.

Until December 31th of 2025, the president of BDE is Claire DEBARGE.

At ENSAIT, there are :

1- Clubs linked to the BDE

- **Plastic arts club**
- **Dance clubs**
- **Music club**
- **Cooking club**
- **ENSAIT Fashion**
- **Photo club**

Those clubs are conducted by volunteer ENSAIT students for ENSAIT students. There are no necessary requirements or fees to participate. All information regarding the schedules and the contact persons will be given upon your arrival. Those clubs are moments where students are having fun and share good time. All your ideas are welcome. If there are any clubs or activities you want to organize. Get in touch with the BDE.

2- Others Associations

In addition to the BDE there are other student associations at ENSAIT:

- **The sports association (BDS)** : this association manages all sport Ensait sport club (indoor football, volleyball, badminton, basketball, handball, running, sailing,,...) as for the BDE those clubs are organized by student and you can participate to them.
- **The arts association (BDA)** : this association offers cultural activities (cinema, concert, show, exhibition,...) at off price tickets.
- **AFIT** : It organizes the Gala. It is the biggest annual event at ENSAIT, it takes place end of January.

- **COLORIL** : produces personal touch printed tee-shirts and sweat shirts for clubs and ENSAIT associations, but for also for companies and other school and universities.
- **The charity association**

ENROLMENT

The international office is in charge of enrolment on your arrival.

You will need to fill in a registration webpage with your personal data in order to be registered in the ENSAIT database. On Aurion software :

<https://aurion.ensait.fr/faces/Login.xhtml>

Select English (not the same infos are asked for French students)

This will make you eligible for:

- your **student card**, which gives you a number of advantages such as student discounts
- a **certificate** from ENSAIT that you will require for certain administrative formalities such as opening a bank account.
- an **ENSAIT e-mail address and access to the WI-FI network and ENSAIT Intranet** once you have signed the charter of use for computer ressources (during the registration).
- the **ENSAIT library service**

Once they have enrolled at ENSAIT, students from outside the European Union can register with the French Health Insurance system ("*Sécurité Sociale*") and apply for their visa from the Immigration Office.

To this end, **do not forget to bring** :

- Europeans : health insurance card + passport or ID
- Non Europeans : a birth certificate in French or English + a passport and visa

HEALTH INSURANCE ("*Sécurité sociale*")

Every student must have the necessary health insurance coverage to study in France, in other words, a French or European social security number obtained by subscribing to the National Health Insurance system which will pay for your medical expenses.

In order to study abroad, international students must have **proof of complete medical coverage before leaving their home country + a civilian insurance (taken in your country or in France).**

Members of the European Union

International students from EU member states may be eligible for a **European Health Insurance Card** (“*carte européenne d’assurance maladie*”). This document is supplied by the social security office in their home country. It allows students to receive medical coverage in France and in the other EU Member States.



Outside the European Union

International students from outside the EU must provide **proof of comprehensive medical coverage before they can obtain a visa for France.** Students studying abroad must have complete medical coverage in case of illness or expatriation due to serious illness + a civilian insurance (taken in your country or in France).

If you stay more than 3 months in France, **you are required to subscribe to the French Social Security** system. It’s for free.

For coverage under the Student Social Security Scheme, you must meet two conditions:

- You must be under 28 years old
- You must be enrolled at a higher education institution approved by the French social security system

- **How to register?**

Go on :

<https://etudiant-etranger.ameli.fr/#/>

However, this health insurance **does not cover all of your medical expenses**, but only about **70%**, depending on the type of medical care required. You are therefore advised to take out **additional health insurance coverage** (“*assurance complémentaire*”) to improve the rate of reimbursement of medical expenses, but this is not compulsory. Especially because you must have a medical coverage for your stay from your country (international semester students of spring semester).

TEMPORARY STUDENT RESIDENCE PERMIT

1- YOUR FIRST TIME IN FRANCE (stay over 3 months and up to one year)

Before your arrival in France

To be able to enter France, **you must obtain a long-term student visa** if you expect to stay more than 3 months. Conditions for obtaining the visa depend on the country. Please note, you should **begin your visa application** at least **3 months before your arrival**.

Once you have been accepted at ENSAIT, the school will send you an **“Invitation letter for visa application”** which you will need for the visa application.

You should **check with the French Embassy in your country** for the specific visa application process.

On arrival in France, at ENSAIT, the International Relations Office will help you to do the validation of visa. The process is online and costs 50 euros.

ACCOMMODATION

ENSAIT International Office can help International Students to find accommodation and will help with all the administrative procedures.

marie.hombert@ensait.fr

1- If you prefer private accommodation

If you want to rent a flat or a room in a private house or residence, you will be asked for:

- a guarantee (someone in France or Europe who can pay your rent in the event of a problem) or use the free www.visale.fr process and guaranty (or GarantMe company, not free)
- a copy of your visa or passport or identity card
- a residence permit

2- In all cases, on your arrival at your accommodation, you will be required to:

- sign the housing contract
- pay a deposit (1 or 2 month's rent)
- pay the 1st month

3- General Accommodation Conditions

HOUSING INSURANCE

You are legally required to insure rented accommodation. A landlord will only hand over the keys to the property once you have produced a certificate proving that you have taken out suitable insurance, in the form of a **comprehensive home insurance policy (“police**

d'assurance

multirisque-habitation").

This insurance policy covers inadvertent damage caused by the tenant ("*risques locatifs*") and damage caused by natural disasters ("*catastrophes naturelles*"), which includes things like flooding and damage by storm or earthquake.

In addition to covering the actual property, most comprehensive house insurance policies ("*assurance Multirisques-habitation*") also cover **third-party liability ("*responsabilité civile*")**, i.e. accidents caused by the tenant, even outside the property covered by the insurance policy. This insurance policy is also mandatory. You may already be insured in your country of origin. If this is the case, you must be able to show a copy of your insurance policy.

It is mandatory to have a home and civil liability insurance policy. You can buy a comprehensive home insurance policy which often covers both at your bank when creating an account or online on :

<https://www.assurances-etudiants.com/>

(select English and formula 2)

DEPOSIT

Every tenant must pay a deposit when signing the housing contract, equivalent to one or two month's rent (two months if you choose a private furnished flat). **This will be refunded if there is no damage when you leave** (on entering and leaving the flat, you and a member of the housing agency will draw **up an inventory of the premises ("*Etat des Lieux*")**). Your accommodation should also be left CLEAN.

RENT

Pay every month before the 5th of the month (5th April, 5th May, 5th June).

OPENING A BANK ACCOUNT

Most financial transactions in France (paying bills, rent, receiving a salary or social helps...) are made through banks. **It is advisable to open an account in a French bank if you are staying for more than 3 months.** The banks in France have many types of bank accounts with different credit cards, service charges and advantages. Some accounts include net services, which makes it possible to pay bills or transfer money from one account to another.

How to open a bank account

Go to your chosen bank with you the following documents:

- A valid passport + VISA + validation of the visa.
- Your student Card
- Your lease in France
- Additional documents may be required

Examples of bank agencies in Roubaix (non exhaustive)



BNP PARIBAS

24 Grand Place, 59100 Roubaix - 08 20 82 00 01

www.bnpparibas.net



SOCIETE GENERALE

1-3 Grand Rue, 59100 Roubaix - 03 20 99 57 00

<http://www.societegenerale.fr/>



HSBC

1 Avenue Jean Lebas, 59100 Roubaix - 03 20 81 88

00 <https://www.hsbc.fr/1/2/english/personal>



LCL

19 Avenue Jean Lebas, 59100 Roubaix - 03 20 69

54 81 <https://www.lcl.fr/>

YOUR STUDENT LIFE IN ROUBAIX

HOW TO GET TO ENSAIT IN ROUBAIX

For the international semester students, your student 'buddy' will be there to help you as soon as you arrive at ENSAIT (see the paragraph "mentor programme" on the International Relations Office page).

1- How to get to Lille

By plane:

- **Lille Airport:** Lille-Lesquin airport is less than 10 km from Lille. Shuttles are available between Lesquin Airport and Lille train stations in the city centre.

- **Paris Airport :**

From Roissy-Charles de Gaulle : the train station to Lille is in the airport, so you follow the signs to the station and take a train which goes directly to Lille (price about €40). The journey takes about 55 minutes.

- **International Airports :** As Lille is near European capitals such as **Brussels**, you should compare plane ticket prices. **Sometimes it's cheaper to get to Lille from these cities.** Brussels is just 35mn away. But **be careful, if you are non European**, you won't be able to go to Brussels without a special visa, and there may be special conditions to go to Brussels, **so check with the French embassy in your country before buying your plane ticket.**

By train:

From the main European cities (Paris, Brussels), head towards Lille Flandres or Lille Europe.

By bus from Roissy airport to Lille.

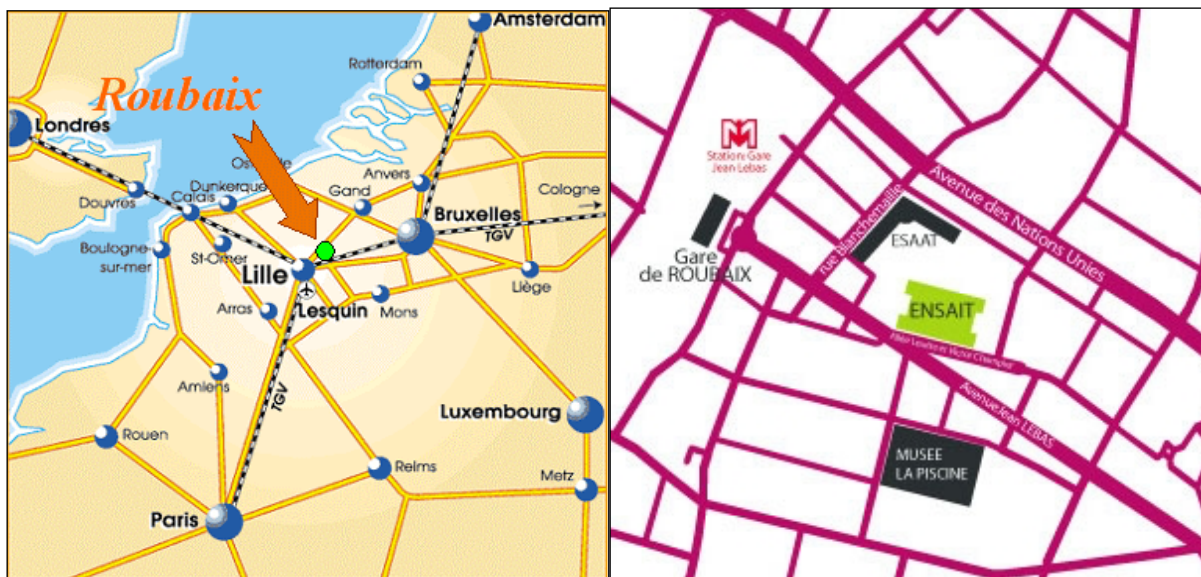
In all cases:

- Be careful as there are **2 train stations in Lille** (Lille Flandres and Lille Europe). Let your student 'buddy' know where he/she has to pick you up. The best is to phone him/her after your flight while you're waiting for the train to let him/her know which station you'll arrive. The 2 train stations are at 400 meters from each other.
- Even if to buy a ticket before is cheaper, if you have a plane problem, you will lose your ticket so the best is to buy your ticket when you're in France or count 3 hours minimum between your flight arrival and train departure.
- **IMPORTANT :** EVERY bag must have a label / paper with your first name, last name, address in your country, a phone number. If not, it can be considered as a lost bag. It even can get exploded by police (because it can be taken for a bomb bag) with a security area... so you'll lost all your stuffs.

2- How to get to Roubaix

By underground:

From Lille train station (Lille Flandres or Lille Europe), take **line 2 (red line) towards CH. Dron**, and get off at **"Gare Jean Lebas Roubaix" station (also a train station) or "Roubaix Grand Place"** which is 8mn on foot from ENSAIT.



3- How to get to your accommodation

First, **get in touch with your student 'buddy'** (for international exchange students of the **spring semester**) to decide where to meet. She/he will go with you to your new home to deal with any arrival formalities.

In all cases:

Please let the International Office know **your arrival date** as soon as possible in order to help organize your arrival as well.

PUBLIC TRANSPORT

1- How to travel around Lille and the surrounding area (Roubaix-Lille-Tourcoing)

Transport in the Lille-Roubaix-Tourcoing area is managed by **ILEVIA** which runs the public transport services: buses, tramway, underground (Val) in the region.

FARES:

A **one way individual ticket is €1.80**. This can be purchased from an automatic vending machine at each metro (select English language) and tramway station or the Ilevia sales outlets and offices.

A **monthly ticket may be cheaper for you**, particularly if you are under 26 years old.

The METRO, there are 2 lines

- **Line 1 (yellow line):** links Lille Regional Hospital Centre (CHR) to 4 Cantons station (which serves Lille University)
- **Line 2 (red line):** links the Tourcoing Regional Hospital Centre (CHR) to St. Philibert
- **To go to Lille Centre from ENSAIT:** you can take the metro Line 2 at “Gare Jean Lebas” or “Roubaix Grand Place” station, and get off at “Gare Lille Flandres” or “Rihour “(line 1)

NB: Don't forget to stamp your ticket before getting on the underground, the tram or a bus. If not you may have a fine.

METRO MAP:



EVERYDAY LIFE IN THE NORTH OF FRANCE

Weather:

As Roubaix is in the north of France, the climate is temperate.

- **Autumn/Winter:** quite cold, wet weather. From -5° Celsius to +5° Celsius.
- **Spring/Summer:** cool, mild weather. Average temperature: 12° Celsius to 25° Celsius.

Times:

- **Meal times:**
 - **Breakfast:** between 7:00 and 9:00 am ;
 - **Lunch:** between 12:00 and 2:00 pm;
 - **Afternoon snack:** between 4:00 and 5:30 pm;
 - **Dinner:** between 7:00 and 9:00 pm.

- **Public organisms** open from Monday to Friday, 9:00 am to 4:00 pm (sometimes closed at lunchtime or open on Saturday morning).
- **Post office:** from Monday to Friday: 8:00 am to 5:00 pm. Saturday: 8:00 to 12:00 am
- **Banks:** open from Tuesday to Saturday morning, 9:00 am to 6:00 pm (9:00 am to 12:00 am on Saturday). Closed on Mondays and at lunchtime
- **Police station, Hospital, Emergencies, Help:** open 7/7 day, 24/24
- **Chemist:** from Monday to Saturday, 9:00 am to 7:00 pm (there is always a chemist open somewhere 24/24. The emergency chemist will be noted on each chemist's door)
- **Supermarkets:** from 8:30 am to 8:30 pm, Monday to Saturday
- **Shops (food, newspapers, tobacco ...):** Monday to Saturday, from 8:00 am to 7:00 pm
- **Shops (presents, home, ready to wear...):** Monday to Saturday, from 10:00 am to 7:00 pm

NB: These times are approximate

In ENSAIT, working hours vary, depending on the courses you are studying. The school is open from Monday to Friday, 7:30 am to 7:00 pm.

NOTE:

In France, the **hour changes** twice a year. **Summer time** (from end of March +1h) and **winter time** (from end of October -1h). Therefore, if you are in France at this time of year, check with French people or French organisms.



Cost of living: (average)



Accommodation: 450/550€



Food: weekly food shop at a supermarket: €50; a sandwich in a bakery: €3.50; a meal in a restaurant: at least €15; bread (a French loaf): €2;

Public transport: Lille metro ticket: €1.80; Paris metro ticket: €1.90



Free time: cinema: €11; a drink in a bar: €6,



Mobile phone: a prepaid card: from €5; a mobile phone: from €100

Student card: **with** your student card, you will be eligible for many **reductions**, so show it whenever and wherever you have to pay as you may well be able to get a discount.

Food



Food stores: You can get food from a range of stores:

- **Supermarkets:** here, you can find **all convenience goods whether your budget is large or small**. There are many supermarkets, so there will certainly be one close to where you live. The nearest to the school is LECLERC (address: 21bis grand rue – 59100 Roubaix).
- **Specialized food stores:** in France many shops **specialise in high quality food, such as** bakers, butchers, organic food, groceries, foreign food... However, these can be expensive.
- **Markets:** you can find **cheap local food** in open-air markets such as vegetables, bread, spices and cheese. The most famous market is Wazemmes Market in Lille (Metro Station: Wazemmes or Gambetta (line1) every Tuesday, Thursday and Sunday morning).



University Restaurants (“RU”): The public organism, the **CROUS**, which manages University residences, is also in charge of University Restaurants and **offers very cheap meals for students**. There are other RUs in Roubaix at the following addresses:

- **RU Campus Gare** : 500meters from Ensait.

Don’t forget, your student ‘buddy’ is there to help you discover the culture and find your way around in your everyday life so do feel free to ask for her or him advice!

Fees :

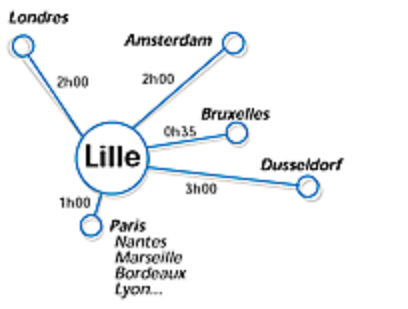
Type of expenses	Cost of expenses
Security deposit for accommodation	Equivalent to 1 month rent; refunded at the end of the lease if there is no damage.
Temporary residence permit	€50

Accommodation and civilian insurance : about **30 euros for the stay**

VISITING ROUBAIX AND THE REGION

Roubaix, in the heart of the 4th largest urban area in France, is the second biggest town in the Northern area of the “Nord-Pas-de-Calais” region, and has a high proportion of young

people. It is famous for its dynamism and friendliness. Roubaix centre is also home to 20 higher education institutions, catering to around 10,000 students.

<p>20 minutes by underground from Lille, and connected to all the main European cities by TGV and motorway, Roubaix is the "Capital of Bargains" with two factory store outlet complexes, many renowned cultural centres and a recently renovated and dynamic town centre.</p>	
--	--

The town is very close to Lille, which was the **European Culture Capital** in 2003. This event boosted the city's dynamism, and many new places in and around Lille were designed for **cultural events** such as concerts, exhibitions, cinema, festivals at the time. **The Nord region also boasts great resources and diversity**, including the typical urban architecture, the "Côte d'Opale" coast, amazing carnivals like the "*Carnaval de Dunkerque*" in February, numerous food specialities and easy access to the UK and Belgium...

HEALTH SERVICES AND EMERGENCIES

1- Health services

GENERAL PRACTITIONERS

General practitioners: You can choose your general doctor (GP) and consult as many as you wish, but you will have to pay for them up front as with most medical services in France. GP's can prescribe medicine and give you health advice, etc. The price is around 30€. On QARE website you can video meet a physician after having an 'Ameli' number (free registration on Ameli).

Near ENSAIT:

Dr Yannick CLEMENT : 25 Grand Place, Roubaix (03 20 73 33 33)
Dr Renaud SOLANET: 91 Avenue Jean LEBAS, Roubaix (03 20 01 30 30)
Dr HEBBINCKUYS : 73 rue de l'Alma, Roubaix (03 20 70 65 24)

English speaking doctors near ENSAIT :

Dr Guy VOGEL : 120 Rue de Tourcoing, 59100 Roubaix
Dr Salima KAOUEL : 2 Place du Progrès, 59100 Roubaix
Dr Margaux SALMON : 2 Place du Progrès, 59100 Roubaix

Specialists such as Ophthalmologists, Gynaecologists or Psychiatrists can be consulted without referral from a GP. You must be referred by your GP for other specialists. Medical services such as X-Rays, sonograms, MRI scans, lab tests (blood tests, urine tests...), etc. are reimbursed when prescribed by a doctor.

HOSPITAL SERVICES

Medical Institutions: There are two types of medical institution: **hospitals** (public organism) and **clinics** (private organism).

Main Hospitals in Lille area:

CHR Lille: 2 avenue Oscar Lambret, Lille (03 20 44 59 62)

Hospital Saint Vincent de Paul: Rue de Mulhouse, Lille

Hospital Victor Provo: 11-17 Boulevard Lacordaire, Roubaix (03 20 99 31 31)

AMBULANCE SERVICES

Ambulances in France are run by private companies and are really nothing more than medical taxis which you can lie down in. For accidents and life threatening emergencies, you should either call the Fire Fighters (*pompiers*) by dialling 18 or the SAMU on 15.

CHEMISTS

Chemists are health professionals who may be consulted for minor health problems which do not warrant a visit to a doctor. They will also check prescriptions written by doctors to ensure that there are no undesirable side effects between the prescribed medications. Some chemists will always be open outside normal opening hours in case of an emergency (see section on emergencies below).

ENSAIT Well-being and success unit

ENSAIT offer both individual and group support for students' well-being. Individualised help focuses on personal difficulties, including physical or mental health issues, and may involve referrals to specialists. Group activities like workshops and talks address broader topics such as inclusion, addiction, gender-based violence, nutrition, and sleep.

2- Emergencies

Depending on the nature of the emergency, there are possible several courses of action:

- **For strains, sprains, cuts, and other minor injuries,** go to the accident and emergency department at the nearest hospital.
- **For accidents and emergencies,** see above under “ambulance services” (call the Fire Fighters (“*pompiers*”) by dialling 18, or the SAMU on 15).

- **If a doctor (GP) or dentist is needed outside normal consulting hours**, call ‘sos médecins’ (= sos doctor) 08 26 46 59 59
- The doctor on duty may prescribe medication that can be picked up at **a chemists’ outside normal opening hours or at weekends and holidays** (a “*pharmacie de garde*”). You can usually find out which chemist is open by going to your local chemist and looking in the window, as they generally put up a sign indicating which chemists are open outside normal opening hours.
- **In case of fire or other material damage**, call the Fire Fighters (18)
- **For any other problem, you can call the police** (17) or the nearest police Commissariat.

If you have any problem, don’t forget that **your student ‘buddy’ is there to help you**. Make sure you have her/his phone number with you at all times.

CONTACTS AND IMPORTANT DETAILS

Official name	Ecole Nationale Supérieure des Arts et Industries Textiles
Address	2, allée Louise et Victor Champier BP 30329 F F 59056 Roubaix Cedex 01 France
Internet address	http://www.ensait.fr
Legal Representative	Mr Eric DEVAUX
International Relations Contact Persons	Director International Relations Mrs Marie-Pierre Delespierre Phone: + 33 3 20 25 64 87 e-mail: marie-pierre.delespierre@ensait.fr
Official language of instruction	French and English during the International Study Semester. The Master Thesis (30 ECTS) can be carried out in English or French language
Assistant for Incoming students	Mrs Marie Hombert (marie.hombert@ensait.fr)