



**GOING ON AN EXCHANGE :**  
**UNIVERSITE SAVOIE MONT BLANC**

# About Me



Hello! My name is Elenor and I was lucky to go on an exchange for my 3rd year, thanks to a bilateral agreement between York University and my home University (Université Savoie Mont Blanc, Annecy, France). I was studying marketing and communication at York.

I was able to enjoy York University for one year, now it's my turn to talk about my home university: Université Savoie Mont Blanc. You can also come and study here, we are offering courses (mainly in French) for the Bachelor's and Master's degrees.

# Université Savoie Mont Blanc – 3 campuses



The university has 3 campuses, depending on what you are studying you'll be either in Annecy, Chambéry or le Bourget-du-Lac.

Chambéry and le Bourget-du-Lac are really close to each other, you can commute between both. Annecy is a bit further but only 30minutes' driving from Chambéry.

Our 3 campuses are in a strategic area, really close to Switzerland, Italy, Germany... It's great to travel and explore the whole of Europe.

[https://www.univ-smb.fr/wp-content/uploads/2019/04/presentation-usmb\\_en.pdf](https://www.univ-smb.fr/wp-content/uploads/2019/04/presentation-usmb_en.pdf)





Anancy campus

Source : polytech-  
anancy.fr



Chambéry campus

Source : USMB.fr



Bourget-du-Lac campus

Source :  
lebourgetdulac.fr

# UNIVERSITE SAVOIE MONT BLANC

- Created in 1979
- More than 14 000 students
- 12th best university in France
- 1st university regarding the number of students going on an exchange
- See the video of presentation :  
[https://www.youtube.com/watch?v=Emmxyzk7j\\_Q&feature=youtu.be](https://www.youtube.com/watch?v=Emmxyzk7j_Q&feature=youtu.be)

# THE ACADEMIC YEAR



2 semesters :

From September to December/ January → semester 1

From January to May → semester 2



Each semester has one week of holidays in the middle.



The grades are out of 20. 0 is the worst and 20 is the best grade you can have.



Generally, students follow 8 to 12 classes a semester.

# HOUSING



You can apply for a room in a halls of residence on campus. This is a good option because it is easier and it will allow you to meet a lot of other students (French and international).

You also rent a studio-flat, prices are around 450-600€ per month

Or you can do a flatshare. This will be cheaper (300-400€/month) and will help you to meet other people.

Be aware that the public transport networks are not great in each city, so choose your location carefully.

# COST OF LIVING

<b>Rent + utilities</b>	<b>350-600€</b>
Groceries	250€
Plane ticket	700€ (Canada-France)
Insurance	330€
School equipment	50€
Monthly transportation pass	30€
Phone subscription ( French international contract with Free mobile operator in France)	20€
Visa	Varies 100-300€



# Transportation

- The 3 campuses are all connected with a city-bus transportation system. There are no subways or trams. The bus system is really cheap.
- In France, the trains are really efficient and it's pretty easy to go from one city to another. We have very high speed trains, eg, you can do Annecy-Paris in 4hours.
- Finally, everywhere in Europe, there is 'Flixbus', which is a company that offers bus tickets to link a city to another for a really low price. You can do Paris-London for 15€. It's the cheapest way to discover the whole of Europe!



# MAKING FRIENDS



Do not panic!  
You'll have other  
exchange students  
with you on  
campus.



You can also join  
an association or a  
sports team to  
meet more local  
students.



Finally, do not  
forget to check  
Facebook groups  
like « International  
Students Annecy »  
this will help you  
also.



# SAFETY

The 3 campuses are pretty safe. The 3 cities are not known for troubles. Of course, you need to be aware of everything around you but relatively speaking, Annecy, Chambéry and Le Bourget-du-Lac are really safe cities.



Just avoid Chambéry-le-Haut as a place to live, it is not very safe.



# CLIMATE

- The climate is quite cold for France as we are in the Alps area. In winter it is possible to have  $-10^{\circ}\text{C}$  some days but relatively between mid-November and mid-February the temperature is around  $0^{\circ}\text{C}$ .
- In summer, the temperature is nice, like around  $20\text{-}25^{\circ}\text{C}$  almost everyday.
- To face the winter, you will need a warm winter coat.

# BEFORE YOUR DEPARTURE..



BE SURE OF  
HAVING THE RIGHT  
PHONE  
CONTRACT. YOU  
CAN FIND A  
MOBILE  
CONTRACT FOR  
15€/MONTH  
APPROX.



ENQUIRE ON THE  
DIFFERENT OPTIONS  
OF PAYMENT ABROAD  
THAT YOU HAVE :  
OPENING AN  
ACCOUNT HERE, OR  
USING A SPECIAL  
CARD FROM YOUR  
HOME BANK.



HAVE YOUR VISA  
AND PAPER-WORK  
READY



ENJOY FOOD  
FROM YOUR HOME  
COUNTRY



DO NOT PANIC :  
THIS ADVENTURE  
WILL BE THE YEAR  
OF YOUR LIFE.

# DURING YOUR EXCHANGE..



ENJOY AS MUCH AS POSSIBLE THE DIVERSITY OF THE COURSES OFFERED BY THE UNIVERSITY. THE SEMESTER GOES VERY FAST.



TRAVEL AS MUCH AS YOU CAN:  
CHAMONIX,  
PARIS, MILAN,  
MARSEILLE,  
NICE, GENEVE,  
LAUSANNE,  
AMSTERDAM,  
STUTTGART,  
LUXEMBOURG,  
BRUXELLES...



DO NOT STAY ONLY WITH PEOPLE FROM YOUR COUNTRY. TRY TO MEET PEOPLE FROM ALL OVER THE WORLD, YOUR EXPERIENCE WILL BE EVEN MORE ENRICHING



ENJOY THE SPECIALITIES OF SAVOIE :  
RACLETTE,  
TARTIFLETTE,  
CROZIFLETTE,  
FONDUE, FISH FROM THE LAKE...



EXPLORE ALSO THE MOUNTAINS, YOU HAVE SO MUCH TO DO :  
HIKING,  
CAMPING, TRAIL,  
SKIING,  
CLIMBING,  
RAQUETTES,  
PARA-GLIDING,  
HANG-GLIDING,  
VIA FERRATA,  
CYCLING...

# AFTER YOUR EXCHANGE...



MAKE A CHECK-LIST OF EVERYTHING YOU NEED TO DO BEFORE YOUR DEPARTURE :

- CLOSE YOUR BANK ACCOUNT
- SELL YOUR FURNITURE/CLOTHES
- GIVE BACK YOUR KEYS
- ....



EXTEND IT TO MAKE MORE TRAVELS: SPAIN, UNITED KINGDOM, DENMARK, CROATIA, NORWAY, GREECE...



IT IS ABSOLUTELY NORMAL TO BE SAD AFTER YOU GET HOME. TAKE YOUR TIME AND REMEMBER THE GOOD MEMORIES.



MAKE PLANS WITH YOUR NEW INTERNATIONAL FRIENDS TO ORGANIZE A NEXT TRIP!

# USEFUL LINKS

- <https://www.univ-smb.fr/international/venir-a-luniversite/etudiant-e-s-en-programme-dechange/> (all the information regarding your exchange)
- [https://www.univ-smb.fr/wp-content/uploads/2019/04/survival-kit-in\\_en.pdf](https://www.univ-smb.fr/wp-content/uploads/2019/04/survival-kit-in_en.pdf) (survival kit)
- <https://www.univ-smb.fr/international/venir-a-luniversite/etudiant-e-s-en-programme-dechange/sinscrire/> (all the administration steps to enroll in the programs)



# ENJOY!

- If you have any questions on the University, do not hesitate to contact [incoming.students@univ-smb.fr](mailto:incoming.students@univ-smb.fr) !