



Come and discover



The Catholic University of the Vendée, France



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What is ICES?

→ *A selective and mid-sized catholic institution*

ICES is a private catholic university created in 1990 by the bishopric of Luçon, a small city of the Vendée. It is a mid-sized institution in which students prepare university diplomas. It was conceived as a private, selective establishment in which class groups are small, professor-student relationships are personalized and assiduity is compulsory. With about 1000 students from all over France, as well as international students, the university offers an intimate environment. It's easy to know the faculty and for them to know you. It shouldn't take long to interact with French students, and to make new friends.

→ *Nine areas of studies, Bachelor and Master degrees*

- Biology (BA)
- Law (BA & MA)
- History (BA & MA)
- Languages (BA)
- Literature (BA)
- Mathematics (BA)
- Physics/Chemistry (BA)
- Political Sciences (BA & MA)
- Catholic Studies (MA)

Each department consists in a small team of permanent faculty and a number of adjunct professors from all over France and from all around the world. This allows to modulate the respective syllabus through invitations to top experts and internationally renowned professors, for specific conferences and lectures in French and English.

More information about the faculties and courses at [ices.fr/les-formations/nos-disciplines](https://www.ices.fr/les-formations/nos-disciplines)

→ *Excellence & research*

ICES research department organises a number of conferences during the academic year. Research results are published through ICES own publishing house and through various partnerships with famous publishing houses. Research and publishing contribute to ICES' reputation of excellence.

→ *International network*

ICES develops from several years a large network of partners all around the world. Erasmus + 2014-2021 charter and specific agreements with worldwide universities enables ICES to send each year a large number of students abroad and to welcome international students. ICES is a member of ICUSTA (International Council of Universities of Saint Thomas Aquinas) and works with 60 institutions from all over the world.



Come to ICES and experience

- ⇒ customized programs
- ⇒ small sized classes and personal support
- ⇒ intensive French classes
- ⇒ welcome day and classes' choices
- ⇒ large campus facilities

At the beginning of the semester you will meet with the Heads of Departments to discuss the classes you have chosen, the level you have previously acquired in the discipline, and your language skills. You will choose from a number of classes in English and in French, and of course study French language.

More information on courses at ices.fr-international/come-and-study-in-france

Important: the classes offered at ICES may vary at any time.

International students participate in French workshops that will either introduce, or strengthen, their French language. So from the very beginning, whether you come to ICES to study Political Science, Law, History, or any other discipline, French language will be a part of your studies. You can decide how much French language classes you want, either a couple introductory hours for your general knowledge, or intensive Grammar and writing classes.

ICES campus consists in a university library with 90,000 works, a multimedia center, wireless internet access on campus, the latest generation of computer, lab equipment, amphitheatres and nomad language laboratory.



Come to ICES and discover a very nice & attractive region



Besides the classroom, French students are guides during the many visits, tours, activities and excursions organized for free for the international students on weekends.

These outings facilitate student travel through the region with knowledgeable and likeminded guides, which also facilitates a learning process of French, the Vendée Region, history, culture, and geography.

Your stay in France will also be an occasion to discover a part of French gastronomy: Vendée's seafood, special brioches and a wine-making tradition dating back to the Middle Ages.

→ **La Roche sur Yon, a pretty historical city**

The City of La Roche sur Yon is located close to the Atlantic coast, in a region called "la Vendée". The city of la Roche-sur-Yon was created by Napoleon after the French Revolution and is rich with history. It is a small city of 50 000 people which makes it easy to navigate and easy to get around. Public transportation is well established, frequent, clean and inexpensive.

La Roche sur Yon is:

3 h from **Paris**

3 h from **Bordeaux**

1h from **Nantes**

2h30 from the **Loire Castles**

Discover more on → www.vendee-tourism

→ **The place for cultural and sportive events**

The Vendée is a cultural region with very nice historical places.

You will discover:

- ▷ **City of Nantes (guided tour) www.nantes.fr/home**
- ▷ **City of Angers (guided tour) www.angers.fr**
- ▷ **Paris (weekend) www.paris.fr**
- ▷ **the Puy du Fou, historical theme park, www.puydufou.com**
- ▷ **the Venise Verte (boat ballad on the Poitevin marsh) www.la-venise-verte.com**
- ▷ **La Chabotterie <http://chabotterie.vendee.fr/>**
- ▷ **Historial/Memorial de la Vendée historial.vendee.fr**
- ▷ **City of Les Sables d'Olonne , city of the famous "Vendée Globe" round-the world single-handed yacht race. The Vendée Globe race departure takes place every 4 years. It is a famous world race that represents over 24,000 miles. www.lessablesdolonne.fr**



→ **Campus life and events**

All along the semester, the Board of Students (BDE) organises events: « ICES show », ICES annual celebration, Gala reception at the end of the academic year, skiing week excursion...



Get to know more about our activities & join ICES group

→ www.facebook.com/ICES

and ICES International Students Group on Facebook

→ www.facebook.com/CES.international.students

Application & informations

January	February	March	April
Jan 1: New Year's Day			
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Academic calendar

The academic year consists of two semesters:

- 1st semester: from beginning of September to beginning of January
- 2nd semestre: from mid-January to beginning of June

Two exam sessions:

- 1st exam session: from end of December to beginning of January
- 2nd exam session: from mid-May to beginning of June

Holidays breaks: Christmas break in December, Winter break in February, Spring break in April / May.

The orientation week for international students is organized a few days before the beginning of each semester.

→ **Application**

Once you are nominated by your home university please complete the application form and send it to us with all the required documents within the following deadlines:

- no later than June 30th for the 1st semester or academic year
- until October 30th for the 2nd semester

Incomplete application documents will not be considered.

Once you have been accepted at ICES, you will receive an official Letter of acceptance.

→ **Registration**

As soon as possible after your arrival at ICES make sure to go and be officially registered through the "Secrétariat des Etudiants" (Students office). Make sure to bring one id photo. This will allow you to get your student card and have access to all students services such as computer services, library, special fare for transportation and cinema, etc.





→ **Visa, Immigration Regulations**

Students from outside the European Union will need a visa. As immigration regulations are subject to frequent change we encourage you to check with the French Embassy in your home country and find out what kind of visa you need.

Make sure to start the visa application well in advance as it may take a long time before you obtain your visa.

Depending on your nationality and upon your arrival in France you must register at the OFII (French Office of Immigration and Integration) in Nantes.

To be registered make sure to send to the OFII the form you got from your local French Embassy as well as one copy of your passport and one copy of your visa stating the date of entry in France or in Schengen Space. Then OFII

will sent to you an acknowledgement receipt as well as a summons to go for a medical examination to be held in their offices in Rezé (Nantes suburb).

Compulsory fees = 58 €

Once everything is done the OFII will display a security label in your passport.

More information about OFII: www.ofii.fr

→ **Accommodation**

You are looking for an accommodation in La Roche-sur-Yon? ICES can help you to find your best living option, but note that it is considered as a personal procedure and research.

Here are the living options in La Roche-sur-Yon:

1 - **Escale Rivoli**

an independant residence for students and Young workers, located 10 mn walk from ICES.

2015 monthly rent = 300 € (including gas, water, electricity & internet)

All rooms are equipped with individual bathroom.

Shared kitchen at the last floor (open everyday at lunchtime and on weekends).

During the week meals can be taken at the Restaurant Universitaire which is next to the residence building.

Deposit (refundable if no damages) = 1 month's rent

Application fees = 20 €

20 Breakfast package = 25,50 € (compulsory and non refundable). It can be used for lunch too.

↳ escalesouest.com

animateur.rivoli@escalesouest.com

2 - Room in a private flat (individual or roommate) via real estate agencies

↳ **FONCIA**

57 rue du Président de Gaulle, La Roche-sur-Yon

<http://fr.foncia.com/>

↳ **NEXITY**

35, Boulevard Aristide Briand, La Roche-sur-Yon

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

Average monthly rent = 280 € - 350 € (electricity, gas, water & internet excluded) Deposit (refundable if no damages) = 1 month's rent

↳ www.ices.fr/logements

↳ www.leboncoin.fr

Note that you have the possibility to apply for a grant from the French Government that may cover up to 30% of the monthly rent. In order to apply for it – and among other documents – students must show evidence of Financial resources (minimum 500 € /month) and provide with a birth certificate translated in French.

Note that this grant is not automatic so keep in mind that you may not receive it.

Due to a high number of demands we encourage the students to look for their accommodation as soon as possible.

If you need assistance with accommodation please contact the ICES International Relations Office.

3 - **Host families**

You can choose to live in a host family and live in daily language immersion. The host families are selected by our services. If interested in please email: international@ices.fr



4 - ICES' Catholic residence...if you wish to live a special experience

↳ Foyer Sainte Thérèse

Nearby the university, this residence welcomes about 40 undergraduated students (boys & girls). Two rooms are reserved for international students. The residence is very comfortable (single rooms with bathroom, laundry, and kitchen to share with the other students). It is not only a residence, it is also a place where you will share a community life, with an important Christian dimension. Special evenings, dinners, celebrations, give rythm to the life of this residence.

For this résidence: Being Catholic is not compulsory, but you need to be interested in and to accept to discuss and to share this dimension of life. Students of this residence will share an immersive weekend during Fall semester and a 2 days spiritual retreat during Spring semester.

The goal of living in Foyer Sainte Thérèse is twofold: first improving integration at ICES and French language learning, secondly experiencing a Christian life by building links of friendship and deepening one's faith.

This residence is selective. The director of the residence will contact you for a short skype interview.

To get further informations, please email: edc@ices.fr



→ Meals

In la Roche sur Yon students can have lunch at Escale Rivoli Restaurant that is located only 5 minutes walk from ICES. Rivoli 2015 costs: 5,25 € for 1 meal or 41 € for 10 meals.

Express menu: 3,10 € for 1 meal (starter and dessert)

Or you may also decide to bring your own lunch bag at ICES cafeteria that is equipped with microwave and coffee/snack machines.

→ Bank

We highly encourage you to open a bank account in France as it will be useful in your daily life (payment of your rent among others). Also through the bank you will have the opportunity to get an insurance / civil liability that covers your room (this insurance is compulsory in France and it costs about 6 € / month). ICES will assist you with the opening of a French bank account.

→ Health Insurance

If the study period in France is longer than 3 months, the French Social Security is compulsory. All students under French Social Security must pay a fixed fee of 215 € (2015 cost), regardless of the study period.

However, if the student can present one of the following original documents (which does not state the exclusion of any particular medical service) that covers the entire length of his or her study period in France, then the student is exempt from the above mentioned fees:

- European Health Insurance Card (EHIC)
- SE401Q102 or SE401Q106 from the R.A.M.Q. (Québec)

Upon arrival at ICES, you must register at the administrative office (Secrétariat des Etudiants) at which time you will be asked either to provide one of the above mentioned documents (justificatif du régime de sécurité sociale), or to take care of the necessary form and fees needed for your coverage in the French system.

The French Social Security medical coverage begins on October 1st of each year, thus, for non-European students arriving in France before this date, it is recommended that they subscribe to a personal medical insurance for the period preceding the French coverage.

Also, please note that the French Social Security will not cover 100% of your medical bills. It is possible to subscribe to a personal medical insurance to cover the rest.

Personal medical insurance can be subscribed upon arrival at:

↳ SMEBA,

2 place du Marché, La Roche-sur-Yon (+33 2 40 35 93 53)

laroche@smeba.cimut.fr

www.smeba.fr/foreign-students



→ Arrival

⇒ Recommended points of entry into France:

Paris Charles de Gaulle Airport (CDG) or Nantes Airport (NTE)

1 - Arrival from Paris Charles de Gaulle Airport

The SNCF* is the French train system that provides high-speed train (TGV) direct from Paris CDG Airport (or city center Montparnasse station) to Nantes and La Roche-sur-Yon.

You may access SNCF train schedules and purchase your ticket at www.voyages-sncf.co.uk (for English) or www.voyages-sncf.com (for French)

Important: the same credit card used to purchase your ticket online is required to retrieve your ticket from one of the yellow SNCF machines in the train station - unless you have purchased and printed out an e-ticket.

Arriving from Paris – if you have not taken a direct train to La Roche-sur-Yon – you might need to change train in Nantes. Allow at least 20 minutes to change platforms. The trip from Paris to Nantes takes just under three hours and Nantes to La Roche sur Yon is one hour.

2 - Arrival via Nantes Atlantique Airport

Nantes Airport is located one hour far from La Roche-sur-Yon.

From the airport you might need to reach Nantes train-station and take a train to La Roche-sur-Yon.

Nantes airport shuttles: from Monday to Saturday (5.30 am to 11.00 pm) a TAN Air shuttle bus leaves the airport every 30 minutes and takes you to the train station in only 20 minutes.

On Sunday the shuttle runs every 30 minutes from 6.15 am to 11.00 pm. Ticket: 8,00 € (one way).

More information on: www.nantes.aeroport.fr/acces/navettes

If you need it ICES can organize your picking up at La Roche-sur-Yon train-station.



With the Jeune 18-27 SNCF Card you can get low fares

- between 25% to 60% off on TGV, TER & Intercité trains
- Eligible from age 18 to 27
- Annual card fee: 50 €
- Buy it online: www.sncf.com/en/reductions/carte-jeune

Welcome week

ICES is used to organising a special immersive week for international students before the start of each semester. During this week, you will attend French classes and discover the main places of interest of the region. You will be accompanied with French students who take part in a buddy system and will help you in your daily life throughout the semester.

→ If you have any further question feel free to contact:

↪ International Relations Officers:

Aurélie Pasquier
apasquier@ices.fr

Agathe de Ruggy
aderuggy@ices.fr

↪ International Office Manager:

Emilie Daudin-Clavaud
edc@ices.fr



See you soon at ICES
The Catholic University of the Vendée!



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