

FRENCH IN

NORMANDY

WELCOME

FRENCH IN NORMANDY IH ROUEN

International
House
Rouen

BEFORE YOU LEAVE HOME

Before you buy your ticket to come to Rouen, make sure that you have checked all the administrative procedures and visa requirements necessary for your stay with us. Procedure times vary depending on the country, so we would advise you to make sure that you give yourself plenty of time to get a visa.

VISA CONDITIONS EUROPEAN UNION NATIONALS

European Union nationals do not need a visa to come to France. An identity card or passport is sufficient – but check it will be valid for the whole length of your stay.

OTHER NATIONALS

It is important to check whether or not you require a visa! Contact the French embassy or consular service in your country or check on this website where you will be able to find out whether or not you will need a visa to enter France: <http://www.diplomatie.gouv.fr/venir/visas/>

SCHENGEN SPACE

The Schengen space allows every individual, once s/he has legally entered one of the member countries, to cross the borders of the other countries. Therefore, if you have a visa for one of the Schengen countries, you can easily enter France. Currently, the Schengen space includes 16 countries: Portugal, Germany, Austria, Belgium, Denmark, Spain, Finland, France, Greece, Iceland, Italy, Luxembourg, Norway, the Netherlands, and Sweden. NB: Great Britain is not part of the Schengen space.

MINOR STUDENTS

Children under 18 years of age are required to carry an authorisation signed by their parents allowing them to travel by themselves. Parents must also sign an official letter provided by French in Normandy (copy on request).

GETTING TO ROUEN

➔ Rouen is easily accessible by vehicle, rail, or airline from Paris, Brussels or London. Students can fly into Orly or Charles de Gaulle airports in Paris or take the Eurostar train to Gare du Nord. From there, students can take a train, cab, or navette to Rouen.

If you booked airport pick up service:

Your arrival information must be given to us at least seven days prior to your arrival in Rouen. We will need the flight number, arrival time, and your mobile phone number. All students under the age of 18 *must* book and pay for transportation on arrival and departure unless accompanied by an adult.

Transfers that are missed are not refundable.

When you arrive at the airport, look for a driver carrying a signboard with the French in Normandy logo and your name when you exit the customs hall.

In the event that you are unable to locate your driver, you should ask the airport information desk to page the driver in English and in French, « Le chauffeur FRENCH IN NORMANDY est prié de venir chercher Monsieur / Madame... ». (then say your name).

Arriving at Charles de Gaulle airport

There are several ways to arrive in Rouen from CDG but the easiest way to Rouen from Charles de Gaulle airport is to take the bus!

Direct bus from CDG to Rouen

Take the Flixbus from Terminal 3. Tickets range in price from 5 to 20 euros and may be purchased online prior to departure. The journey is simple and comfortable; the buses have WiFi and travel directly to Rouen Bus Station, where you will be picked up by your host family. If you have booked one of our student residences, the Rouen metro station is only a 4-minute walk away and will transport you directly to Voltaire (tram stop in front of the student residence).

Navette (bus) to Gare St Lazare train station

A navette that runs from the airports to the Opéra in the heart of Paris. The navette from CDG airport to Opéra costs approximately 15 €. Opéra is within walking distance to Gare St Lazare (or a short metro ride). From Gare St Lazare you can take the train to Rouen.

Arriving at Orly airport

A bus service runs every 15 minutes from Orly to Montparnasse station. The metro is easily accessible from Montparnasse where you can take metro line 12 or 13 to Gare St Lazare, and then the train to Rouen.

Arriving by Eurostar

The Eurostar arrives in Gare du Nord, and the fastest and quickest way to go from Gare du Nord to Gare St Lazare is to take a taxi or Uber. Metro is also an option.

By train from Paris Gare St Lazare

Trains from Gare St Lazare to Rouen run every hour. There are both direct rapid trains, and slower trains. The trip takes between 1 – 1.5 hours. A single second-class railway ticket costs roughly 10 euros when purchased online and around 25 euros when purchased at the ticket office on the day of travel.

Taxi

If you have a lot of luggage, a taxi or Uber is an easy and economical option to get around Paris.

Ferry to Normandy

Ferries sail from the UK to three Normandy ports: Dieppe, Caen, and Le Havre, all of which are near Rouen which can be reached by car, bus or train.

From Le Havre

Either take a taxi to Rouen or travel from Le Havre to Rouen by train.

Arriving at the train station in Rouen (Gare de Rouen)

We ask that our host families meet students at the station when they arrive by train. When you arrive at the train station in Rouen, ride the escalator upstairs to meet your host family, who will be holding a card with your name written on it.

GOOD TO KNOW

PUBLIC TRANSPORTATION

Rouen is well served by various modes of public transportation including tramway, metro, rapid bus, regular bus and night busses. The cost of a single trip ticket valid for 1 hour is currently 1,80€. 31 days of unlimited travel costs 60€. We recommend you to download the [My Astuce](#) app for purchasing tickets, checking transportation times and trips.

BICYCLE TRANSPORTATION

[LOVELO Libre-service](#) is a shared bicycle network with stations located all over metro Rouen. This is a popular option for students to get around the city.

WEATHER IN ROUEN

It is not usually very cold in Rouen but it can be wet, especially in the early spring, so bring a warm waterproof coat and umbrella. Average temperatures in Rouen range from 3° in winter, 16° in spring, 25° in summer and 19° in autumn.

We recommend sensible and comfortable shoes for walking and for going on excursions. In the winter we do not usually have snow but it can be windy so a scarf, gloves and hat might be a good idea!

MONEY

We estimate you will need about 100€ per week pocket money. Here are some examples of prices:

A cinema ticket will cost you about 8 €

A 3-course meal without drinks from as little as 12 €

An espresso coffee in a café from about 1.20 €

A beer or coke in a café about 3.50 €.

It is often cheaper to drink at the bar than to sit down and cheaper inside than outside 'en terrasse'.

SHOPPING IN ROUEN

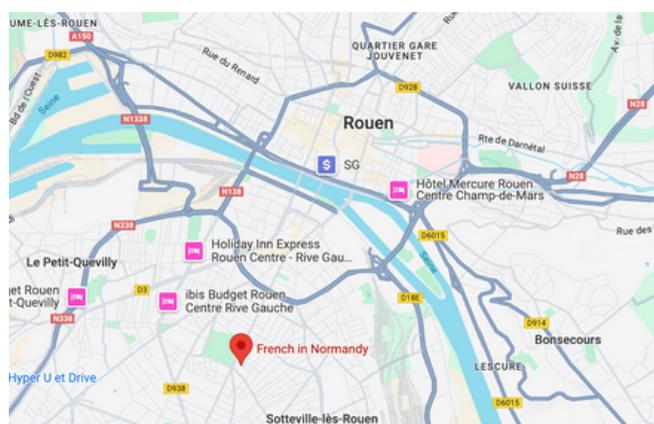
Shopping in Rouen is a dream for all! The city offers numerous clothing boutiques and high street shops, antique shops, art galleries and markets. Popular shopping areas include rue du Gros Horloge, Centre Commercial Saint Sever, docks 76.

SIGHTSEEING IN ROUEN

The tourist office is situated on the Place de la Cathédrale, just opposite the cathedral. Some major sights in Rouen and surrounding area are: Palais de Justice, Cathédrale de Notre-Dame, Place du Vieux Marché, Eglise Saint-Maclou, Musée des Beaux Arts, Eglise Sainte-Jeanne d'Arc, Gros Horloge, Marché place St. Marc (Sundays), Tour Jeanne d'Arc, Victor Hugo's home, Mont St Michel, Monet's house and garden at Giverny, Honfleur, Etretat, Haras du Pin, and various châteaux.

EXCURSIONS + SOCIAL PROGRAMME

French in Normandy offers a comprehensive programme of free after-class clubs, evening and weekend activities such as bar nights, sports, as well as excursions to various parts of the region. You will find all events and activities posted at the school. Be sure to sign up for activities and excursions as soon as possible to avoid disappointment if they are over-subscribed (or cancelled because of a lack of participants).



YOUR FIRST DAY AT FRENCH IN NORMANDY

On the first day, please bring your passport or ID card. If you want a student card then you will also need to bring second passport-style photo.

FIRST DAY SCHEDULE

08h00 Arrive at French in Normandy by 8:00am on the first day of school. Your host family will either bring you to the school or show you the way via transit.

08h30 Oral + written placement test, school tour

The oral test is done as a group with other students. If you have not already done the online test then you will be asked to do that too. At the end of your assessment, we will show you the school, introduce you to the staff, tell you about safety procedures and give you a folder with a map of Rouen, tourist information, a notebook and pencil, a grammar book and exercise book.

09h30 You will join the appropriate class at 9:30am. Coffee break is from 11h - 11h30. Mornings lessons finish at 1.00pm and afternoon lessons for those doing the INTENSIVE course are from 14h00 to 16h00 which are the same hours for those doing a DEMI INTENSIVE (10 hour) programme.

CLASS CHANGES

You will be placed in class according to the level you achieve in your entry tests. If you are not happy in your class please speak to your teacher or to our Course Coordinator. If you wish to upgrade from a semi-intensive to an intensive course, please also talk to our staff at Reception or our Course Coordinator. We will be happy to arrange this for you.

COURSE MATERIALS

French in Normandy offers all students a connexion to our online resource centre. You can use the platform as much as you like as you have unlimited access before your course and for 6 months after your course finishes. You can also opt to have a Tutor service after this time. The platform will give you access to Grammar, podcasts and listening exercises, comprehension and reading documents as well as a range of exercises to improve your 4 skills.

PROGRAMME SCHEDULES

Intensive programme (25 hours)

9h30 - 11h00
11h30 - 13h00
14h00 - 16h00

Semi-intensive programme (15 hours)

9h30 - 11h00
11h30 - 13h00

Demi-intensive programme (10 hours)

14h00 - 16h00

Clubs

Join our after-class clubs for 5 free additional hours per week of learning. Clubs follow various themes including French cinema, literature, current events, and more.

METHOD

Courses are given only in French. It's really the best way to learn a language! Our method is communicative, task based and active – we put the emphasis on speaking and listening but every lesson has a grammar point too!

Our programmes follow the Common European Framework and we offer programmes for levels A1-C2 and each level lasts 13 weeks.

The maximum number of students per class is 15.

Every week your trainer will ask you to take part in a role play or to prepare a specific task in order to check your progress. They will give you their feedback and ask you to self-assess your performance. The day before you leave there will be a formal test to check your final level.

After class we recommend you take the time to speak French with the other students even if you are not in the same group. It is an ideal opportunity to get to know each other and to practise your French.

Students will need a smart phone , tablet or computer as well as a Gmail address in order to access Google Drive. Teachers will share personalized study components and other necessary documents via Google Drive.

LIVING WITH A FRENCH FAMILY

80%

8/10 of our students choose to live with a host family in Rouen.

Your host family will help you get to know a lot about the French way of life and culture. Your family will provide you with a single room, two meals per day  and three meals on weekends. Your bed linens will be provided and changed every week. The bathroom will be shared unless you have requested otherwise. It can take time to adapt to living with a family in another country, try to organise a routine with your hosts and be mindful of others regarding using the bathroom, washing machine, television and other household appliances and spaces .

A few simple rules will go a long way to making your stay enjoyable for both you and your host family:

- Most families have outdoor and indoor shoes; please remember to take off your outside shoes when you come inside.
- Do not to smoke indoors
- Follow the family routine for such things as meal times and bed times
- Please keep your room tidy and do not keep food in your bedroom
- Rinse the bath after use, leave the WC clean
- Be mindful of water and electricity use, don't be wasteful
- Please do not change the settings on things like heating, computer, tv
- After 10.30pm, please keep noise to a minimum.
- Let your host family know if you are going to be out late, miss a meal or if you want to invite a friend over

Idea: bring some photos of your home, your family or your recent travels; this could be a great way to start the conversation with your hosts. Many students bring a small gift from their home country for their host families.

STUDENT RESIDENCE

A typical hotel-residence that French in Normandy uses is 'LES ESTUDINES' situated close to the school in Sotteville les Rouen near the Voltaire metro station. There is a sports complex and shopping centre nearby. It offers furnished self-catering single and double studios, fully equipped with a kitchenette and bathroom. Other facilities are: coin-operated washing machines, irons on request, TV on request, internet access, weekday breakfast buffet, towels and bed linen provided and changed weekly, weekly cleaning service, locked and secure premises with key code entry. The reception is open until from 08h00-18h00 weekdays and from 08h00-12h00 on Sturday mornings. For out of hours arrivals we provide the entry code and safe-box code where your key will be waiting in an envelope.

SCHOOL FACILITIES

OUR RESOURCES ROOM

You can use the computers in the resource centre during opening hours for self-study etc. In busy periods we ask you to reserve a slot of 15 minutes on the form posted in the centre and to respect this timetable. We have a lending library of books, Cds and DVDs available.

FACILITIES + SURROUNDING AREA

French in Normandy is fully wheelchair accessible. The school provides a reception/lounge area and one classroom for students to relax and have lunch, a big screen tv for broadcasting announcements and special events. There is a foosball table for the students' enjoyment. In the reception area we have a water fountain, a machine for hot drinks and one machine selling cold drinks, sweets and snacks. In July and August, we also have our own *Boulangerie Poul* kiosk in the school that sells, pizzas, sandwiches, salads and croissants, pain au chocolate and cakes. You can also order from them for the next day or ask for specific things like gluten free/no meat or fish etc. From September - June the kiosk is available every Monday. There is a bakery, a pharmacy and a cafe within a few minutes' walk of the school.

HEALTH + SAFETY

1. Please read the safety information posted at the school and note the position of the fire exits.
2. If there is a fire or other emergency the siren will sound. You should follow your teacher's instructions and, leaving your belongings, go quickly and calmly to the nearest exit. DO NOT RUN. Check your classmates are with you and that no-one is left behind. Assemble with the other students and teachers opposite the school while a roll call is held.
3. We hold fire drills at least once every 6 months.
4. In France smoking in public places – like schools – is forbidden by law. You may not smoke in front of the school building. You may have a coffee and smoke at the nearby cafe or park.
5. Drugs and alcohol are not permitted in our centre. French in Normandy will take the appropriate action towards any students using these or any other illegal substances.
6. We ask you not to take drinks and food in any of the classrooms apart from room Jeanne d'Arc or the reception/lounge area which are both intended for this purpose.
7. In case of a medical emergency, such as an asthma or heart problem, inform a staff member immediately. Our permanent staff all have first aid training certificates.
8. Rouen is a safe city but as always sensible behaviour is recommended. Do not wander about alone late at night or carry lots of money, expensive jewellery, watches etc.
9. Make sure that you always keep your passport in a safe place.
10. Never keep/carry all your cards and money in the same place.
11. If you are not well or have a dental problem, ask your host family to make an appointment with a local doctor/dentist or come and talk to the staff at reception.
12. The nearest Police Station to the school is the Hôtel de Police, 9 rue Brisout de Barneville.

EMERGENCY NUMBERS

Police dial 17

Fire dial 18

Ambulance call 15

European emergency number is 112

School emergency # is +33 (6) 72 43 10 04 (24/7)