



Institut
Linguistique

français

Nice French Riviera

Student Handbook



alpha-b.fr

Summary

•	Welcome	3
•	Who to speak to	4
•	My arrival in Nice	5
•	My accommodation	6
•	My first day of lessons	10
•	My activities	12
•	Other services for students	14
•	Getting around	16
•	Practical information	17
•	Going out	20
•	F.A.Q	22
•	The Alpha.b app	26
•	Location of Alpha.b	27
•	Safety instructions	28
•	Rules of behaviour	32
•	Performance chart	35

Welcome

We have created this little guidebook so that everything will go well for you during your stay in Nice, and so you can familiarize yourself with your new surroundings more quickly.

You will find information about your course and your accommodation in here, as well as advice about life in Nice. There are also the addresses of places where you can go out, relax and play sports as well as details of places to visit and unusual places to explore.

The teachers, activity leaders and the administrative team at Alpha.b are also at your disposal and are happy to help, advise and inform you, so do not hesitate to ask them.

Pascal Richez
Director



Who to speak to

Management :

Mrs Anja Denysiuk, anja@alpha-b.fr

Mr Pascal Richez, pascal@alpha-b.fr

If you have any questions regarding personal matters, difficulties with someone at the institute, illness, discomfort, accidents, etc...

Enrolment, accommodation and administration:

Laura (German, French, English)

laura@alpha-b.fr

Edurne (Spanish, French, English)

housing@alpha-b.fr

Emeline (French, English)

office@alpha-b.fr

Nikol (German, French, English)

information@alpha-b.fr

If you have any questions regarding administration, accommodation, bills and payment, illness, discomfort, accidents, etc...

Class organisation, course structure, educational responsibility:

Christian (French, English)

coordination@alpha-b.fr

Priscilla (French, English, German)

pedagogie@alpha-b.fr

If you have any questions regarding teaching, issues with level, class content etc...

Cultural activities, entertainment:

Pacôme (French, English)

animation@alpha-b.fr

If you have any questions regarding the institute's cultural program, your leisure activities in Nice etc...

The teachers:

They are all university graduates and all have professional experience of teaching French as a foreign language over the last four years.

Anouck - Boris - Brenda - Christian - Delphine

Gil - Jean-Philippe - Karine -

Maria - Maria R. - Patrice - Sandrine...

Alpha.b is open Monday to Friday from 8.30-17.30

Tel. : +33 (0) 4 93 16 00 36

office@alpha-b.fr

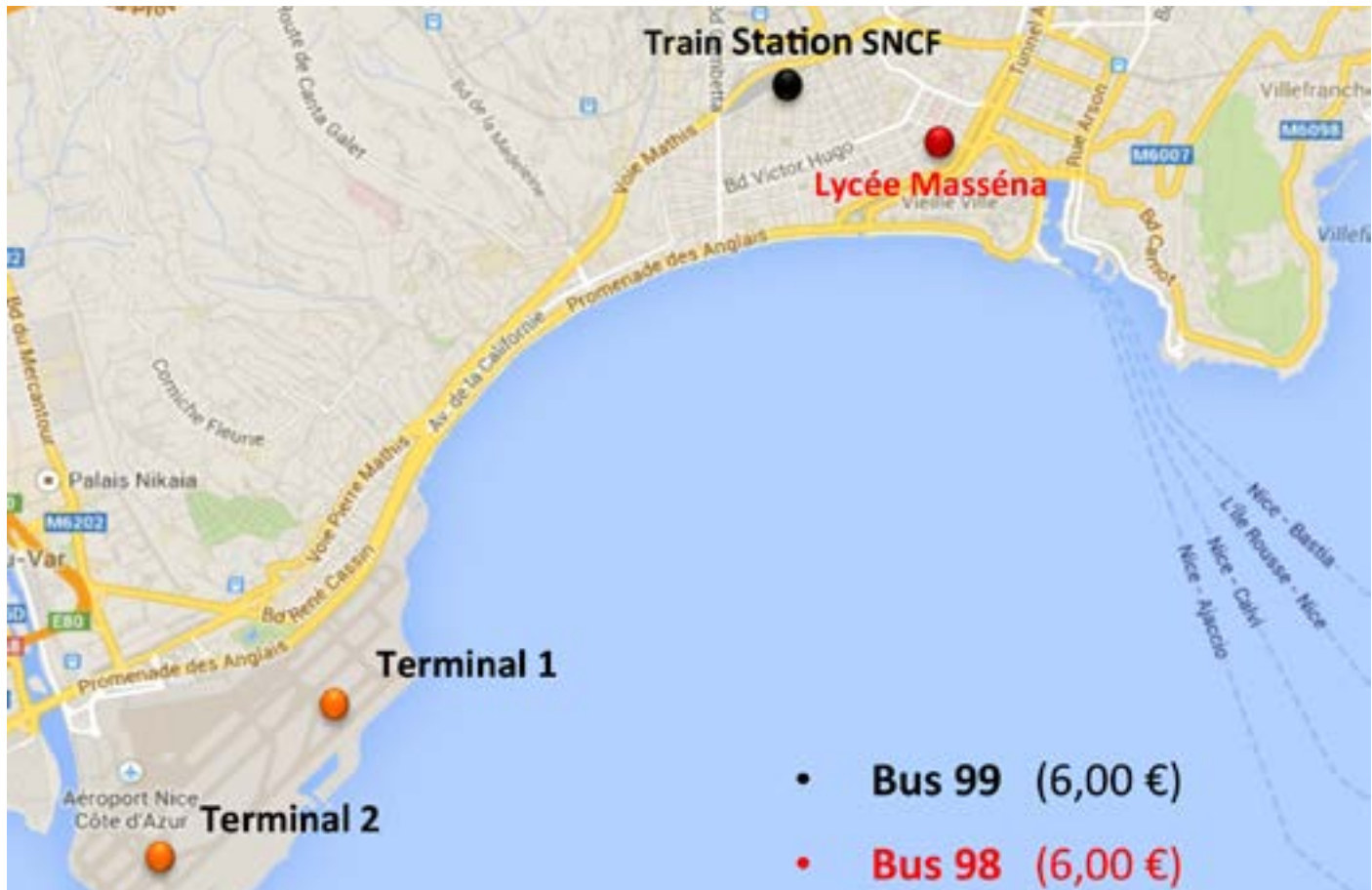
And outside of office hours...

Emergency number between 17.30-8.30:

+33 (0) 6 10 14 47 69

Do not hesitate to speak with us at the end of your stay about any problems you may have had!

My arrival in Nice



Arriving at SNCF train station

La Gare SNCF is close to the town centre. You can either walk, take the tram (1.50€) or get a taxi to your accommodation.

Arriving at the airport

You have 4 possible ways of getting to the town centre from the airport:

Tramway Line 2, Bus n°99 (Gare SNCF),

Bus n°98 (Prommenade des Arts) or a taxi.

The tramway costs 1,50€, navette buses cost 6.00€ and the journey to the town centre takes around 25 minutes.

A taxi costs around 40€ and the journey takes 15-20 minutes. There is a navette bus every 30 minutes from just outside Terminal 1 and 2.

For more information:

www.lignesdazur.com



My accommodation

I arrive in Nice

If you have chosen the accommodation with a host family, please send us your travel details at least a week before your arrival in Nice so we can organise your pick-up.

You can also contact the host family directly. Your host family will come to collect you from either the airport or from the station.

We guarantee this transfer from 8.00-22.00 on Saturdays and Sundays.

Your host family will wait for you after customs.

In case of a problem during your journey to the airport or to the station, or if you cannot find your host family, call your host family on their mobile (you can find the number on your registration confirmation).

If you still cannot find them, call our **emergency number: +33 6 10 14 47 69.**

What if you are not staying with a host family and didn't book a taxi?

If you have chosen another type of accommodation (hotel, apartment, French host without meal), there is no transfer included. However, please send us your travel details at least a week before your arrival in Nice.

You can get to your accommodation using public transport (information on the first page), or you can take a taxi- there are taxis waiting outside the airport. If you can't find a taxi, you can book one on:

+33 49 13 78 78 (Taxi Riviera)

Did you book a taxi with us?

The taxi driver will wait for you after customs with a sign with your name. In case of a problem, contact the taxi company

+33 6 22 12 54 46(Blue Azur International)

I am staying with a French family... with meals included...

Congratulations! You really have the opportunity of discovering and taking part in the French lifestyle and of enriching your knowledge of the language. Our host-families work with us in order to:

- welcome you in the best way possible
- integrate you as much as possible into their family life
- help you in your progression with the French language
- offer you French or continental breakfasts
- offer you half board in the evenings (between 19-20.30)
- provide you with bedding and towels and to change them every week
- give you keys to the apartment

Attention, however:

The families are not obliged (except under particular contracts) to provide you with lunch on Saturday or Sunday. French breakfasts are composed of tea, coffee, milk or hot chocolate with bread, biscuits, butter, jam, cereals and yoghurt.

Speak with your host family about your arrival. Inform your host family if you decide not to eat a certain meal with them. No meal will be refunded.

The host families are not 'your servants'. You must tidy your room, make your bed and turn out the lights.

The host family does not control what you eat, your showers or baths, however it is up to you not to abuse them – you are not living alone.

You are free to go out and to return whenever you like. For under-18s, the French family is in charge of strictly enforcing the curfew times set by your parents. French law is strict on this issue and any under-18 student who doesn't keep to the curfew times will be expelled from the course and from the host family without any refund.

I am staying with a French host... without meals

Our hosts work with us in order to:

- welcome you in the best way possible
- help you in your progression with the French language whenever they are available
- help you settle into your life in France
- offer you a clean and comfortable room
- provide you with bedding and towels and to change them every week
- give you keys to the apartment
- offer you the possibility of using the kitchen

Attention however:

- The preparation and purchase of your food is your responsibility, but you can also consider sharing.

- This style of shared living is intended to be flexible and fair for everyone. Furthermore, it is normal to share the housework in the communal areas that you use (kitchen, bathroom, toilet) and the cleaning of your room is entirely your own responsibility. We also ask you to leave your room in the same state of cleanliness and tidiness in which you found it on your arrival.

- The host families do not control what you eat, your showers or baths, however it is up to you not to abuse them – you are not living alone. That is important at home and also with a host!

- Their telephone is not at your disposal, except to receive calls or in an emergency. If you have a mobile, give your number to your host family or your host... that can be useful!

- After 10pm, be careful not to make too much noise, not to wake your French hosts and to respect your neighbours.

- You do not have the right to take a stranger or a friend back to your host's house without their permission.

- There are automatic laundry facilities

in every district for you to wash your laundry. Your host will be able to lend you the necessary equipment for ironing.

- In case of theft or loss of the keys to your accommodation, you will have to pay for the replacement of the locks.

- You are responsible for any breakages or any damage you may do. The price for repair is entirely your responsibility or the responsibility of your insurance.

- If you wish to prolong your stay, please speak to the school's receptionist about it first.

- Finally, for any breach of the basic rules of communal living, Alpha.b's administration reserves the right to take necessary measures without either of the two parties being able to appeal.

- Any issues with your accommodation have to be reported immediately to the school administration. Any complaints received at the end or after the language stay is not admissible.

Thank you for your understanding and don't hesitate to contact personally the school manager.

I am under the age of 18

If you are under the age of 18, we have asked your parents to complete a discharge of responsibility and acknowledgment of risks for minor child.

The parents must be informed that alpha.b is a French school, fully respecting the European Norm EN14804 and cannot be considered at a summer camp or campus for minors.

Indeed, the parents need to understand that Alpha.b cannot hold responsible of our child's behaviour outside of the school and that Alpha.b cannot monitor our child outside of its premises, even if our child is absent from class.

In the case of a curfew, the host family ensures that this curfew is kept. If you have a mobile, your French host family must have your number in order to contact you if needed or if you are running late. Your host family will always have to ask you where and with whom you plan to spend the evening.

In case of a lapse of the curfew set by your parents, the family must contact the director of the school on the emergency number so that he can notify the Nice town police of 'absence or unexplained delay'.

It is for this reason that, if you think you may be delayed or if you have a problem, you must call your host family to tell them... this will avoid any problems!

However, having shown the significance of disruptions, if we hear that you have deliberately disobeyed

the wishes of your parents, it will lead to your expulsion from your accommodation and from the course without you being able to claim any refund for the trip.

Alcohol and drugs are obviously and strongly forbidden. If the family or the school catches you in possession of such substances in the accommodation or in class, the institute will proceed to your expulsion. The possession of drugs, even 'soft drugs' is punishable by law in France.

Attendance of the course is obligatory. If however you are ill, your host family will inform the receptionist of your absence that same morning.

When you are doing your own activities (shopping with friends, at the beach etc...) during the afternoons or on Saturday or Sunday, neither the institute nor the host family are responsible for your 'supervision', but your host family must ensure however, that you have returned home safely for dinner.

More information on our website.

Attendance of the course is obligatory and with respect to the timetable. A Certificate of Attendance will be given to the parents at the end of your stay.

My first day of lessons

On your first day, we welcome you from 8.45am at 2 rue d'Angleterre.



8h40 Arrival at school. The Alpha.b team will show you to testing room.

9h-9h20 Presentation of Alpha.b by the class teacher.

9h20-10h40 Level assessment test.

10h40-11h Break.

11h-12h20 Communication and intercultural activity.

12h20-13h15 Lunch break.

13h15-15h15 Free guided tour of Nice.

ATTENTION individual lessons are possible from the first day

If you are staying with a host family, you can ask them to show you the route that you must take to school.

Necessary equipment:

- a pen
- some paper!

Course Timetable

Continuous French (20 lessons):

9.00-10.40 break 11.00-12.20 *

Intensive French (30 lessons)

9.00-10.40 break 11.00-12.20 *

+ 3 afternoons per week

13.15-14.30 break 14.45-16.00

**If needed, the morning classes may switch to afternoons 16.15-17.45 and from 18.00-19.30.*

The institute is open Monday to Friday 8.45-17.30.

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The AlphaBook

Created by the Alpha.b team, it is an online platform : with grammar, audio files to practice pronunciation and video courses. It is created according to the criteria of the Cadre Européen Commun de Référence pour les Langues.

Evaluations

Evaluation test : You will be tested on your oral and written skills. This test will allow a very precise evaluation of your French language skills and a placement in a class of your level.

Weekly evaluation : Every Friday, you will be tested on the knowledge you acquired during the week so you can keep track of your progresses or your difficulties.

Final evaluation : If you wish, you can take a short examination which will allow us to issue a document assessing your knowledge of French in the 4 competences.

Homework

Everyday your teacher will give you a bit of optional homework to do for the following day.

Student Card

The student card with a photo allows you to benefit from student discount on Museum entry. Do not forget it when taking part in activities organised by the school!

Questionnaire at the end of your course

This questionnaire is given to you during your final week for you to hand in before your departure. It allows you to freely express your opinions about the quality of the course, the activities, the institute and your accommodation. We welcome your comments, criticisms and suggestions.

Certificate at the end of your course

It shows the level of the course that you completed and is given to you at the end of your course if your attendance was regular.

Photocopies

One day every week we have a day without using the photocopier in order to reduce our environmental impact.

Books & DVD

In order to borrow a book or a DVD, you must ask Christian or the receptionist.

We will ask you for a deposit of 5€ for books and 10€ for DVDs.

My Activities

Internet

There is free internet access in the entire school.

The Institute's garden and building

It is formally forbidden to picnic, sit or lie down in the garden situated in front of the main entrance of the institute.

Smoking is forbidden in the entire building and eating is not permitted in the classrooms, except in rooms 7 during lunchtime.

If you are hungry

You can eat your food in rooms 7 or in the small private garden.

We have partnerships with establishments near to the school where you can receive a discount when using your Alpha.b student card:

20% off in :

«Ma p'tite boulangerie» 100m away,
4 rue de Russie

Lunch, local specialities, Sandwichs with fresh products, baguettes, croissants, pains au chocolat, ...

20% off in the restaurant:

«Apo Café » 150m away, rue Déroulède
(lunch, vegetarian and vegan option)

10% off in :

Boulangerie «La Lorraine» 50m away,
24 rue Alphonse Karr

You have a free cake in:

«Olim» 850m away, 54 Bd Jean Jaurès -
French restaurant and teahouse, french specialities

Other places to buy lunch :

Centre Commercial Nice Etoile
200m away, 30 Avenue Jean Médecin

Or Monoprix , Casino and Naturalia
(organic food, vegetarian, vegan, gluten free) close to school.

Cultural, relaxation and sports activities

The program is on the board next to the reception. It changes every week! Your guide presents the activities every Monday in your classroom.

Sea, & Sun!

We organise a program of various activities: visits to the most beautiful places around Nice like Cannes or Monaco, water sports, evening activities, a crepe party, beach volleyball, and much more. The activities can be booked and altered at the school.

An example of planned activities:

Monday

Visit to Nice
(free)

Welcome
Party (free)

Tuesday

Visit to
Villefranche
and free
time at the
beach (15€)

Welcome
drink
(Oxford pub)
(free)

Wednesday

Water
sports:
kayaking,
paddle
boarding,
snorkelling,
diving
(from 6€)

Wine and
cheese tas-
ting (20€)

Thursday

Crepe
party at the
school
(5€)

Friday

Visit to
Antibes and
the Picasso
museum
(20€)

Bowling
(10€)

Saturday

Visit to
Cannes and
the Îles de
Lérins
(35€)

Other services for students

What should I do if I have a problem?

At the Alpha.b institute

I must inform my class teacher or the school's reception.

At my host family's

I must inform my host family at first and if they are not there, I must ring the school's emergency number +33 (0) 6 10 14 47 69 Or even : Fire brigade tel: 18 / Police Tel: 17/ Ambulance Tel : 15 / SOS from your mobile: 112

I am alone

I must ring the school's emergency number +33 (0) 6 10 14 47 69 or even : Fire brigade tel: 18 / Police Tel : 17 / Ambulance Tel : 15 / SOS from your mobile : 112

I need to see a doctor, dentist etc...

I must speak with the school's reception or with my host family.

What if there is a fire or a serious emergency?

At the Alpha.b institute

I must follow the evacuation instructions of my teacher, or if I am alone, I must leave the building calmly.

At my host family's

I must inform my host family and leave the building or the house calmly.

Fire brigade tel: 18 / Police Tel: 17/ SOS from your mobile: 112

I am alone

I must contact : Fire brigade tel: 18 / Police Tel: 17/ SOS from your mobile: 112

I am assaulted or I feel in danger...

I must contact : Fire brigade tel: 18 / Police Tel: 17/ Ambulance Tel : 15 / SOS from your mobile: 112

If I am under-18, I must inform my parents in all cases!

A library is at your disposal in room 7. There, the books are arranged by level from A1 to C2. In order to borrow one, you may ask Christian, the receptionist or your teacher who can help you to choose. We will ask you for a deposit of 5€.

A DVD library is at your disposal in the teachers' room, room 10. In order to borrow a DVD, you may ask your teacher who can help you to choose. We will ask you for a deposit of 10€.

Rooms 7 are free so that you may have your lunch there.

Room 3 is available most of the time so that you may work on the computers in the afternoon using auto-correcting online exercises or classes by level and skill (ask Priscilla who is responsible for teaching).

Once a week, Alpha.b offers you **afternoon classes for free** in order to revise or to increase your French skills... talk to your teacher about it!

A little private garden with benches on the southern side of the institute is

accessible via room 7 where you can relax, eat or speak French!

A big garden is on the northern side (the side of the institute's main entrance) where you can stretch your legs during the breaks... this garden is a communal space for us and our neighbours.

Alpha.b hopes to maintain good quality relationships with our neighbours, therefore **it is forbidden to:**

- picnic
- sit on the steps of our neighbours or under their windows
- throw your cigarette butts or other paper or rubbish on the ground
- shout in the garden

Three gardens and public parks are under 300m away from the school.

1. **Square Mozart** (at the top of rue Paul Déroulède)
2. **Jardin Albert 1^{er}** Place Masséna)
3. **Place piétonne** behind Nice Etoile

All
of the team at
Alpha.b
remains at your disposal
in order to make your trip
a success.

**Do not hesitate to
speak to them!**

Getting around

Bus and tram

The company 'Ligne d'Azur', 1 rue d'Italie, is open every day except Sunday (8.00-18.00). You have many options:

SOLO : 1 way – bus or tram, including changes: **1,50€**

PASS 1 day : 5 € // **7days** : 15 €

31 days : 40 € for an unlimited number of journeys per day on the bus or tram.

MULTI : 110 journeys, including changes, within the 74minutes following validation (it must not constitute a round trip) : **10 €**

Attention : all of these tickets do not permit the use connections to the airport, bus numbers 98 and 99.

Renting a car

At la gare SNCF (SNCF station), 12 avenue Thiers, you have many car-rental companies: Citer, EUROPCAR, AVIS

Renting bicycles, scooters or motor-bikes

Holiday Bike - 23 rue de Belgique - +33 4 93 16 01 62 (bicycles from 15€ a day)

Taxi

Allo Taxi Riviera - 24/7- **+33 4 93 13 78 78** - Always ask for an approximate price for the journey with a receipt. The prices are rarely discussed but you can try.

Traffic

Speed limit: 50km/h in the town, 90km/h on dual carriageways and 130km/h on the motorway.

There are motorway tolls. Eg: Nice-Cannes 3€.

The maximum limit of alcohol in your blood is 0.5g (two glasses of wine).

It is obligatory to wear a seat belt in the front and back seats and to wear a helmet when riding a bike.

Airport Buses

Airport - Gare SNCF «Nice Ville»

Bus N°23 : 1,50 € (around 40 minutes)

Bus N°99 : 6 € (around 20 minutes)

Airport - Gare SNCF «Promenade des Arts»

Bus N°98 : 6 € (around 25 minutes)

Practical information

Airport : www.nice.aeroport.fr

News : 08 20 42 33 33

Information about flights : 08 92 69 55 55.

Banks: opening hours Monday to Friday 8.30-12.00 and 14.00-17.00.

Exchange: Automatic Foreign Exchange Service 24hours, place Masséna, bank 'Caisse d'épargne'.

Library and Nice media library : Rue Biscarra, free access to books, DVDs and videos.

Book stores : La FNAC, 44 Avenue Jean Médecin - Cats Whiskers, 30 rue Lamartine (foreign books).

Cinema : there are 45 cinemas in Nice – seat prices range from 5€ to 10€.

Washing : there are many dry cleaners and automatic launderettes in every district.

Consulates

Austria	+33 4 93 87 01 31
Great Britain	+33 4 91 15 72 10
Italy	+33 4 92 14 40 90
Germany	+33 4 93 83 55 25
Sweden	+33 4 89 24 16 51
Switzerland	+33 6 37 16 21 84
Norway	+33 4 97 20 50 67
Denmark	+33 4 93 85 35 49
Finland	+33 4 93 53 31 01
Japan	+33 4 91 16 81 81

Corsica : Departure is possible every day by plane (1hour) or by boat (4 to 7 hours) with Bastia or Ajaccio. For the boat, enquire at Corsica Ferries +33 4 92 00 42 76.

Bank holidays: 1st of January – Easter Monday - 1st of May – 8th of May – Ascension Thursday
- Pentecost Monday – 14th of July
- 15th of August – 1st of November – 11th of November – 25th of December

Shops : In general, shops are open 9.00-12.00 and 14.00-19.00, including Saturdays. Supermarkets are open until 21.00. You can also find certain foods and other products in the Mobil and Shell petrol the stations which are open 24hours in Nice (Jean Jaurès, 300m from Place Masséna).

Tourist office: SNCF station 'Nice Ville' and 5 Promenade des Anglais

Perfumerie: You will find many perfumeries in the town centre of Nice.

Confectioners: The two to our liking...

- Pâtisserie Lac - 49 Rue Gioffredo
- Le Vanillier - 7 Avenue Auber

Wine (retailer):

Nicolas - 23 Avenue Jean Médecin
Amour Vinum - 24 Rue Alphonse Karr
... and others ...

Sports : Tennis, golf, skiing, canyoning, squash, fitness, danse ... you can receive advice and information about these from the school's activities reps.

Mobile phones: The most important networks in France: SFR and Bouygues in the Nice Etoile shopping centre, as well as Orange, 39 Avenue Jean Médecin.

Emergency services :

- Fire brigade Tel. : 18
- Police Tel. : 17
- Ambulance Tel. : 15
- SOS doctor Tel. : +33 4 93 85 01 01
- SOS from your mobile : 112

Police :

Commissariat Central (central police station), 1 Av Maréchal Foch, Tel. : +33 4 92 17 22 22

Preventing theft :

Follow some basic prevention rules.

- Close your handbags. In crowds, beware of pickpockets.
- Do not carry large sums of money, traveller's cheques or jewellery.
- When using your bank card, hide the key pad to conceal your PIN number. Remain vigilant when taking money from a cash machine.
- Do not leave your phone, bag, keys or possessions unattended.
- When using a car, drive with the doors locked and do not leave any visible objects or clothing inside your car.

S.I.D.A. - A.I.D.S. :

Always use condoms !



Going

I don't know
about you but I
love...

- Walking in le parc de la colline du château (Castle Hill Park).
- Breathing in the fragrances of the Saleya flower and vegetable market.
- Visiting le Musée Matisse (the Matisse Museum) and the Roman arenas in the Cimiez district.
- Seeing and going into the new Nice library which is shaped like a human head.
- Eating a portion of socca (a local speciality- a crepe-shaped chickpea flour cake) or pissaladière (another local speciality resembling pizza but made with bread dough and without tomato) 'on the go' in the old town.
- Travelling the coastal promenade from the harbour to the airport on roller-skates or by bike.
- Trying a Pastis (an alcoholic drink flavoured with caraway and liquorice) in a bar in the town and savouring the atmosphere of that moment.
- Trying stuffed vegetables and socca with a glass of Rosé at René Socca's.

in Nice

- Going scuba diving for the first time
- Going to the Libération market... fish, vegetables, spices etc... authentique!
- Jogging on the Promenade des Anglais
- Visiting the flea markets and second hand stalls in Cours Saleya on Mondays.
- Picnicking in Parc Phoenix and admiring the exotic flowers there.
- Doing my homework whilst having a drink in Place Rossetti.
- Playing football with my friends in the olive grove in Cimiez (l'Oliveraie de Cimiez).
- Eating a plate of seafood at Café de Turin in place Garibaldi.
- Attending an inexpensive evening performance at the Opéra.
- Having a drink in the evening in a trendy bar in old Nice... at Wayne's or others'.
- Spending the evening at the Bar des oiseaux cafe-theater in old Nice.
- Cooling off at the foot of the cascade du Château in summer (Castle waterfall).
- Listening to the pétanque (bowls) players discussing every point of their game.
- And share my pictures on Instagram with #alphab #ilovenice

Founded by the Greeks in the 4th century BC, the town that was only a trading town back then and was called Nikaïa. Then, in the 1st century B.C, the Romans built a proper town on the current colline de Cimiez, giving it the name of Cemenelum. Over the next 10 centuries, the town experienced battles and conquests of different Provençal counts. It was only in the 14th century that the town found stability under the house of Savoy, a part of present day Italy to which it remained part of until 1860, the year of the reattachment of Nice to France under the Turin Treaty between Napoléon and Victor Emanuel Deux.

3 statistics: 5th largest French city, 2nd largest French airport, 450,000 inhabitants

around Nice

Monaco... 20 minutes by train.

The principality with its famous casino, palace, luxury hotels and shops. There is also a superb oceanographic museum, sumptuous gardens and a grand prix formula 1 race track in the town... a must-see!

Cannes... 30 minutes by train. It is the city of cinema in May with its sandy beach (between the private beaches). Les Îles de Lérins are located just off the coast of Cannes and it takes 20 minutes by boat to get to le masque de fer (the iron mask)... how authentic!

Antibes... 15 minutes by train. With its old town and its Picasso Museum, it is worth a visit.

Villefranche... 10 minutes by train. What a gem! With its bay, alleys, Coc-teau chapel, small harbour, restaurants by the sea and its small beach, Villefranche is more than agreeable!

Grasse... 45 minutes by bus. A beautifully intoxicating place with so many smells and fragrances.

Saint Paul de Vence... 35 minutes by bus. A slightly touristic yet such a picturesque little village. There is the Musée Fondation Maeght with works of Miro, Chagall and Matisse, but also galleries of all types... in short you will be bewitched by its charm!

Eze..... 30 minutes by bus. Nestled into the Alps which lead down to the Mediterranean, Eze is a super little village between Nice and Monaco where one can discover the Fragonard perfumerie and the breathtaking view of the exotic garden along the entire coastline. What a spectacle!

Saint Tropez... by boat or 2 hours 30 minutes by bus. It is at the top of the jet-setter and celebrity watch-list.

F.A.Q.

Travelling to and arriving in Nice

Do I need a visa to go to France?

It is not necessary for any citizen of the European Union to have a visa.

Special agreements with certain countries outside the E.U also mean that a visa is not required.

For more information, please consult this website: <http://www.diplomatie.fr/venir/visas/>

Do I need to bring special clothes or equipment? You can find everything that you require here in Nice. For your information, in Winter is it between 11 and 15°C (50 and 60 °F), in Spring and Autumn it is between 16 and 22°C (60 and 70 °F) and in Summer it is between 23 and 30°C (75 ad 90 °F).

Electronic appliances work at 220/240volts.

What do I need to know if I am coming by car or motorbike?

- We drive on the right and the speed limit is 130km/h (65mph) on the motorway and 50km/h (30mph) in the city.
- The maximum tolerated level of alcohol per liter of blood is 0.5g which is around 2 glasses of wine.
- It is obligatory to wear a seatbelt in the front and back of a vehicle.
- Using a mobile whilst driving without hands-free apparatus is forbidden.

•For motorcyclists, it is obligatory to wear a helmet and to obey traffic lights.

•Always attach a padlock and an anti-theft weight to your motorbike or bicycle.

•Never leave items (bags, clothes etc...) in view inside your car.

How much money do I need to bring with me?

The currency in France is the Euro. To give you an idea of our prices... 1 coffee : 1,80 € // 1 coca cola : 3 € // 1 pizza : 9,50€ // 1 sandwich : 4,20 € // 1 lunch : 12 € // 1 entry into a night club including a drink : 20 € // renting a car for a weekend: 100 € // 1 cinema ticket: 10 € // 1 museum entry: between 2 and 5 € // 1 bus or tram ticket: 1,50 €.

Mobile network main providers:

Orange – SFR – Bouygues-Free

Living in Nice

Is it expensive to live in Nice?

Nice isn't more expensive than other similar European towns. Of course, like all towns in attractive areas, if you have a coffee in a popular and attractive place, you will 'pay for the location', perhaps even 30 to 70% more than if you were to have a coffee in a different district. It is the same for meals, going out in the evenings and drinks in fashionable bars.

What should I do if I am ill?

If you cannot walk or are in a serious state,

call 18 or 15 (fire or ambulance).

Otherwise, you can call a doctor to visit you at home (24hours).

- S.O.S. doctors - Tel. : +33 4 93 85 01 01
- On-call doctors - Tel. : +33 4 93 53 03 03

The staff of these services also speak English.

Night pharmacies (from 7pm to 8.30am 7 days a week)

- Pharmacie Masséna - 7 Rue Masséna, Nice - Tel. : +33 4 93 87 78 94
- Pharmacie Riviera - 66 Avenue Jean Médecin, Nice - Tel. : +33 4 93 62 54 44

Sickness form E111 to C.P.A.M. -

International relations Tel. : +33 4 92 09 42 64

My consulate

For all information about the Secrétariat Général du Corps Consulaire des Alpes-Maritimes in Nice ring : +33 4 93 88 01 49 or visit www.nice-coteazur.org

Is Nice a dangerous city?

Nice is neither more nor less dangerous than other large tourist cities in France or in Europe. Just like in every large city, you must be aware of pickpockets and pay attention to your bags, particularly in summer (on buses, in shops, at the beach etc...).

Finally, we advise you not go out alone at night. You have the option of taking the bus until 1.30am or taking a taxi (around 15€ for the journey – ask the price before getting in).

Police ? Dial 17!

Or contact the central police station: 1 Avenue Maréchal Foch, Nice – Tel. : +33 4 92 17 22 22

What time do shops and banks close?

In general, shops open at 9am and close at 7pm, including Saturdays. Post offices, banks and offices mostly open at 8.30am and close at 4pm.

How and at what time should I arrive at the school on the first day?

Your first morning is devoted to a level assessment test which starts at 9am.

In order to get to the school, you need to consult the documents that would have been sent to you by Alpha.b's enrolment office.

In case of any doubt, do not hesitate to ask your host family or your host who will show you.

In all cases, be aware that the institute is easily accessible by bus, tram or on foot.

Once there, can I change the type of course?

Once you have booked and started a Continuous Course (20 lessons per week), you can change and take an Intensive Course (30 lessons per week) or a Combined Course (20+5 or 20+10 lessons per week) according to availability and by settling the difference in price.

Can I change the course level?

Yes, it is possible to change the course level if you think that you are in a class that is too difficult or too easy. Please discuss it first with your teacher, the teaching manager or the director of the school, Pascal, who has also taught French as a foreign language for 10 years.

Will I get a refund for my course if I decide to leave before the end of my stay?

You must understand that we have booked your place for the duration that you requested in your original application. Because of this, any language stay that has

been started is due for payment in full.

What equipment must I bring in order to complete the course?

Paper and a pen! A dictionary can also be useful.

All other documents are provided by the school- basic grammar books of French as a foreign language, copies of original documents *, newspapers etc ... (*The Linguistic Institute Alpha.b pays C.F.C for copyright – Centre Français d'Exploitation du Droit de Copie)

You can also bring your laptop and connect to our WIFI network for free.

Is there homework or exercises to do outside of the course?

The teachers generally give a bit of work to do outside of lessons. When asked, they can suggest additional exercises for you.

My accommodation

Is there transport to my accommodation once I have arrived at Nice airport?

With a half-board host family accommodation arrangement, your host family will ensure free transport on arrival. **Attention** there is no free transport between 10pm and 8am and there is no free return.

For other accommodation arrangements, it is very easy to get to your accommodation once you have arrived in Nice. The airport is about 20 minutes from your accommodation by taxi (35 to 40€) or about 35 minutes by bus with the direct routes 98 and 99 (6€) to station in the city-centre. From the station, a bus (1.5€) or a taxi (around 15€) will take you about 20minutes. Whatever the chosen type of accommodation, it will be important to tell us your arrival time and train or flight number 3 or more days

before your arrival. (All of this information will be detailed in our confirmation letter after we receive your registration form). If you want to book a taxi, you can call «Taxi Riviera» on +33 4 93 13 78 78 or contact us directly at the institute.

Will there be lunch at the host family's?

No, it is not provided under the general terms and conditions but the student may use the kitchen. You can buy hot and cold drinks at the institute and can also have lunch for 5 to 15 € in the snack bars and restaurants near the school.

Is my host family going to have breakfast with me?

Depending on the schedule of each person (work, children etc ...), breakfast may be eaten alone. The evening meal is eaten with the family.

When will I receive the information about my host family ?

You will receive all the information about your host family (presentation, phone number, email) before your arrival and you will be able to get in touch with them.

Can I invite my friends or parents to the host family's house?

This provision is at the discretion of your host family or your French host. Some of them do not allow it, others in special circumstances and others for a fee. In all cases, please discuss it with them.

Can I change host family/host?

Your accommodation is booked for the duration of your stay and you must understand that any wish to change the host

family must be carefully considered and justified. Do not hesitate to talk to the accommodation officers.

Whatever my accommodation arrangements, will I receive a refund in the case of early departure?

Your accommodation is reserved for the duration that you have indicated in your registration form and cannot be refunded.

Wifi?

All our families

Will my host family wash my clothes?

This is not provided in our general terms and conditions, but many families will offer to wash them for free or by sharing the cost.

In any case, there are automatic laundrettes in every district.

For underage student, a free laundry per week is included for 2 weeks stays.

Who does the cleaning?

With host family, everyone tidies their room everyday so that your host or hostess may have access to it and keep the premises clean. Also be aware that a little help is always appreciated. In the «French host» arrangement, you are responsible for cleaning your room and the communal areas (kitchen and bathrooms) that you use. Products and equipment are provided to you by your host.

What if I am vegetarian, vegan or gluten free ?

In alpha.b French school, we take into

account all your food allergies or food choices to find you the best family.

We regularly have vegetarian, vegan or gluten free students and all our French families are well aware of the different diets and what they imply.

When you book your stay with us, let us know in advance your allergies or food diet and there won't be any problem for you to live with a French family.

If you have any question, don't hesitate to write or talk to our administrative team.

The Alpha.b App

With the Alpha.b app, you can access numerous useful information and exercises relating to your course with us wherever you are with just one click.

You want to know exactly what time and in which room your class will be in? Look at your timetable.

You can't remember the contact details or the address of your accommodation?

Access it as soon as required.

This information and much more is available to you at any time.

The app is free to download from the Appstore or Playstore.

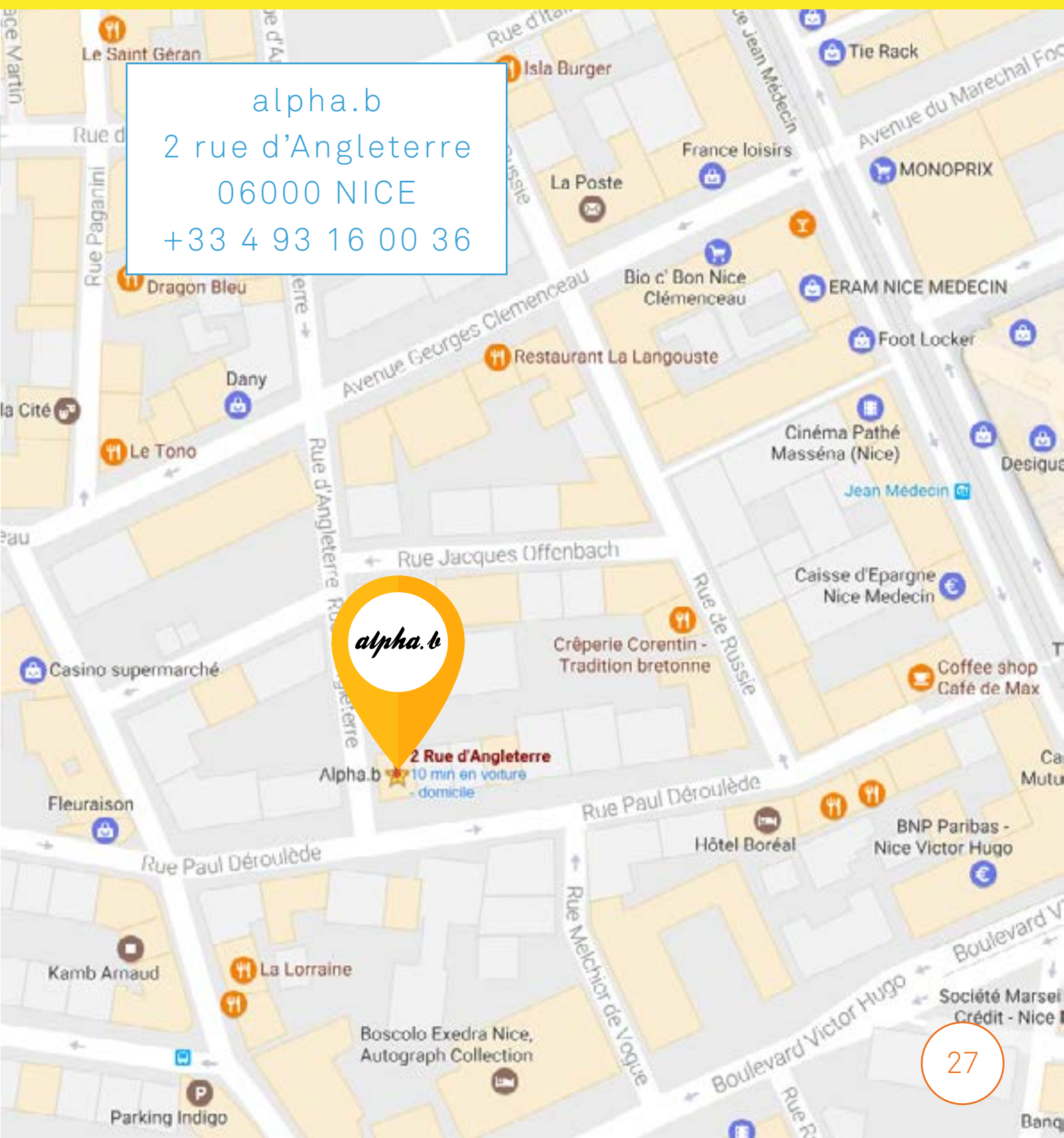
Type in the search bar:
alpha.b French



As soon as the app has downloaded, you will be able to login with the details (username and password) that were sent to you.



Location of alpha.b language school

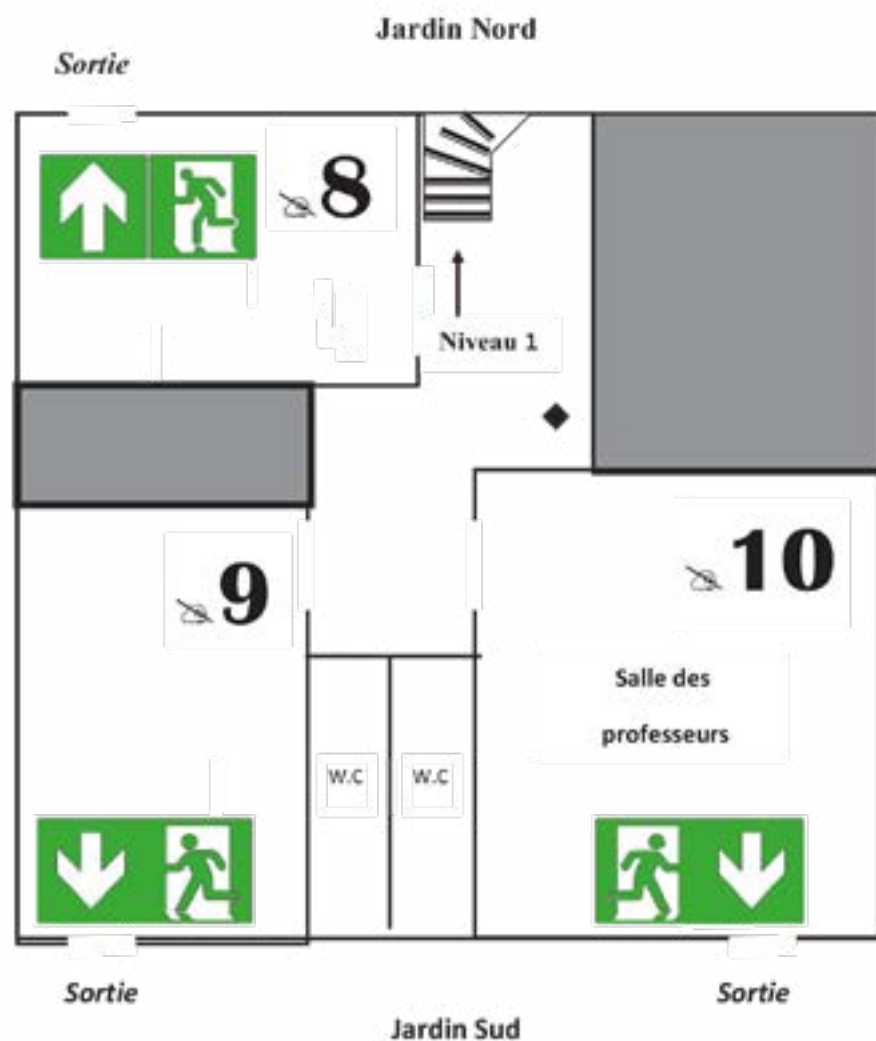


Safety instructions

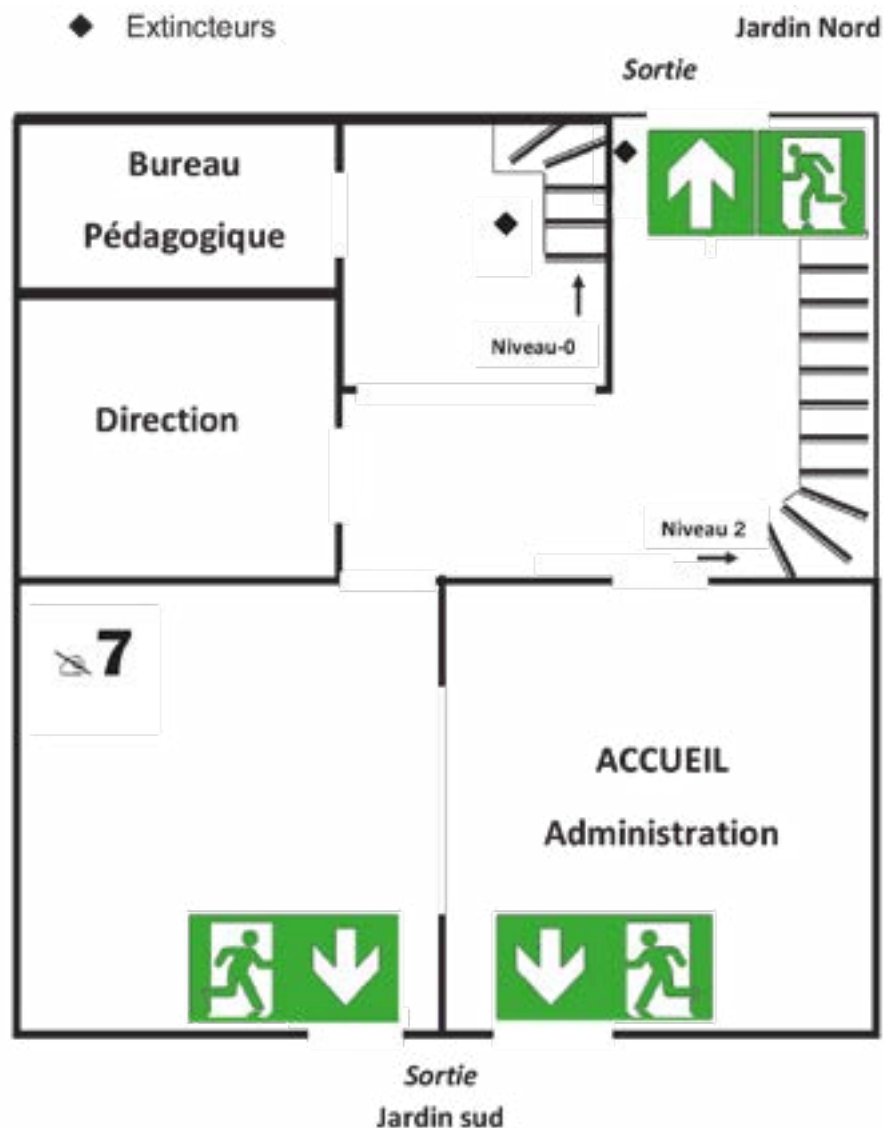
Alpha.b's emergency exits and evacuation plan

Ground floor

◆ Extincteur



First floor



Fire instructions

In case of a fire alarm, each person must comply with the instructions laid down in the evacuation plan. All emergency exits are marked.

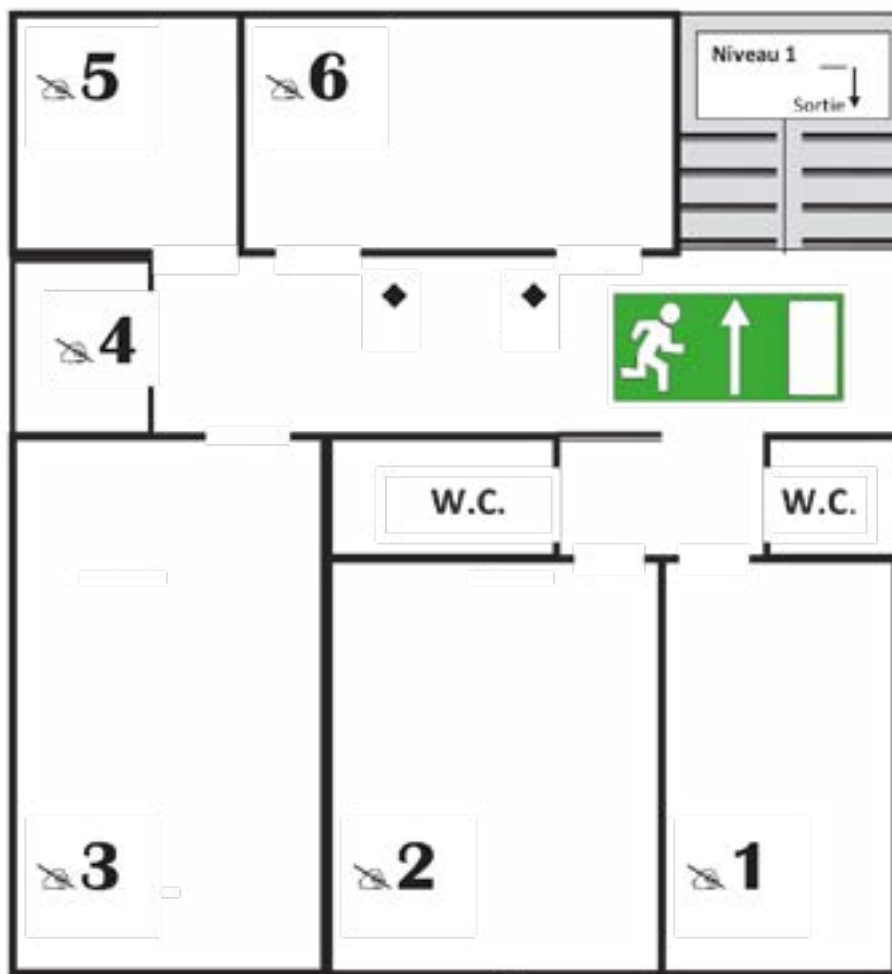
Administrative staff, including teachers, are responsible for students in the event of an alarm and must go to the various meeting points. It is imperative to listen to and follow their instructions.

On hearing the fire alarm or under a teacher's instructions:

- keep calm
- leave all your things where they are
- quickly leave the room and go outside without panicking and gather at the meeting point (the garden in front of the school).

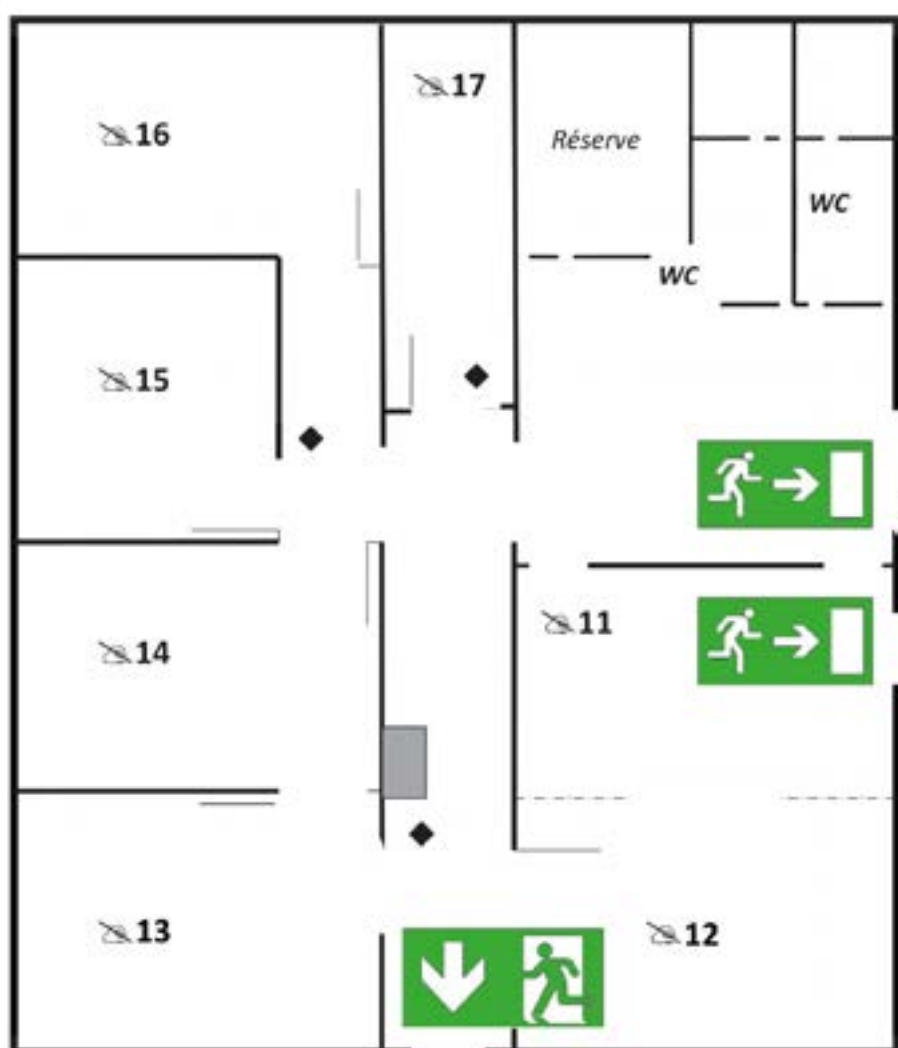
Second floor

◆ Extincteurs



FORUM

◆ Extincteurs



Rules of behaviour

Rules of behaviour for students

Eine deutsche Übersetzung dieses Textes ist auf Anfrage im Sekretariat erhältlich.

On request, you can get a translation of this text into French at the reception desk.

Texte traduit en anglais ou en allemand disponible au secrétariat

1 – Safety and hygiene

The student is invited to read the safety instructions around the Alpha.b premises.

The student has access to different services (library, film room, administration services...) and the timetables of each service.

It is forbidden to smoke in the school and to throw cigarette butts and other rubbish on the ground, both inside the school and in the gardens. Eating inside classrooms is forbidden except in rooms 6 and 7.

The student can use the materials available to them under the supervi-

sion of a member of staff.

It is forbidden to borrow materials belonging to the organisation without authorisation.

The student is responsible for any personal possessions.

Alcoholic beverages are strictly prohibited on the premises.

In the case of illness or accident, the student must inform the receptionist at Alpha.b as soon as possible and complete the necessary declarations for the services concerned: insurance company, the person in charge of students and interns, parents or relatives... However, in the case of an accident on the institute's premises, the receptionist at Alpha.b will make the declaration and will perform the necessary steps.

In the absence of information from the student within 24 hours of the event, Alpha.b denies any responsibility for the obligation to report the incident.

2 - DISCIPLINE

- The student must be diligent and punctual. Any absence of under-18 students must be justified.
- The student must have suitable clothing for the institute.
- The student is asked to respect the good working and concentration conditions of everyone in the school ... no noise etc ...
- The student has a duty of discretion regarding information that they may gain from other students about the institute and other organisations with which they are connected over the course of the stay.
- In the case of misconduct on the part of the student towards the staff of the institute, other students, the host family or the French host, in the event of a breach of the rules laid down in these rules of behaviour, the following penalties may be imposed:
 - a warning
 - an exclusion (one to five days)
 - a definitive exclusion after an explanation:
- The actions taken by the director of the center or its representative are taken according to the following procedures:
- the trainee will be summoned in writing or in person (as well as their parents if they are under-18) and

will be heard during an interview during which the student may be assisted by another person, before any action is taken. Any action shall be the result of a written and reasoned decision.

The director will inform the following people of the action taken:

- the employer, when the student is an employee benefiting from an internship as part of a training plan from a company.
- the employer or joint organisation which has assumed responsibility for the training when the trainee is an employee benefiting from a training period.
- the student, only if the student is self-training.
- the student (and their parents if the student is under-18).

If the offending behavior constitutes a crime (theft, violence, piracy of documents or computer data ...), Alpha.b reserves the right to initiate any prosecution before the relevant French courts.

3 – Representation of students

All trainees have the opportunity to be heard by the Alpha.b Institute. They may, if they wish, be assisted by another person. At any time, they may suggest improvements to the course and living conditions of trainees to the managers if necessary. Complaints may be individual or collective, relating to the internship, the living conditions of the students/interns, hygiene and safety conditions, and the application of the rules of behaviour.

4 - Complaints

After having been interviewed by a representative of the Alpha.b Institute, if a student/intern thinks that no solution has been provided to him of the quality of service he is supposed to receive, the student has the option of filing a written complaint.

In order to do this, the student must request a Complaint (Réclamation) sheet from the reception. Once completed, the document must be returned to the reception as soon as possible. The student/intern will receive a copy of the document as well as a receipt of submission in exchange.

The complaint will be examined within 24 hours by the representatives of Alpha.b who will set a meeting with the student during which they will be able to express their complaints. During

this interview, the student may be assisted by another person.

Regulation taken from Act No. 90 579 of 4 July 1990, Article L. 920-51 of the Labor Code Decree No. 91-1107 of 23 October 1991, Article R. 922-1 and following.

5- Data protection (CNIL)

The management at the Linguistic Institute Alpha-b has IT resources in order to manage your course enrollment more easily, as well as issue your invoice, student card and participation certificate. The information recorded is reserved exclusively for the use of the service concerned above and cannot be passed on.

In accordance with Article 39 and following and Law number 78-17 of January 6, 1978 relating to data processing, files and freedoms, any person may obtain information and, if necessary, rectification or deletion of information regarding themselves by contacting Mr. Pascal Richez or Ms. Anja Denysiuk (Executive Office). Any person may also, for legitimate reasons, object to the processing of data concerning themselves.

Performance chart

By choosing the Alpha.b Institute, this places a service team devoted to the success of your language stay at your disposal. The team also has more than 20 years of experience of teaching French as a Foreign Language.

Our values:

Knowing a language is of course being able to speak it, but is also knowing about its origins, sharing its culture and coming into contact with people who live in the country. A language stay is a personal investment, a new experience that will allow you discover a different lifestyle- 'French-style'.

At Alpha.b, you can expect:

- a warm welcome
- high-quality, adapted French courses
- accommodation that meets your expectations
- a complete and varied cultural activities program led in French
- a friendly environment with qualified speakers who are available to help you progress

Our commitments:

Welcome

- To give everyone who enrolls on our courses clear, honest and updated information in their mother tongue or in the language they are studying.
- To assist and advise students with their administrative procedures with the state, for doctors' appointments etc...
- To maintain a friendly environment and a feeling of confidence for the students.
- To offer the opportunity of submitting complaints or of evaluating the Institute's services throughout the stay (satisfaction questionnaire and complaint form).

Teaching

- To offer a course established as part of the Cadre Européen Commun Référence pour les Langues (CE-CRL) and to offer programs in line with the expectations and requirements of participants.
- To recruit native French speaking teachers who have graduated from university and who have experience of teaching French as a foreign language.
- To divide the students into classes of a maximum of 10 students according to level (except for tailor-made training for private groups).
- To offer places and equipment that are suitable for learning a language.

Accommodation

- To meet the expectations of the students and to ensure their physical and emotional comfort according to the direction of the European Standard EN 14804.

Culture

- To offer cultural and other various activities at least three times a week to help with the process of learning French as a foreign language.
- To make the activities accessible via clear and complete information and with a suggested price when the activities are not free.
- To enable cultural exchange via discussions and in the evenings at a restaurant or at the theatre.

Exchange

- To offer everyone the opportunity of remaining connected with the French language beyond the language course via social networks, activities etc ...

Assessment

To continue our high- quality approach by regularly submitting audits to national or international assesment bodies such as the Label QUALITÉ Fle, EAQUALS, IALC ...



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