



Build your future

SHANGHAI PRACTICAL GUIDE

May 2016

—
Prepare and enjoy your stay in China



—
WWW.ESSCA.FR

Welcome to ESSCA!

On behalf of ESSCA, the International Relations Office would like to welcome you to the International Exchange Programme. If you decide to join the program, you will become a part of our expanding student community. ESSCA welcomes more than 400 International students per year across our 4 campuses, from over 40 different countries – so you are guaranteed to have a truly international experience!

By studying at ESSCA you will become a part of one of the most prestigious post BAC business schools in the country which has been ranked in the top 2 “Grandes Écoles” by *L’Etudiant* magazine.

We have created this Practical Guide to help our International Students to get prepared for their exchange experience ahead with us.

Catherine Leblanc



Dr. Catherine Leblanc
Dean of ESSCA Group

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Visa information

All non-Chinese nationals need to apply for a visa to enter China for the purpose of studying. ESSCA, together with its partners in China, will send you an official visa invitation letter to apply for your Chinese visa.

Those wishing to study for a period of up to 6 months should apply for Visa X2. Applicants should submit the China Visa Application Form along with their passport (valid for at least 6 months after your last day in China) and a recent passport photo. If you would like to stay longer for an internship or if you need multiple entries, you will have to apply for Visa X1. Please inform your contact person at ESSCA as early as possible that you intend to stay for an internship after your study period.

Below is the information given by the Chinese Embassy in France in regards to visas for studying (for international exchange students: please check the information given by the Chinese Embassy in your country!):

Visa X (Study Visa)
Objective: Studying

Documents needed

- A valid passport (needs to be valid at least 6 months after your last day in China and also have 2 blank pages). If your passport does not have this you must apply for a new one.
- A filled and signed copy of your application form to request the visa, with an attached ID photo
- Application form JW202 which has been authorized by the Chinese Education authorities
- Proof of your attendance at ESSCA from Shanghai International Studies University (SISU)
- If you live in France, for non-French passports, proof of residence in France (or proof of your employment in France, Certificate of your registration in a French studying establishment) is required
- A Medical Certificate if you apply for a visa X1 longer than 6 months (downloaded application Form)

The visa fee varies considerably from country to country. To work out the exact cost it is necessary to check with the Chinese Consulate.

You will find more information on the visa information sheet which should have been sent to you along with your invitation letter and JW202 document.

If you are French, You can also find some of the visa information online:

http://www.visaforchina.org/PAR_FR/

<http://www.consulfrance-shanghai.org/accueil.html>

NOTE:

The visa application at the consulate should be scheduled no earlier than 1 month before your departure.

To modify or to extend your visa when you are in Shanghai you need to visit:

Shanghai Public Security Bureau
1500, Minsheng Road, Pudong.
Telephone number: 28.95.19.00
Opening hours are 9am – 5pm from Monday to Saturday.

Administrative fees at ESSCA Shanghai

Administration costs to take into account include residence permit and police registration fees which are payable to ESSCA Shanghai. For those on the summer programme the total administration cost is 990 RMB (=1200HKD), and 1390 RMB for those studying for a semester. If necessary, you can use the [following conversion rate](#). You can choose to pay in HKD, dollars or euros rather than RMB (or CNY China Yuan).

Please make sure to pay your administration fees by wire-transfer to one of this ESSCA accounts according to the currency chosen. For example if you pay by RMB, please select the first account (8001).

	CURRENCY: HKD	CURRENCY: USD	CURRENCY: EURO
收款人: Beneficiary:	HKESSCA HK LIMITED	HKESSCA HK LIMITED	HKESSCA HK LIMITED
收款人账号: Beneficiary Account No:	148276508001	148276508002	148276508003
收款行: Beneficiary Bank:	Societe Generale, Hong Kong (Bank Code: 081)	Societe Generale, Hong Kong	Societe Generale, Hong Kong
大/小额支付系统行号: SWIFT BIC:	SOGEHKHH	SOGEHKHH	SOGEHKHH
Correspondent bank:		Societe Generale, New York Branch (SWIFT BIC: SOGEUS33)	SOCIETE GENERALE, PARIS Branch (SWIFT BIC: SOGEFRPP)

Please upload your remittance of payment with your Essca application online. The letter of acceptance will be sent to you on receipt of your remittance of payment.

Health Insurance

Before arriving you should organize travel and a comprehensive personal health insurance for the duration of your stay.

Students must give ESSCA a copy of their contract with HotLine 24h for emergency.

Arriving in Shanghai

When coming to Shanghai, you will probably fly into Pudong International Airport which is located 40 km east of the city.

To transfer to the city centre, a taxi is the most convenient option but the journey can take up to an hour depending on transport and is likely to cost around 200 RMB. Airport buses are a cheaper option (20 RMB). They will take around 80 minutes. Airport Bus n° 4 will drop you to HongKou Stadium for 20 RMB. You could use a taxi after to get to your final destination. This service ends at 9:30 PM from HongKou Stadium and at around 11 PM from Pudong Airport. They are dispatched every 20-30 minutes.

A third option is to take the 'Transrapid' shuttle train ("Maglev train") from Pudong to Longyang Road station on Line 2 which, travelling at a speed of 430km/hour takes only 8 minutes! This train runs from 7 AM in the morning to 9 PM in the evening, with a single ticket costing 50 RMB. If you show your airplane ticket at the Maglev train ticket counter, it will only cost you 40 RMB per ride. From Longyang Road station you can easily navigate

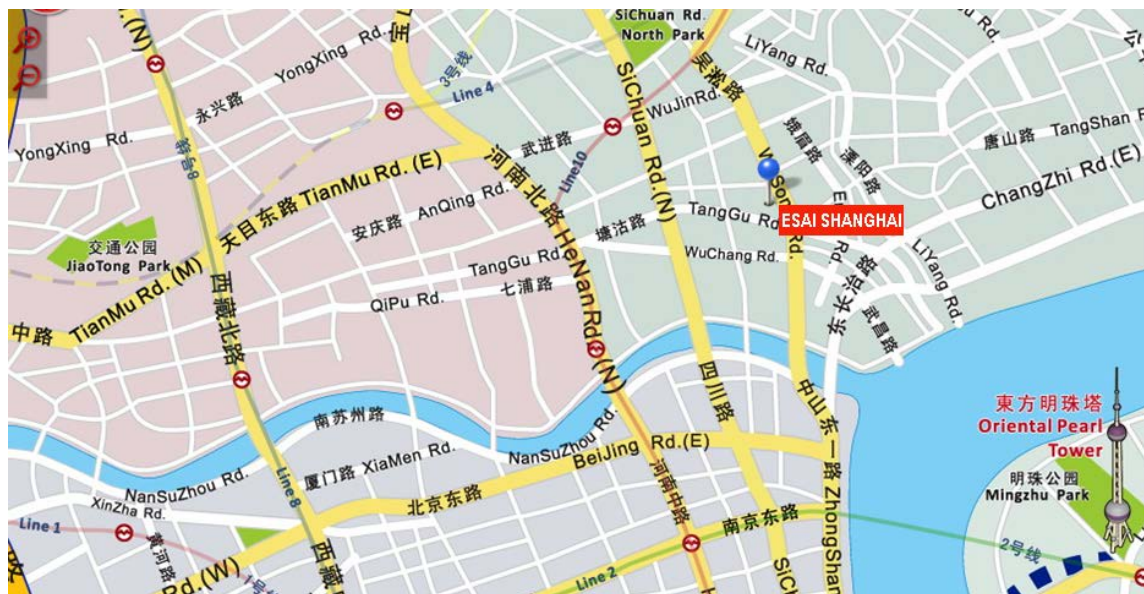
the underground system to reach the city centre or else take a taxi (about 50 RMB to the city center). Please find a tube map by following this [link](#).

NOTE:

We can organize a taxi pickup service for non ESSCA students. Please send us your flight ticket if you need our help. To do so, please contact Carole ZHU at carole.zhu@esai.sh.cn at least one week before your arrival. Please note that ESSCA Shanghai is closed during Chinese New Year!

Our address:
ESSCA SHANGHAI
297 Wu Song Lu/ 4F
200080 SHANGHAI - CHINA
Tel.: +86 21 6307 3005

In Chinese :
中国上海市虹口区吴淞路 297 号 4 楼



Accommodation

If you choose to spend one semester at ESSCA Shanghai, it is advisable to organize temporary accommodation for the first few nights in a hotel nearby the school. During the first days of the semester or for your entire stay of the ESSCA Shanghai Summer Program students, we can reserve rooms in the following hotel:

Shanghai Andersen Culture Hotel, 349 ZhaPu Road
(across HaiNing Road; about 288 RMB/ night) 上海市虹口区乍浦路 349 号

To reserve a room please contact Carole ZHU: carole.zhu@esai.sh.cn

Directions from Andersen Culture Hotel to ESSCA: [click here](#).

Your semester-long accommodation can then be arranged by specialist rental agencies in Shanghai who will show you available properties to choose from. Alumni of the ESSCA Shanghai recommend the following agencies:

JIA XIN Agency. Ms Linda rent.apr.sh@gmail.com

Alternatively you can search for accommodation on your own through websites such as:

- <http://www.beaconabroad.com/#!about/c1et> (contact Andres Diaz or Sergio Masse)
- www.yogarealestateshanghai.com (contact: Yoann Tel. : +86 21 32516130)

- <http://www.smartshanghai.com/housing/>
- Or LIM Michael expatlife77@gmail.com

The monthly rent for a single room in a shared apartment is likely to be around €500 (3200 to 3800 RMB per month). This of course depends on the location, if the apartment is furnished, etc. Utility bills (gas, water, electricity, Internet) usually need to be paid separately. The majority of apartments in the above price range have all the necessary amenities including furniture, kitchen equipment, laundry facilities, Internet, TV, etc. In most cases, accommodation is available within walking distance or a short bus or taxi ride from the ESSCA Shanghai teaching site.



If you do not know a student you could share an apartment with please do not worry. We can send you a list of other students at ESSCA Shanghai you will be studying with to help you find someone. On websites such as SmartShanghai and others, there are many international students from all over the world looking for flat mates so it will be easy for you to find a room.

For more information, contact [Christophe ROUILLON](#) or [Carole ZHU](#).

Police registration

Upon arrival in China, you need to register with your local Police station within 24 hours. If you stay at a hotel, the reception will take of your registration for you.

Once you have found an apartment however, you have to register at your nearest police station within 24 hours.

Please do this ASAP to avoid any fines (up to 2,000 RMB!). To register, you need the following documents:

- Passport + a copy of passport
- Rental contract + a copy of contract
- A copy of the property ownership certificate
- A copy of the landlord's ID card
- Registration Form from ESSCA Shanghai

Every time you leave China and you come back, you have to register with the police again. This document from your police station is requested to apply for a new visa or a new entry in Shanghai Public Security Bureau.

Living costs

Compared to many Western cities, Shanghai is a relatively inexpensive city to live in but of course this depends on your personal lifestyle. Some sample prices can be found below.

These are based on the exchange rate of 100 RMB = 15.41 USD, 13.70 EUR (March 2016) please check the updated exchange rate [here](#).



Below are the estimated prices as of April 2015. Please check the updated exchange rate (see text above) to determine prices:

ACCOMMODATION	RMB
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Single room in a share flat per month	3200 - 3800
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Single hotel room per night, in a hotel close to the school	288
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TRANSPORT	RMB
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Bus ticket (one way)	2
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Metro ticket (one way)	3 to 7, depending on the distance
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Taxi fare	Starting fare is 14 RMB for the first 3km, thereafter every kilometre adds 2.10 RMB.
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FOOD AND SHOPPING	RMB
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It is worth remembering that Western foods, restaurants and bars are likely to cost you as much, if not more than at home.

Chinese set lunch nearby the school	30
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Western set lunch nearby the school	35
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McDonalds	23
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Beer in a bar	Prices vary from about 10 to 50
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Pepsi/Coke (600ml)	3
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Chicken (1kg)	40
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Beef (1kg)	120
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Tomatoes (1kg)	24
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Carrots (1kg)	8
---------------	---

Cucumber (1kg)	12
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Apples (1 kg)	20
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LEISURE AND HOLIDAYS	RMB
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Cinema ticket	60
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Foot massage	80
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One Way train ticket to Beijing on a high speed train	550
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Shared dorm in a youth hostel, per person	50
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Telephones

Using your own mobile phone with a foreign SIM card in Shanghai depends on your phone provider, but it will generally be very costly. The best solution is to buy a Chinese SIM card from either China Unicom or China Mobile. This does not necessitate a local contract as most SIM cards work according to a pay-as-you-go system and you can recharge your phone balance at virtually any small supermarket. Keep in mind however, that some providers only cover certain locations. To make international calls, you may need to have a certain balance on your phone card (usually at least 200 RMB) and register your phone number with your passport in a phone shop. You may need to unblock your smart phone to use that SIM card. You can avoid this by buying a cheaper phone in China for about 500 RMB and use this for the time that you spend in Shanghai. This may be advisable also due to the fact that smart phones are highly targeted by the pickpockets on Shanghai's underground system.

In areas with Internet connection you may also be able to use Skype to make inexpensive international calls. The quality is not always perfect but it works most of the time. We can assist you in buying a SIM card.

Banks



If you decide to open a bank account in Shanghai, it is best to choose an international bank such as HSBC where extra charges for using your card may not apply.

Alternatively, there are more and more online bank account providers in Western countries that offer credit cards with which you can take out money from any international bank free of charge. This is very useful when you are in China or travelling elsewhere in Asia.

Please make sure to increase the ATM withdrawal cap for your bank account before leaving your respective home country. Otherwise, you might not have access to sufficient funds during your stay.

Getting around Shanghai

For students studying in Shanghai for a whole semester, it may be worthwhile to purchase a Shanghai Jiaotong Card at underground stations which can be recharged with money and which you can use on all buses, the metro system and for most taxis. These cards are available for purchase at any subway station and in several convenience stores (NB: you have to pay a deposit of 20-30 RMB which you get back once you return the card).

Options for getting around in Shanghai include bus, metro and taxi. Taking the bus is a cheap option (2 RMB per ride) but levels of traffic in the city center are very high and so this may not be the best choice if you are in a hurry. All bus signs and timetables are in Mandarin only, and the drivers do not usually speak English or read Pinyin. However, you can plan your bus ride easily via the Google Maps, "Get Directions" option.

Often the metro is the most convenient method of transport with maps in both English and Mandarin. Metro tickets can be bought at vending machines. Therefore, remember to always carry plenty of small change with you. One ride costs around 3 RMB-5 RMB in the city center. You can avoid buying each ticket separately with the Shanghai Jiaotong Card.

ESSCA Shanghai is located in the HongKou district.

The nearest [metro](#) station is Line 10 “North Sichuan Road Station” (Chinese: 四川北路 pinyin: Sì Chuān Běi Lù).

Directions from SiChuanBei Road station to ESSCA: [click here](#).

Taxis are in plentiful supply in Shanghai and are normally very cost effective but beware that during the hours of 11 PM in the evening and 5 AM in the morning, there is a 30 percent surcharge. Also, similar to the bus option, you may be stuck in traffic jams, especially during rush hour in the morning and evening. Furthermore, taxi drivers do not speak English and so you must either speak basic Mandarin or have your destination address written in Mandarin (characters, not only Pinyin!).

When hailing a taxi on the street or at a taxi rank there are several things to remember: cars belonging to bigger taxi companies are either turquoise or bright red and dark red taxis should be avoided. Taxi drivers also must display their ‘star rating’ on their dashboard which relates to the amount of experience they have and the level of positive feedback they have received from customers. Drivers with one star will recognize all major locations in Shanghai whilst drivers with three stars should also recognize less popular addresses.



Taxis in Shanghai are honest but a few scam cases have been known on the ride from Pudong airport - City Centre, and Station MagLev - City Centre.

The average price between Pudong airport and the city centre is 250 RMB. Always keep the receipt of payment.

Doctors and Pharmacies

- [Shanghai United Family Hospital](#) (American Hospital)
1139 Xianxia Lu 仙霞路 1139 号, Changning District
Shanghai 200336
Appointment Tel.: 2216 3922
Emergency Hotline: 2216 3999

- **Parkway Health Hospital** (English or French speakers)

170 Danshui Rd., 3 Floor 淡水路 170 号

Shanghai 200020

24-hour appointments 6445-5999

- **Rui Jin Hospital** (English or French speakers)

197 Ruijin Er Lu

瑞金二路 197 号

(21) 6437 0045 + ext. 668 101(in French) ext. 668 102 (in English)

Call after 17:00: ext. 668 201



- **HuaShan Hospital** (English speakers)

493 HuaShan lu

华山路 493 号

(21) 62499295 or (21) 62483986 Emergency 22h00-08h00 : 52887250

24 hour pharmacies in Shanghai:

- **Pharmacy N1 of Shanghai**

66 Nanjing Dong lu 南京东路 11 号

856 Huaihaizhonglu 淮海中路 856 号

- **Pharmacy Shanghai Wukang**

1848 Huaihai Zhong lu 淮海中路 1848 号

- **Pharmacy Huashi** (open the day only)

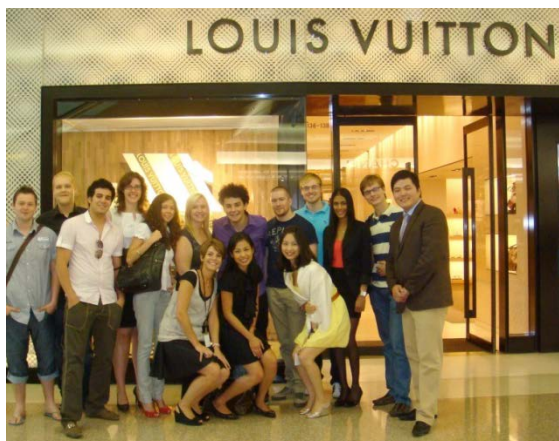
71 HanYang lu 汉阳路 71号

Your health before arrival

There are no particular vaccinations required. However should you wish to take precaution you could make sure all your Hepatitis vaccinations are up to date (Hepatitis A+B). Please check with your local GP/doctor about this – especially if you wish to travel around China and Asia. Note that such injections may not be reimbursable by your health insurance.

Activities and Leisures

ESSCA Shanghai arrange welcome and farewell events each semester as well as other regular cultural events such as excursions and museum visits. Of course, you can become active and organize trips, events, visits yourselves with your fellow students. If we can be of any help, do not hesitate to speak to the ESSCA Shanghai staff.



Shopping in Shanghai, often referred to as 'Oriental Paris,' is not to be missed. The major commercial area is split into 'Four Streets and Four Cities' where you can find fashion stores, designer stores, souvenir shops and many restaurants and bars. But there are also many other markets worth visiting:

- For clothing and gifts: no.580 Nan Jing Xi (west) Rd 南京西路 580 号 (近成都北路)
- For fabrics, you can choose your own fabric, style and colour and tailors will make your outfit: no. 399, Lu Jia Bang Rd (by Nan Cang Street) 陆家浜路399号 (南仓街口)
- For computers and technology: no.41 Cao Xi Bei (North) Rd (Near Xu Jia Hui) 漕溪北路 41 号
- For arts and crafts: Tai Kang Rd (By Si Nan Rd or Rui Jin Er Rd) 泰康路 (思南路或瑞金二路)



Regarding culture, the Shanghai Museum, the Urban Planning Museum and the Oriental Pearl TV Tower are all worth visiting. If you are interested in music, arts exhibitions and theatre, there are plenty of activities which take every month. [SmartShanghai](#) provides much information about recent activities.

For sports enthusiasts, Shanghai has all of the facilities expected in any major city worldwide. Events to look out for include Formula 1 and the ATP Tennis Masters.

Sports and other facilities are available in our partner university, Shanghai International Studies University. The university is located in HongKou district, not too far away from ESSCA. (Da Lian West Road, Hongkou Area /虹口区大连西路 550 号).The campus map is illustrated on this website: <http://map.shisu.edu.cn/en/> (please click the "campus" button to switch campus to Hongkou Area).

To make use of the SISU sports facilities as well as getting library access, you have to apply for a student ID card from SISU. We can help you with this. Please provide Carole ZHU with a passport photo.

Another option is the library of Alliance Française in Shanghai, which is located just one floor above the ESSCA Shanghai teaching site. As a student, your annual membership fee is just 50 RMB (you need to show your student card from ESSCA, your home university, or from Shanghai International Studies University). You need to leave a deposit of 300 RMB which you get back when you end your membership. The library has a collection of books, magazines, and DVDs which are mostly in French. They have some books dedicated to social sciences, including economics, and a good selection of French newspapers and magazines.

You may also use the [Shanghai Library](#) with a Library card, which you can apply for with your passport and a refundable deposit.

Travel

You may wish to save some money before coming to Shanghai for travelling and experiencing more of China and Asia. Around Shanghai, nice sites to visit during weekends include Hangzhou and Suzhou, and further afield Beijing, Xi'an and Guilin can all be easily reached by rail or air when you have more time to travel. To purchase train tickets in advance, visit:

- No.205 WuSong Road 吴淞路 205 号 (near ESSCA Shanghai)
- No.230 Beijing Dong (east) Road 北京东路 230 号
- No.2288 Sichuan Bei (North) Road 四川北路 2288 号
- No.431 Changyang Road 长阳路 431 号
- No.1738 Beijing Xi (west) Road 北京西路 1738 号
- No. 2400 Siping Road 四平路 2400 号
- No.1 Linping Bei (north) Road 临平北路 1 号

ESSCA Shanghai staff are more than happy to give you advice. For flights, the following websites often offer good deals:

<http://english.ctrip.com/>
<http://www.elong.net/>
<http://www.csair.com/en/index.asp>
<http://www.flychinaeastern.com/home.htm>
<http://www.airchina.com.cn/en/index.shtml>

If you wish to travel by boat, you can buy tickets from the following agents:

- No.1 Jinling Dong (east) Road 金陵东路 1 号
- No.60 Gongping Road 公平路 60 号
- No.2400 Siping Road 四平路 2400 号
- No.739 Fuzhou Road 福州路 739 号
- No.511 Zhongshan Dong (east) Er (no.2) Road 中山东二路 511 号
- No.1588 Waima Road 外马路 1588 号
- No.342 Xizhang (Tibet) Zong (middle) Road 西藏中路 342 号

Nightlife in Shanghai is very lively and varied with affordable bars and busy nightclubs to suit everyone's tastes.

Food and Drink

Shanghai cuisine is characterized by its sweet and oily nature and because the name 'Shanghai' literally means 'above the sea,' steamed seafood is a popular dish. Dishes to look out for include 'xiao long bao' a steamed dumpling of broth and meat, 'zui ji' steamed chicken marinated in rice wine, and 'you tiao' a long deep-fried doughnut consumed with soya milk for breakfast.

The price of eating and drinking out in cafés and bars varies greatly depending on location. For a cheap meal try the areas around Wujiang Road; for something more expensive head to the Xintiandi region. An app called “大众点评” is very popular and useful to find restaurants you want. For the moment, there is only a mandarin version.

It is also worth noting that it is not advisable to drink the tap water in Shanghai. However bottled water is widely available and is not too expensive.

Climate

Shanghai has a humid sub-tropical climate and experiences all four seasons, with extremes of freezing temperatures during the winter and an average of 32° Celsius in the summer months.

Spring tends to begin around March with weather being very changeable in temperature and often rainy. Summer begins in June, often with heavy rain, but followed by two months of oppressive heat and humidity which can be difficult for tourists and those not used to such extremes of heat. Autumn is generally around September time; the weather will then be sunny and dry. Winter begins in December and the weather will become cold and grey. Snow is unlikely but the city does experience several Typhoon spells throughout the year.

Course information

The programs on offer at Shanghai have all been created and designed by ESSCA. Classes are taught by a combination of ESSCA professors and guest professors from China and other leading universities worldwide. ESSCA Shanghai's Program Director Dr. Maximilian RECH will be happy to provide you with all information relating to the course program that you chose. You can reach him by email: maximilian.rech@essca.fr

The summer and semester programs consist of formal classes, guest seminars, group exercises and projects and field and company visits. The facilities available at the ESSCA Shanghai premises include printers, photocopiers (copying and printing costs 5 Mao per sheet of paper), wireless Internet, water dispensers (free of charge), and a coffee machine (small fees apply here).



All course information, such as syllabi, reading materials, PowerPoint presentations etc. will be put online on ESSCA Shanghai eCampus:

<http://ecampus.essca.asso.fr/Cours/PSHANGHAI/Pages/default.aspx>

If you are an ESSCA student already, you simply need to log to

<http://ecampus.essca.asso.fr>

If you are an international student from a partner university, Dr. Maximilian RECH will provide you with your login data, shortly before your program starts.

All classes on the program are compulsory home institution will receive an official transcript of the ECTS credits (European Credit Transfer System) once you have completed the course.

Contacts

- Dr. Maximilian RECH, Assistant Professor in International Affairs and Academic Coordinator at ESSCA School of Management, Shanghai:
maximilian.rech@essca.fr
- Mr. Christophe ROUILLON, Managing Director of ESSCA Shanghai :
christophe.rouillon@esai.sh.cn
christophe.rouillon@essca.fr
- Ms. Carole ZHU, Managing Director of ESAI, ESSCA's local partner in Shanghai: carole.zhu@esai.sh.cn

Don't forget to join our social networks to meet the other students you will be studying with:





A Few Figures

8 campuses: Angers, Paris, Aix-en-Provence, Bordeaux, Cholet, Lyon, Budapest and Shanghai

190 partner universities in **49** countries worldwide

3,000 students and corporate auditors

250 collaborators, **112** permanent teachers

370 lecturers teachers and international experts

2,500 partner companies

12,700 alumni all over the world



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SHANGHAI

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Associate member of UCO (Université Catholique de l'Ouest) and ComUE Université Bretagne Loire

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