



Our little tourist guide

alpha.b informs you!...

... to make sure that you will have a pleasant stay in Nice and to give you the opportunity to get used to your new environment as quick as possible.

In this guide you will find many tips and plenty of useful addresses to create your leisure time after the school. We provide you with information of bars, restaurants, sport activities, operas, museums, cinemas...

Please notice that also our teachers and the Alpha-b administration are at your disposal to inform you with any information. Don't hesitate to contact them as well.

Please inform us also about your discoveries and experiences which you made during your stay in Nice. We can collect them in this guide to make them available for other students.

*Pascal Richez
Director*

THE INSTITUTE

Head of the school: Mme Anja Denysiuk & M. Pascal Richez

Contact them if you have personal questions or problems with the staff.

Registration, Accommodation and Administration: Mlle Françoise Mespoulier, Mlle Samantha Parente

Responsible for administration, accommodation, invoices, payment....

Director of Studies: Mlle Brenda Malalel

DOS assistant, Mentoring of the classes and Teacher: Mlle Sandra Gouinguenet

Responsible for pedagogical matters, problems with the level or the class

Activity programme coordinators: Stéphane and Manuëla

Responsible for the activity and leisure programmes...

Don't wait until the end of your stay to discuss your problems!

The teachers: All our teachers possess a diploma as teacher for foreign languages (**F.L.E. – Français Langue Etrangère**). They all have more than two years of practical experience and are all native speakers.

Mlle Karine Bombail - Teacher FLE, Diploma of the University Nice (Lettres et Civilisation Etrangères)

M. Jean-Philippe Calard - Teacher FLE, Diploma of the University Nice (Lettres et Civilisation Etrangères)

Mme Cicurel Corinne - Teacher FLE, Diploma of the University Nice (Français Langue Etrangère)

Mlle Caroline Escoubet - Teacher FLE, Diploma of the University Nice (Lettres et Civilisation Etrangères)

Mlle Manuëla Goncalves - Teacher FLE, Diploma of the University Nice (Français Langue Etrangère)

Mlle Haik Delphine - Teacher FLE, Diploma of the University Nice (Lettres et Civilisation Etrangères)

Mlle Hoor Priscilla - Teacher FLE, Diploma of the University Paris VII (Lettres et Civilisation Etrangères)

M. Boris Moretti - Teacher FLE, Diploma of the University Nice (Lettres et Civilisation Etrangères)

M. Samio Louis Saar - Teacher FLE, Diploma of the University Nice (Lettres et Civilisation Etrangères)

Lessons:

French Continuous Course (20 LE): 9h00-10h40 Break 11h00-12h20

French Intensive Course (30 LE): 9h00-10h40 Break 11h00-12h20 +3 afternoons per week from 13h15-15h45

Lessons will start in the morning of the second day The first day is reserved for language tests.

It is not allowed to eat or to smoke in the classrooms.

The school is open from Monday to Friday from 8:45 a.m. to 5 p.m.

Studying in the afternoon

Ask your teacher from the morning lessons, he can provide you with additional tasks for the afternoon. (therefore room 1 is available from 1 p.m. to 5 p.m.)

Library: Open access to the library from 1 p.m. to 5 p.m in room 1.

For borrowing books you have to pay a deposit of 10€.

Fax: If you want to send a fax you have to pay 1€.

Internet: Free access from Monday to Tuesday from 12:30 p.m. to 5 p.m. (first floor)

Special Sport Program – Sailing - Diving:

Usually the sports course starts in the afternoon on the first Monday after your arrival. We can provide you with a location plan if you decide to go alone to the dive club. Once arrived at the club the instructors will explain you all in detail. A booked course always need to be paid in full. A reimbursement is only possible if the activity has to be cancelled due to bad weather.

Leisure and Activity Programme

You will find our weekly program on the notice board next to the “bureau des activités“. The excursions and all the other activities usually take place in the afternoon, in the evening or on Saturdays. (costs for transport, entrance fees or beverages are to be paid by yourself). If you want to participate at any activity please inscribe until Wednesday 1 p.m. at the latest.

The schoolyard: We want to remind you that it is forbidden to eat or to sit in front of the main entrance of the school. You can have your food in room 1 or in our backyard.

Insurance: Our liability insurance insures you in the whole complex of the school as well as during excursions organised by the school.. Attention: Own contribution until 230€.

Our references:

Plc with a capital of 15.245€. – RCS Nice B 410 542328 (Trade and Company Register)
Siret 410 542 328 00019 (Employer Identification Number), Place of Venue - Nice

alpha.b since 1993

Representation

75 agencies in the world with more than 21 different nationalities.
+Department for Foreign Affairs

Memberships

Member of «EAQUALS» - European Association for Quality Language Services

Member of «IALC» - International Association of Language Centres

Member of «FLE.FR» - La Référence Professionnelle – Label Qualité

By authority of

Organisme de Formation Professionnelle – Préfecture de Marseille

CSN – The Swedish National Board of Student Aid

Bildungsurlaub - Educational Leave Germany

YOUR DOCUMENTS

Student Card

Your student card allows you to receive reductions in prices for visiting cinemas (instead of Saturdays and Sundays), theatres, museums and many more. Don't forget it also for excursions organised by the school.

Bus Prices:

The two branches of «Sun Bus» (10 av Félix Faure oder 29 av Malausséna) provide you with tickets for the busses, you have the choose between different versions:

☒ 10 journeys: 10,00 €

☒ SunPass 1 day: 4 € / 5 days: 13 € / 7 days: 5,00 € (unlimited number of journeys per day)

1 ticket (one journey) costs 1,30€ (available at the bus driver, at “SunBus” or in any tobacco store)

1 ticket is valid for one journey only, but you are allowed to change the bus one time during 74min (but it must not be a return journey)

The controls are pretty strict and the monetary fine has to be paid immediately!

(27€ for a wrong ticket and 40€ for missing or expired ticket)

The schoolbook

This book, which has been created by the team of Alpha-b, is a collection of grammar that shall serve you as support during your studies. It has been written by observing the regulations of the CCER (cadre commun européen de référence) and it is suitable for each level of the French language. It is an essential support during your lessons and for your studies at home.

The questionnaire

You receive the questionnaire at the beginning of you last week and you have to give it back shortly before your departure. You can give your opinion to the courses, the activities and to your accommodation.

Your criticism and your proposals are very welcome.

The questionnaire has to be given back personally at the office.

Your certificate

This certificate is very helpful for your applications in French companies. It will be handed over to you at the end of your stay. It includes also a summary of your written and oral knowledge of the French Language.

Living with a French host family – including half board

By choosing this kind of accommodation you have the possibility to get to know the life of a real French family and so to improve your French in the most efficient way.

In order to have a pleasant stay we recommend you to read the following information:

Our host families are responsible for:

- to accommodate you to best conditions
- to integrate you in their family life
- to support you with your French studies
- to offer you breakfast and dinner
- to provide bed linen and towels and to change them every week
- to hand you over the keys for the apartment

Attention:

If it is not specifically noted in your contract, your host family is not obliged to prepare you lunch on Saturdays and Sundays. A typical French breakfast consists of: tea, coffee, milk or hot chocolate, with bread, rusk with butter, jelly, cereals, yoghurt. Talk to your host family on your arrival about what you like to eat. Inform them early enough if you decide not to take a meal for one or more days. However we cannot reimburse any meal.

It is not allowed to use the telephone of your host family, except for emergency calls or to receive phone calls.

If you have a mobile, please give them your number to make sure they can contact you in case of problems!

Your host parents are not your servants! You have to clean your room, to make your bed and to switch off the lights. To do your laundry there are plenty of laundrettes in each quarter at your disposal. For ironing please ask your host family.

It is not allowed for your host parents to limit your meals, the use of the shower or the bathtub. (as long as you don't abuse it, you are not alone)

It is not regulated for you when you have to leave or to enter your room. But if you are underage (<18) your host parents have to follow the instructions of your parents. The French law is pretty strict in matters like this. Each underage student not respecting the curfew given by his parents, will be kicked out from his host family as well as from his classes without any reimbursement.

Please pay attention to keep quiet after 10 p.m. Don't wake up your host parents and respect your neighbours.

Without agreement by your host family it is not permitted to receive visitors in your apartment.

If you lost the keys of your accommodation you have to pay for the change of the door lock.

If there are objects damaged or broken in your apartment it is up to you to pay the costs for the repairs.

If you would like to extend your stay please visit the secretariat.

Private accommodation means respect of elementary living rules. In case of violation ALPHA-B. Reserves itself the right to take necessary steps which have to be accepted by both parties. Any problem concerning your accommodation should be related immediately to the Alpha.b administration. Late complaints at the end of your stay or after your departure can't be taken into consideration. Thank you for your understanding! Never hesitate to contact the director personally.

Living with a French host – self catering

In order to have a pleasant stay we recommend you to read the following information:

Our host families are responsible for:

- to accommodate you to best conditions
- to support you with your French studies
- to integrate you in the French lifestyle
- to offer you a comfortable and clean room
- to provide bedclothes and towels and to change them every week
- to hand you over the keys for the apartment
- to make the kitchen available to you

Attention:

By choosing this kind of accommodation you have to pay the costs for your food yourself.

It is not allowed to use the telephone of your host family, except for emergency calls or to receive phone calls.

If you have a mobile, please give them your number to make sure they can contact you in case of problems!

You also have to participate in doing the typical housework like cleaning the kitchen, the bathroom and the toilet. You are fully responsible for your own room. You have to hand over your room after your stay in the same condition as it has been handed over to you. To do your laundry there are plenty of launderettes in each quarter at your disposal. For ironing please ask your host family.

It is not allowed for your host parents to limit your meals, the use of the shower or the bathtub. (as long as you don't abuse it, you are not alone)

It is not regulated for you when you have to leave or to enter your room.

Without agreement by your host family it is not permitted to receive visitors in your apartment.

If you lost the keys of your accommodation you have to pay for the change of the door lock.

Please pay attention to keep quiet after 10 p.m. Don't wake up your host parents and respect your neighbours.

If there are objects damaged or broken in your apartment it is up to you to pay the costs for the repairs.

If you would like to extend your stay please visit the secretariat.

Private accommodation means respect of elementary living rules. In case of violation ALPHA-B. Reserves itself the right to take necessary steps which have to be accepted by both parties. Any problem concerning your accommodation should be related immediately to the Alpha.b administration. Late complaints at the end of your stay or after your departure can't be taken into consideration. Thank you for your understanding! Never hesitate to contact the director personally.

Staying in a studio-apartment or flat...

The renter of the single rooms or apartments are responsible for...

...offering you a furnished and comfortable apartment including kitchen as well as bed sheets.

Attention:

When you move in your apartment you have to pay a caution money of 200€ at your renter or in the office of our school.

To do your laundry there are plenty of launderettes in each quarter at your disposal. All costs for your meals are at your own expense.

You have to hand over your room after your stay in the same condition as it has been handed over to you.

If you lost the keys of your accommodation you have to pay for the change of the door lock.

If there are objects damaged or broken in your apartment it is up to you to pay the costs for the repairs.

If you would like to extend your stay please visit the office.

Private accommodation means respect of elementary living rules. In case of violation ALPHA-B. Reserves itself the right to take necessary steps which have to be accepted by both parties. Any problem concerning your accommodation should be related immediately to the Alpha.b administration. Late complaints at the end of your stay or after your departure can't be taken into consideration. Thank you for your understanding! Never hesitate to contact the director personally.

Regulations for minors (<18)

If underage students want to go out at night we need the permission of their parents.

Our host families have to follow these regulations very strict. For this reason it is useful for the student to have a mobile and to give his number to his host family to make sure they can contact him in case of lateness. The students always have to inform their host family where and how long they want to go to.

If the students won't come home or in delay the host family has to inform the director of the school in order that he can call the police.

Without any reason for the absence or the delay of the student, it is possible that he/she will be excluded from the lessons and also from his accommodation without any reimbursement.

The use of alcohol or any other drugs is strictly forbidden. If we should find these things in the school or in the room of the student, he/she will be immediately excluded from school.

The regular attendance for underage students is obligated. If he/she cannot attend school due to illness his/her host family has to inform the school.

If the students take part at excursions organised by the school or if they go out with their friends at the weekend, the host family is not responsible for the "surveillance". But they have to make sure that he/she will arrive in time for the dinner.

LEISURE TIME

If you require information for cinemas, museums, exhibitions, operas, theatres or concerts we can recommend you the journal "La Semaine des Spectacles" or the "L'officiel des loisirs", gettable in every newspaper kiosk for 1€. You will also find information in the journal "Nice Matin" which appears once a week every Wednesday. Furthermore you can ask our staff in the "bureau d'activités".

Cinema - 45 cinema halls in Nice, prices between 5€ and 9€.

Tourist Information Office Nice Av. Thiers (near to the train station SNCF)

Tel.: 04.93.87.07.07

and 5, promenade des Anglais – Tel.: 08.92.70.74.07

SPORT

Indoor Pools

Indoor Pool Jean Bouin (Olympic Hall) - Palais des sports – forecourt of the Lattre de Tassigny - Tel.: 04.97.20.20.30 – Fee: 4,40 € permits also access to the ice rink. Opened daily from 9p.m. to 11p.m., Tuesday and Thursday from 2p.m. to 6p.m.

Indoor Pool Jean Médecin - 178 rue de France -Tel.: 04.93.86.24.01

Indoor Pool Saint François - 13 place Saint François - Tel.: 04.93.85.53.08

Fee 2,40€, with your student card 1,20€. Opened daily from 12a.m.-2p.m. + Tuesday, Thursday and Friday from 4:30p.m. to 7p.m. and Wednesday from 7p.m. to 9p.m., Saturdays from 10a.m.-5p.m.

Bowling and Billiard

Acropolis - 5 Esplanade John Fitzgerald Kennedy - Tel: 04.93.55.33.11

Opened daily from 11a.m. to 2:30a.m.

Prices: 2€ to 6€ depends on day and time, + 2€ for the shoes / Billiard for 10€ per hour

L'escalier – Billard, rue de la Terrasse (across from the opera in the Old Town)

Tennis and Squash

Tennis-Squash Club Vauban - 18 av. Maréchal Vauban - Tel: 04.93.26.09.78

- Tennis: 14 € apiece for one hour, reservations 24h before

- Squash: 10 € for 30min, reservations 48h before

Reductions possible with your student card

Canyoning, Diving, Bodybuilding ...Information in the office of activities

RESTAURANTS

Acchiardo – 38, rue Droite, Old Town - Tel.: 04.93.85.51.16 – Closed on Sundays and Saturday evenings as well as in the period of August. Typical, comfortable bar, food as from 15€

Le Safari – 1, Cours Saleya - Tel.: 04.93.80.18.44 – local, varied cuisine, food as from 25€

Pasta Basta – 18, rue de la Préfecture, Old Town - Tel. 04.93.80.03.57– young and friendly ambiance, food as from 13€

La Casa della pasta – 9, rue Pont Vieux - Tel. 04.93.92.99.08 – Italian Cuisine – Food as from 17€

Domaine de Lintillac – 37, bis rue d’Angleterre - Tel. 04.93.88.50.75 – South-Western cuisine, food as from 14€

Le bistro du vieux Nice –8, rue du Marché (old Nice) - Tel. 04.93.13.45.01 – Local cuisine as from 14€

Fénochio – Best ice cream in Nice!. 2, Place Rossetti (Old Town)

Le Café de Turin - 5, place Garibaldi - Tel.: 04.93.62.29.52

The expert of seafood – food as from 15€

Flo - 4 rue Sacha Guitry - Tel.: 04.93.13.38.38

Very nice brewery in Parisian Style – food as from 17€

Le Petit Gary – 2, place Garibaldi – Tel: 04.93.26.89.09

Lu Fran Calin – 1, rue Colona d’Istria – Tel: 04.93.80.81.81

And many more... Information in the office of activities

INFORMATION ABOUT NICE

LOCATION

Situated in the south of Europe and the very south-east of France, Nice is the intersection between the Alps, the Provence, Corsica and Italy. The city is a remarkable natural site in the heart of the Côte d’Azur. It developed itself out of a large valley in the southern Mediterranean and is covered by wooded hills from the east to the west. Only 50 km away from the coastline you can see the first summits of the Pre-Alps, some of them reach already a height of more than 3000m.

HISTORY

Founded by the Greeks in the 4th century b.c. the city took the name Nikaïa. But later, one century b.c. the Romans built a “real” town on the today’s “hill of Cimiez” and gave it the name “Cemenelum”. Over ten centuries the city suffered countless battles and conquests of the different earls of the Provence. In the 14th century the situation became more relaxed and the people living in that region (the Savoys) finally found quietness and peace. That region, the region of the Savoys, was part of Italy until 1860. It was the year when Nice has been affiliated to France by the agreement of Turin of Napoleon III and Victor Emmanuel II.

NICE IN FIGURES

- fifth largest town of France
- second largest airport of France with more than 9 million passengers per year
- 25 000 students attend universities of law, medicine and science
- 385 000 inhabitants
- 4 760 inhabitants per km²
- 7500m of beach
- 300 ha open space
- 150 fountains
- 18 museums and galleries
- 3 million visitors per year

USEFUL INFORMATION

Airport: Internet: www.nice.aeroport.fr

Information: 0820.423.333 / Departures and Arrivals: 08.92.69.55.55

Banks: Open from Monday to Friday from 8:30 – 12:00 and from 14:00 – 17:00

Library:

Media Centre of Nice rue Biscarra, free usage of books, CD's and videos

Transport to the airport: Bus N°23 or shuttle bus N°99 – stop across from the train station SNCF. There is also a shuttle bus (N°99) available at the train station Routière.

Money Exchange: Possibility to change money in every bank. There is also a money change machine 24h at the place Masséna, bank “Caisse d'épargne”.

Traffic:

- Speed limits: 50 Km/h (city); 90 Km/h (country roads), 130 Km/h (motor-way)

- Toll: Nice – Cannes 2;50€

- Max. percentage of blood alcohol: 0;05%, approximately two glasses of wine

- Always be aware of wearing a helmet or a seatbelt

Consulates:

Austria	6 av de Verdun	04.93.87.01.31
Great Britain	8 rue Alphonse Karr	04.93.82.32.04
Italy	71 Bd Gambetta	04.93.88.79.86
Germany	34 av Henri Matisse	04.93.83.55.25
Sweden	7 av Gustave V	04.97.03.06.15
Switzerland	13 rue Alphonse Karr	04.93.88.85.09
U.S.A.	31 rue Maréchal Joffre	04.93.88.89.55
Norway	45 rue Saint Philippe	04.93.36.50.60
Netherlands	14 rue Rossini	04.93.87.52.94
Denmark	30 av. Jean Médecin Nice Etoile Bat. G2	04.93.85.35.49
Finland	223 Prom. des Anglais Hôtel Radisson	06.87.57.68.99
Japan	70 av. de Hambourg, 13268 Marseille	04.91.16.81.81

Corsica: Daily flights to Corsica (one hour) or by ship with “Bastia“ or “Ajaccio“ (4 – 7 hours). Information for the ferries are available at S.N.C.M. 29 rue Pastorelli or at the “Quai du Commerce” at the port of Nice, Tel.: 0891.701.801

Or here: Corsica Ferries, Quai Amiral-Infarnet – Tel: 04.92.00.42.93

Cheese Stores

- La ferme Fromagère - 27 rue Lépante 04.93.62.52.34

- La Poulette - 12 rue de la Préfecture – Old Town 04.93.85.67.96

Hotels : We can provide you with information for your accommodation, but if you prefer a larger choice see the tourist home at Av Thiers.

Public Holidays : 1 January, Easter Monday, 1 May, 8 May, Ascension Day, Whit Monday, 14 July, 15 August, 1 November, 11 November, 25 December

Libraries & Record Shops: Virgin Mégastore, 15 Av Jean Médecin - the FNAC, 30 av. Jean Médecin, Centre Nice étoile - Madison (CD's and Videos), 62 rue Gioffredo – Cats Whiskers , 30 rue Lamartine (foreign language books), Privat Sorbonne, 37 rue Hôtel des Postes

Laundry : A wide range of laundries and dry cleaners in every district.

Car rental: At the train station SNCF (12, avenue Thiers) you will find many renter which allows you to compare all the prices:

CITER, EUROPCAR, HERTZ, ADA, AVIS

Renting of two-wheelers:

JML - 34 Avenue Auber – 04.93.16.07.00

Nicea Location Rent – 12, rue de Belgique - 04.93.82.42.71

Stores : Generally all stores are open from 9 a.m. to 12 a.m. and from 2 p.m. to 7 p.m., including Saturday. The malls are open until 9 p.m. Some aliments can also be bought 24h per day at the petrol stations “Mobil” and “Shell”. (Bd Jean Jaurès, 300 m from place Masséna.)

Tourist Office: Train Station S.N.C.F (avenue Thiers and 5, promenade des Anglais)

Perfumery: There are numerous perfumeries in Nice, if you don't know where they are located we can give you some addresses: Rose de France 32, rue Hôtel des Postes
Séphora in the Nice étoile and Galeries Lafayette Avenue Jean Médecin.

Pastry Shops: The following three are especially recommendable:

- Auer - 7 rue St François de Paule - vieille ville (Old Town)
- Chereau - 25 Bd Gambetta
- Vogade - 1 place Masséna

Police: police station Foch, Avenue Maréchal Foch. (thefts, robbery...)
Tel 04 92 17 22 22

International Press:

Espace Sorbonne - 19 rue Masséna (pedestrian zone)
Maison de la Presse - Place Masséna or Kiosque du Méridien - Jardin Albert 1er

S.I.D.A. - A.I.D.S. : Always use condoms! Sida Info Service 0800.84.08.00

Taxi : 24h/24h - 04.93.13.78.78 – Always ask the taxi driver for the approximate price and the receipt. Bargaining is often useless but there is no harm in asking.

Telephone: 90% of all phone boxes work with telephone cards which you can buy in many post offices or tobacco stores.

Wine (retail) :

Nicolas - 23 Avenue Jean Médecin
Amour Vinum - 24 rue Alphonse Karr ...and many more...

Theft

To guarantee you a comfortable time in Nice we recommend you to notice the following safety regulations.

In public:

If possible please avoid using shoulder bags and don't walk too close to the street. Always close your hand bags and be aware of pickpockets.

Don't carry big amounts of cash, cheques or jewellery with you.

If you draw money always hide your PIN when you type it in. Be watchful when you take the money from the cash point and retain the receipt.

Never let your mobile, your bags or other belongings unattended.

In the car:

Drive with doors blocked.

Don't leave things visible in your car

No responsibility is taken by alpha-b for the correctness of the information concerning the prices of bars, restaurants and other institutions.

alpha.b

Language school

2 Rue d'Angleterre - 06000 NICE

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but also ... monthly «la Gazette» on www.alpha.b.fr in the category «gazette»