

# STUDENT GUIDE





# USEFUL PHONE NUMBERS

The international dialing code for Monaco is 00 377. You do not need to dial this when you are inside Monaco, you only need to use this when you are calling from outside the Principality. If you wish to call France from Monaco you need to add the country code of 00 33, as Monaco and France have different codes.

When calling another country from Monaco, dial 00 + country code + area code + telephone number (if the phone number begins with a zero, drop the zero).

**For example, to call France from Monaco dial:**  
00 33 and then the number...

# EMERGENCY NUMBERS

FIRE STATION	18 (with your mobile dial 112)
Ambulance (SAMU)	15 (with your mobile dial 112)
EUROPEAN EMERGENCY	112
Police	17 (with your mobile dial 112)
Police Headquarters in Monaco	93 15 30 15



# HEALTH PROFESSIONALS

Centre Hospitalier Princesse Grace / HOSPITAL

Avenue Pasteur, Monaco 97 98 99 00

Multilingual medical professionals available for Emergency Services

- Information 97 98 96 89
- Emergencies 141

## English Speaking doctors

Dr Guy Triffilio - 19, av des Castelans - 98 000 Monaco  
You do not need to take an appointment - 92 05 33 00  
Open from 10.30am to 6.30pm - no lunch break

Dr Sharara Nabil - 3 Bd Leclerc - 06 240 Beausoleil  
Ph: (+33) 4 93 78 48 62

Mr Philippe Vial (Physical Therapist) - 7, rue du Gabian - 98 000 Monaco  
Ph: 92 05 31 60

Dr. Marquet Bernard (Dentist)  
20 avenue de fontvieille  
Ph: 92 05 65 55

Dr. Massobrio-Macchi (Gynecologist) - 11, Bd du jardin Exotique - 98 000 Monaco  
Ph: 97 77 06 06

Another way to find your nearest English-speaking doctor is to get in touch with:

## Riviera Medical Services

<http://www.rivieramedical.com>  
Tel: (+33) 4 93 26 12 70

# PUBLIC TRANSPORTATION

Taxis/ Cab	93 15 01 01
Airport Flight Information	08 36 69 55 55
Lost Luggage and Inquiries	(+33) 4 93 21 45 15
Héliport, avenue des Ligures	92 05 00 50
Monaco - Monte-Carlo Train Station	93 10 60 01
Train company SNCF Info, Reservations	08 36 35 35 35
Train company SNCF Ticket Sales	08 36 67 68 69
Monaco Bus Headquarters 3, avenue Président JF Kennedy	97 70 22 22

## PARTNERSHIP WITH HELIAIR

Panoramic flight 10 minutes: 50€ per person (instead of 60€) airport taxes included (minimum of 4 persons)



Regular flight: 10€ off per flight & per person Monaco – Nice – Monaco

## PARTNERSHIP WITH MONTE CARLO RENT

If you want to rent an electric scooter, this is the right shop. Price: 350 euros/ month  
Quai des Etats-Unis - MC 98000 MONACO - Tel: 99 99 97 79



# OTHERS

Lost and Found (Nice)	(+33) 4 93 80 65 50
Lost and Found (Nice Airport)	(+33) 4 93 21 31 11
If your credit card has been lost or stolen:	(+33) 8 91 70 57 05
If your checkbook has been lost or stolen:	(+33) 8 91 70 57 05
Information (Phone Directory)	118 000 or 118 218
General information for English people:	<a href="http://provence.angloinfo.com">http://provence.angloinfo.com</a>





# TRAVEL

There are many travel agencies in Monaco and Nice that offer special prices or discounts for students.

Monte Carlo Travel Agency - Hotel de Paris - Place du Casino - 98 000 Monaco - Ph: 93 30 90 69

OTU Voyages - 48, rue de France - 06 000 Nice - Ph: (+33) 4 97 03 60 90  
(With OTU Voyages, students can benefit from low rates with their IUM ISIC Student Card)





# YOUR LIFE AT IUM

## STUDENT INFORMATION & SERVICES

### **Smoking**

Smoking is strictly forbidden in any area of IUM. Smokers are kindly asked to go outside the building to smoke and use the ashtrays in front of IUM.

### **Fire Security**

Instructions on what to do in an emergency are shown in prominent places throughout the University. They show what you need to do and where the exits are. In case of a fire, there are fire extinguishers throughout the building, but please read the instructions before you deploy the extinguisher. If the fire alarm rings, evacuate the building immediately, leaving bags behind. The meeting point for staff, professors and students is outside the front of the building. If you hear the alarm use the stairs, do not use the lifts. There are emergency fire exits at the opposite ends of all the corridors.

### **First Aid**

There is a first-aid kit at the reception on the second floor for treating minor cuts and bruises. Any serious injury will be treated in the emergency ward of the local hospital (Princess Grace Hospital).

### **Classrooms**

The first digit of a classroom number indicates the floor.

### **Reception**

The receptionist, Laurine Chabant, is available in the morning from 8am to 12pm and in the afternoon, from 1pm to 5pm.



## Faxes

Students can receive or send faxes from the University.

Prices to send faxes:

Monaco	€0.30
France	€0.80
Europe	€1.20
Middle East/ North America/ Africa	€2.50
Asia/ Australia/ South America	€3.00

## Copy cards & Office supplies

If you would like to buy binders, office supplies or USB Keys, please go the reception on the second floor.

## Faculty and staff members' mailboxes

Faculty and staff members mailboxes are located at the reception, 2nd floor. Students who need to hand in homework can leave their files at the reception desk.

## Cafeteria

The cafeteria lounge is located on the first floor. Students are encouraged to use the cafeteria as a meeting place and are welcome to invite friends and family.

The cafeteria is open from 8am to 6pm every day.

## Mailing - Post Services

To mail letters or packages, please go directly to the reception. You will be able to mail by Express or normal mail with the help of the receptionist. Please note the IUM address (you can use for any mail or package that you need to receive):

Attn: YOUR LAST NAME, FIRST NAME

IUM

2, avenue Albert II

98 000 Monaco

## Students' Addresses Updates

Students who change their address or phone numbers should inform the receptionist so we can update your records.



## STUDENT INFORMATION & SERVICES

### **Students' mailboxes**

Undergraduate and Exchange students' mailboxes are located on the first floor, in the cafeteria area.

Graduate students' mailboxes are located at the end of the corridor on the second floor (MBA area).

### **Bookshop and accounting department**

To buy any book or to register for an IUM event, please go to the office, #17 on the first floor: the accounting department.

### **IUM Boutique**

To buy any IUM T-shirt, IUM cap, IUM sweatshirt, leather folder etc, please do not hesitate to ask the receptionist and make the appropriate payment.

# ASSOCIATIONS

## The Student Association

"A year in university is long, hard and requires a lot of brain-challenging tasks, which drain you of your energy and liveliness. Every morning you will roll out of bed and realize that hours of listening and writing are ahead of you, until you find yourself in that same bed. So who will be there to make things better? What could possibly save you from the boredom of day-to-day routine? What can be done?"

This is where we come in. We are what takes the student life to the next level, showing you the tops of the mountains and bring you to the peak of your limits. WE are the student association and we will pack your semester with valuable conferences, compelling field trips throughout Europe, extreme sports and amazing parties that will make you remember your stay until the rest of your days on this planet.

We know what you want, we'll get it done"





## ASSOCIATIONS

### **Internships and Student Employment**

In order for you to maximise your opportunities while studying it's important that you develop a professional network so you are more marketable after graduation. Internships and part-time jobs while enrolled at IUM will complement your academic experiences, and add valuable lines on your CV. It also shows potential employers that you have the ability to succeed in a professional position.

You can find career information sources, career hints and tips as well as internship and job vacancies on our Intranet ATOM – Careers Pages. For additional information, please get in touch with Sophie De Lorenzo or Annalisa Tarquini upon your arrival at IUM. They will assist you in writing a professional CV and will let you know about the options available or legally accessible to you.



## The Next Generation Entrepreneurship Forum

The IUM student body is pleased to organize every year the "Next Generation Entrepreneur Forum" (NGEF), which is held in mid-March every year in Monaco.

### ENTREPRENEURSHIP

The NGEF is designed to facilitate contacts and business opportunities between students, young entrepreneurs, investors and world leading entrepreneurial minds.

### INNOVATION

Our additional mission is to showcase premier talent and creativity, thereby providing participants with fresh and intelligent perspectives.

### SUCCESS

We are delighted with the past response that NGEF has received from the business industry and we continue to look forward to playing a key role in developing this Entrepreneur Forum.

Contact us at [ngefteam2010@monaco.edu](mailto:ngefteam2010@monaco.edu) should you have any further questions or visit our website: [www.ngefmonaco.org](http://www.ngefmonaco.org)





# SPORTS

Please note that a Sports day is scheduled on the 23rd of September, at IUM (in the Cafeteria) with the presence of several Sports Clubs and Associations.

## **The IUM Golf team**

Members of the IUM Golf team will be able to practice for free every Friday afternoon at the Monte Carlo Golf Club. (4 members maximum)

For beginners, classes on Thursday afternoon will also be scheduled in the area of Monaco.

Every year the team is also participates in local tournaments (Euromed's Cup) but also in the French Championship qualifying tournament.

## The IUM Sailing team

The Yacht Club of Monaco is opening in October and has a long partnership with our University. They offer discounted prices for IUM students and the sailing team can practice every Thursday afternoon. For beginners, classes on Saturday mornings are also available.

Every year, the IUM Sailing team organizes the selection tournament with the French Federation and the Yacht Club of Monaco. This competition is called the Sail(ect) and is a great sporting event organized by the IUM Sailing team.

## The IUM Ski team

For the first time this year, an IUM Ski team will be created with specific practice dates. The team will have a personal instructor and will benefit from special group rates.

## The IUM Soccer team

Members of the IUM Soccer team can practice twice a week at the Cap D'Ail stadium, 100 meters away from the University. You can subscribe for the IUM Soccer Team on Sports Day. The soccer team takes part in the French Federation tournament.





## SPORTS

### **The IUM Tennis team**

The IUM Tennis Team was created by David Cranman in January 2005.

Do not hesitate to contact him directly if you need practical information on the IUM Tennis Team: [dcranman@monaco.edu](mailto:dcranman@monaco.edu)

The practice sessions are friendly but competitive. They practice every Thursday afternoon at the Tennis Club of Cap D'Ail, 200 meters away from IUM.

To become a member of the IUM Tennis Team is free of charge. The only requirement is to be a part of the IUM community, to have a love of the game and to be a member of the Cap d'Ail Tennis Club, where we have our weekly team practices. If you are not a member of the Cap d'Ail Club, you can buy a yearly membership, through the University, for only 150€.

## The IUM Volley Ball and Beach Volley team

The volley ball team practices are held at the Louis II Stadium with the ASM Volleyball. They also play for the Albert II Trophy, and they become a beach volleyball team during summer season! Do not hesitate to contact the volleyball team captain, Bruno Bortuzo, [bbortuzo@monaco.edu](mailto:bbortuzo@monaco.edu) or meet with him on Sports Day!

## The IUM Go karting team

IUM has had a highly competitive and successful go karting team over the past few years. Practice sessions are organized during week-ends. In 2009 the IUM Karting team became the French University Champions.



## Other group and individual sports

Many other sports activities can be practiced in the Stade Louis II, located in the same building as the University. Special agreements may exist for IUM students.

IUM Social events department organizes every year a Sports Day to be held in the IUM cafeteria where you can discover all the sporting opportunities available to you and you can sign up for various teams.

Monaco is known for its sporting life and the following are all possible in the surrounding area: gym, swimming pool, basketball, athletes, Monaco Marathon, rugby, dramatic arts, fencing club, chess club, dancing classes, horseback riding, karate, music, yoga, rafting, canyoning, hiking, via ferrata, etc.

Please contact the Student Association (office #12, 1st floor) for further details.

If you want to get fit in Monaco or you have a back ground in dance, why not try Danse Plus, the local international dance school. They run a variety of classes from keep fit, stretching (yoga, tai chi and pilates) as well as hip hop, ballet and jazz dance. Check out the timetable for classes on their website here: <http://www.danseplus.com/> or alternatively ask professor Charlotte O'Leary [coleary@monaco.edu](mailto:coleary@monaco.edu) for advice on on the best classes for you. No experience is necessary and it doesn't matter what fitness level you are!



# YOUR LIFE IN MONACO

## General Information

The present territory of the Principality of Monaco covers 195 ha (1.95km<sup>2</sup>), 31 of which have been entirely reclaimed from the sea!

The last general census completed in 2000 registered 32,020 residents in the Principality, of which 81% were foreigners (32% of the total population is of French nationality).

The official language is French. Italian and English are, however, widely spoken and understood.

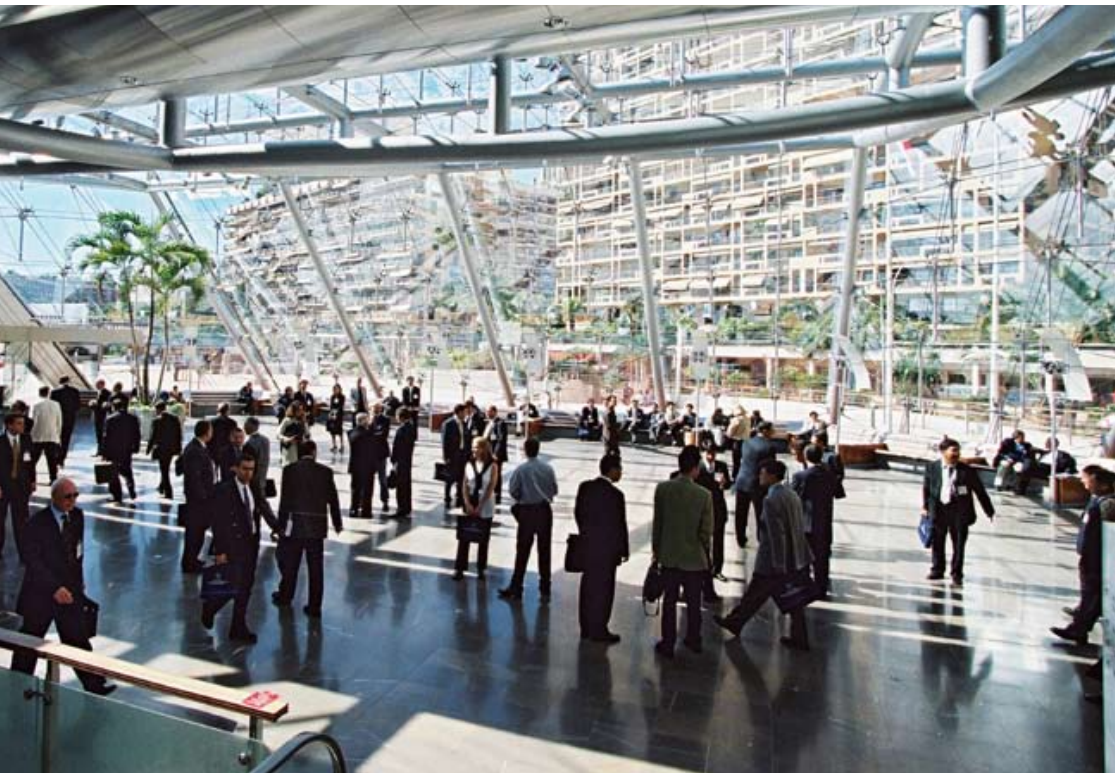
The unit of currency is the Euro. Monegasque Euro coins and European Euro coins are in circulation.

The Catholic religion is the State religion. Freedom of worship is, however, guaranteed by the Constitution.

The National Holiday is celebrated on 19th of November.  
The Prince's motto is 'Deo Juvante' (with God's help).

### **Economy:**

The economy of the Principality revolves around four main areas: industrial, tertiary (mainly Financial and Banking), commercial and tourism.





# CITIES & MAJOR ATTRACTIONS

Antibes:	The Picasso Museum
Beaulieu sur Mer:	Villa Kerylos (Greek villa)
Biot:	Fernand Léger Museum
Cagnes sur mer:	Renoir Museum
Eze Village:	The Medieval village Fragonard perfume factory
Grasse:	The International Museum of Perfumery; Fragonard perfume factory; Various perfume factories
Menton:	The Cocteau Museum; The old city
Monaco:	The Oceanographic Museum; The Palace; The old city
Nice:	Parc phenix; Museum des Beaux Arts Musée Masséna (local history);
Old Nice:	Castel of Nice and its architecture. The Fruit and Vegetable Market; The Flower Market; The Matisse Museum; The Marc Chagall Museum; Palais Lascaris (Old Nice); Archeological Museum; Museum of Beaux Arts
Saint Paul de Vence:	The old city and the citadel; The Maeght Foundation
St. Jean-Cap Ferrat:	The Ephrussi de Rothschild Villa
Tourettes sur Loup:	The old city
Villefranche sur Mer:	The old city
Ventimiglia, Italy :	The Ventimiglia market is open every Friday until roughly 2 p.m. Ventimiglia is the first city you reach once you have crossed the border and is about 20 minutes away by train from Monaco
San Remo, Italy:	Not far from Ventimiglia is San Remo, which has its own market on Saturday morning.



# DRIVING IN MONACO AND IN ITS AREA

By taxi	From Monaco to Nice, approx.	€90
By helicopter	From Monaco to Nice airport one way:	€105
	Round-trip ticket	€144

## SPEED CONTROL

Check on the following website to find out where the permanent radars are located:

[http://www.radars-auto.com/num\\_departement.php?num\\_dept=06](http://www.radars-auto.com/num_departement.php?num_dept=06)

N.B. Please note that policemen and 'Gendarmes' can also make speed controls in other different places.

## INFORMATION ABOUT PUBLIC PLACES

\*Never carry large amounts of cash or valuable objects.

\*Protect your ID papers: make copy of them

\*Always keep an eye on your belongings

\*In a crowd, beware of pickpockets

\*Never buy counterfeit goods

### **By car**

\*Remember to lock your car doors both when driving and when you stop

\*In town, always keep your windows up

\*Protect your belongings: don't leave anything in view



## MOVIES

Cinemas where movies are shown in Original Version:

The Sporting Club of Monaco - Place du Casino - 98 000 Monaco

Rialto - 4, rue Rivoli - 06 000 Nice - Ph: +33 (0)4 93 88 08 41

Mercury - 16 pl Garibaldi - 06 300 Nice - Ph: +33 (0)4 93 55 37 81

Cinematheque - 3 espl JFK - 06 000 Nice - Ph: +33 (0)4 92 04 06 66

Pathe Nice Lingostiere - 604 route de Grenoble - Ph: +33 (0) 8 36 68 39 30 / 8 92 69 66 96

Pathe Nice Massena - 31, Avenue Jean Medecin - Ph: 08 36 68 20 22

## LOCAL FOOD

Most local food is French Provencal (South of France) and Italian food.

Explore the wonderful world of French cuisine including the famous French baguette and our wonderful open-air markets:

<http://www.cuisinenet.com/glossary/france.html>

[http://www.sallys-place.com/food/single-articles/french\\_baq.htm](http://www.sallys-place.com/food/single-articles/french_baq.htm)

<http://www.saturdaymarket.com/Saint-Tropez/>

# IUM PARTNER RESTAURANTS

## Bistrot Tartine

30 route de la piscine on the main port of Monaco. Bistrot Tartine offers delicious Mediterranean cuisine in an atmosphere that makes us feel right at home. Whether you come on business or for a meal with friends, the food, ambiance and wines combine to make this one of your best moments in Monaco.

**15 % off on the meal by presenting your student card (except on the Bistrot formula)**



## Planet Pasta Monte-Carlo

Planet Pasta has a world of pasta and fresh products made exclusively in the traditional Italian way.

Address: 6, rue Imberty - 98000 Monaco

**1 drink offered free with every lunch; just present your student card**



## Zest Monaco

Located in the heart of Port Hercule, Zest Monaco is a chic but relaxed place to meet with your friends. You will enjoy cocktails and tapas at the lounge, and a refined and innovative cuisine at the restaurant. Prepared meals to take-away are also available at the fine food shop every day for lunch or dinner (prices start at 4€).

**On presentation of your IUM student card, a welcome cocktail offered with a complete menu at the restaurant (except on the lunch formulas).**



## La Polpetta

One of Frank Sinatra's favourite restaurants with walls covered in portraits of the crooner and his famous friends. For 20 years the two Guasco brothers have won the hearts of many a celebrity, as well as lovers of simple food in a welcoming and intimate atmosphere.



# IUM PARTNER HOTELS



## Hotel Columbus

A classy and luxurious hotel. Spend time at the lounge bar, or enjoy the relaxed atmosphere in the restaurant. Wifi is available.

**Special discounted price with IUM reception to book your hotel room.**



## Marriott Hotel

Located less than one minute walking distance from the IUM, the Riviera Marriott Hotel has the best view over the yacht harbor and offers 186 renovated bedrooms. Free shuttle service to Monaco available from 8am to 10pm. Our Brasserie Le cap will welcome you and your friends for lunch or dinner (Special "Cap lunch" from Monday to Friday at 20€ per person) or have a drink at the Lounge Bar and outside terrace opened from 11 am to 1 am.

**15% off with IUM Student card and Marriott discounted card at the Bar & Restaurant (ask IUM reception)**

**Special prices available at the IUM reception to book hotel rooms**

## Hotel Forum

Practical and Friendly atmosphere in Beausoleil, within walking distance to the Casino.

- Simple room 90€

- Double room 100€



## Novotel

A 3 star hotel with 218 new generation rooms, located in the heart of Monte Carlo.

**Special prices with IUM reception to book hotel rooms**

## Monte-Carlo Bay hotel & Resort

Authentic and prestigious hotel nestled on a dream like -island renewing the spirit of the legend and splendor of 30's, chic and light, luxurious and relaxed.

**Special prices with IUM reception to book hotel rooms**

## Hotel Hermitage

Overlooking the Mediterranean, the Hôtel Hermitage cultivates elegance at its peak.

**Special prices with IUM reception to book hotel rooms**

## Hotel de Paris

An exceptional palace situated next to the Casino of Monte Carlo, the Hotel de Paris offers 187 luxury rooms in which you can enjoy the charm of original Monaco

**Special prices with IUM reception to book hotel rooms**

## Hotel Le Versailles

The hotel has a French-Italian style and offers 15 air-conditioned rooms. It is situated next to the train station exit and is a stone's throw away from a host of luxury shops.

**Special prices with IUM reception to book hotel rooms**



Rainer Brunotte Courtesy

## IUM other partners

By presenting your student card, our partners will be able to offer reductions and special rates.

### LULL L'atelier

Prêt à porter, accessories, tuxedos and gown rental... Lull is located at 29 rue de Millo.

**10% on all collections by presenting your student card**



### Le store Monaco

Prêt à porter, accessories... Le store is located 10/11 rue Princesse Caroline in Monaco.

**10% on all collections by presenting your student card**



### Sixt Rental cars

Located in the Marriott Hotel, port of Cap D'Ail, Sixt is an agency of rental cars and is doing special rates to IUM students.

**Special rates according to the category of the car: book your car or van with the IUM reception!**



### MONTE CARLO RENT

If you want to rent an electric scooter, this is the right shop.

Quai des Etats-Unis - MC 98000 MONACO

Tél: 00 377 99 99 97 79 - fax: 00 377 99 99 97 78 - gsm: 00 33 6 67 33 61 73



## EVENTS IN MONACO

Throughout the year the Principality of Monaco is the host of prestigious events including the Monaco Yacht Show, Monaco Circus Festival, Television Festival, the traditional Monte Carlo Rally, the spectacular Formula 1 Grand Prix and the International Tennis Championships.

The Coordinator of Social and Sports Events keeps the students informed of the events in the Principality and its area, and is frequently able to give out exclusive invitations. A calendar of events is sent on a monthly basis via the University email and on ATOM.

Find out what's going on along the French and Italian Riviera as well as interviews with top local business people at Riviera Woman:  
<http://therivierawoman.com/>

# NIGHTLIFE IN MONACO

## Karément

<http://www.karement.com>

Karément is a funky tapas place located in the Grimaldi Forum on the 1st floor.

**Special prices by presenting your IUM student card:**

- Champagne Deutz: 100€ TTC instead of 120€

- Alcohol Bottles: 120€ TTC instead of 160€

(not valid on special events)

## Le Café Grand Prix or La Rascasse

[www.cafegrandprix.com](http://www.cafegrandprix.com)

Located right on the world-famous hairpin turn of the Monaco Formula 1 Grand Prix circuit and overlooking the Monaco Port, Café Grand Prix offers an international menu under the stars in a refined atmosphere. The bar is regarded as the latest contender for Monaco's hot-spot.

## Sass Café

Located in the Larvotto area, facing the Grimaldi Forum, the Sass Café piano bar is ideal to mix it up with all the Monaco's international community.

## Jimmy'z - Sporting Club

<http://www.montecarloresort.com/en/resort/default.asp>

Special prices for IUM students on bottles (by presenting your IUM ISIC Student Card)

It is the most prestigious, dazzling and almost certainly the most expensive night club in Monaco and on the French Riviera. Has a sister club in Cannes.



INTERNATIONAL  
UNIVERSITY OF MONACO

**INTERNATIONAL UNIVERSITY OF MONACO**  
2, avenue Albert II - MC 98000 Monte-Carlo  
Principality of Monaco - [info@monaco.edu](mailto:info@monaco.edu)

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[www.monaco.edu](http://www.monaco.edu)