



IT University Travel Report

Host university: ESSEC Business School in Cergy

Study Programme at IT University: Global Business Informatics

Exchange agreement or Free mover: Exchange Agreement

Courses studied abroad: European Economics, Economics of Public Policy & Enterprises, People & Organisations, Intercultural Communication & Management, Innovation Strategies & New Technologies, Purchasing Management, Supply Chain Management, Doing Business in India, Global Challenge

Period studying abroad: 5th Semester, Autumn 2025

If you wish to give advice to other students regarding your travels, please state your contact info here:

Your stay abroad

What was it like to study at the university (including choice of courses, academic level, social life at campus)?

ESSEC is 1 hour outside Paris, but the commute is easy so I would recommend living in Paris, to get the most out of your free time.

Very short semester September to November, and only if you have exams outside of your course December.

There is mandatory attendance so try to make a good schedule. I managed to do so most weeks I only had to show up 2-3 days.

The courses were way easier than at ITU, but because they are so small(2-4 ECTS each) a lot of redundant repetition across courses happens. But they have a lot of variety in their course offer, so you can get more control of what you want to study than at ITU. Some teachers didn't allow computers.

The teachers there have a lot of freedom, and can freely choose how evaluation happens, how many parameters, type of exam, if there is an exam. Most exams are group presentations in class or written in class. The final grade can also be based on a midterm and participation throughout the semester. The teachers are stricter in some areas, but most of them are nice and willing to help. Though they treated us a bit too much like high school, for me.

As gap years is not really a thing in France and other countries a lot of the other students are younger. I also noticed the other students were not as independent, able to go find things themselves, as if their home countries doesn't teach that as much as Denmark.

The school has a lot of student organisations, which arrange events throughout the semester. There are an organisation for everyone, they have pretty much anything.

The social life between the exchange students was very good. The school doesn't really arrange activities, so see what MELT arranges and find different meetups for exchange students from all

universities.

What was your initial motivation for going abroad and did your stay meet your expectations?

I just wanted the experience of going abroad. So my expectations was met as it was fun. Paris is an amazing city to live in.

Please describe what you got out of your stay, both personally and academically, and how do you expect it to contribute to your further studies?

I have a way better idea of what I want to do with my Masters Degree, and what I find interesting and value. Besides meeting a lot of fantastic people, I also got a deeper understanding of France and the European Union. Academically I got to have a bit more business oriented courses than I could have gotten at ITU which I loved. Allowing me to find out I might want another masters than DIM, instead I'm now looking at different ones at CBS. Meeting and working with so many different people has helped me become better at working together across culture and be more understanding and tolerant of differences. I also have a new appreciation for ITU and Denmark, for the freedom I get to have here, the respect I receive and the high academic level.

Going abroad helps with meeting new people, and going to events and meetups, you might never otherwise.

Arranging your stay

Please give a short description of the process of arranging your stay:

I decided to live in Paris as I would rather spend 1 hour to commute 2-3 days a week and then enjoy Paris the rest of the week.

As it was in the EU I did not need a visa.

Though after getting the spot from ITU there was a lot of waiting and making the timelines between the two institutions work. ESSEC starts their process quite late compared to some of the other institutions.

What resources did you find helpful in planning your stay and which people did you use (if any)?

- ESSEC BBA Exchange program webpage:
sites.google.com/essec.edu/bbaincomingexchange/home
- Frederikskirken i Paris, also have good resources: www.frederikskirkenparis.dk and the facebook group 'Padam padam'.

How did you arrange practicalities such as accommodation?

ESSEC offers student housing, but I found a cheaper place in Paris through facebook. I recommend the groups 'Padam padam' and 'Danskere i Paris'. I was lucky to find a good host and didn't need to do much more after.

There is also the 'Danske Studenterhus i Paris' in Cité Universite which has cheaper accommodation than what ESSEC offers.

Webpage Danske Studenterhus: www.fondationdanoise.org

The Cité webpage: www.ciup.fr/en/

Expenses and Financing

Please comment on expenses connected to your stay abroad

- Navigo Monthly Travel Card: 88 €/month
- Accommodation: 650 €/month (room at a locals house)
- I bought insurance through IDA which was a bit over 200 dkk a month

It is way cheaper in Paris than in Copenhagen to go out for dinner and drinks, also tap water is free. A lot of cultural places like museums are free for EU citizens under 26.

Did you apply for scholarships and would you recommend any ones in particular?

- Erasmus+ (If you travel by train you can get 400 Euro, and buy an Interrail ticket for 300 Euro with 6 travel days)
- ITU Travelpool, can cover up to 50% of travel expenses.
- ITU Student Grants: itustudent.itu.dk/study-administration/study-abroad/grants

Recommendations for other students:

Bonjour RATP app for travel, it is also possible to buy tickets and monthly cards on it.

I would recommend living in one of these arrondissements in Paris: 3rd, 4th, 8th, 9th, 17th or The Cité Université which is in the 14th arrondissement. La Défense is also possible, but just be aware there are a lot of overpriced apartments there.

But try to live close to a Metro or RER A or Transilien Ligne L for easier commute.

ESSEC has an organisation called MELT which arranges tours throughout the semester.

These also arranges tours and have free walking tours in Paris sometimes:

www.lavoyagerieparisienne.fr