

Sciences Po Paris, Menton Campus  
Spring 2015 Exchange

For my semester abroad, I attended the Menton campus of Sciences Po Paris. I went for the Spring 2015 semester, which starts at the end of January and finishes mid-May. At SFU, I major in International Studies and Minor in History. The school focuses on the Middle East and Mediterranean region, providing an in-depth look at a very interesting, and infamous, area. It's the perfect school for those studying international studies, history, economics, or languages. You can learn French, Arabic, Spanish, Italian, Turkish, and Hebrew. I had an amazing time on exchange, and I encourage anyone to apply to spend a semester at Sciences Po Menton!

Once I was accepted to Sciences Po, there were a few things I had to do before I left for exchange. You have to have a visa to study in France. If you're Canadian, then the process is very simple. Canada and France have a partnership agreement, meaning the student visa is free! The process is very simple, but you do have to collect quite a few forms, so don't leave it to the last minute. That being said, once you book your appointment with the visa office, you end up receiving your visa the same week.

Accommodation is one thing that you definitely have to plan in advance. The school has three small residences (2 female, one male). I decided to rent a studio, but friends of mine lived in the residences, which were only a five-minute walk to the school, and you get to cook your own food, while they have cleaners. The WIFI in the residences wasn't very good, but it is a less expensive option if you don't want to rent something yourself. I decided to rent myself because I like a bit of space. The Menton website for Sciences Po has a page that shows apartment listing in Menton. Most of the ads are in French, but there are a lot of options. The studio I ended up staying in was great; Menton is very small, so anywhere you stay would be a short walk to school. Renting yourself is more expensive than the residences, so it's really a personal preference.

However, if you do live in the residences, you have to open a French bank account to pay your rent. I didn't open a French account, because I bank with HSBC, and there is an HSBC in Menton. Menton is

hour, and is a good choice for when you first arrive with your luggage. But your main form of transportation is going to be the train. You can take the train from the two different stops in Menton to both Italy and West along the coast to Monaco, Nice, and Cannes. There is a train stop about a ten minutes walk from the airport, which I always used whenever I traveled. I recommend buying a Carte Zu, which gives you a 50-75% discount off your train tickets. For example, the train from Nice Saint-Augustin (Nice airport) to Menton usually





