

ERASMUS
PASSPORT

HEL..
MO:
University
College



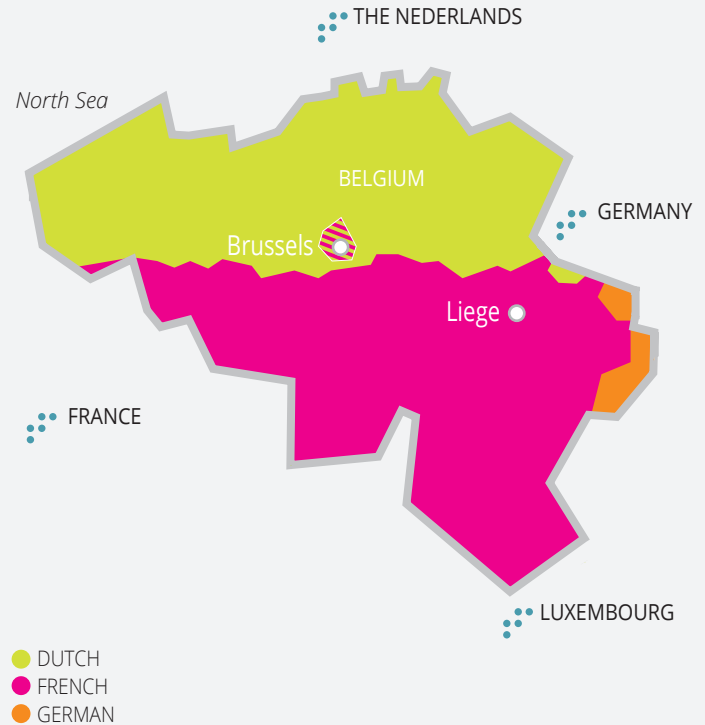
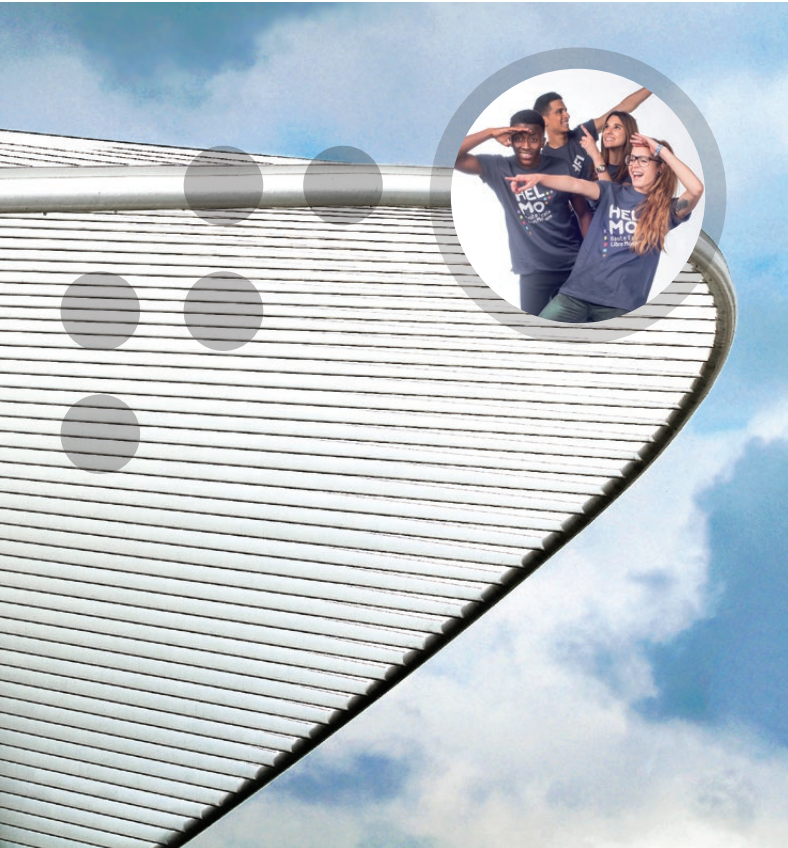
LIEGE | BELGIUM

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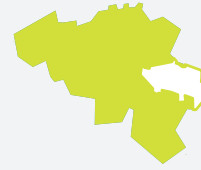


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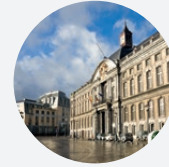
Where is Liege?



Province of Liege and main cities



Belgium



Liege



Verviers



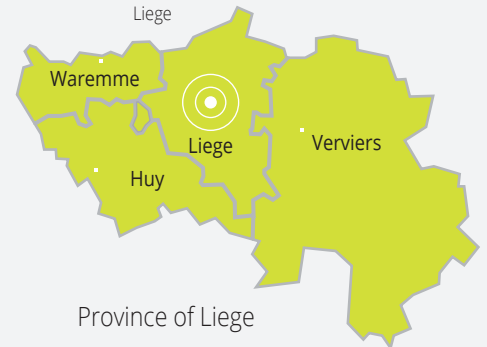
Waremme



Liege



Huy



Province of Liege

Liege city center

- 1 ■ Opéra Royal de Wallonie (Place de la République Française)
- 2 ■ Cinéma Sauvenière - Cité miroir (Place Xavier Neujean)
- 3 ■ Théâtre de Liège - Université de Liège - Mutuelle (Place du XX août)
- 4 ● Place Cathédrale (Shopping à Liège centre)
- 5 ● Passerelle(s)
- 6 ■ Auberge de jeunesse Simenon (Quartier Outremeuse)
- 7 ■ Médiacité - Galerie du Longdoz (Shopping center)
- 8 ● Place Saint-Lambert - Galeries Saint-Lambert (Shopping - Musée - Maison du Péket)
- 9 ■ Boulevard d'Avroy (Foire de Liège, Parc d'Avroy)
- 10 ■ Forum de Liège, Cinéma le Palace, Carré
- 11 ● Feronstrée, Hors Château, Collégiale Saint-Barthélemy, Coteaux de la Citadelle, Brasserie Curtius, Montagne de Bueren
- 12 ■ Quai de la Batte (Marché tous les dimanches matins)
- 13 ▲ ATM
- 14 ★ Tourist Office



Welcome to HELMo

HELMo is very pleased to welcome you as an exchange student. You will be part of our institution for a semester. We are sure that your traditions, culture and knowledge will be interesting for our students and teachers as well as ours will make you richer.

We will guide you during your academic stay for your academic and personal development. We hope your stay with us will be an amazing and memorable experience.

Located in Liege which is one of the liveliest cities in Belgium, you will have the opportunity to meet a lot of people and/or students coming from Europe and all over the World.

Enjoy your stay with us!

Introduction to HELMo University College

8200
STUDENTS

5
DEPARTMENTS

900
STAFF
MEMBERS

+40 BACHELOR,
MASTER DEGREES AND
SPECIALIZATIONS

1800
GRADUATES A YEAR

11 INSTITUTES
AND **3** CAMPUSES
in Liège, Loncin, Huy,
Theux and Verviers

University College!

What does HELMo offer to its students?

Erasmus students with special needs can contact the departement at either ca.janssen@helmo.be in French or m.habay@helmo.be in other languages (your emails will be translated and transferred).

HELMo has created a department focusing on students, called "**VIE ETUDIANTE**". This department aims at developing projects for the students.

It is divided into 4 units for students:

- Educational support
- Special educational needs
- The Students' life
- Social support

Further information:

www.helmo.be/CMS/Profils/Etudiant

All the information about this department can be found at:

www.helmo.be/CMS/Institution/Services-transversaux/Etudiants.aspx.



Academic calendar



First semester at HELMo: the courses start mid-September until the end of December. The exam period runs from the beginning to the end of January.

Second semester: lectures start on February 1st and finish at the end of May. The exam period runs from May 20th to the end of June.

WELCOME DAYS

Welcome days are organised, for the Fall semester, before September 14th, and in the last days of January for the Spring semester.

Accommodation

HELMo does not provide any accommodation of its own. However, the ESN will help you find something suitable. You want to find accommodation, here are some tips! Accommodation for students in Liege is usually rooms or small flats in private houses (called "kots") where you have a private bathroom, a kitchen-corner with furniture, or rooms in campus dormitories where the kitchen and bathrooms/showers are shared.

LOOK AT THESE LINKS:

- › www.kotaliege.be/guide-etudiant/erasmus-et-etudiants-etrangers
- › www.meuse-campus.be
- › www.todayinliege.be/The-Student-Hotel-un-chez-soi-loin
- › www.locationetudiantliege.com/index.html
- › www.chickandkot.be
- › [Airbnb](#)
- › **Immoweb:** for the students who want to share an apartment, advice for the ones staying an entire year.
- › **Facebook's group:**
 - Recherche kot/appartement/colocation à Liege
 - LIEGE A LOUER - bouche à oreille
 - Liege à louer : appart-maison bouche a oreille
 - Colocation/kot - Liège (province)
 - Location etudiants liège

› www.pagesdor.be:

Research "**immobilier liège**" in order to find an agency which can help you in your search for accommodation.

› If you arrive in Belgium without having accommodation, don't worry! Rent a room in the youth Hostel, **l'Auberge Simenon** (www.lesaubergesdejeunesse.be/Liege-Tarifs?lang=fr) or check on **Airbnb**, and you will look for a room being here.

SOME INFORMATION YOU NEED TO KNOW:

For each rent, you will have to sign a contract. Read carefully the duration of the rent. Normally in Belgium, students have to rent a room for an entire year but you can always negotiate with the owner. When you sign the contract, you will have to pay a rent guarantee (one or two month(s) rent amount). It will be reimbursed after your stay if you give the key back and if there isn't any damage in the room.

For further information go to:

www.studyinbelgium.be

You can find a lot of administrative and practical information about the way of living in Belgium.



The **ESN (Erasmus Students Network) HELMo Team** is a group of students willing to help incoming students in social, academic and practical integration process.

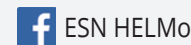
The ESN will:

- Pick you up at your arrival (train station, airport, ...)
- Help you find an accommodation
- Organise sports, cultural and social activities, trips...
- Advise you about events at HELMo, in Liege or even in Belgium (concerts, ...)

For any questions, you may contact the ESN by mail:

esn.helmo@gmail.com.

Do not hesitate to join our **ESN HELMo Page on Facebook**:



Sports at HELMo

During the academic year HELMo and the ASH (Association Sportive d'HELMo) organise different sports activities, free of charge.

The activities start in the first week of October.

SPORTS FOR ALL:

Mens sana in corpore sano! There is a time to study and a time to take care of yourself: moving, meeting people and trying new things.

- Free access for HELMo's students with their student card.
- 20€ for HELMo regular and Erasmus students
- You can join the activities whenever you want
- Do not hesitate to come by yourself or with friends.

WHAT, WHEN AND WHERE?

Schedule to be confirmed (here below find an example of schedule).

No activities during holiday breaks.

Further information:

www.helmo.be/CMS/Sport

Address:

Rue E. Wacken, 31 et rue Rennequin Sualem, 15

> Ecole Sainte-Véronique



MARDI / TUESDAY

Abdo-fessiers / Bums-tums

18h30-19h30 • Salle des sports "Wagener"

Rue E. Wacken, 31

Aérobic

19h30-20h30 • Salle des sports "Wagener" • Rue E. Wacken, 31

Badminton

18h30-20h30 • Salle des sports "Wagener" • Rue E. Wacken, 31

MERCREDI / WEDESDAY

Volley-ball

19h-20h30 • Salle du Collège • Rue Rennequin Sualem, 15

Basket-ball

20h30-22h • Salle du Collège • Rue Rennequin Sualem, 15

Futsal

19h-21h • Salle des sports "Wagener" • Rue E. Wacken, 31

Yoga

17h45-19h00 • HELMo Sainte-Croix - Rue Hors-Château

JEUDI / THURSDAY

Zumba

18h30-19h30 • Salle des sports "Wagener" • Rue E. Wacken, 31

Muscle Building

19h30-20h30 • Salle des sports "Wagener" • Rue E. Wacken, 31

Badminton

18h30-20h30 • Salle des sports "Wagener" • Rue E. Wacken, 31

Transportation

Buses / TEC

Liege is a city at the doors of Europe. It is located 30 minutes from Maastricht (Netherlands) by train; Aix-la-Chapelle (Germany) is 25-50 minutes away by train. It is one hour away from Brussels, 2h30 from Oostende (North Sea), 2h30 from Amsterdam (Netherlands) and 2h30 from Paris (France). Those are very interesting to explore since you can travel very easily with the developed train networks.

The main transport company in Belgium is called **TEC** (for buses) and **SNCB** (for trains).

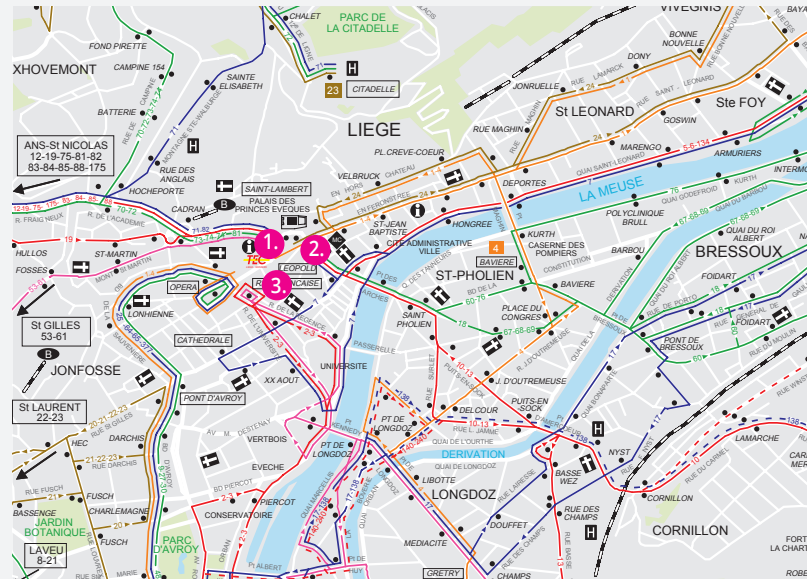
>> Bus stations:

1. Saint-Lambert
2. Léopold
3. République française

Students can choose for an affordable subscription. Check on the link below the different prices, schedules and subscriptions.

More information:

www.infotec.be/fr-be/titresettarifs.aspx



Trains / SNCB

If you travel by train and are aged under 26, we advise you to use a "GO-Pass" (53€), which is valid for 10 single trips, whatever your destination within Belgium, and can be shared with several people. You can also buy a "GO-Pass 1" for a single journey (6.60€), or a "RAIL-Pass" if you are 26 or older (83€ for 10 single trips).

More information:

<http://www.belgiantrain.be/en>

>> From the North
to the South:

- Liège Saint-Lambert (near the center),
- Liège Carré (near the "Carré"),
- Gare des Guillemins (main city station)





Jeudredi (jeudi-vendredi)

In Liège, students are used to partying on Thursday evening until Friday morning. That's why we call it "**jeudredi**". Most parties take place in the "Carré", one of the famous districts of the city center. It is located near the Cathedral, the cinema "Palace", the Boulevard de la Sauvenière and the "Place Xavier Neujean". There are plenty of narrow streets full of luxury stores during the day, and full of pubs, bars, restaurants, theaters ... at night. You will find everything to enjoy your student's life to the fullest.

Culture and folklore

Liège is called the "Glowing City" ("Cité Ardente" in French) and offers throughout the year a whole range of cultural and folkloric events.

For example:

The famous students' Saint Nicolas, the Christmas Village, the Sainte-Marie on August 15th in the Outremeuse district, the big October fair, ...

Liège is a city where we enjoy life to the fullest.

Do not miss our gastronomic highlights : beer, chocolate, Liège peket, the famous "boulet liégeois" (which are meat balls with a Syrup sauce), the famous Syrup (made from

apples and pears), and the waffles. Taste them all ... in moderation.

Annual weather

Belgium has a temperate climate : usually mild winters and cool summers. But some winter nights might be freezing and some summer days very warm. So get ready for variations.

And don't forget your umbrella!

Cost of living

Erasmus students do not pay any registration fees at HELMo. Make sure you have the right budget to cover : accommodation, food, medical care (check with your insurance), transport, books and photocopies, and the extras in your free time.

Example: beer = 2€, bread = 2,20€, topped baguette = 3.5 - 6€, cinema = 8 -10€, ...

Do not forget that 666€ per month is the minimum amount required to live in Belgium without extras!

Find more details on:

<http://www.studyinbelgium.be/en/content/cost-living>

Shopping

The city centre of Liège hosts more than 1,200 shops and 2 major shopping centres : Médiacité and Belle-Île.

You will find food in supermarkets : Carrefour, Colruyt (also called Okay), Delhaize, and low cost supermarkets: Aldi, Lidl.

If you need some accessories for your residence, you can go to Blokker, Casa, Primark (shopping center called Médiacité), Ikea (you need to take the bus),...



Which documents do you need to receive health care in Belgium?
How to subscribe to a medical company?

1. If you are a **European student** covered by social security in your own country, ask for your **EHIC** (European Health Insurance Card) before leaving your home country. With that card, you can go to the doctor's or to hospital in Belgium. Note however that you will have to pay for any medical examination.

You have **two options**:

- Either you **keep all your certificates** (including pharmacy receipts, any hospital bills) and you will claim back when you return to **your home country**
 - or you **subscribe to a Belgian health insurance fund**, which will cost you nothing and you will be **reimbursed** directly here in **Belgium**
2. If you are a **non-European student** or if you are not covered anymore by social security in your country:
- Either you are **enrolled in the Belgian population register** (considered as a resident - to register yourself: Service des étrangers Rue des Guillemains 26 4000 Liège; within 8 days after your arrival) then you must submit to the medical company with your ID + you must subscribe to the additional insurance of the mutuality (AC: assurance complémentaire = complementary insurance 39€ per quarter)

International head office

- Or you are not **registered in the Belgian population register** (registration as a student) then you must submit to the health care insurance company with a certificate from your school (confirming your enrollment in higher level) then you will pay an amount of €63.43 (AO: assurance obligatoire = mandatory insurance) per quarter to qualify for Social Security (Refunds of drugs, doctor visits, dentist, hospital,...) + you must subscribe to the additional insurance of the mutuality 39€ AC.

Main hospitals:

Mont Léglia

Boulevard de Patience et Beaujonc 2, 4000 Liège

CHR de la Citadelle

Bd du 12^{ème} de Ligne 1, 4000 Liège - 04 225 61 11 - chrcitadelle.be

CHR de la Citadelle-Site Sainte-Rosalie

Rue des Wallons 72, 4000 Liège - 04 254 72 11 - chrcitadelle.be

Emergency numbers: 100 or 112

Doctors:

- www.pagesdor.be/medecin-generaliste/liege
- <http://poste-medical-liege-glamo.be/>
Quai Van beneden, 25 - 4020 Liège - +32 (0)4 341 33 33
- On Duty doctor (week-end, evening and nights):
www.liege.be/vivre-a-liege/ma-sante/medecin-de-garde

The international office wishes you a wonderful stay in Belgium.

Do not hesitate to contact us if you have any questions.



Julie Guiot

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4000 LIEGE

Tél : +32 (0)4 220 61 07



Manon Habay

incoming officer,

international office HELMo:

m.habay@helmo.be

+32 (0)4 220 16 23

Have a walk to discover Liege

PARCOURS 1 : ENVIRON 6 KM



(French exercise)

>> Départ : Gare des Guillemins

- Direction la Tour des finances, rue Paradis.
- Continuez sur le parc de la Boverie en empruntant la passerelle, faites un tour et arrêtez-vous éventuellement au nouveau musée
- En traversant le parc de la Boverie, prenez à gauche et longez la Meuse pour arriver jusqu'au quartier du Longdoz, rue Gretry (centre commercial Médiacité + patinoire de Liège)
- Repartez en direction de la Meuse et traverser le premier pont dans le prolongement de la rue Gretry jusqu'à rejoindre la rive gauche de l'autre moitié de la Meuse (Quai E.Van Beneden)
- Prenez à droite le long des quais et passez devant l'Aquarium de Liège – Musée des Sciences (possibilité de visiter si vous le souhaitez).
- Continuez tout droit jusqu'à la passerelle, traversez-la
- Au pied de celle-ci, continuez sur votre gauche pour passer devant l'université de Liège et arriver Place du XX août
- Dirigez-vous vers les Chiroux (Bibliothèque de Liège) et continuez en direction du Boulevard d'Avroy
- Prenez à gauche sur le Boulevard et continuez jusqu'aux Terrasses et /ou parc d'Avroy
- Faites un tour, asseyez-vous, respirez, profitez...
- Prenez la direction de la rue des Guillemins où vous trouverez de quoi vous restaurer, faire quelques courses...

>> Retour à la Gare des Guillemins



PARCOURS 2 : ENVIRON 5 KM

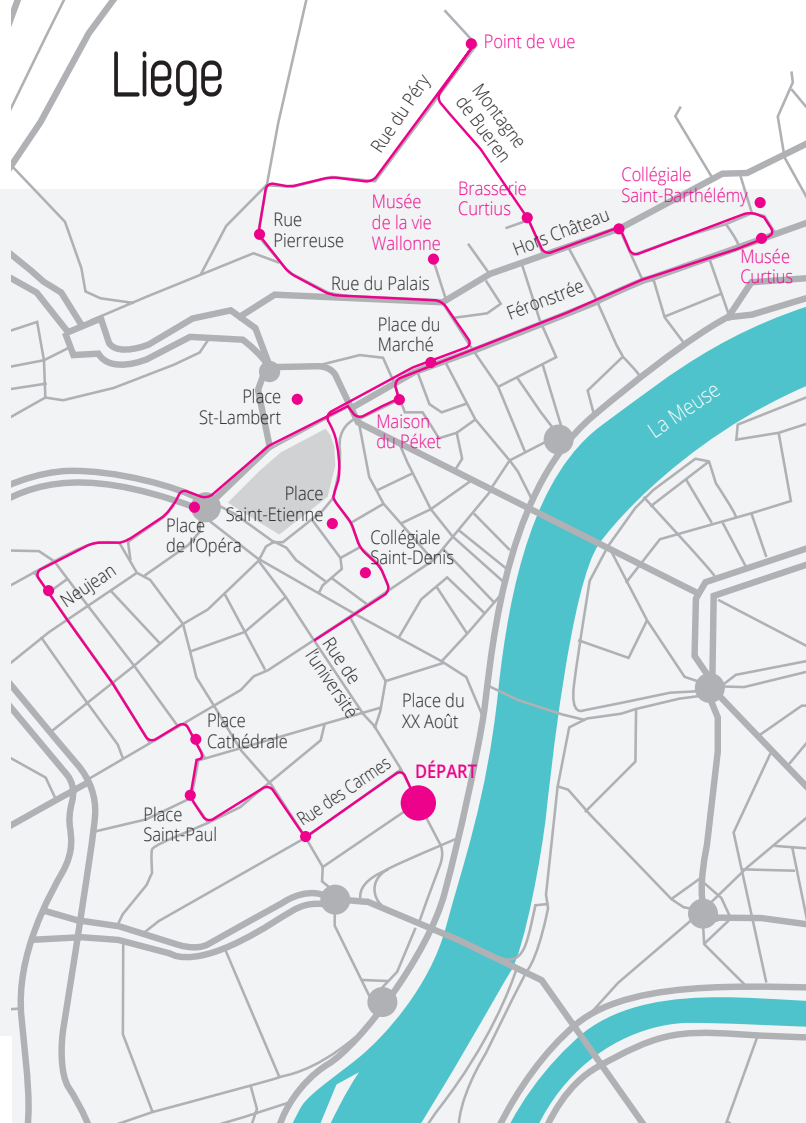


(French exercise)

>> Départ : Place du XX août

- Prenez la direction de la Rue des Carmes, déviez sur la Rue Saint-Paul dirigez-vous vers la Place Saint-Paul
- Continuez vers la Place de la Cathédrale
- Dirigez-vous vers la Place Xavier Neujean en passant par le célèbre « Carré » de Liège. Pour cela, aller vers la rue Pont-d'Avroy et prendre une des rues sur votre droite. Continuez tout droit jusqu'à la Place
- Empruntez le piétonnier qui vous mènera Place de L'Opéra
- Traversez-la pour arriver Place Saint-Lambert (Galerie, Archéoforum,...)
- Déviez sur la droite vers la rue Léopold, traversez pour arriver derrière la gare des bus et arrêtez-vous boire un verre à la Maison du Péket
- Repartez en direction de la Place du Marché
- Longez celle-ci pour arriver en Féronstrée
- Continuez tout droit jusqu'à la Collégiale Saint-Barthélémy (possibilité de la visiter ainsi que le Musée Curtius)
- Traversez la place et entrez rue Hors-Château. Avancez dans le sens de la route pour arriver à la Montagne de Bueren et à la brasserie Curtius.
- Montez les marches...et découvrez un splendide panorama de la ville de Liège en haut de la Rue du Péry
- Descendez toute la rue du Péry pour arriver rue Pierreuse. Continuez jusqu'à la rue du Palais. (Un peu plus loin sur votre gauche dans le sens contraire des voitures, vous trouverez le musée de la vie Wallonne)
- Retournez Place Saint-Lambert et prenez le piétonnier (rue Gérardrie) qui vous mène Place Saint-Etienne
- Traversez la place et continuez sur rue Lambert-Lombard pour rejoindre la Collégiale Saint-Denis
- Toujours tout droit vous arrivez sur la rue Cathédrale, prenez à droite jusqu'à la rue de l'université

>> Retour Place du XX août





Activities in Liege



FLY IN Bierset.

City pass 18€/48h all the museums in Liege

September:

- Each first week-end of September: "les Retrouvailles Parc de la Boverie" (don't hesitate to go back to the Parc to chill)
- Second weekend of September: Heritage days
- "Fêtes de Wallonie" (check the dates) Namur, Andenne, Huy, Liege

October:

- Each first Saturday of October: "Coteaux de la citadelle" discovering the old little streets, gardens, private houses...Follow the candles' light
- October/November: Famous October fair starts on the first Weekend of October until mid-November

November/December:

- Christmas Market in the whole city (check the dates)

From October to May,

- you can rent a bike at the tourism office. It costs 6€ for two hours, 8€ for a half day and 12 for the whole day.

Lexique

Commune	City hall
Information	Information
Office du tourisme	Tourism office
Ecole	School
Poste de police	Police station
Hopital	Hospital
Urgence	Emergency
Medecins	Doctors
Assurance	Insurance
Mutuelle	Mutual company
Parc	Park
Gare	Station
Commerce	Stores
Bus	Bus
Billet aller-retour	A single/return ticket
Voiture	Car
Arrêt de bus	Bus stop
Gare des bus	Bus station
Livre	Book
Tableau	Board
Professeur	Teacher
Quelle heure est-il ?	What time is it?
Combien ça coûte ?	How much is it?
Où se trouve la gare ?	Where is the station?
Où dois-je descendre ?	Where do I have to get off?
Où se trouve le supermarché ?	Where is the supermarket?
Dans quelle direction dois-je aller ?	In which direction do I have to go?
Droite	Right
Gauche	Left
Tout droit	Straight ahead
Un café	A coffee

Key vocabulary

Restaurant	Restaurant
Boire un verre	To have a drink
Oui	Yes
Non	No
Merci	Thanks/ Thank you
De rien	You 're welcome
Salut	Hi
Bonjour	Hello/good morning/good afternoon
Bonsoir	Good evening
Bonne nuit	Good night
A plus tard	See you later
Comment ça va ?	How are you?
Très bien	Very good
Excusez-moi	Excuse me
Parlez-vous français ?	Do you speak French?
Pouvez-vous m'aider ?	Can you help me?
Je ne comprends pas	I don't understand
Pouvez-vous me l'écrire ?	Can you write it down?
Désolé	Sorry
Où sont les toilettes ?	Where is the washroom?
La banque	The bank
Pouvez-vous prendre une photo ?	Can you please take a picture for me?
Acceptez-vous les cartes étrangères ?	Do you take foreign cards?
Où puis-je acheter un ticket ?	Where can I buy a ticket?
Pouvez-vous me donner les horaires ?	Can you give me the schedule?
Puis-je avoir l'addition svp ?	Can I have the bill please?
Boulangerie	Bakery
Légumes	Vegetables
Fruits	Fruits
Viande	Meat
Poisson	Fish

ERASMUS
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Erasmus+



PÔLE ACADÉMIQUE
LIÈGE-LUXEMBOURG

LIÈGE | BELGIUM