

# International student resources in Liège

HELMo University College 2022-2023



# In case of Emergency

# National emergency number

```
112 (Available 24/7)
```

Dialling 911 will also connect you to the 112 emergency operators.

When in need of urgent help from the **fire brigade**, a **medical team** or the **police**. Phone calls to this number are free.

## **Police**

```
101 (Available 24/7)
```

When in need of urgent help from the police. Phone calls to this number are free.

```
+32 (0)4 340 80 00
```

Liège Police Headquarters general number (non-emergencies only).

# Fire department

```
+32 (0)4 344 98 11
```

Liège Firefighters Headquarters general number (non-emergencies only).

# Weekend Medical help

```
+32 (0)4 341 33 33
```

GLAMO General number when you need a General Practitioner during weekends and public holidays.

# **Poison Control Service**

```
+32 (0)702 45 245
```

Phone calls to this number are free.

# Welcome!

Coming to HELMo is discovering a very rich and diversified region close to Germany, the Netherlands, France and Luxembourg. Liège has long been described as being one of three sisters, together with Aachen (in Germany) and Maastricht (in the Netherlands).

Studying in Liège is also discovering a city with a rich historical, cultural and industrial past. It is the largest city of the French-speaking community in Belgium and is the economic capital of the Walloon Region. Called "la Cité Ardente" which is a reference to the independent spirit of its inhabitants, Liège has a lot of museums and prestigious cultural institutions like the Orchestre Philarmonique Royal de Liège, The Opéra Royal de Wallonie or the new Theatre, the Reflektor for music concerts...

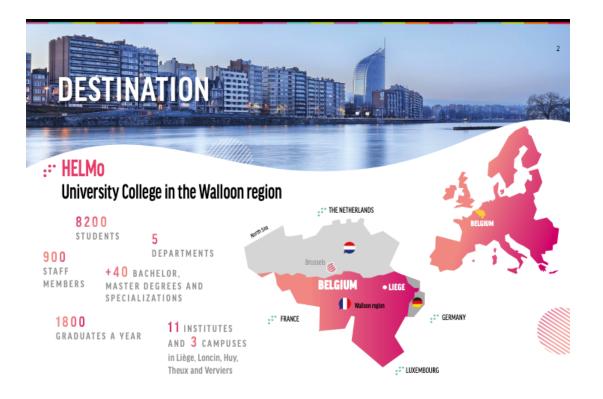
As a student town, Liège has an important social life and is crawling with pubs, cinemas, restaurants, sports centres, etc...

From being an old steel-manufacturing-based town, it has successfully undergone a transition into developing high-technology industries and services: with some significant development poles in sectors such as space, biotechnology, transport and logistics...

But the most significant point is that Liège is a warm open-minded town, thanks to its geographical position mixing French, Flemish, Dutch and German cultures.

HELMo is very pleased to welcome you as an exchange student and hopes your stay will be an amazing and memorable experience.

# Introduction to HELMo University College





Attending programmes of high quality, which allow students to **be creative** and active during their

Working closely with the **local** community and with a very large network of organizations willing to help its students meet the requirements of the job market

Having the possibility to participate to double or triple degree programmes

Benefiting from a student based teaching methodology: disciplines are practical and open to the labour market. The teaching methods used are lectures, discussions in small groups of students, placements, final assignment... In the Master degrees, the methods used are inductive: from case analysis to theoretical justification, an alternation of theory – practice, research missions with a strong link to industries and universities, optional course units and final assignment for students in the last study year

Attending degree programmes open to the world: HELMo has signed more than 100 bilateral agreements with institutions of Higher Education in Europe and around the world

Being in an institution which is a member of thematic networks (Businet, Comenius Association, EAIE, EASSW, ERACON, FESET, NIBS) Being allowed to attend courses and lectures in other institutions

Doing internship abroad



Life at HELMO is...

Participating to research and innovation projects

Benefiting from **pedagogical** tools and infrastructures, always improved:

new campuses, computer rooms, Wi-fi, e-learning

Being accompanied by a students' department and/or an Educational and social assistance (workshops,

**Joining** a students' association, parties, cultural events, sports association and a lot of projects in the different

Having support from an international office for all Erasmus exchanges, internship abroad, intercultural meetings,

Always Lifelong learning

# **Essentials**

# 1. HELMo University College

### **HFI Mo Essentials**

International Head Office

The International Head Office is common to all departments and faculties of HELMo. It is located at **Mont Saint-Martin 41, 4000 Liège**. There, you will find:

- Julie GUIOT Head of International Office HELMo:
  - j.guiot@helmo.be, +32(0)42206107
- Manon HABAY Incoming Officer, International Office HELMo:

m.habay@helmo.be, +32(0)42201623

Don't hesitate to contact your **Incoming Officer** if you have any general questions or if you have any problem related to your mobility.

#### **Erasmus Coordinators**

Every Erasmus student is assigned an Erasmus Coordinator which follows and helps them before, during & after their stay. They follow students according to their faculty. That is why there are sometimes different Erasmus Coordinators in the same department.

Don't hesitate to contact your **Erasmus Coordinator** if you have any specific questions related to your academic experience, if you have any problem or if you need some help.

• Kathleen MARIËN - Health Department:

k.marien@helmo.be

Marc MOSSOUX - Social Department:

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m.mossoux@helmo.be, + 32(0)4.344.62.26
```

• Delphine T'SERSTEVENS - Social Department:

```
d.tserstevens@helmo.be, + 32 (0) 4.344.62.11
```

• Olivier PRAZ - Technology Department:

```
o.praz@helmo.be, + 32(0)43403466
```

• Martine WILMOTS - Education Department:

```
m.wilmots@helmo.be, +32 (0)4 250 76 98
```

• Dominique THONNARD - Fashion Department:

```
d.thonnard@helmo.be
```

- Létitia LEMAIRE & Laurence MESSINA (for International Business, Marketing, Accounting, Insurance, Management Computing & International Cooperation students) Economy Department:
  - l.lemaire@helmo.be
  - l.messina@helmo.be
- Pieter JANS (for Law students) Economy Department:
  - p.jans@helmo.be

#### Welcome Days

Welcome Days are <u>compulsory</u> and are organised at the beginning of each semester (**before the 14th September** for the Autumn semester and **at the end of January** for the Spring semester).

Social, cultural, linguistic and integration activities are offered during these days. Students usually meet the international coordinator of the study programmes, they also have the opportunity to discover the department and to meet other Erasmus students. They have to attend a conference about Belgian Culture and habits.

#### **HELMo** credentials

The credentials of every HELMo student consist of a username and a password. Thanks to them you can log on to any HELMo tools, such as wireless internet, email, HELMoConnect or HELMoLearn. You will receive your credentials after registration. Keep this information close to you because you will be needing it throughout your stay at HELMo.

#### **HELMo ID Card**

You will receive your student card by completing and submitting this document(www.helmo.be/Documents/Transversal/Services-transversaux/Comm unication/Cartes\_etudiant-enseignants) to the secretary of your department upon your arrival. HELMo will notify you when it is ready to be picked up. The student card allows you to obtain discounts in the printing centres, in various stores and restaurants. The student card is also necessary when borrowing in libraries and to access the HELMo study rooms.

#### Reception Desks

Every department has its Reception Desk. You can turn to your Reception Desk with all kinds of questions about administration, organisation and facilities. This includes questions about your timetable, your marks and credits or for lost property.

#### Academic Calendar

**First semester:** the courses start mid-September until the end of December. The examination period lasts from the beginning of January until the 31st.

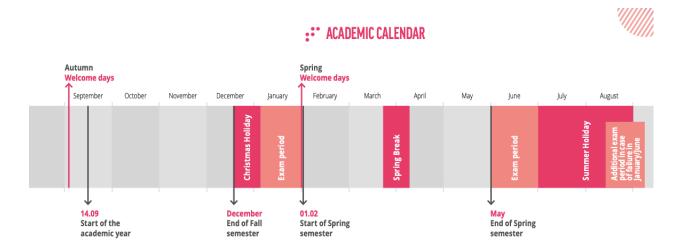
**Second semester:** the courses start on the 1st February until the end of May. The examination period starts on the 1st to the 30th of June.

Learning activities begin on the first Monday of the semester.

Both semesters include a minimum of 12 weeks of learning activities which begin on the first Monday of the semester. At the end of both

semesters, an evaluation period is organised for the acquisition of credits.

A **third semester** includes a last examination period in case of failure during the ones scheduled during the first two semesters. It takes place from the 16th of August to mid-September.



#### Vacation

Learning activities and assessments are suspended during:

- Sundays and Holy days.
- Autumn vacation (which extends over a week during the beginning of November).
- Commemoration of November 11th.
- Winter holiday (which extends over two weeks in December including Christmas days and New Year).
- Leisure vacation (two days at the beginning of March).
- **Spring Break** (which extends over two weeks set by the Government).
- Summer vacation.

# HELMo online

The general website **helmo.be** offers lots of information about the different courses suggested at HELMo and about news, general and

specific information about each department. It is also via the homepage that it is possible to access the intranet (HELMoConnect), your emails, the online library, etc.

#### HELMoConnect (Intranet)

All students and employees of HELMo make use of an online learning platform called HELMoConnect (**connect2.helmo.be**). When you log in with your credentials it provides you access to your profile, timetable, HELMoLearn, emails, marks and results, the online library and many other tools.

#### **HELMoLearn**

Each department owns an independant space which provides access to your course material, announcement from your lectures and other information required for your degree programme. HELMoLearn (learn.helmo.be) requires you to register for each module or programme section that you follow to get the accesses.

#### **HELMo App**

Download the HELMo App onto your mobile phone or tablet. This app will provide you with information about timetables, emails, HELMoLearn and news about your degree programme. This app is available free of charge in the **App Store** and **Play Store**.

#### Email account

When you enrol as a student at HELMo you will receive a personal email address that can be accessed through an **Office365** or **webmail** on **HELMoConnect**. Teachers, students and HELMo's staff will use this email address to communicate with you. You can link your HELMo address to other email accounts under settings. via webmail ou office par connect

#### **Timetables**

You can access your personal timetable via HelmoConnect (connect2.helmo.be), which you can link to calendar applications, such

as Outlook, Google Calendar, Apple Calendar or the calendar application on your phone.

#### **HELMo services for students**

Here you will find all the useful and concrete information that will allow you to put all your chances on your side so that everything goes smoothly during your stay at HELMo. This department focuses on students and aims at developing projects for them. It is divided into 4 units (more information at www.helmo.be/Profils/Etudiant):

#### Educational Support

Being a student is a full-time job that requires certain skills: organisation, note-taking, synthesis, time management, stress management, motivation... and sometimes, questioning one's choice of orientation. Many educational support mechanisms are available. Check out this link for some contacts and for extra information: helmo.be/Profils/Etudiant/Accompagnement-pedagogique.

#### Special Educational Needs

HELMo pays special attention to students with disabilities. If you feel concerned, feel free to join the Special Educational Needs contact, Déborah Malengrez, by email at malengrez@helmo.be or by phone on the + 32 (0) 4.220.61.19. Each situation is studied individually and the management, with the support of our specialisation in orthopedagogy, does its utmost to make learning in our institutes accessible to as many people as possible. Check out this link for other contacts and for extra information: www.helmo.be/Profils/Etudiant/inclusion.

#### Social Support

If you need advice or support, you can turn to the student guidance counsellor of your department. These meetings are confidential, individual and free. They will help you find solutions to problems related to your personal life or your academic experience at HELMo. You can contact the student guidance counsellors about:

- Financial matters related to your studies
- Rights related to your student status (family allowances, job, unemployment, reorientation, ...)
- Problems encountered within the school
- Health, emotional life
- Complaints
- Family relations
- The search for autonomy
- Harassment
- Doubts, questioning
- Loss of a loved one
- Emotional and sexual life

Check out this link to reach your counsellor: helmo.be/Profils/Etudiant/Accompagnement-social/Contact-Assistante-sociale-de-reference.

#### Students' Life

#### Sport

During the academic year HELMo and the ASH (Association Sportive d'HELMo) organise different free sport's activities for everybody which start during the first week of October. (No activities during holiday breaks). Among these you can find collective sports such as rugby, water-polo, tennis, hockey, badminton or soccer for example but there are also individual sports such as outdoor athletics, orienteering, horseback riding, fencing, gymnastics or swimming.

There is free access for HELMo's students with their student card, otherwise it is 20€/year for the students outside HELMo. You can participate in the activities whenever you want so don't hesitate to come by yourself or with friends.

Check out this link to know all information about sports activities and how/where to participate: www.helmo.be/CMS/Sport

#### Culture

Vie Etudiante wants to give you access to culture. Over the months, the "culture" pages will relay information related to shows, movies, debates, concerts that may interest you. Vie Etudiante will therefore offer you an adapted (but not exhaustive) "culture" program... More information and contacts at:

www.helmo.be/Profils/Etudiant/Vie-etudiante/Culture.

#### Well-being

Student Services offers wellness workshops that can help you manage your stress or keep your balance such as sophrology, art therapy or aromatherapy. Check this link for more information and relevant resources

to help you:

www.helmo.be/Profils/Etudiant/Vie-etudiante/Bien-etre.

## Additional support for students

#### French courses

As most of the study programmes are taught in French, we recommend students to have a very good level in French; in some departments, the B1 level is required.

Therefore, in order to help the incoming students improve it, HELMo offers a French course (5ECTS) during the autumn semester. And during the spring semester, HELMo has a partnership with ISLV - University of Liège (5 ECTS).

However, the business department offers a 30 ECTS programme in English ONLY during the autumn semester.

#### Belgian Culture and Heritage

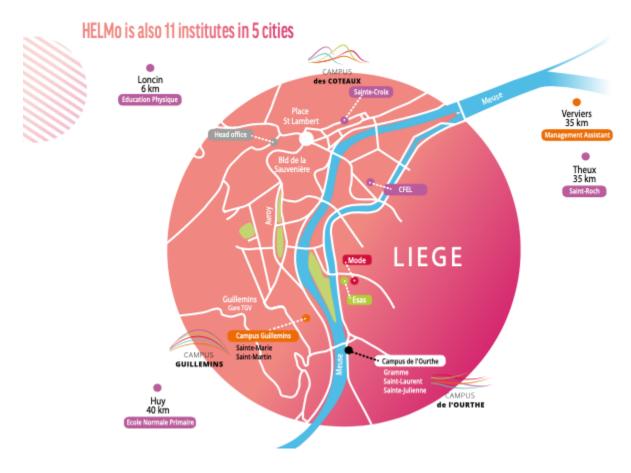
A module called "Belgian Culture and Heritage" gives you the opportunity to visit Belgian towns, to taste traditional Belgian meals & to discover regional product makers. It can be included in your Learning agreement for 2 ECTS.

## **HELMo Social Media**

HELMo uses social media. News about fun events, projects, competitions and other HELMo initiatives is posted on the Facebook main page www.facebook.com/helmo.be, the Instagram page helmo\_haute\_ecole and on Twitter @HauteEcoleHELMo. On LinkedIn you can follow news on HELMo as an employer and research institute. HELMo also has a Vimeo channel called hauteecolehelmo where you'll find all sorts of videos related to HELMo's activity.

# 2. HELMo Campuses

# On the map



Helmo has five major departments divided in six campuses in the city centre of Liège and four campuses in the surrounding cities of the province.

Let us focus on the ones from the city centre:

# Economy Department HELMo Campus Guillemins

#### Fields of study:

- Bachelier - Assistant de direction (Option Langues et gestion)

- Bachelier Assurances
- Bachelier Commerce extérieur
- Bachelier Comptabilité
- Bachelier Coopération internationale
- Bachelier Droit
- Bachelier Informatique de gestion
- Bachelier Informatique et systèmes (orientation Sécurité des systèmes)
- Bachelier Marketing
- Master Gestion publique (orientation administration nationale et internationale)

Address: Rue de Harlez 35, 4000 Liège.

Email: campus.guillemins@helmo.be

Reception number: +32(0)4 229 86 50

Head of department: Philippe Therer

**Lunchtime:** Two dining areas welcome students every day: the Cafeteria (Zone I) & the sustainable canteen (Zone M). HELMo Campus Guillemins is participating in a pilot project with the aim of offering healthy and sustainable food. Both spaces are available all day long but the service is provided from 8am to 1:45pm.

Library: The library is open on Mondays, Tuesdays, Wednesdays and Thursdays from 9:00 am to 4:30 pm and on Fridays from 9:00 am to 4:00 pm. The rooms attached to the library are open from 8:00 a.m. to 6:00 p.m. (Monday to Friday), and during revision period (Christmas and Easter): The "Study Room" is designed for individual study. It includes four small rooms ("Boxes") which allow for isolation and can be reserved for group work (free use of "Resabox", a custom-made reservation software). The "Local print" allows you to photocopy, scan and print from two computers. These computers are equipped with the ANTIDOTE proofreader (French and English).

More information at:

www.helmo.be/Institution/Instituts/HELMo-Campus-Guillemins-Sainte-Marie/Accueil

# Education Department

#### Fields of study:

- Bachelier Educateur spécialisé en accompagnement psycho-éducatif
- Spécialisation Accompagnement en milieux scolaires

**Address:** rue Fosse-aux-Raînes, 42 - 4020 Liège. HELMo CFEL is located in the neighbourhood of Outremeuse, 10 minutes away from the city centre on foot.

Email: cfel@helmo.be

Reception number: +32(0)4 343 64 83

Head of department: Etienne Sottiaux.

**Lunchtime:** At HELMo CFEL, the cafeteria offers snacks and drinks at democratic prices. It is open every day and offers sandwiches, soups, snacks,... There is also an Oxfam vending machine with a variety of hot drinks. It is located on the 1.5 floor and a water fountain is also available there.

Library: A specialised and computerised library is available within the establishment. Students can consult newspapers, magazines and books related to their studies free of charge. With some exceptions, the library is open on Mondays, Tuesdays, Wednesdays and Fridays from 8:50 am to 1:15 pm and from 2:00 pm to 5:30 pm and on Thursday from 8:50 am to 1:15 pm (closed on Thursday afternoon).

#### More information at:

www.helmo.be/Institution/Instituts/HELMo-CFEL/Accueil

**HELMo Sainte-Croix** 

#### Fields of study:

- Bachelier Instituteur préscolaire
- Bachelier Instituteur primaire
- Bachelier Enseignant en Français
- Bachelier Enseignant en Langues germaniques
- Bachelier Enseignant en Mathématiques
- Bachelier Enseignant en Sciences (biologie, chimie, physique)
- Bachelier Enseignant en Sciences humaines (géographie, histoire et sciences sociales)
- Bachelier Enseignant en Économie familiale et sociale
- Spécialisation Orthopédagogie

**Address:** Hors-Château, 61 - 4000 Liège. HELMo Sainte-Croix is located nearby the Coteaux, 5 minutes away from the city centre on foot.

Email: sainte-croix@helmo.be

Reception number: +32(0)4 223 26 28

Head of department: Etienne Sottiaux.

**Lunchtime:** Two welcoming spaces are at your disposal for lunch and breaks. A small restaurant: croissants, sandwiches, soups, cold plates, pasta, dishes of the day are offered every day at democratic prices.

Library: An educational resource centre (CRP) is available to students and teachers on the first floor, door D. This place offers the possibility of borrowing different types of documents. It is open from Mondays to Thursdays from 9am to 12pm and from 12:30pm to 4:30pm but also on Fridays it is open from 9am to 12pm. The computer room is also accessible at any time via the 2nd floor.

#### More information at:

www.helmo.be/Institution/Instituts/HELMo-Sainte-Croix/Accueil

Health Department

#### Fields of study:

- Bachelier Infirmier responsable de soins généraux
- Spécialisation Pédiatrie et en néonatologie
- Spécialisation Santé communautaire
- Spécialisation Soins intensifs et aide médicale urgente
- Bachelier Psychomotricité
- Bachelier Sage-femme
- Bachelier Technologue de laboratoire médical

**Address:** Quai du Condroz, 28 - 4031 Angleur (Liège) HELMo Sainte-Julienne is located in the Campus de l'Ourthe as well as HELMo Gramme and HELMo Saint-Laurent. This campus is about 20 minutes away from the Guillemins Train Station.

Email: sainte-julienne@helmo.be

Reception number: +32(0)4 340 34 30

Head of department: Laurence Piron

**Lunchtime:** The cafeteria is located on the first floor of the Delta building (room D01). It offers an assortment of sandwiches, salads, bowls, soups, daily specials,...

**Library:** The library, which is also a study room, has a selected set of documents of a technical and paramedical nature, as well as social and general documents, and numerous periodicals. Computers and printers are at your disposal to carry out documentary research,...

#### More information at:

www.helmo.be/Institution/Instituts/HELMo-Sainte-Julienne/Accueil

# **Social Department**

#### **HELMO ESAS**

#### Fields of study:

- Bachelier Assistant(e) social(e)

- Bachelier Educateur(trice) spécialisé(e) en activités socio-sportives (Animateur)
- Master en Ingénierie et action sociales

**Address:** Rue d'Harscamp 60, 4020 Liège. HELMo ESAS is located next to the Mediacité and 15 minutes away from the city centre on foot.

Email: esas@helmo.be

Reception number: +32(0)4 344 59 79

Head of department: Roland Schmetz

Lunchtime: The cafeteria and the open spaces on the second floor are devoted to relaxation and meals. However, it is forbidden to eat in the auditoriums and other classrooms. The cafeteria is open from Monday to Friday from 12:00 to 13:00. Several vending machines are also available to students and staff members (hot and cold drinks, snacks, dairy desserts, etc.). Finally, a water fountain, freely accessible, allows you to fill your bottle or cup.

**Library:** The library is available every day of class and, in order to meet the students' needs, the opening hours are adapted according to their attendance in the school during the different periods of the year. The schedule is thus posted on the library door.

#### More information at:

www.helmo.be/Institution/Instituts/HELMo-ESAS/Accueil

# **Technology Department**

**HELMO Gramme** 

#### Fields of study:

- Bachelier de transition en sciences industrielles
- Master Ingénieur industriel (Finalité Génie énergétique durable)
- Master Ingénieur industriel (Finalité industrie)

**Address:** Quai du Condroz, 28 - 4031 Angleur (Liège) HELMo Gramme is located in the Campus de l'Ourthe as well as HELMo Sainte-Julienne and

HELMo Saint-Laurent. This campus is about 20 minutes away from the Guillemins Train Station.

Email: gramme@helmo.be

Reception number: +32(0)4 340 34 30

Head of department: Danièle Bayers

**Lunchtime:** The cafeteria is located on the first floor of the Delta building (room D01). It offers an assortment of sandwiches, salads, bowls, soups, daily specials,...

**Library:** The library, which is also a study room, has a selected set of documents of a technical and paramedical nature, as well as social and general documents, and numerous periodicals. Computers and printers are at your disposal to carry out documentary research,...

#### More information at:

www.helmo.be/Institution/Instituts/HELMo-Gramme/Accueil

#### **HELMO Mode**

#### Fields of study:

- Bachelier - Textile (orientation techniques de mode)

**Address:** CAN (Centre d'Affaires Natalis) Rue Natalis, 2 - 4020 Liège. HELMo ESAS is located next to the Mediacité and 15 minutes away from the city centre on foot.

Email: mode@helmo.be

Reception number: +32(0)4 223 64 42

Head of department: Danièle Bayers

**Lunchtime:** HELMo Mode does not have a cafeteria but it is located next to the shopping mall "La Médiatcité" so it is easy to grab something to eat there.

Library: At the Fashion secretary's office, you have the possibility to consult lots of books and fashion magazines (Vogue, View, Textile magazine, Close-up, Next Look, ...). CDs and DVDs related to the textile industry are also available at Mrs. Somme's and international fashion magazines can be consulted on the computer at the reception desk. A database for internship research is also available at the secretary's office. Internet rooms: computers connected to the Internet are available during school opening hours, in the student area on the 4th floor.

At HELMo ESAS: You have access to the ESAS library which is open every day of class. The schedule is posted on the library door. Loans are free.

More information at: www.helmo.be/Institution/Instituts/HELMo-Mode/Accueil

#### **HELMO Saint-Laurent**

#### Fields of study:

- Bachelier en Automatisation
- Bachelier Informatique et systèmes (orientation robotique)
- Bachelier Technico-commercial

**Address:** Quai du Condroz, 28 - 4031 Angleur (Liège) HELMo Saint-Laurent is located in the Campus de l'Ourthe as well as HELMo Sainte-Julienne and HELMo Gramme. This campus is about 20 minutes away from the Guillemins Train Station.

Email: saint-laurent@helmo.be

Reception number: +32(0)4 340 34 30

Head of department: Danièle Bayers

**Lunchtime:** The cafeteria is located on the first floor of the Delta building (room D01). It offers an assortment of sandwiches, salads, bowls, soups, daily specials,...

**Library:** The library, which is also a study room, has a selected set of documents of a technical and paramedical nature, as well as social and general documents, and numerous periodicals. Computers and printers are at your disposal to carry out documentary research,...

#### More information at:

www.helmo.be/Institution/Instituts/HELMo-Saint-Laurent/Accueil

## 3. FSN

#### International Student Network

International Student Network (ISN) HELMo is a student-run organisation dedicated to helping international students, studying at HELMo in Liège, make the most of their stay in Belgium. ISN is part of the Erasmus student Network (ESN), an organisation with 527 local branches in 39 countries.

The ESN HELMo Team is willing to help incoming students in social, academic and practical integration process by:

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

Some of the most successful events and activities to watch out for are: the visit of Liège & boat tour, the city rally, international dinners, Visit of Brussels, Laser games, bowling nights, picnics at the Boverie, etc.

## **ESN Card**

With the **ESN Card**, you can join all ISN activities and it provides you with various great discounts in museums, restaurants, shops, flixbus travels, etc.

Stay updated on the ESN instagram page **@esn.helmo** and on the ESN HELMo Facebook page **ESN HELMo**.

For any further questions, you may contact the ESN by mail at esn.helmo@gmail.com.

# 4. Getting around

# **Public transport**

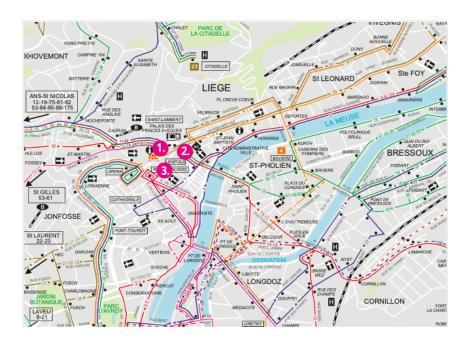
Bus - TEC

The three main bus companies in Belgium are called Le TEC (in Wallonia and therefore in Liège: www.letec.be), De Lijn (in Flanders: www.delijn.be) and the STIB (In Brussels: www.stib-mivb.be).

Liège has various bus lines and a regional network connecting the city to surrounding suburbs and towns. Remember when travelling by bus, to enter at the front and to raise your hand when you want to get on, to ensure the driver has seen you. Buses stop driving between 12pm and 5am but you can still get a taxi at night.

You can choose the bus subscription you want depending on your current situation. Check on this link to see the different prices, schedules and subscriptions: www.infotec.be/fr-be/titresettarifs.aspx

The three main bus stations in the centre of Liège are 1. Saint-Lambert 2. Léopold 3. République française.



#### Train - SNCB

Liège has 3 train stations and the railway network is operated by the "Société Nationale des Chemins de fer Belges" also known as the SNCB (www.belgiantrain.be). For information on trains and departure times you can download the SNCB app in your app/play store.

Tip: Whether you are travelling alone or with others, with the **Youth Multi** (**Go pass**), young people under 26 can enjoy 10 train journeys really inexpensively to any destination in Belgium! With this formula, you will get a 10-journey pass for  $\in$  55 (for  $\in$  53 on the app), it is transferable, you can use it together with your friends and it is valid for 1 year (only in 2nd class).

From the North to the South, the three train stations are :

- Gare de Liège Saint-Lambert (near the centre)
- Gare de Liège Carré (near the "Carré")
- Gare des Guillemins (main city's station)

#### Taxi

Public transportation never works at night, so it's always a good idea to save one or more taxi companies on your phone to get home safely after an event or a late dinner.

Numerous cabs are available day and night in the "Kiss and Ride" area of the Gare des Guillemins as well as on the Boulevard d'Avroy near the Carré. Here are some taxi companies/independant numbers:

- ADRIA TAXIS SPRL : 0484/02.00.22
- B.L. TAX SCS : 04/367.60.60
- EUROPLAST STANDARD SPRL : 0485/85.85.40
- FIMASEB SPRL : 0493/88.88.34
- M. Frédéric PYPOPS : 0479/21.50.09
- M. Eugène RENKIN : 0498/34.23.09
- M. Adelin SOETENS: 04/361.30.30

#### **Trotinettes**

There are two brands of self-service scooters in the city of Liege: **Dott** and **Pony**. Their respective apps are available for free in the Apple/Play Store. With the app you can unlock the scooters with a QR code that you scan on your phone. Unlocking the scooters costs only 1  $\in$  and then it is 0,22  $\in$ /min.

#### Navette Fluviale

From March 31th to November 4th, discover Liège in an original way thanks to the river shuttle! In addition to being a practical tourist attraction to discover the emblematic districts of the City of Liege, the shuttle can also serve as an ideal means of transport for the people of Liege. Six stops spread out in different strategic points from the Fragnée bridge (direct access to the Guillemins train station) to Coronmeuse will allow you to discover the city in a different То know more about it way. go www.navettefluviale.be/6-arrets/

#### Tram (work in progress)

The Liège tramway is a tramway line under construction that will connect the main poles of the agglomeration of Liège. The line will connect the multimodal station of Sclessin to a terminus at Coronmeuse (with a possible future extension to Herstal) and a second terminus at Bressoux (maintenance and storage centre) passing by the Guillemins train station and Place Saint-Lambert. The line should be put into service in spring 2024 (date to be confirmed).

# Green ways to move Bicycles

There is a long-term bike rental service that offers quality bikes at very attractive prices. You have the bike at your disposal 24 hours a day to make all your trips and there are no time constraints or parking constraints at a terminal. Bikes can be rented for 3, 6, 9 or 12 months at Pro Velo Liège, locks are provided and maintenance and

replacement of wearing parts are free. To know more about it go to: www.liege.be/fr/vivre-a-liege/mobilite/velocite/location-de-velo

#### Cambio

If you need a car for a short or long time, Cambio is a good alternative. In just a few steps, you can create an account and enjoy the benefits of driving freely without owning a car. To know more about it go to: cambio.be.

#### Carpooling

Carpooling is a personal and spontaneous initiative. Generally speaking, the organised places for carpooling are located outside the City of Liège, near the motorway junctions. Many operators offer to organise carpooling. These include, among others:

- Bla Bla Car: www.fr.blablacar.be/
- Mpact (Carpool): www.carpool.be/
- Carpooling of the Province of Liege:

www.provincedeliege.be/fr/ecovoiturage

- Carpooling of the University of Liège (UGo): https://ugo.be/
- Karzoo: www.karzoo.be

# **International transport**

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), 3h 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.

#### International trains

With SNCB International, you have access to the offers of the SNCB's European partners (Thalys, TGV, Eurostar, ICE,...) and you have thus the opportunity to book your international trips online. Thanks to thousands of international connections, enjoy a fast and comfortable

journey between Belgium and many European countries in less than 6 hours. To know more about it go to: www.belgiantrain.be/fr/international.

#### Flixbus

FlixBus' goal is to provide a convenient, affordable and easy way to use bus service. They offer interesting deals and a safe and pleasant travel experience, which is perfect for students willing to travel on a budget. Tickets are available on **Flixbus'** App and website: www.flixbus.com.

#### *Airports*

The two most used airports by the inhabitants of Liege are the ones of:

- Charleroi, Brussels South Charleroi Airport:www.brussels-charleroi-airport.com.
- Zaventem, Brussels Airport: www.brusselsairport.be.

# 5. Health

# **Emergency Service Numbers: 112 or 101**

The general emergency number in the Netherlands is 112. With this number, you can reach all emergency services (police, ambulance and fire department). This number should be used only for serious and potentially life-threatening emergencies. For less urgent situations, you can contact the local police department on the +32 (0)4 340 80 00 and the fire department on the +32 (0)4 344 98 11.

#### Healthcare

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

1. If you are an European student and still being covered by social security in your country, simply go to the local healthcare centre with your European card's number so you can get some thumbnails (if medical emergency, you will have to go to the hospital ER with your EHIC (European Health Insurance Card)).

#### You have two options:

- Either you keep all your certificates (including pharmacy receipts, any hospital bills) and you will claim them 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 regis- ter (considered as a resident to register yourself: Service des étrangers Rue des Guillemins 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).
- Or you are not registered in the Belgian population register (registration as a student) then you must submit to the healthcare insurance company with a certificate from your school (confirming your enrollment in higher level) then you will pay an amount of €59.15 (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.

# **Hospitals**

Both hospitals in Liège have emergency first aid departments (in french: URGENCES). If you want to visit someone in the hospital, call to ask about visiting hours or check their website.

- CHR de la Citadelle Rue de Hesbaye 75, 4000 Liège +32 (0)4
  224 81 11 chc.be
- CHR de la Citadelle-Site Sainte-Rosalie Bd du 12ème de Ligne 1, 4000 Liège +32 (0)4 225 61 11 Rue des Wallons 72, 4000 Liège +32 (0)4 254 72 11- chrcitadelle.be

#### **Doctors**

For less urgent health situations you can contact a general practitioner. The family doctor or general practitioner plays a key role in the Belgian healthcare system. Some general practitioners have open consultation hours, which function on a first-come-first-serve basis. To visit outside these hours, you should call your general practitioner for an appointment. If you don't yet have a general practitioner and need medical assistance, you find one at:

- www.myconsultation.be/medecin-generaliste/liege/
- Fr.doctena.be
- www.pagesdor.be/medecin-generaliste/liege

On Duty doctors are available only during week-ends, evenings and nights. If you need a doctor during these moment you can find some at: poste-medical-liege-glamo.be which is located in Quai Van beneden, 25 - 4020 Liège - +32 (0)4 341 33 33.

In some cases, you have to pay for consultations and prescriptions yourself before you send the bill on to your insurance company for a refund. In other cases, the bill is sent directly.

If a medical problem requires specialist treatment, the GP can refer you to a specialist. Both GPs and specialists are bound by a confidentiality agreement, which means they aren't allowed to discuss anything related to your case with anyone else without your permission.

#### **Dentists**

You can register at any dentist, provided they take on new patients. If you don't yet have a dentist yet and need dental assistance, you can find one at:

- www.pagesdor.be/entreprises/Liège/dentistes/
- www.centremedicodentairedeliege.be
- www.medical-sante.be/rendez-vous/Dentiste/LIEGE
- www.annuaire-horaire.be/professionnels/Dentiste/Liège

## **Pharmacies**

Most types of medication are available on prescription only. Exceptions are general drugs like paracetamol and cough mixture, sold over the counter at pharmacies, most drugstores and some supermarkets.

# Psychological Assistance - Mental Health

If you suffer from depression, burnout or other mental health issues, you can talk to your General Practitioner which will refer you to an appropriate service. A helpline of the Suicide Prevention Centre allows you to speak freely to get help, advice or to be heard. It is also a good idea to contact your Erasmus coordinator.

# Sexuality LGBTQIA+

Belgium is a relatively liberal country as far as sexuality is concerned. Homosexuality, transexuality and bisexuality are generally accepted. Homosexual marriage is permitted and unmarried couples living together have the same rights as married couples.

"La M.A.C. Liège" (in French: Maison Arc-en-Ciel) provides plenty of subjects related to LGBTQIA+ issues and can help you if you have problems or questions regarding your sexuality. It regularly organises informative meetings, panel discussion, events, etc. All information can be found on their website macliege.be and on their Facebook page www.facebook.com/macdeliege.

#### Planned Parenthood CPF-FPS

The Planned Parenthood Centres of the Femmes Prévoyantes Socialistes (CPF-FPS) are warm places where everyone can find support and guidance. The Centres offer medical, psychological, legal and social consultations at democratic prices, taking into account the possible financial difficulties of each person.

The Planned Parenthood Centres of the FPS offer you a place to listen, dialogue and information about your relational, affective and sexual life. The teams of professionals include general practitioner, gynaecologist, social worker, marriage counsellor, psychologist, social nurse, lawyer & sexologist. They are trusted professionals, specialised in emotional and sexual matters. They will listen to you in complete confidentiality, advise you and respect your choices. Here are the different services offered:

- Reception
- Medical / gynaecological consultations
- Psychological consultations
- Social consultations
- Legal consultations
- Activities for relational, emotional and sexual life

#### - Couple and sexological consultations

The one in Liège is located at **Rue des Carmes 17, 4000 Liège**. You can take an appointment by calling on **+32(0)4 223 13 73** or by going there during the opening hours: Monday: from 9:00am to 1:00pm, Tuesday: from 3:00pm to 7:00pm, Wednesday: from 9:00am to 5:00pm, Thursday: from 12:30 am to 5:00pm & Friday: from 9:00am to 12:00am and from 12:30 am to 4:00pm.

#### Sexual harassment

Victims of sexual harassment can turn to the Planned Parenthood CPF-FPS of Liège for help and to report their case in confidence. If you want to contact them, all information is available in the point above.

#### STDS

To have yourself tasted for Sexually Transmitted Diseases (STDs) including HIV, go to a gynaecologicalist or to a Planned Parenthood. Testing is anonymous and free. You can also get tests from your General Practitioner. If you have questions about HIV or AIDS, you can call the free Information Line on +32(0) 800 840 800 or at www.sida-info-service.org.

#### **Pregnancy**

If you think you are pregnant, the first step is to buy a pregnancy test at the pharmacy or drugstore. You should also visit your General Practitioner who can give you information. If you prefer anonymity, wish to talk things over with someone who doesn't know you or if you don't wish to continue your pregnancy, you can get advice and information at the Planned Parenthood CPF-FPS in Liège.

# Alcohol and drugs

However socially acceptable it may be, alcohol can be just as addictive and dangerous as drugs to a certain extent and it is illegal to drink and drive. Drinking in public places is prohibited as well.

#### Drugs

Both hard and soft drugs are illegal and the possession is prohibited. If you have any kind of addiction feel free to contact the Infor-Drogues phone number: +32 (0)2 227 52 52. Infor-Drogues offers information, help and advice to any person or community on an anonymous basis.

#### **Burns Centre**

The Burns Centre of the CHU (Liège) provides specialised care for people with burns. These lesions can be significant, both on the skin and in the respiratory tract. Like the five other Belgian centres, the one in Liège has a specialised medical and nursing team and equipment adapted to highly technical care. In addition, the centre benefits from the resources of a general university hospital. More information can be found at:

www.chuliege.be/jcms/c2\_17345664/fr/centre-des-brules/accueil

# 6. Money matters

#### Bank accounts

You might wish to open a Dutch bank account during your stay. The major banks in Belgium and especially in Liège are BNP Paribas Fortis, ING, BeoBank & Belfius but there is also a cooperative, Belgian, ethical and sustainable bank called NewB. Once you have opened an account, the bank will provide you with a debit card. Although most shops and restaurants accept cards, there are places that only accept cash.

Keep in mind that although most of the bigger stores accept credit cards, many shops do not. Be sure to always have enough cash on you or to have a Belgian debit card. If all else fails, ask the shopkeeper to hold your items and run to the nearest ATM to withdraw money.

# **Costs of living**

Beside the registration fees that you have already paid in your home institution, make sure you have a budget to cover all your expenses (ex: accommodation, academic supplies, food, health costs, transportation subscriptions, and all the extras for your leisure time. For a student, the cost of living can vary between €700 and €1000 per month and includes:

- Accommodation (between €300 and €500/month)
- Food (300 €/month);
- Academic supplies (€50/month);
- Telephone and internet (60 €/month);
- Insurance (30 €/month);
- Local transport (50 €/month);
- Personal activities (50 €/month).

Here are some examples of prices of random things to buy in Belgium: beer =  $2 \in$ , bread =2,20 $\in$ , sandwich = 3.5 -  $6 \in$ , cinema = 8 -10 $\in$ , ...

# 7. Accommodation

HELMo does not provide any accommodation on its own. However, here are some tips! Student Housing in Liege usually consists of rooms or small flats in private houses (called "kots") or in campus dormitories. Both of them can include an individual room, but share the kitchen, living room, shower, and toilet with other students. This type of housing allows you to meet students of all countries and different levels of study. However, some accommodations count private rooms with a private kitchen and bathroom. You won't have to pay any fee to access the online/ agencies offers in comparison to other countries' housing organisations.

More information can be found on HELMo's website: www.helmo.be/CMS/Profils/International/EN/Students-IN/Pratical-information

# All types of accomodations can be found...

#### On websites

- www.kotaliege.be/guide-etudiant/erasmus-et-etudiants-internationa ux/reserver-a-distance
- www.meuse-campus.be
- www.locationetudiantliege.com/index.html
- www.chickandkot.be
- Other suggestion of websites can be found at:
   www.todayinliege.be/trouver-kot-a-liege-voici-liste/
- **Immoweb.be** (for the students who want to share an apartment and who will stay for an entire year)
- In general, research "immobilier Liège" in order to find an agency which can help you in searching for accommodation.

#### Via Facebook groups

- 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

#### For short stays

If you arrive in Belgium without having accommodation, don't worry! Rent a room in the **youth Hostel "l'Auberge Simenon"**, check on **Airbnb**, or try **YUST**. These types of accommodation are well suited for short stays.

#### Be careful!

For each rent, you will have to sign a **contract**. Read it carefully and especially 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 refunded after your stay when you give the key back if there isn't any damage in the accommodation.

For further information go to: www.studyinbelgium.be and https://www.helmo.be/Profils/Futur-etudiant/Logement.aspx. (There, you will find lots of administrative and practical information about the way of living in Belgium.)

# 8. Lost property

# In Liège

You can call during the opening hours of the service on +32(0)4/222.16.22. Then all you have to do is give your name, reference number or a precise description of the lost item. However, for lost keys, we advise you to come on site or to look directly on the site in the appropriate section and month. Please note: people who come directly to our offices are given preference over telephone calls.

→ Address: 56 Place Saint-Michel, 4000 Liège

→ Telephone : 04/222.16.22
→ Email : ot@liegecentre.be

→ **Opening hours:** From Monday to Saturday from 11:00am to 5:00pm but Thursday from 11:00am to 6:00pm and closed on Sundays.

# In a train or at a railway station

Have you lost or forgotten something on a train, on the platform or in a Belgian station? There's no need to call customer service: just fill in a loss report at: www.belgiantrain.be/fr/support/customer-service/lost-item. The search for your belongings will begin after reception of the information on the form and you will receive an email confirming that your lost item(s) have been reported.

# On a bus

If you lose a bus pass, please contact the Tec directly on +32(0)4 361 91 49. But if you lose something in a bus, fill in a loss report at: www.letec.be/View/Formulaire\_objet\_perdu/102.

# Opposites attract

# (Address Book)

# 1. Work & Play

## Libraries

All educational institutes have their own libraries, where you can borrow books using your student ID Card. Some libraries also have reading rooms with PCs, where you can study or read the books you are not allowed to take out. For more information about the libraries in HELMo go to Helmo Campuses.

# **Photocopying & printing**

For photocopying and printing you can use the machines at your department or those in Liège's Libraries and in some shops. At commercial copy centres you can also have your papers printed and bound. Here are some places where you can go:

#### Cogephoto SA

Rue Bonne Fortune 15, 4000 Liège

+32 (0)4 222 37 64

→ www.cogephotoliege.be

#### Flash Copy

Rue Charles Magnette 4/A, 4000 Liège

+32 (0)4 223 45 49

#### O.A.D.S. Copy scris

Rue des Carmes 4/B, 4000 Liège

+32 (0)4 222 95 16

→ www.oads.be

#### **Poly-Copies**

Rue Louvrex 67/B, 4000 Liège

+32 (0)4 250 32 00

→ www.poly-copies.be

# **Sport**

There are several sports clubs, centres or ASBL that are run for students and others and joining one is a great way to meet people. Some student sports clubs are for recreational play only, while others compete in leagues. Here are the names of the more common sport clubs in the city centre:

#### Basic Fit

Roi albert 24/7 - Quai du Roi Albert 106, 4020 Liège

Espace Saint-Michel - Rue de la Populaire 17/19, 4000 Liège

Rue de l'Université 24/7 - Rue de l'Université 17/19, 4000 Liège

Pointcaré - **Bd Raymond Poincaré 2, 4020 Liège** 

Ladies only - Rue du Plan Incliné 139, 4000 Liège

→ www.basic-fit.com

#### JIMS Fitness

Pl. Saint-Paul 8, 4000 Liège

+32 (0)4 221 23 53

→ www.jimsfitness.be

#### Kineo Fitness & Wellness (Liège)

Esp. de l'Europe 2, 4020 Liège

+32 (0)4 244 12 03

→ www.kineo-fitness.com

#### Life Style fitness

Rue Joseph Jaspar 1, 4000 Liège

+32 (0)4 221 32 36

→ www.lifestylefitness.be

#### Liège Gay Sports Asbl

Rue Hors-Château 7, 4000 Liège

+32 (0)491 25 96 86

→ liegegaysports.be

Squash 22 sa | Squash, Padel & Fitness

Rue des Vingt-Deux 33, 4000 Liège

+32 (0)4 253 25 55

→ www.squash22.be

# 2. Day & Night

# Coffee places

A latte macchiato, a cappuccino, a black coffee… Liège offers lots of inviting coffee places where you can linger over a good cup of coffee.

#### Get Your Mug

Rue des Carmes 17, 4000 Liège

+32(0)471/90.82.63

Rue des Guillemins 106, 4000 Liège

+32(0)472/76.16.03

→ getyourmug.coffee

#### Darius Café

Darius Café - Place du Vingt Août 1

Darius Boutique - Rue Haute Sauvenière 1

+32 (0)493 66 49 85

→ www.facebook.com/Darius-Caf é-852471188118393/

#### Addict Coffee

Rue du Mery 18 gauche, 4000 Liège +32 (0)470 57 40 45

#### Le Cappuccino

Rue des Croisiers 40, 4000 Liège, Belgique

+32 (0)4 252 02 62

→ le-cappuccino-1971.eatbu .com

#### Merlix Cats Café

Rue des Clarisses 50, 4000 Liège

+32 (0)455 11 35 44

→ merlix.cafe

#### Tea Late

Rue des Carmes 10, 4000 Liège

+32 (0)4 253 51 53

→ www.facebook.com/TeaLateLie ge/

# **Nightlife**

There are many places in Liège where you can go for a fun night out. The city is famously known for its "Carré" (English = The square) because these local cafes are an essential part of Liège's culture.

#### Jeudredi

In Liege, the students are used to partying on Thursday evenings until Friday morning. This is why we call it "jeudredi". Most of the parties are in the "Carré", one of the famous quarters of the city centre.

#### Le Carré

Ιt is located the near Cathedral, the cinema "Palace", the Boulevard de la Sauvenière and the Place Xavier Neuiean. There are plenty of little streets full of luxury stores during the day, and full of pubs, bars, restaurants, theatres... during the night.

#### Place du marché

On the market square you will not find any shopkeepers but the oldest breweries in the centre of Liege. Each café has its own atmosphere and its own favourite drinks. This is one of the most popular places to go when the sun comes out.

#### Pot au lait

### Rue Soeurs-de-Hasque 9, 4000 Liège

+32 (0)4 222 07 94

→ www.potaulait.be

#### Café Brazil

#### Rue Roture 74, 4020 Liège

→ www.facebook.com/cafebrasil .be/

#### The Shamrock

#### Rue Louvrex 1, 4000 Liège

+32 (0)4 252 71 82

→ m.facebook.com/shamrock.lie ge.7/?locale2=fr

# 3. Comfort & Magic

# **Shopping**

#### **Supermarkets**

There are plenty of supermarkets in Liège. Aldi and Lidl are the cheapest supermarkets with leading brands. Delhaize (AD) is buy far the most common and best-known supermarket chain, although it is more expensive. Colruyt, Carrefour and Okay on the other hand are average. Supermarkets have offers every week so look for brochures. Check your local supermarket to see if they have a discount card.

These are the websites from the most common supermarkets in Liège:

Aldi: www.aldi.beLidl: www.lidl.be

Delhaize: www.delhaize.beColruyt : www.colruyt.be

- Carrefour : www.carrefour.be

- Okay : www.okay.be

#### Markets

The "Marché de la Batte" is an internationally known Sunday market located along the left bank of the Meuse in Liège. It stays every Sunday from 8:00am to 2:30pm.

#### Late-night-shops

If you forgot to buy something or you want a late night snack, you can always go to one of the night shops over town. Night shops don't close until midnight or later, a service they make you pay for, by charging higher prices.

#### Thrift Shops and Flea Markets

You can find second hand shops in Liege such as DiVintage, Les Petits Riens, Velvet Vintage shop and many others. Moreover, the

Saint-Pholien flea market takes place every Friday from 6 a.m. to 1 p.m. on the Boulevard de la Constitution and Place Jehan-le-Bel (En Outremeuse).

#### **Shopping Centres**

Médiacité Shopping Liège is a shopping centre located near the city centre in the Longdoz district. With 124 brands such as Primark, Zara or Media Markt, the centre welcomes an average of 8 million visitors per year.

# **Cultural** activities

#### Les Chiroux - Cultural Center

Pl. des Carmes 8, 4000 Liège

+32 (0)4 220 88 88

→ www.chiroux.be

#### Cité Miroire - Expositions

Pl. Xavier-Neujean 22, 4000 Liège

+32 (0)4 230 70 50

→ www.citemiroir.be

#### Forum de Liège - Shows

Rue Pont d'Avroy 12/14, 4000 Liège

+32 (0)4 223 18 18

→ www.leforum.be

#### Reflektor - Concerts

Pl. Xavier-Neujean 24, 4000 Liège

+32 (0)4 340 30 80

→ www.reflektor.be/agenda

# Chill activities

#### Bowling "Le carré d'Ass"

Rue Paradis 54, 4000 Liège

+32 (0)4 253 56 75

→ www.bowlingcarredas.com

#### **Escape Games**

Get Out - Av. Blonden 72, 4000 Liège

+32 (0)4 222 20 32

→ liege.getout.be

Evasion Room - Rue du Mouton Blanc 24, 4000 Liège

+32 (0)476 82 18 42

→ www.evasionroom.be

#### Karaoke

Le Bugatti - Rue Ferdinand-Hénaux 5, 4000 Liège

+32 (0)470 93 45 47

→ www.facebook.com/Casadelmun doo/ The Right Escape - Rue Louvrex 4, Liège 4000

+32 (0) 476 63 61 47

→ www.therightescape.be

Liège Outdoor Game

+32 492 49 79 99

→ liegeoutdoorgame.be

Aux Olivettes - Rue Pied-du-Pont-des-Arches 6, 4000 Liège

+32 (0)485 52 99 95

Piano-Bar le Clavier - Rue Roture 22, 4020 Liège

+32 (0)488 01 40 00

#### Virtual Reality

Holloh - Rue Basse-Wez, n°200 , 4020 Liège

- +32(0) 493 76 29 54
  - → www.hollloh.com

## One Reality - Rue de Bruxelles 6 4000 Liège

- +32 (0)472 99 14 12
  - → one-reality.be

The VEX - 7 Boulevard Raymond Poincaré (1er étage),4020 Liège

- +32 470 88 44 18
  - → thevex.be

# **Classics**

#### Opéra Royal de Wallonie

Pl. de l'Opéra, 4000 Liège

- +32 (0)4 221 47 22
  - → www.operaliege.be

#### **OPRL**

Boulevard Piercot, 25-27, 4000 Liège

- +32 (0)4 220 00 00
  - → www.oprl.be

#### Theatre of Liège

Place du 20-Août, 16, 4000 Liège

- + 32 (0)4 344 71 60
  - → theatredeliege.be

# **Cinemas**

#### **Grignoux**

Le parc - Rue Paul-Joseph Carpay 22, 4020 Liège

+32 (0)4 222 27 78

Churchill - Rue du Mouton Blanc 20, 4000 Liège

+32 (0)4 222 27 78

Sauvenière - Pl. Xavier-Neujean 14, 4000 Liège

+32 (0)4 222 27 78

→ www.grignoux.be

#### Le Palace

Rue Pont d'Avroy 21, 4000 Liège

+32 (0)4 224 66 50

→ kinepolis.be

#### Kinépolis

Chau. de Tongres 200, 4000 Liège

+32 (0)4 224 66 00

→ kinepolis.be

# 4. Modern & Traditional

# Special days and public holidays

Through the year, there are a lot of cultural and "folkloric" events in Liege which is also called the "lively city" ("Cité ardente" in French). You can find them all at www.liege.be/fr/decouvrir/tourisme/decouvrir-liege/les-grands-evenemen ts-recurrents but here are some of the most famous ones:

#### The Sainte-Marie on the 15th August

The 15th of August festivities bring together all inhabitants of Liège for several days of festivities. During a week, dozens of activities are planned: flea markets, concerts, games, fairs and masses and folk processions. Every year, Tchantchès and Nanèsse honoured and celebrated, as are other giants of Liège culture and folklore who parade around.

#### The night of the Coteaux

Each first Saturday of October, Liège unveils for one evening its alleys, courtyards, stairways, terraces and paths, subtly illuminated, joyfully animated in a fairy tale of lights, candles and a beautiful festive atmosphere.

#### The big October fair

The Foire de Liège starts on the first Weekend of October until mid-November and is the largest fair in Belgium, with more than 170 fairground businesses covering 1 km!

#### The famous student's Saint-Nicolas

The students' Saint Nicolas is a student festival held in Liège, Brussels, Namur and Mons during the first week of December by and for all students.

#### The Christmas market

The Liege Christmas Village is one of the largest and oldest Christmas markets in Belgium. It takes place every year throughout **December** on the Place Saint-Lambert and the Place du Marché. It has a total of 190 exhibitors.

## Museums

The city pass costs 18€/48h for all the museums in the city.

#### List of suggestions:

- Aquarium
- Archéoforum de Liège
- Galerie Yellow Korner
- Grand Curcius
- La Boverie
- Musée d'Asembourg
- Maison de la métallurgie
- Maison de la science
- Musée de la vie Wallone
- Musée des armes
- Musée des beaux arts
- Musée des transports en commun
- Musée en plein air du Sart-Tilman
- Musée Gretry
- Musée Tchantchès
- Musée vivant du luminaire
- Musée Wittert (Uliège)
- Trinkhall Museum

# **Typical Food**

Regarding gastronomy, Liege is very developed. You can choose among the beers, the chocolate, the famous "boulet liégeois" (which are meatballs with a Syrup sauce), the famous Syrup (made from apples and pears) and the waffles, it's difficult to not taste everything.

# 5. Grey, green & blue

# **Annual climate**

Belgium has an oceanic temperate climate. The proximity of the sea affects the temperature. The winter is rainy and mild and the summer should be warm. Don't forget your umbrella!

## Check these out!

On the following list, you'll find different places, buildings or parks. Don't hesitate to google them to get to know where they are.

Grey
🗌 Églises/Cathédrales/Collégiales
☐ Le Perron
☐ Mémorial Interallié
☐ Montagne de Bueren
☐ Palais des Princes évêques
☐ Place Saint-Lambert
☐ Tour cybernétique
Cross
Green
🗌 Jardin Botanique
☐ Serres du jardin botanique
☐ Jardins des Coteaux
☐ Parc d'Avroy
☐ Parc de la boverie
☐ Parc communal de Cointe
Blue
☐ Embarcadère du savoir
☐ Le port de plaisance
☐ Les quais
☐ Passerelle la Belle Liégeoise

# 6. Lexique Key / Vocabulary

•	Commune	Cityhall
•	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?	
•	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	
•	Tout droit	Straight ahead

•	Un café	A coffee
•	Restaurant	Restaurant
•	Boire un verre	To have a drink
•	Oui	Yes
•	Non	No
•	Merci	Thanks/Thank you
•	De rien	
•	Salut	Hi
•	Bonjour	Hello / good morning /
	good afternoon	
•	Bonsoir	Good evening
•	Bonne nuit	•
•	A plus tard	S .
•	Comment ça va?	
•	Très bien	
•	Excusez-moi	Excuse me
•	Parlez-vous français?	Do you speak French?
•	Pouvez-vous m'aider?	
•	Je ne comprends pas	
•	Pouvez-vous me l'écrire?	
•	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

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(Sources are not written to academic standards at the request of the International Relations Office for the sake of accessibility and efficiency).

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#### Lost and founds:

- www.belgiantrain.be/fr/support/customer-service/lost-item
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- www.lifestylefitness.be
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#### Comfort & Magic:

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