

# Report

France, Beziers

Company : Domaines Chavin

Training period : 01/04/2016 - 15/09/2016

## **Faza przygotowawcza:**

I started to look for internship 2-3 months in advance, in the early winter. You should take into account that at least 1 month before you have to submit all the signed documents to DPC.

The documentation process is too difficult if you are outside European Union. Firstly all the papers should be signed by the company and SGH, after in case of France, you should register your internship in the Direccte National and to receive the assent. After all of this long process you will be able to receive French visa and to start your internship.

Before going to France you should have some basic knowledge of French as people in the small towns, in my case, couldn't speak English at all. Before I was doing my Erasmus in Reims, which helped me to improve my level of French up to A2/B1.

According to the French law, the internship, which lasts more than 2 months should be paid, min 430 EUR. In this case you receive the scholarship from Erasmus + additional salary from the company. So, as you see, it's better to find training lasting 3 and more months.

Frankly speaking, Erasmus scholarship is not enough to live, as the costs of life in France are much higher than in Poland:

- Costs of rent – about 330-500 EUR
- Insurance for the accommodation – 60 EUR
- Average lunch price 8-12 EUR
- Food – 50-60 EUR per month

In France there is good social support and you have the possibility to refund the costs of renting up to 50% by submitting the demand to CAF. You should create your own account on their website and upload the following documents:

- Quittance de loyer
- Certificate of birth
- Attestation
- Learning Agreement

### **Przyjazd do Firmy/Instytucji organizującej praktykę:**

As I was having a lot of luggage and the transport connection to Beziers is not comfortable it was decided to take a bus Warsaw-Beziers. The trip was quite long, about 20 hours. Company didn't refund any transportation costs and didn't provide any support with settlement in Beziers. The main support I got from my friends, who met me at the bus station and helped to find accommodation. You already know, that to obtain better price for the tickets you should book them in advance.

### **Rozpoczęcie praktyki:**

Before my internship commenced I already knew some employees through the process of documents preparation and skype interview with CEO, which was held before. During the first days I had a little introduction about my future duties and mission in the company.

### **Zakwaterowanie:**

My accommodation I found very quickly with the help of website leboncoin.com.

Before arrival you should pay the deposit, which accounts to 1 months of leaving and will be returned to you back. Also you should pay the room insurance of 60 EUR. I was leaving in the small studio, 19 m<sup>2</sup>, the price was about 330 EUR + 15 EUR for the electricity. Also you should pay the insurance costs 60 EUR.

## **Opis praktyki:**

My internship started on the 1<sup>st</sup> of April. I was holding the position of Export manager Eastern Europe and was responsible for business development in these countries. My tasks were the following:

- Business development in the Eastern countries & Russia;
- Negotiation of the contracts
- Prospection: mail, phone, emailing campaigns;
- Launching of the new products in these countries;
- New product introduction;
- Managing the orders and delivery;
- Alcohol free launch in Eastern countries & Russia.

I would not recommend this company for the future student's internship, as unfortunately everything is disorganized and unprofessional.

## **Życie towarzyskie i zwiedzanie:**

My internship was taking place in Beziers, the town in the south of France (Languedoc region). This city is famous for Feria de Béziers (bullfighting), which takes place every August. To tell you the truth Beziers is not a good place to do the internship, as the town is quite small and without any activities. Also I would not recommend this town in terms of security due to huge amount of Arabic and gitan people. The main benefit from the location of Beziers is that its 30 min by bus from the sea.

You should always think in advance about grocery shopping, as mostly all the shops are closed on Sunday, and only some of them may work until noon.

During my internship I was able to have 10 days of holiday. During this time I discovered France with my friends: Côte d'Azur, Provence.

## **Praktyczne informacje dot. warunków ekonomicznych:**

I did the grocery shopping in the big supermarkets like Carrefour, because it was less expensive, also in France there are a lot of discount supermarkets like Dia or Lidle, it's the cheapest way to do all your grocery shopping. For the food I was spending 60 euros per week, sometimes more.

Being a student in France, you can apply for the CAF help. You should collect in advance all the necessary documents and not to forget about birth certificate translated into French. All the information about CAF and how to apply you can find at their website <http://www.caf.fr/>. The amount of help depends on the sum you are paying for renting, mostly you can be refund up to 150-160 EUR.

## **Inne**

My internship helped me to get acquainted with the French culture, to improve my French language skills and to broaden work experience.

## **Ocena:**

Ocena ogólna: 4

Ocena merytoryczna: 4