

# Erasmus Report Lyon

Studying abroad through the Erasmus program has been a life-changing experience for me. I was fortunate to receive valuable assistance from Angela Steinhuisen, who played a crucial role in guiding me through the Erasmus application process and securing the necessary funding. While preparing for this mobility, I encountered the necessity of acquiring private insurance, and I found Dr. Walter to be a reliable (approx.. 220 euros for 6 months) and easy-to-work-with insurance provider, making the application process hassle-free.



*City skyline view from Fourvière*

Securing suitable accommodation can be competitive in bustling cities like Lyon. My recommendation is to opt for an agency like OQORO, despite the slightly higher costs, as it guarantees a room before your arrival, significantly reducing stress. Alternatively, searching on public websites such as leboncoin may yield cheaper options, but beware of potential scams and difficulties in obtaining short-term contracts.



*Running club has some beautiful landmarks along their routes.*

During my time in Lyon, I had the unique opportunity to do my Erasmus internship at BioMérieux, a prominent biotechnology company. This marked my first experience working in a large multinational company. The project was both challenging and rewarding, supported by experienced scientists. Collaborating on the development of a new workflow for monoclonal antibodies using cutting-edge technology was both thrilling and fulfilling. Additionally, interning at a company has the advantage of often receiving a small salary, easing the financial burden of living in an expensive city like Lyon. I recommend seeking internships in companies that align with your research goals to maximize the overall experience.



Adjusting to life in a new country can be daunting, but with an abundance of fellow international students, making new friends becomes an enjoyable process. I found friends through connections from friends, joining expat Facebook groups, and living in shared apartments with locals, allowing me to immerse myself in their culture and practice my French. Volunteering with the Erasmus Student Network (ESN) in Lyon proved to be a pivotal social avenue.



*Joining Facebook groups, ESN and a running club meant that I was able to meet people from all around the world!*

Attending their events and trips allowed me to connect with like-minded Erasmus students, making my experience more enriching and fun. For ~10 euro, you can get an ESNcard from

them, which gives you discounts for things like Ryanair, Flixbus, HostelWorld to name a few. I also joined a running group called Courir á Lyon, there I met lots of expats and locals alike. Every Tuesday I would attend a run in the ancient parts of the city, the views are breathtaking. Joining a club like this is a great way to get some exercise while being social.

My Erasmus experience in Lyon surpassed my expectations in every aspect. The city's warm and friendly atmosphere, vibrant culture, and welcoming attitude toward foreign students made it an ideal destination for my exchange program. Whether studying at a university or interning at a company, Lyon offers an unforgettable experience. I encourage every student considering the Erasmus program to seriously consider Lyon as their destination of choice.



*LGBTQIA+ Pride Celebrations. This was the biggest parade ever. It was fantastic to see everyone come together in the name of equality and love.*

#### Useful Resources:

##### Preparation:

<https://www.mhh.de/international-office/outgoings/studierende>

<https://www.dr-walter.com/en/>

<https://www.studyinfrance.net/erasmus-in-france/esn-paris/erasmus-paris-checklist/>

##### Housing:

<https://www.oqoro.com/>

<https://www.facebook.com/groups/ExpatHousingInLYON/>

<https://www.seloger.com/>

<https://www.crous-lyon.fr/>

##### Social:

[https://www.instagram.com/esn\\_cosmolyon/?hl=en](https://www.instagram.com/esn_cosmolyon/?hl=en)

<https://www.facebook.com/groups/ExpatsLivingInLYON/>

<https://www.instagram.com/couriralyon/?hl=en>