



PREPARING FOR YOUR STAY AND GETTING SETTLED

Practical guide
for international students

UNIVERSITÉ GRENOBLE ALPES (UGA)

Thoroughly rooted in its local area, multi-disciplinary and international, UGA's scope has changed in 2020.

It now brings together Grenoble INP, Sciences Po Grenoble, the Grenoble School of Architecture, and units of the former Université Grenoble Alpes, including the Institut National Supérieur du Professorat et de l'Éducation de l'Académie de Grenoble (INSPE), and includes the services of the Comue UGA. 60,000 students, including 9,000 international students and over 3,000 PhD students and 7,500 staff are spread across the various campuses, primarily in the agglomerations of Grenoble and Valence.

The national research bodies CEA, CNRS, INRIA and INSERM will now work even more with Université Grenoble Alpes to develop a common policy for research and development on an international scale. Relations with the INRAE, IRD and the CHU Grenoble Alpes university hospital have also been strengthened by the creation of this new university.

> www.univ-grenoble-alpes.fr

This guide is designed specifically for international students. Its main objective is to provide an overview of all the steps you will go through from the moment you are admitted to the first days of your stay. More detailed information about the topics covered in the guide can be found on the web portal dedicated to international students.

> <https://international.univ-grenoble-alpes.fr/en/student>

Université Grenoble Alpes has been awarded the «Bienvenue en France 2 étoiles» label. Issued by Campus France for a period of 4 years (2020-2024), this label distinguishes French higher education institutions that undertake initiatives to better welcome their international students.



Prepare your stay...

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The first few weeks...

... in one of the institutions of
the **Université Grenoble Alpes**



STEP 1
YOU HAVE BEEN ADMITTED

COMPLETING YOUR ADMISSION

As soon as you receive confirmation of your admission, check with your institution when the academic year starts, and the necessary steps to follow before your arrival.

GOOD TO KNOW

If possible, avoid booking flights or trains that arrive on Sundays, public holidays or after 7 pm, as most shops will be closed and there will be less public transportation.

PLANNING YOUR BUDGET

Before leaving, it is essential to estimate your budget in order to anticipate for the main expenses to come during your stay in France, as well as the expenses related to your arrival and settling in.

MONTHLY EXPENSES

Accommodation is the main expense for a student and can account for up to 50% of the monthly budget.

Expect to spend between €210 and €600 per month depending on the type of accommodation, plus the charges (water, electricity and gas, €30 to €60). Food ranks second: you will spend about €300 per month. Then comes leisure, transportation, telephone and internet subscriptions, not to mention health care costs, which, even if they are well reimbursed in France, still represent a cost.

EXPENSES UPON ARRIVAL

Beware, there are lots of expenses upon arrival, and it is possible that you will spend more than €1000: university registration fees, the first month rent, a deposit for accommodation, subscriptions for water, electricity, telephone and the internet, insurances, etc...

GOOD TO KNOW

University registration fees

Registration fees in France remain low compared to many western countries. They vary depending on your level of studies and the school, department or faculty you enroll in.

Although higher 'differentiated registration fees' apply for non-European students, numerous situations allow exemptions.

> <https://international.univ-grenoble-alpes.fr/en/>

Section Coming to study > University registration
> Differentiated registration fees 2020

FINANCING YOUR STAY

Scholarships

Many scholarships are available to help you finance your stay. However, generally you need to apply several months in advance or even a year before registration.

> [https://international.univ-grenoble-alpes.fr/en/Section Coming to study > Financing your stay](https://international.univ-grenoble-alpes.fr/en/Section%20Coming%20to%20study%20>%20Financing%20your%20stay)

Work

To finance your studies, you can also work part-time, up to a maximum of 964 hours per year, i.e. 60% of the legal number of hours counting as full-time work in France (apart from exceptions associated to certain types of visa)..

> [https://international.univ-grenoble-alpes.fr/en/Section Practical Matters>Finding a job](https://international.univ-grenoble-alpes.fr/en/Section%20Practical%20Matters%20>%20Finding%20a%20job)

FIND OUT MORE

A detailed list of the main monthly expenses and your expenses upon arrival:

> [https://international.univ-grenoble-alpes.fr/en/Section Practical matters > Managing your budget](https://international.univ-grenoble-alpes.fr/en/Section%20Practical%20matters%20>%20Managing%20your%20budget)

GOOD TO KNOW

International students can benefit from a financial aid for their rent, from the French state, and paid by the CAF (Caisse d'Allocations Familiales). Beware, this aid is subject to conditions, and its amount partly depends on your financial resources.

SEARCHING FOR ACCOMMODATION

Students can mainly choose between living in university residences (public or private) and the private rental sector.



Finding an accommodation in the region can be challenging, especially in Grenoble, but there are many possibilities. We recommend you start your search at least two months prior to your arrival in France.

PUBLIC UNIVERSITY RESIDENCES (CROUS)

This is by far the cheapest type of accommodation, but the number of places is limited. Note that priority is given to scholarship holders, and that applying to CROUS does not guarantee you a room !

How to apply to CROUS for accommodation

If you come in the context of an exchange program in Grenoble

The International Students & Scholars Office – ISSO centralizes all the application forms and acts as an intermediary between the student and CROUS. You will be automatically provided with a link for your online application at the end of June.

If you come in the context of an exchange program in Valence

Contact the International relations office correspondent of your faculty or school, who will provide you with information on different accommodation options.

If you applied on an individual basis

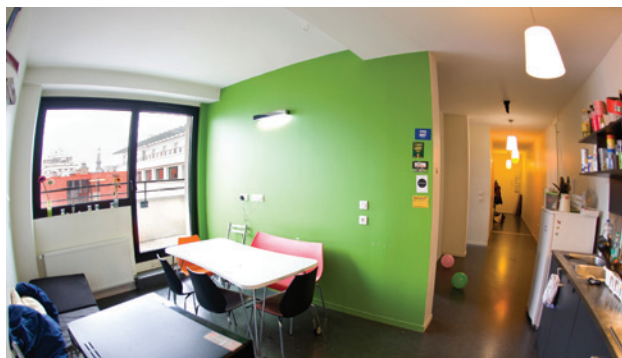
International students can start applying in July, depending on the number of rooms left available in the Crous residences. You will need to create an account «MesServices» to access the booking platform.

> <https://www.messervices.etudiant.gouv.fr/>

> <https://trouverunlogement.lescrous.fr/>

If you received a scholarship from the French government managed by Campus France

Contact directly your local Campus France office, which will examine your application in connection with the CROUS accommodation service.



shared apartment at the Maison des étudiants (CROUS)

If you come for a short stay (less than 3 months) or for an internship

You can apply for temporary accommodation to the “service passager” (short-stay service) at CROUS. Note that this service is not available before November or December, depending on availabilities.

> <https://www.crous-grenoble.fr/demanderunlogement/logement-ponctuel/>

FIND OUT MORE

> [https://international.univ-grenoble-alpes.fr/en/Section Accommodation > Long stay accommodation](https://international.univ-grenoble-alpes.fr/en/Section%20Accommodation%20%3E%20Long%20stay%20accommodation)

PRIVATE RENTAL SECTOR

The rental offer in the private sector is far greater. However, it may be challenging for an international student to find accommodation remotely. It is generally preferable in this case to book temporary accommodation for a few weeks and then search for permanent accommodation on arrival. (see the section “Booking temporary accommodation” in this guide).

Searching for accommodation

Via the national web portal for student housing ‘LoKaviZ’: this website references rental offers in the private sector for apartments, shared apartments and rooms. You need to create an account to get contact information. www.lokaviz.fr

Via real estate agencies: they offer a wide choice of accommodation and serve as an intermediary between property owners and tenants throughout the rental period. However, you will need to pay for their service (agency fees). In Grenoble, these agency fees can reach a maximum of €10/m², to which €3/m² will be added as entry inventory fees.

Via private owners: some owners directly manage their property rental. In this case, there are no agency fees, but beware, this solution does not offer the same guarantees or structure as a real estate agency.

Via websites specialized in apartment sharing.

Via private students residences.

Via the association ADIIJ (‘Association Départementale Information Initiative Jeunesse’) that publishes private listings. www.info-jeunes.fr

GOOD TO KNOW

Temporary accommodations booked online with private owners do not allow to get a proof of address in France, document which is required to open a bank account in France.

FINDING A GUARANTOR

French law protects tenants from evictions. That is why almost all owners require tenants to have a guarantor for rent payment.

A guarantor is a person, a fiscal resident in France, who agrees to pay your rent in your stead if you can no longer ensure the payment. For international students who may have difficulties in finding a guarantor in France, other solutions exist, namely the “Visale” procedure, which is also accepted by CROUS.

> www.visale.fr

> www.campusfrance.org/en

Section Students > Getting organised > Accommodation

OBTAINING A VISA

Except for nationals from the European Economic Area, Monaco, Andorra and Switzerland, it is necessary to get a visa to enter and study in metropolitan France.

TO FIND OUT WHETHER YOU NEED A VISA

> <https://france-visas.gouv.fr>

APPLYING FOR A STUDENT VISA

If your country is affected by the “Studying in France” procedure (“Études en France» - CEF), you will get all necessary information about your visa application on the Campus France website:

> <https://www.campusfrance.org/fr/candidature-procedure-etudes-en-france>

If your country is not affected by the “Studying in France” procedure (“Études en France”- CEF), you will have to consult the French embassy in your country of residence to follow the application

procedure for a student visa. The duration of the procedure varies depending on the country and the application period, but it generally takes several weeks. Therefore, it is necessary to apply well in advance.

PREPARING YOUR FILE

In addition to your admission, several aspects of your application will be reviewed by the Consulate, including: proof of residence in France (which may be temporary accommodation) and proof of sufficient financial resources. You will be required to have at least €615 per month for the duration of your visa.

LEARNING ABOUT HEALTH INSURANCE COVERAGE

In France, the healthcare system generally takes care of most healthcare costs. Subscription to health insurance is mandatory for stays of more than 3 months, unless there is a bilateral agreement between France and your country of origin. This is the case for all member states of the European Union, European Economic Area, as well as Switzerland and Quebec: steps are thus to be taken before your arrival in France.

HEALTH INSURANCE ("SÉCURITÉ SOCIALE")

You are from Europe (EU/EEA) or Switzerland: prior to your arrival, you have to get a European Health Insurance Card from the health insurance provider of your country of origin. It must be valid for the whole duration of your stay in France.

You come from Quebec: you have to get a certificate issued by the "Régie d'Assurance Maladie du Québec" (RAMQ) before you come to France.

www.ramq.gouv.qc.ca

Section Citoyens > Absence du Québec

For all other nationalities:

After your arrival in France and after you completed your administrative enrollment at university, you must register with French social security via the website dedicated to international students:

> <https://etudiant-etranger.ameli.fr/>

This registration is free of charge, but can take up to several weeks. In order to be covered straight from your arrival in France, and during the first weeks of your stay, we recommend you take out a private health insurance before leaving.

FIND OUT MORE

> [https://international.univ-grenoble-alpes.fr/en/Section Health > Insurance](https://international.univ-grenoble-alpes.fr/en/Section%20Health%20Insurance)

REPATRIATION INSURANCE

We also advise you to take out repatriation insurance for the duration of your stay, before your arrival in France, in order to cover for repatriation expenses in the event of serious illness or death. Some bankcards include a repatriation insurance, check with your bank before leaving.

GOOD TO KNOW

There are two other mandatory insurances to be taken out upon arrival in France: the housing insurance, and the civil liability insurance.

For more information, see the section «You have just arrived» in this guide.

IMPORTANT

Health insurance, commonly known as « Sécurité sociale », covers only part of the healthcare costs.

To cover the remaining healthcare costs that are uncovered by social security, we highly recommend you take out an additional health insurance, known as "complémentaire santé" or "mutuelle".



STEP 2

**YOU WILL
ARRIVE SOON**

HOW TO GET HERE AND MOVE AROUND TOWN



FROM PARIS

There are two airports for Paris:

- Paris-Charles de Gaulle airport, located in the northeast of Paris,
- Paris-Orly airport, located in the south of Paris.

> www.parisaeroport.fr/en/homepage

Getting to the train station «Paris - Gare de Lyon»

From the airport, you will need to go to the train station «Paris-Gare de Lyon», to then go to Grenoble or Valence by TGV (high-speed trains). There are three options: by bus, by RER (Paris's suburban railway), or by taxi.

By bus :

From Paris-Charles de Gaulle airport

- 'Roissybus'
 - > www.parisaeroport.fr/en/passengers/access/paris-charles-de-gaulle/public-transport/roissybus
- 'Bus Direct Paris Aéroport'
 - > www.lebusdirect.com/en

From Paris-Orly airport

- 'Orlybus'
 - > www.parisaeroport.fr/en/passengers/access/paris-orly/public-transport
- 'Bus Direct Paris Aéroport'
 - > www.lebusdirect.com/en

By RER (Paris's suburban railway):

- RER line B to Châtelet-Les Halles, then line A.
- Orlyval, then RER line B to Châtelet-Les Halles, and then line A..

> www.ratp.fr/en/titres-et-tarifs/airport-tickets

By taxi :

In France, taxi fares are regulated, but fairly expensive. Licensed taxis have an illuminated sign on the roof of the vehicle. Price: about 35€ from Paris-Orly, and 55€ from Paris-Charles De Gaulle.

De Paris-Gare de Lyon à l'Université Grenoble Alpes

From the «Paris-Gare de Lyon» train station, highspeed trains («TGVs») serve Grenoble in 3 hours, and Valence in 2 hours 30 minutes. You should try and book your ticket in advance to benefit from better pricing.

> <https://en.oui.sncf/en/>

> www.thetrainline.com

FROM LYON

From Lyon airport to the Université Grenoble Alpes

> www.lyonaeroports.com/en

By bus:

BlaBlaBus buses go directly to Grenoble and Valence.

> <http://fr.ouibus.com/fr>

By train:

You can go to Grenoble or Valence from one of those 3 train stations:

- Lyon-St Exupéry train station (airport)
- Lyon-Part-Dieu train station (Lyon town center)
- Lyon-Perrache train station (Lyon town center)

> <https://en.oui.sncf/en/>

> www.thetrainline.com

FROM GENEVA

From the Geneva airport, there are direct buses to Grenoble, and direct trains to Valence.

> www.gva.ch/en

Genève-Grenoble

> <https://fr.ouibus.com/>

GOOD TO KNOW

You can check information related to public transportation in Paris on the RATP website: <https://www.ratp.fr/en/> The RATP also provides a smartphone application to help you plan your trip: www.ratp.fr/en/apps/ratp-app

GOOD TO KNOW

Some European destinations are also served by two local airports : Grenoble Alpes Isère airport and Chambéry Savoie Mont Blanc airport. Please note that these flights are seasonal, and do not operate all year round..

Plus d'informations sur :

- > www.grenoble-airport.com/en
- > www.chambery-airport.com/en

MOVING AROUND TOWN

Every city has its own public transportation network. Upon arrival, you can easily get tickets for 1 ride, 10 rides, day or 3 to 7 day passes. Monthly and yearly passes are the most cost-effective.

Grenoble

The network of public transportation in Grenoble is called the TAG. Greater Grenoble is well served by 45 separate bus routes and by 5 tram lines.

- > www.tag.fr

Valence

The public transportation network in Greater Valence is called Citéa.

- > www.vrd-mobilites.fr



BOOKING TEMPORARY ACCOMMODATION

Upon arrival, if you have not yet found permanent housing, you can book a place in a youth hostel, a private home or a hotel.

IN GRENOBLE

Youth hostel - FUAJ (Fédération Unie des Auberges de Jeunesse)

You must be a member of the HI (Hostelling International) association: www.hihostels.com.

10 avenue du Grésivaudan - 38 130 Échirolles

+33 (0)4 76 09 33 52

grenoble@hifrance.org

> www.hifrance.org/auberge-de-jeunesse/grenoble-agglomeration.html

Grenoble tourist office

> www.grenoble-tourisme.com/en/where-to-sleep/

IN VALENCE

Valence tourist office

> valence-romans-tourisme.com/fr/sorganiser/hebergements/tous-les-hebergements/

GOOD TO KNOW

In order to open a French bank account, you will need to provide a proof of address in France.

Temporary accommodations do not always make it possible to get such a document.



PREPARING YOUR ARRIVAL: CHECKLIST AND TIPS

ESSENTIALS

For all students:

- ID card (European nationals) or passport.
- Health record and vaccination certificates (if available).
- Original of your birth certificate with filiation, along with its French translation (see «Good to know» note below.).
- Letter of acceptance from the French educational institution (original if available).
- Driver's license if you want to use a car in France.
- Socket adapter, depending on the standard in your country.

For European (EU, EEE) and Swiss nationals:

- European Health Insurance Card (EHIC) valid for the whole duration of your stay in France.

For Quebec nationals:

- RAMQ (Régie de l'Assurance Maladie du Québec) certificate/form, for your health expenses.

For students staying less than 3 months:

- Health and repatriation insurances covering the whole duration of your stay.

GOOD TO KNOW

Every document written in a language other than French (birth certificate, driver's licence, etc.) must be translated by a translator sworn by the French courts. If you want to translate these documents before leaving, we recommend asking the French embassy or consulate in your country, in order to have the translated documents legalized or apostilled.

TIPS

- If you do not have a European Health Insurance Card, or a RAMQ form, remember to get a private health insurance contract in order to be covered during the first weeks of your stay in France.
- Scan all your important documents and send them to your mailbox. Also take two or three photocopies of these documents with you, you will quickly need them upon arrival.
- If you travel by plane, keep all the documents from the checklist with you: they can be claimed upon arrival by the border control services..
- Write down the essential information in case you do not have internet access upon arrival: accommodation's address, reception telephone number (for student residences), directions between the station and your accommodation with bus and tram numbers, contact at your institution, etc.
- If your country uses a currency other than the Euro, consider changing money for your first payments. Before leaving, check the terms of overseas money withdrawal with your card, account in France can take one to two weeks (see the section «Opening a bank account» in this guide).
- Some schools or departments offer their exchange students opportunities to be put into contact with a student volunteer already living in Grenoble (a buddy), who can help them settle. Contact the International Relations office of your host institution to find out if this applies to you. You can also contact student associations for international students, which also offer student mentoring programs. (See the section «Associations for international students» in this guide.).



STEP 3
YOU HAVE JUST ARRIVED

GETTING INTERNET ACCESS

Lots of wifi spots are available for you to use upon your arrival :

In airports, cafes, but also in different places in the town centre.

In university restaurants and students residences. On university campuses : you will get your logins and passwords to access the wifi campus network at the time of your enrollment at university.

On Grenoble campus, computers are available with free access to the internet at the iCampus – Welcome center.

In Valence, free access computers are available in public libraries.

All mobile tariffs in France include, on top of calls, an (almost) unlimited Internet access. You can get monthly subscriptions, or buy pre-paid cards.



GOOD TO KNOW

Remember to check the roaming charges from your provider if you wish to access the internet with your mobile phone upon your arrival in France.

FIND OUT MORE

[https://international.univ-grenoble-alpes.fr/en/Section Practical matters > Keeping in touch](https://international.univ-grenoble-alpes.fr/en/Section%20Practical%20matters%20>%20Keeping%20in%20touch)

Wifi in Grenoble :

www.grenoble.fr/demarche/464/659-le-wifi-a-grenoble.htm

Wifi in Valence :

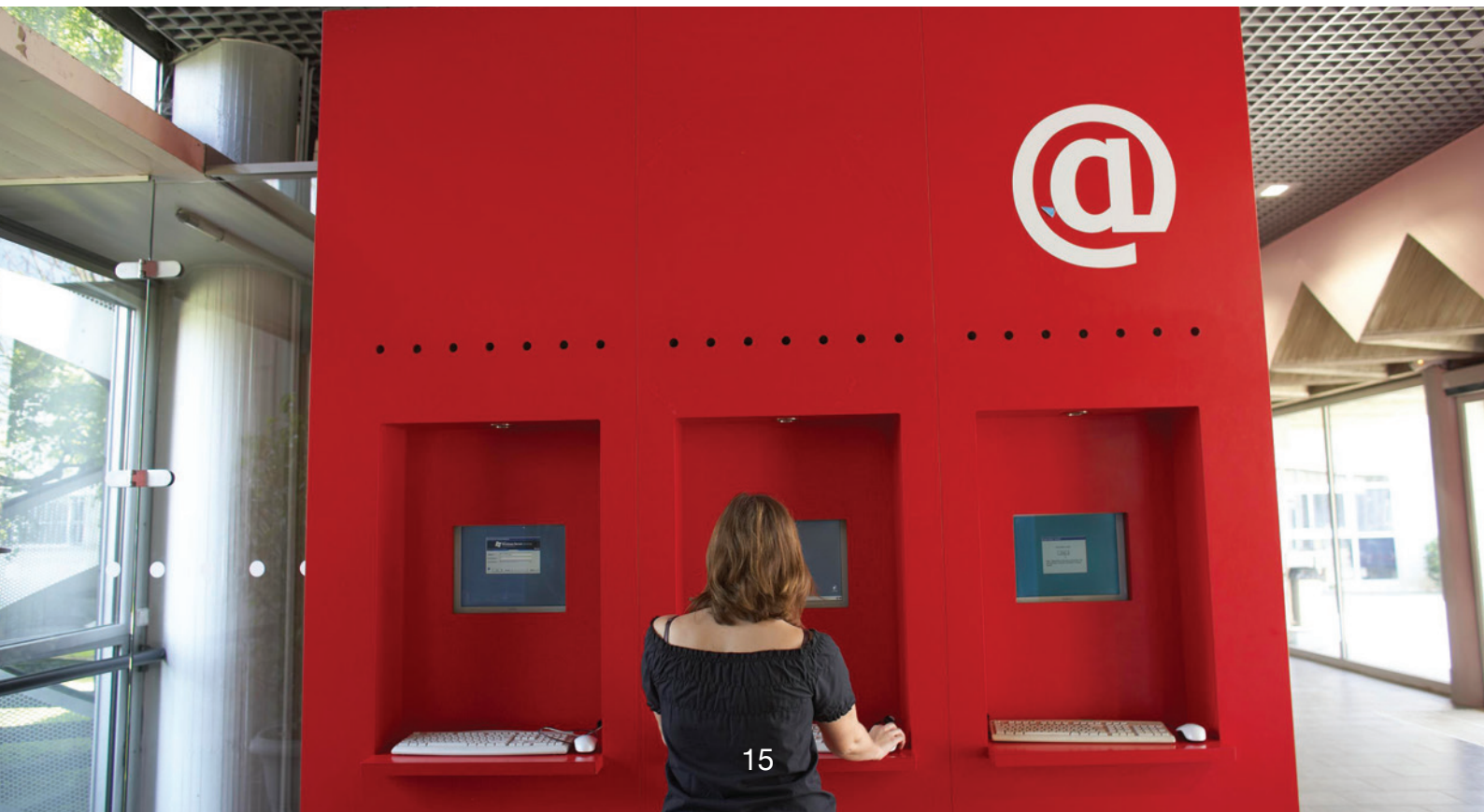
www.valence.fr/fr/re-decouvrir-la-ville/valence-en-films/actions-pour-le-numerique/bornes-wifi.html

Free access computers at Grenoble iCampus – Welcomecenter:

[https://international.univ-grenoble-alpes.fr/en/Section Contact](https://international.univ-grenoble-alpes.fr/en/Section%20Contact)

Free access computers at libraries in Valence:

<http://mediatheques.valenceromansagglo.fr/espacesnumeriques>



FINDING ACCOMMODATION

FINDING ACCOMMODATION ONCE YOU HAVE ARRIVED

Finding accommodation requires engagement and time: regularly consult internet and real estate agency listings, and do not hesitate to seek advice from other students. When visiting accommodation, do not forget to bring several copies of your complete file: this will allow you to get in first if you find the place of your dreams!

Check the section “Searching for accommodation” in this guide for more detailed information on searching for accommodation in the private rental sector.

FIND OUT MORE

Glossary of accommodation terms:
[https://international.univ-grenoble-alpes.fr/en/ Section Accommodation > Glossary of accommodation terms](https://international.univ-grenoble-alpes.fr/en/Section%20Accommodation%20>%20Glossary%20of%20accommodation%20terms)
Documents that may be required for signing a rental agreement:
www.service-public.fr/particuliers/vosdroits/F1169

WHEN ENTERING YOUR ACCOMMODATION

Signing the rental agreement («bail»)

Before you can enter your accommodation, the owner and yourself must sign a rental agreement, called the ‘bail’. This agreement is drawn up in two copies and defines the rental conditions, stating the amount of the rent, the surface area of the accommodation, the duration of the agreement, etc. When signing the agreement, you will have to pay various entry fees, such as:

- the security deposit
- the agency fees (if you rented through a real estate agency), and the inventory fees
- the first month’s rent

Entry Inventory (“État des lieux d’entrée”)

An entry inventory is a procedure whereby the owner and the tenant review the state of the apartment and record any defects or damage in a written report. It must be carried out systematically before renting, and your presence is mandatory. It also defines the responsibilities of each party in case of litigation. At the end of the stay, it will be compared to the exit inventory. This step generally occurs before the keys are handed over, but can be performed the same day. If the inventory is carried out by a professional, you will be charged partly.

GOOD TO KNOW

During the inventory, pay close attention to any defects or damage in the accommodation and do not forget to read the entry inventory report before you sign it. A copy of the inventory must be given to you. If you want to modify or add to the inventory, you must send a registered letter with proof of delivery (“recommandé avec accusé de réception”) detailing the modifications you want to make, within 10 days after moving in.

FIND OUT MORE

> www.service-public.fr/particuliers/vosdroits/N349

Insuring your accommodation

All rented accommodation must be insured by the tenant for rental risks: fire, water damages, or explosions. However, this insurance does not necessarily cover possessions you have in your home, for example in case of burglary. Get information from banks, student insurance providers and other insurance companies which all offer rental liability and multi-risk insurance contracts. This insurance certificate will be asked for by the owner, or the agency.

Concluding contracts for water, electricity, gas, internet and a landline

If water, electricity and gas are not included in the rental charges (in university residences, they are usually included), you have to take out contracts with providers of your choosing, even if you already have access to water, electricity and gas when you move in.

FIND OUT MORE

>[https://international.univ-grenoble-alpes.fr/en/ Section Accommodation > Private rental sector](https://international.univ-grenoble-alpes.fr/en/Section%20Accommodation%20>%20Private%20rental%20sector)

OPENING A BANK ACCOUNT

The opening of a French bank account is almost essential (though not mandatory), since wage payments and health costs reimbursements can be paid only to a French bank account.

You will need to provide a proof of address in France to open a bank account. Note that temporary accommodations do not always make it possible to get such a document.

Steps to follow to open a bank account:

- Choose a bank: check if your bank in your home country has a partnership with a French bank, or if your institution has concluded a privileged partnership.
- Make an appointment with a bank advisor.
- Prepare your file with the requested documents, which usually are:
 - proof of identity (ID card, or passport)
 - proof of address with your name on it (rental agreement or 'bail', certificate of university students residence, rent receipt, electricity bill, etc.)
- Student card (optional, in case of special offers)

GOOD TO KNOW

Opening an account is usually free of charge, but some services may have to be paid for (credit card, money transfers, overdraft facilities, etc.). Get as much information as possible and do not hesitate to compare several bank offers!

FIND OUT MORE

[https://international.univ-grenoble-alpes.fr/en/Section Practical Matters > Managing your budget](https://international.univ-grenoble-alpes.fr/en/Section%20Practical%20Matters%20>%20Managing%20your%20budget)

OBTAINING A CVEC ATTESTATION

Except if you come through an exchange program (Erasmus for example), you will need a CVEC attestation before being able to complete your university enrollment. The Student and Campus Life Contribution (CVEC) finances students' services: health, sports, culture and student initiatives. But beware, the CVEC is not an insurance!

FIND OUT MORE

[https://international.univ-grenoble-alpes.fr/en/Section Coming to study > University registration](https://international.univ-grenoble-alpes.fr/en/Section%20Coming%20to%20study%20>%20University%20registration)

TAKING OUT CIVIL LIABILITY INSURANCE

There are three mandatory insurances in France : health insurance, rental liability insurance, and civil liability insurance. The civil liability insurance ('assurance responsabilité civile vie privée'), covers any damage you may involuntarily cause to others. It is also required to complete your administrative registration at university.

GOOD TO KNOW

If you have already taken out a «multirisque habitation» insurance, it usually contains the civil liability insurance: check with your insurance provider!

COMPLETING YOUR ENROLLMENT

After your arrival in France, you must finalize your administrative registration, and then complete your academic enrollment.

The administrative registration is to be completed at the 'service de scolarité' of your host institution. You will be told beforehand how to proceed. This is when you will pay for the registration fees, and you will get your student card as well as your login details to access the wifi campus network.

The academic enrollment (choice of courses, options, etc...) will come after, and take place in your particular Faculty (UFR : 'Unité de Formation et de Recherche').

REGISTERING FOR HEALTH INSURANCE

HEALTH INSURANCE («SÉCURITÉ SOCIALE»)

You are from Europe (EU/EEA) or Switzerland: you must have a European Health Insurance Card, valid for the whole duration of your stay. If not, you must register with the French social security, via the CPAM website dedicated to new international students:

> <https://etudiant-etranger.ameli.fr/#/>

You come from Quebec: you must have a certificate issued by the RAMQ, covering you during the whole duration of your study stay in France. If not, contact the RAMQ

For all other nationalities: right after completing your administrative enrollment at university, you have to register with the French social security, via their website dedicated to new international students:

> <https://etudiant-etranger.ameli.fr/#/>

This registration is free of charge. Only three documents are necessary to start registering: your passport, your visa, and a proof of registration at university (the 'certificat de scolarité').

ADVICE

Always keep a health insurance certificate with you, in case you go to a doctor, or in the event of an accident.

FIND OUT MORE

> <https://international.univ-grenoble-alpes.fr/en/SectionHealth>

Grenoble – University Health Centers

> <https://centre-sante.univ-grenoble-alpes.fr/>

Valence – Youth Health Center

> <http://www.etudierendromeardeche.fr/fr/vie-etudiant/sante/centre-de-sante-jeunes-de-valence/>

ADDITIONAL HEALTH INSURANCE («COMPLÉMENTAIRES SANTÉ» OR «MUTUELLES»)

The health insurance « sécurité sociale » covers only part of the medical expenses. To be better reimbursed, we highly recommend you take out an additional health insurance, known as « complémentaire santé » or « mutuelle ». Many insurance providers have special offers for students. Take your time to compare the different offers according to your needs.

If you are registered with French social security, and have a limited budget, you can apply for the 'Complémentaire Santé Solidaire' at the local CPAM. Several criteria will be taken into account, including your financial resources. Its cost ranges from 0€ to 30€. You will know whether your application was accepted or not within two months after having submitted your complete file.

FIND OUT MORE

> <https://www.ameli.fr/>

Section Droits et démarches > Études, emploi, retraite > Études et stages > Étudiant > Student: your medical expenditure coverage

GOOD TO KNOW

In Grenoble, all students enrolled in one of the Université Grenoble Alpes institutions can visit general practitioners, and some specialists, for free, at the Students Health Centers. Their team provide information, consultations, and preventive actions throughout the academic year.

In Valence, the Youth Health Centre also is available for students for free, providing consultations and preventive actions.

> <https://international.univ-grenoble-alpes.fr/en/SectionHealth> > Health care



APPLYING FOR HOUSING ALLOWANCE

If you stay in France longer than three months, and need financial help to pay for your rent, you can apply for a housing allowance to the CAF (Caisse d'Allocations Familiales).

The award and the amount of the housing allowance are based on several criteria : financial resources, family situation, amount of the rent, type of accommodation.

Applications are to be made online, on the CAF website. Make sure you have your rental agreement and French bank account number with you : you will need them to complete the online application.

If your application is accepted, a monthly allowance will be granted only from the 2nd month following the application.



IMPORTANT

Students with a visa marked “dispense temporaire de carte de séjour”, cannot benefit from housing allowances.

FIND OUT MORE

[https://international.univ-grenoble-alpes.fr/en/Section Accommodation > Financial assistance with accommodation](https://international.univ-grenoble-alpes.fr/en/Section%20Accommodation%20>%20Financial%20assistance%20with%20accommodation)

The CAF website also has practical documents in several languages to guide you through the application procedure:

<http://www.caf.fr/presse-institutionnel/international>



VALIDATING YOUR VISA OR APPLYING FOR A RESIDENCE PERMIT

The procedure to follow depends on the type of your visa:

If your visa bears the mention «dispense temporaire de carte de séjour», or if you have a visa “mineur scolarisé” and that you still are under 18 years old upon arrival: you have nothing to do.

If your visa bears the mention « C.SEJ A SOLLIC.», or if you have a visa type C «étudiant-concours»: you have to apply for a first residence permit, upon your arrival, at the Prefecture office of your place of residence.

If your visa bears the mention «étudiant»: You have to validate your visa online.

Within the first 3 months upon your arrival in France, as soon as you have a fixed address, go to the 'Direction Générale des Étrangers en France' website:> <https://administration-etrangers-en-france.interieur.gouv.fr>

Once you have completed the procedure, and paid for the resident permit tax, you will receive a confirmation by email. Keep this document for the whole duration of your stay, and particularly if you are traveling.

FIND OUT MORE

> [https://international.univ-grenoble-alpes.fr/en/Section Visas and residence permits](https://international.univ-grenoble-alpes.fr/en/Section%20Visas%20and%20residence%20permits) > Applying for a residence permit in France

FIND OUT MORE

> [https://international.univ-grenoble-alpes.fr/en/Section Visas and residence permits](https://international.univ-grenoble-alpes.fr/en/Section%20Visas%20and%20residence%20permits) > Validating your visa



NEED HELP? YOUR CONTACTS

You have left your country, your family and your friends to enjoy a new experience in a foreign country. But, you are not alone! Special contacts are here to facilitate your integration.

YOUR HOST INSTITUTION

Should you have questions related to the academic or teaching process, your university enrollment, courses or exams, do not hesitate to contact the administrative staff ('Service de Scolarité' or International Relations) or a head teacher in your host institution.

WELCOME CENTERS

In Grenoble and Valence

ISSO – International Students & Scholars Office

The International Students & Scholars Office – ISSO is a welcome and support service dedicated to international students, PhD students, researchers and their families. The ISSO multilingual team welcomes and helps you upon arrival, and throughout your whole stay, for different administrative steps:

- Accommodation
- Visa validation procedures and residence permits
- Bank account opening, social security, insurances, CAF, practical matters
- Schooling, baby-sitting and family integration

GRENOBLE

ICAMPUS – WELCOME CENTER

1 025 avenue centrale - Domaine universitaire
38 402 St Martin d'Hères
Monday to Friday, 9am to 5pm
isso@univ-grenoble-alpes.fr
Students accommodation: studenthousing@univ-grenoble-alpes.fr

VALENCE

2 different sites:

- Maison de l'étudiant Drôme Ardèche
- Site Briffaut, DSDA

Opening days and hours are available on our website

isso-valence@univ-grenoble-alpes.fr

> <http://international.univ-grenoble-alpes.fr/en/Section>Contact>

HEALTH CENTERS FOR STUDENTS

Students can consult doctors, nurses, or psychologists, without having to pay in advance, at the students health centers or youth health center.

In Grenoble

Students health centers

> <https://centre-sante.univ-grenoble-alpes.fr/>

In Valence

Youth health center

> <http://www.etudierendromeardèche.fr/fr/vie-etudiante/sante/centre-de-sante-jeunes-de-valence/>

SERVICE FOR STUDENTS WITH DISABILITIES

The aim of the 'Service Accueil Handicap' is to ensure access by students with disabilities to all university training programs and help them participate fully in student life. This service thus accompanies in their studies all students confronted with difficulties related to illness or disability, whether permanent or temporary.

For students in Grenoble and Valence

Résidence Les Taillées, bâtiment B - 271 rue de la Houille Blanche

Domaine universitaire de St Martin d'Hères/Gières

> <http://handicap.univ-grenoble-alpes.fr>

CROUS SOCIAL SERVICES

In the event of personal or financial difficulties, you can make an appointment with a CROUS social worker, directly online via the website «Mes RDV Étudiant», or by contacting the CROUS social service of the city you study in.

> <https://mesrdv.etudiant.gouv.fr/fr>

> <https://www.crous-grenoble.fr/aidessociales/>

HARASSMENT AND DISCRIMINATION

Measures for combating harassment and discrimination have been implemented in different universities and schools. To find the appropriate contact, ask your host institution's 'service de scolarité', international relations office, or director of studies.

> <https://campus.univ-grenoble-alpes.fr/fr/menu-principal> > droits et soutien > le dispositif de signalement

ASSOCIATIONS FOR INTERNATIONAL STUDENTS

In Grenoble : IntEGre association

IntEGre is a dynamic association of Grenoble students whose aim is to welcome international students within the Université Grenoble Alpes, and thereby facilitate cultural exchanges through a variety of activities, outings, special welcome evenings, and discoveries of local and national heritage. The association organizes in particular at the beginning of each semester visits round the campus and the city of Grenoble, as well as 'discovery' weekends. IntEGre also offers a program of student-mentors: as soon as you become a member of IntEGre, you can be put into contact with a student volunteer who is already in Grenoble. This person will facilitate your integration

> www.integre-grenoble.org

> Facebook « Association IntEGre »

There are other associations for international students at Grenoble INP, Sciences Po and ENSAG.
> [https://international.univ-grenoble-alpes.fr/en/Section Culture and leisures](https://international.univ-grenoble-alpes.fr/en/Section%20Culture%20and%20leisures)

In Valence : The Inter'Val ESN association

Inter'Val ESN is a students' association dedicated to welcoming and integrating international students in Valence. They organize outings, cultural visits, events, one-day or weekend activities. It is also possible to get into a mentoring program, and be put in contact with a French student.

> Facebook « association inter'Val Valence »

STUDENT ASSOCIATIONS

To facilitate your integration, join or follow the activities of the student associations that brighten up the campuses life : culture, sports, solidarity... you will probably find one that corresponds to your interests !

In Grenoble

> <https://eve-grenoble.fr/plateforme-alveole/annuaire-des-associations>

> <https://campus.univ-grenoble-alpes.fr/fr/menu-principal/activites/vie-associative/>

In Valence

> <http://www.etudierendromeardeche.fr/fr/vie-etudiante/vie-associative>

THE "MAISON DE L'INTERNATIONAL" IN GRENOBLE

The "Maison de l'International" (International House) is a privileged place of welcome, exchange, information, documentation and exhibitions devoted to international matters. As it is managed by the City of Grenoble, you will find information on the international associations present in the city.

> www.grenoble.fr/98-maison-de-l-international.htm

EMERGENCY AND HEALTH CONTACTS

- All kinds of emergencies France & Europe : 112
- Medical emergencies SAMU : 15
- Police : 17
- Fire services : 18
- Emergencies for deaf and hard of hearing (in French) : 114 (SMS)
- Poisoning and intoxication : 04 72 11 69 11
- St-Martin-d'Hères Campus Security Service 'Les Gardes du Campus' : 04 76 82 82 82
- Grenoble/La Tronche University Hospital (CHU) : 04 76 76 75 75
- Valence Hospital : 04 75 75 75 75

ON-DUTY PHARMACIES

- www.servigardes.fr or 0825 74 20 30 (0,15€/min)

ON-CALL MEDICAL SERVICES IN GRENOBLE

- SOS Médecin 24/7 : 36 24 (0,12€/min) sosmedecins-grenoble.fr/
- Médecin 7sur7 : 04 76 86 59 00 www.medecins7sur7.fr
- Maison Médicale de Garde, at the Hôpital Couple Enfant (under the civil hospital porch) www.chu-grenoble.fr/content/nouveaux-horaires-pour-maison-medicale-de-garde-grenoble-la-tronche

ON-CALL MEDICAL SERVICES IN VALENCE

- Maison Médicale de Garde, at the Valence hospital: 04 75 75 75 75 www.ch-valence.fr/services/maison-medicale-de-garde

USEFUL ACRONYMS

- ADIJ** : Association Départementale Information et Initiative Jeunesse
- BU** : Bibliothèque Universitaire
- CAF** : Caisse d'Allocations Familiales
- CDD** : Contrat à Durée Déterminée
- CDI** : Contrat à Durée Indéterminée
- CEAM** : Carte Européenne d'Assurance Maladie
- CHU** : Centre Hospitalier Universitaire
- CM** : Cours Magistral
- CSS** : Complémentaire Santé Solidaire
- CPAM** : Caisse Primaire d'Assurance Maladie
- CROUS** : Centre Régional des Œuvres Universitaires et Scolaires
- CUEF** : Centre Universitaire d'Études Françaises
- CVEC** : Contribution Vie Étudiante et de Campus
- ECTS** : European Credit Transfer System
- EEE** : Espace Économique Européen
- EVE** : Espace Vie Étudiante
- FLE** : Français Langue Étrangère
- GEG** : Gaz Electricité de Grenoble
- ISSO** : International Students and Scholars Office
- LMD** : Licence, Master, Doctorat
- LMDE** : La Mutuelle Des Étudiants
- RAMQ** : Régie Assurance Maladie du Québec
- RATP** : Régie Autonome des Transports Parisiens
- RH** : Ressources Humaines
- RIB** : Relevé d'Identité Bancaire
- RU** : Restaurant Universitaire
- SAH** : Service Accueil Handicap
- SIBRA** : Société Intercommunale des Bus de la Région Annécienne
- SMERRA** : Société Mutualiste des Étudiants de la Région Rhône-Alpes
- SNCF** : Société Nationale des Chemins de Fer
- SUAPS** : Service Universitaire des Activités Physiques et Sportives
- TAG** : Transport de l'Agglomération Grenobloise
- TCF** : Test de Connaissance du Français
- TD** : Travaux Dirigés
- TGV** : Train Grande Vitesse
- TP** : Travaux Pratiques
- UE** : Union Européenne
- UFR** : Unité de Formation et de Recherche
- VLS-TS** : Visa Long Séjour valant Titre de Séjour

[HTTP://INTERNATIONAL.UNIV-GRENOBLE-ALPES.FR](http://international.univ-grenoble-alpes.fr)

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