

PREPARING FOR YOUR STAY AND GETTING SETTLED



Practical guide
for international students

2023-2024

UNIVERSITÉ GRENOBLE ALPES (UGA)

Dear international students,

You have just joined Université Grenoble Alpes on an exchange program or to continue in higher education. We welcome you!

Closely connected to its region, multidisciplinary and open to the world, Université Grenoble Alpes (UGA) has 59,000 students across its campuses, including 10,500 international students of 150 different nationalities.

UGA brings together all the public higher education institutions of Grenoble and Valence. With a range of courses spanning all disciplines, top-flight teaching from lecturers and professors conducting research in laboratories of international renown, 175 hectares of green campus surrounded by mountains in the heart of the French Alps, and a thriving student life and community, UGA is ideally positioned to build your academic knowledge and offer you a rewarding experience.

The UGA is particularly keen to support its international students and ensure their success. This commitment has been rewarded with «Bienvenue en France» accreditation, issued by Campus France in 2020. This certification recognizes French higher education establishments

that take special measures to welcome and accommodate their international students and scholars.

This guide is designed specifically for international students registered at UGA. 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/getting-organized>



Karine Samuel,
Vice-président
“International Relations
and Outreach”



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 AT UNIVERSITY

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. If you will be staying in a residence, do not forget to check the opening hours of the residence to pick up your keys.

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 €250 and €650 per month depending on the type of accommodation, plus utility charges (water, electricity and gas, €30 to €100 per month). In some private residences, the charges are already included in the rent, which can be advantageous. Food ranks second: you will spend about €250 per month. Then come leisure, transportation, telephone and internet subscriptions, without forgetting 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/getting-organized/>

Section Budget > Cost of living

FINANCING YOUR STAY

Scholarships

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

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

Section Budget > Financial assistance

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/getting-organized/>

Section Budget > Student Jobs

FIND OUT MORE

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

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

Section Budget > Cost of living

Section Visas & titre de séjour > Rights Associated

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). This aid is subject to conditions, and its amount partly depends on your financial resources. Please note, the time taken until you actually receive these aids, can be long, up to a few months during the beginning of the academic year.

SEARCHING FOR ACCOMMODATION

Students can mainly choose between living in public or private residences 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.

If you are doing a mobility within the framework of a partnership in Grenoble

To simplify your search, the International Students & Scholars Office (ISSO) of Université Grenoble Alpes offers to be your sole contact for accommodation, acting as a «gateway».

Via a specific accommodation platform, you will be able to express different wishes among the offer of accommodation that we have negotiated with public student residences (CROUS) and some private student residences. Depending on your wishes and the available offer, ISSO will put you directly in touch with the partner to finalize the reservation of the accommodation.

You will automatically receive connection identifiers by email.

If you are doing a mobility within the framework of a partnership in Valence

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

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

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

PUBLIC STUDENT RESIDENCES (CROUS GRENOBLE ALPES)

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

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

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

PRIVATE STUDENT RESIDENCES

Rents are higher than for CROUS public student residences, but they offer similar benefits: communal living, furnished rooms or studios, internet, laundromat, gym, etc.

Requests must be sent directly to the residences, by submitting an application file.

SOCIAL-TYPE RESIDENCES

e.g. *Foyers de Jeunes Travailleurs*, student foyers, etc. Students are not always their target audience, but many accept them. They represent a good alternative to CROUS, with rents only slightly higher.

PRIVATE RENTAL SECTOR

The rental offer in the private sector is far greater and varied. 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).

FIND OUT MORE

> <https://international.univ-grenoble-alpes.fr/getting-organized/>
Section Accommodation > Looking for accommodation

GOOD TO KNOW

Temporary accommodations booked on online platforms and without a lease contract cannot be used as proof of address in France, document which is required to open a bank account in France.

BE VIGILANT

Attempted scams target students every year. Beware of overly attractive ads, prefer to communicate via rental platforms (which can control content) and do not send money remotely without first signing a rental contract.

These risks are lower in residences.

FINDING A GUARANTOR

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

A guarantor is a person or structure that will pay your rent in your stead if you can no longer ensure the payment. Guarantors residing outside of France are rarely accepted. For international students who may have difficulties in finding a guarantor in France, other solutions exist, namely the "Visale" procedure, which is free of charge and accepted by CROUS and many landlords.

> www.visale.fr

> <https://www.campusfrance.org/en/student-housing-france>

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 has access to 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/en/application-etudes-en-france-procedure>

If your country is not affected by the "Studying in France" procedure ("Études en France"- CEF), you will have to consult the French Embassy or Consulate 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. Anticipate as much as possible.

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 over the duration of your visa.

GOOD TO KNOW

If you are already studying in another European country and are registered in a student mobility program that includes a stay in France for less than a year, you can benefit from the facilitated procedure for intra-European mobility, which avoids having to apply for a visa.

Please note though that this will not allow you to benefit from certain social benefits, such as the CAF housing allowance, or the French Social Security.

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

Section Visas and residence permits > Entry in France

LEARNING ABOUT HEALTH INSURANCE COVERAGE

In France, it is compulsory for every international student to have health insurance. Whatever your situation, you will find here useful information to anticipate the different steps to take, and thus be covered straight from your arrival and throughout your period of study.

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 are British :

before your arrival, you need to request the Global Health Insurance Card (GHIC) or the Carte Européenne d'Assurance Maladie (CEAM/EHIC) to the state insurance of your country. It needs to be valid during the whole duration of your stay.

<https://www.nhs.uk/>

Section 'Healthcare abroad'

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.

<https://www.ramq.gouv.qc.ca/en>

Citizens > Absence from Québec

You are from the Principality of Monaco:

prior to your arrival, you must apply to your Monegasque social security office for a certificate confirming that you are registered with and covered by the Monegasque health insurance system.

You are from the Principality of Andorra:

prior to your arrival, you must obtain an SE 130-04 form from your Andorran social security office in order to be covered throughout your period of study.

For all other nationalities:

Prior to your arrival in France, you must take out a travel insurance or private health insurance in order to be covered during the first weeks of your stay, and until you are able to register with the French state health insurance.

You will have to register with the French state health insurance once arrived in France, and right after your administrative enrollment at university. A birth certificate will be requested, so remember to bring one.

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, on your arrival in France, an additional health insurance, known as "complémentaire santé" or "mutuelle".

FIND OUT MORE

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

Section Insurance > Health insurance

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.



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'

> <https://www.parisaeroport.fr/en/passengers/access/paris-charles-de-gaulle/public-transport/roissybus>

From Paris-Orly airport

- 'Orlybus'

> <https://www.parisaeroport.fr/en/passengers/access/paris-orly/public-transport/orlybus>

The Roissybus and Orlybus lines take you to the centre of Paris. You then need to take the metro or the RER to the 'Paris - Gare de Lyon' station.

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

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: <https://www.ratp.fr/en/ratp-appsapp>

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 40€ from Paris-Orly, and 55€ from Paris-Charles De Gaulle.

From «Paris-Gare de Lyon» to the 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.

- > www.sncf-connect.com/en-en
- > www.thetrainline.com

FROM LYON

From Lyon airport to the Université Grenoble Alpes

- > www.lyonaeroports.com/en

By bus:

The buses of the companies Flixbus and BlaBlaCar-Bus go to Grenoble and Valence.

- > www.flixbus.fr
- > www.blablacar.fr/bus

By train:

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

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

- > www.sncf-connect.com/en-en
- > www.thetrainline.com

FROM GENEVA

From Geneva, you can get to Grenoble or Valence by bus or by train.

- > <https://www.gva.ch/en/>

By bus:

The buses of the companies Flixbus and BlaBlaCarBus go to Grenoble or Valence.

- > www.flixbus.fr
- > www.blablacar.fr/bus

By train:

From the Geneva airport, you will first need to go to the Geneva-Cornavin train station, to then go to Grenoble or Valence by train.

- > <https://www.gva.ch/en/Section-Access-&-Transport>
- > www.sncf-connect.com/en-en
- > www.thetrainline.com

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.

More information on:

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

ENVIRONMENTALLY FRIENDLY MOBILITY

While air travel is often necessary for very long distances, trains and buses are an interesting alternative for short and medium distance travel within Europe.

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, for around 2€.

Individual membership is free upon presentation of an admission letter or proof of enrollment at Université Grenoble Alpes.

10 avenue du Grésivaudan - 38 130 Échirolles

+33 (0)4 76 09 33 52

grenoble@hifrance.org

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

Grenoble Tourist office

The Grenoble Tourist office website lists a variety of accommodations, from private youth hostels to hotels & apart'hotels.

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

IN VALENCE

Valence Tourist office

> <https://www.valence-romans-tourisme.com/en/be-organised/accommodation/all-accommodation/>

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:

- Valid ID card (European nationals) or passport.
- Health record and vaccination certificates (if available).
- Original of your birth certificate with filiation.
- 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 (the plugs in France are type C or E/F).

For European (EU, EEE) , British, and Swiss nationals:

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

For Nationals of Quebec, Monaco or Andorra:

- The form or certificate issued by your national health insurance or social security office, that guarantees your health coverage throughout your period of study in France.

GOOD TO KNOW

Some documents 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 translations legalized or apostilled.

TIPS

- If you neither have a European Health Insurance Card nor a Global Health Insurance Card, or forms from the RAMQ, or from your Monegasque or Andorran social security office, 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: of the accommodation 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, since the opening of a bank account in France can take one or two weeks (see the section "Opening a bank account" in this guide).
- You can also be put in touch with a volunteer buddy via the dedicated Mentoring program. Buddies already are UGA students. Read the 'Need help? Your contacts' section at the end of this guide to know more.



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 as well as in different places in the town centre.
- In university restaurants and students residences.
- On university campuses: on enrollment at the university, you will get your logins and passwords to access the «wifi-campus» network. If you have access to the Eduroam nextwork in your home university, you can have access to this network in France too with the same login and password.

In Grenoble, computers are available with free access to the internet at the MUSE welcome center on campus, or in libraries in the city.

In Valence, open-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 to start with.

GOOD TO KNOW

The UGA mobilises to help students in situation of digital precariousness. If you do not have a computer on arrival in France, and have a limited budget, please contact your faculty or school, which could offer you a computer on costless loan, depending on availability.



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

Wifi in Grenoble :

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

Wifi in Valence :

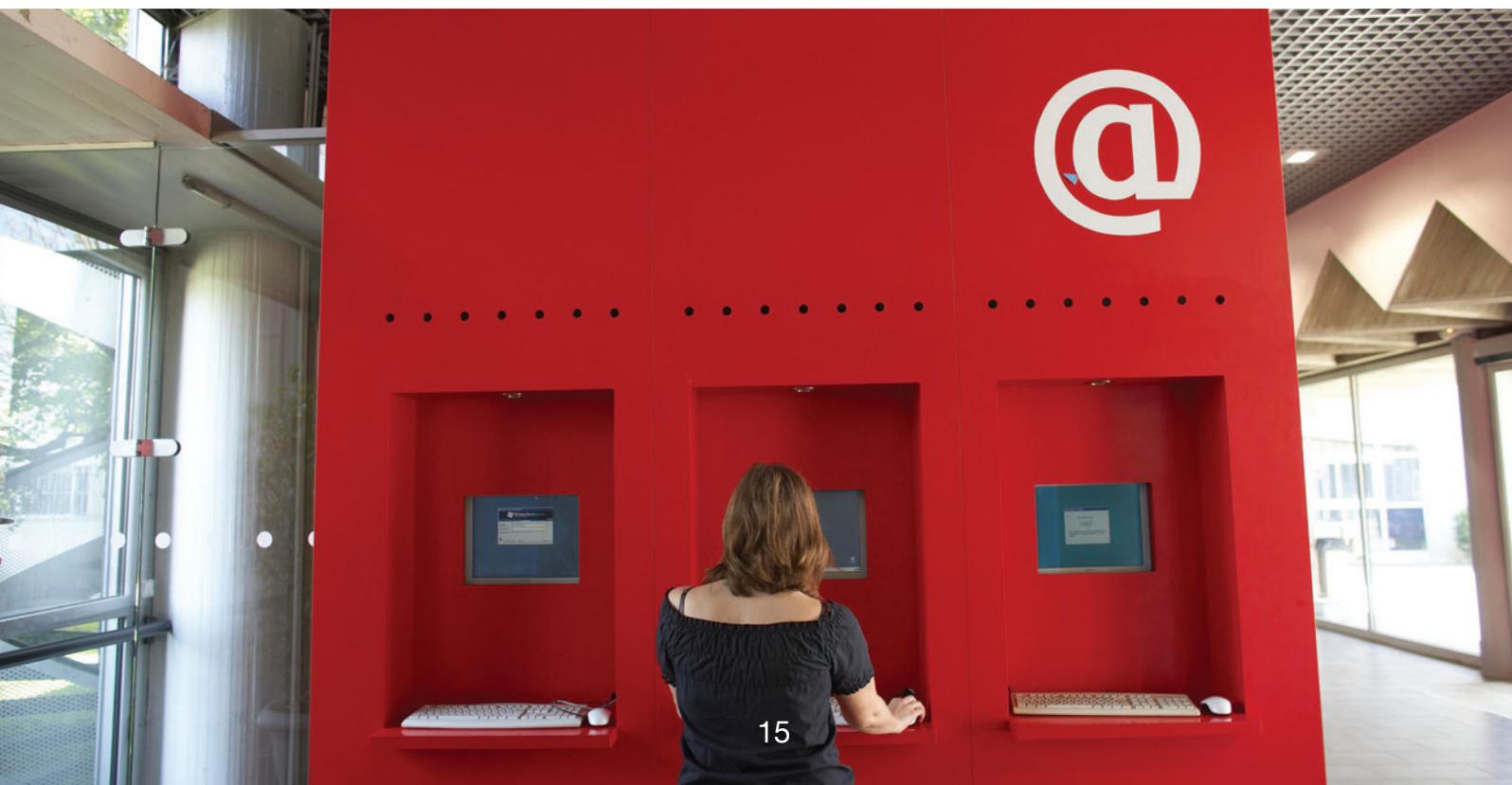
www.valence.fr/fr/re-decouvrir-la-ville/valence-en-films/actions-pour-le-numerique/bornes-wifi.html

Free access computers at libraries in Valence:

[http://mediatheques.valenceromansagglo.fr/Section Services > Espaces numériques](http://mediatheques.valenceromansagglo.fr/Section%20Services%20>%20Espaces%20numeriques)

Access to computers in the Grenoble city libraries:

<https://www.solidarites-grenoble.fr/aide/133/957-wifi-a-grenoble.htm#acteurs>



FINDING ACCOMMODATION

FINDING ACCOMMODATION ONCE YOU HAVE ARRIVED

Finding accommodation requires commitment and time: contact residences, regularly consult internet and real estate agency ads, 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 could 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.

FIND OUT MORE

Glossary of accommodation terms:

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

Section Accommodation > Looking for accommodation

Documents that can be required for signing a rental agreement:

www.service-public.fr/particuliers/vosdroits/F1169

WHEN ENTERING YOUR ACCOMMODATION

Signing the lease («bail»)

Before you can enter your accommodation, the owner and yourself must sign a lease, called the ‘bail’. This agreement is drawn up in duplicate and defines the rental conditions: rent, surface area, duration of the contract, etc. Upon signing the lease, you will have to pay various entry fees:

- 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 damages in a pre-defined document. It must be carried out systematically just before signing the lease, 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 damages in the accommodation and have them noted down. Also do not forget to check the entry inventory report before you sign it. You must be given a copy of the inventory. If you want to modify or add to the inventory, you must write and send pictures (by email or letter with proof of delivery) within 10 days of signing the inventory.

FIND OUT MORE

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

Section Accommodation > Moving in and moving out

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

Insuring your accommodation

All rented accommodations must be insured by the tenant for major rental risks: fire, water damages, and 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, which usually is the case in private residences, you have to take out contracts with providers of your choosing, even if you already can use water, electricity and gas when you move in. Starting each new contract is charged around 25€.

OPENING A BANK ACCOUNT

The opening of a French bank account is not mandatory, but almost essential. A bank account in France will allow the payment of possible wages, and facilitate the payment of bills or subscriptions, allowances or reimbursement of medical expenses. 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/getting-organized/>
Section Budget > Bank

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/getting-organized/>
Section Budget > Cost of living

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 may also be required to complete your administrative registration at university. Banks, student insurance providers and insurance companies all offer civil liability insurance contracts.

GOOD TO KNOW

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

COMPLETING YOUR ENROLLMENT AT UNIVERSITY

On 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 student's intranet & campus wifi 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»): COMPULSORY

You are from Europe (EU/EEA) or Switzerland or U.K: you must have a European Health Insurance Card or Global Health Insurance Card, valid for the whole duration of your stay. If not, register with the French state health insurance, 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

You are from the Principality of Monaco: you must have your Monegasque certificate. If not, contact your Monegasque social security office.

You are from the Principality of Andorra: you must have an SE 130-04 form from your Andorran social security office. If not, register with the French state health insurance via the CPAM website dedicated to new international students: <https://etudiant-etranger.ameli.fr/#/>.

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').

ADDITIONAL HEALTH INSURANCE («COMPLÉMENTAIRE SANTÉ» OR «MUTUELLE»)

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 the French state health insurance, and have a limited budget, you can apply for the 'Complémentaire Santé Solidaire' at the local CPAM.



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/getting-organized/>
Section Insurances > Health insurance
> <https://www.ameli.fr/>
Section Droits et démarches > Études et stages > Étudiant

HEALTH CENTERS FOR STUDENTS

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 is also available for students for free, providing consultations and preventive actions.

> <https://international.univ-grenoble-alpes.fr/getting-organized/>
Section Daily life > Health

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. If it is your first time to request for a housing allowance, you need to take the following steps:

- 1-Create your CAF account,
- 2-Make your request for the housing allowance,
- 3-Provide the requested documents to CAF.

Make sure you have a copy of your rental agreement and French or European (zone SEPA) 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

Certain types of visas or residence permits do not allow to benefit from the CAF housing allowances.

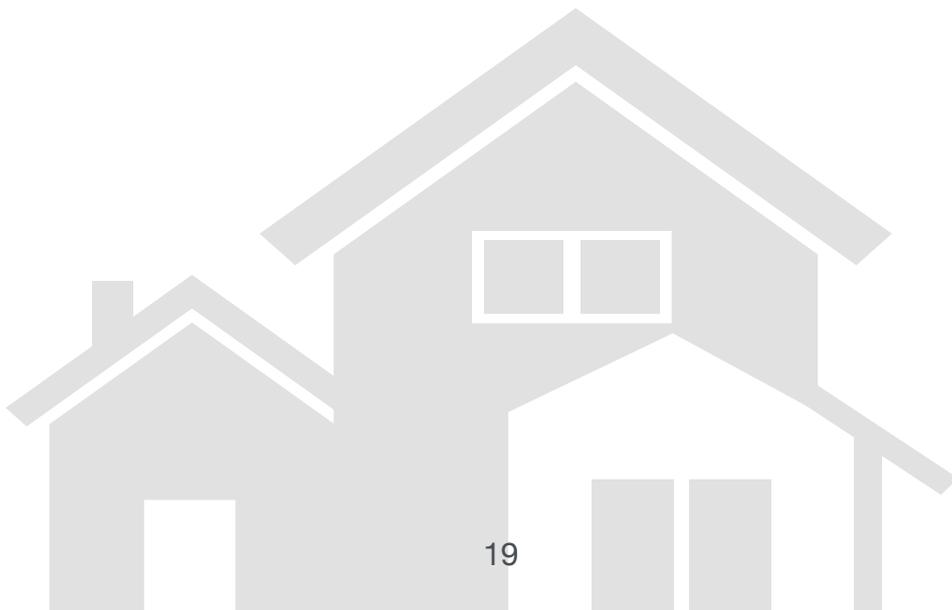
This is particularly the case for residence permits issued by a European country other than France, in the context of intra-European mobility.

FIND OUT MORE

<https://international.univ-grenoble-alpes.fr/getting-organized/>
Section Accommodation > Housing allowance -CAF

CAF also provides step-by-step guides in English and Spanish to help you complete the housing allowance application online.

<https://www.caf.fr/presse-institutionnel/international/francais-etranger>



VALIDATING YOUR VISA OR APPLYING FOR A RESIDENCE PERMIT

If you have obtained a student visa, you will probably have to carry out some procedures on arrival in France.

In most cases, this will be an online validation of the visa, but you may also have to apply for a residence permit, or you may not have to do anything. This depends on the type of visa you have obtained («C» or «D»), but also depends on the mention that bears the visa.

To find out which procedure applies to your situation, the UGA provides you with a tool on the international web portal:

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

Section Visas and residence permits > On arrival in France

IMPORTANT

If you need to follow the validation procedures, they must be carried out within 3 months of your arrival in France, otherwise your visa will not be considered valid anymore by the French authorities.

NEED HELP? YOUR CONTACTS

You have left your country, your family and your friends to enjoy a new experience in a foreign country. Do not forget that you are not alone ! There are many UGA services, partners or even associations that can support you if needed or facilitate your integration..

INTERNATIONAL RELATIONS SERVICES & ACADEMIC CONTACTS

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.

ISSO WELCOME CENTERS (UGA)

In Grenoble and Valence

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

ISSO IN GRENOBLE

Address and opening hours:

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

Section Service centers on campus > ISSO
isso@univ-grenoble-alpes.fr

ISSO IN VALENCE

2 different sites:

- Site Latour Maubourg
- Site Briffaut, DSDA

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

Section Service centers on campus > ISSO
isso-valence@univ-grenoble-alpes.fr



GOOD TO KNOW

MUSE, a new space dedicated to student services in Grenoble, will open its doors in the heart of the Saint-Martin-d'Hères campus at the start of the 2023 academic year. This building will house the services of the CROUS Grenoble Alpes as well as a large number of services for UGA students, including:

- ISSO
- Health center
- Service for students with disabilities

Address and opening hours:

> [https://international.univ-grenoble-alpes.fr/getting-organized/Section Service centers on campus](https://international.univ-grenoble-alpes.fr/getting-organized/Section%20Service%20centers%20on%20campus)

HEALTH CENTERS (UGA)

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.etudierendromeardeche.fr/fr/vie-etudiante/sante/>

SERVICE FOR STUDENTS WITH DISABILITIES (UGA)

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

> <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/contacts/social-et-accompagnement/>

COMBATING HARASSMENT , DISCRIMINATION, SEXUAL AND GENDER-BASED VIOLENCE (UGA)

The Université Grenoble Alpes is committed to preventing and punishing sexual and gender-based violence and all forms of discrimination and harassment.

Among the measures put in place, a reporting system is available to all UGA students:

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

Section Daily life > Help and support

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.

> www.integre-grenoble.org

> www.facebook.com/Association.IntEGre/

There are other associations for international students at Grenoble INP, Sciences Po and ENSAG.

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

Section Daily life > Integration & leisure

GOOD TO KNOW

UGA's mentoring system

By signing up for the mentoring programme, you can be put in touch with a student already at the UGA, who will be able to guide you, advise you and help you take your first steps in Grenoble or Valence.

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

Section Integration opportunities

> <https://buddysystem.eu/fr/register>

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://campus.univ-grenoble-alpes.fr/en/main-menu/activities/community-life/>

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.

<https://www.grenoble.fr/lieu/1388/137-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)
<https://sosmedecins-grenoble.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
<https://www.valence.fr/fr/valence-pratique/contacts-elus-mairie/numeros-utiles-et-d-urgence.html>

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
- GHIC** : Global Health Insurance Card
- ISSO** : International Students and Scholars Office
- LMD** : Licence, Master, Doctorat
- 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
- SNCF** : Société Nationale des Chemins de Fer
- SUAPS** : Service Universitaire des Activités Physiques et Sportives
- TAG** : Transports 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

[HTTPS://INTERNATIONAL.UNIV-GRENOBLE-ALPES.FR/
VOTRE-SEJOUR-A-L-UGA/](https://international.univ-grenoble-alpes.fr/votre-sejour-a-l-uga/)

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