

**GUIDE FOR
INTERNATIONAL
STUDENTS**



Bienvenue!



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Bravo!

Like 6000 other international students that enrol each year, you'll be joining one of Université Paris-Est (UPE) establishments.

Vous faites le bon choix

With 50 000 undergraduates and 1450 postgraduates (including 45% of internationally mobile PhD students), UPE is known as a major scientific player.

Spread out within the Eastern Paris metropolitan area, the educational establishments of UPE offer you an exceptional location, with outstanding international student integration services in a human scale environment. Twenty minutes by metro (subway) or RER train and you are in the heart of Paris.

Bienvenue!

This guide for foreign students is designed to help you find your bearings: preparation ahead of time, getting started upon your arrival and guiding you through your new life in France.

A real aid to your integration, you will find here guidance and practical information that will enable you to fully enjoy your stay in France.



7 ESTABLISHMENTS

belonging to Université Paris-Est have designed this guide.



École des Ponts
ParisTech



École d'architecture
de la ville & des territoires à Marne-la-Vallée



UPEC

With its 7 faculties, 5 institutes and its Observatory of Sciences of the Universe, the Université Paris-Est Créteil Val-de-Marne (UPEC) has been present in all areas of knowledge since 1971. As a major player in the dissemination of academic, scientific and technological culture, the university offers a wide range of training programmes in over 300 disciplines, spanning from the bachelor to the doctorate level. The international dimension of UPEC is manifested by 9 offshore programs and 27 joint degrees. Its recognition in areas of scientific excellence enhances its attractiveness. The diversification of its economic partnerships increases its local integration while promoting the employability of its students. Strengthened by its pioneering spirit, UPEC also has at its heart to boost international exchanges and encourage the mobility of both students and professors. —



UPEM

A young university created in 1991, the Université Paris-Est Marne-la-Vallée (UPEM) is characterized by a culture of innovation, shaped by the development of close partnerships with the economic world, both in the spheres of training and research. UPEM is a multidisciplinary institution with 12 schools and research centres, including a university institute of technology (IUT in French) and 16 research units. In pursuit of its assigned public service missions, the university focuses particularly on two major objectives: employability (qualified work placement) and the development of research excellence. It also maintains collaborations and close relations at both the European and international levels, in the spheres of education, student mobility and research. —



ÉCOLE DES PONTS PARISTECH

Since 1747, the École Nationale des Ponts et Chaussées has been training high-level engineers capable of meeting the challenges of their time in key areas that affect the daily lives of citizens and businesses: transportation, housing, energy, environment, and urban services; as well as public policies related to urban planning, sustainable development, and environmental risk assessment and management. Today this prestigious «grande école» offers a range of outstanding training programs: engineering degrees, masters, doctorates (PhD's), specialized masters, MBA programs, and continuing education. Students receive a broad, well-rounded education that is oriented towards management - in an environment that is open to business and to the world at an international level - thus enabling them to quickly reach executive positions. A rich, pluralistic establishment for education and research that is open to business and to the world; welcome to the École des Ponts ParisTech! —



ESIEE PARIS

ESIEE Paris, originally known as the Ecole Breguet, was founded in 1904. From the outset it distinguished itself as an Engineering School with a flair for innovation and entrepreneurship. It still maintains this focus as ESIEE Paris, the Engineering School of the Paris Region Chamber of Commerce and Industry. After graduating, students find positions in a wide variety of fields such as Computer Science, Electronics, Telecommunications and Embedded Systems, with careers which are often at the interface of Technology and Management. —



ESTP

The École Spéciale des Travaux Publics, du Bâtiment et de l'Industrie (ESTP) has trained nearly 30,000 engineers since its foundation in 1891, the majority of whom have participated in the largest construction and development projects - sectors of French excellence. The objective of this private «grande école» - to train civil engineers to design, build, equip and maintain our quality of life - is a mission of national interest. The ESTP has also always given great importance to international openness. Specifically, the internationalization of the school and its training is reflected today by many tools and activities (mobility, language, communication, etc.). —



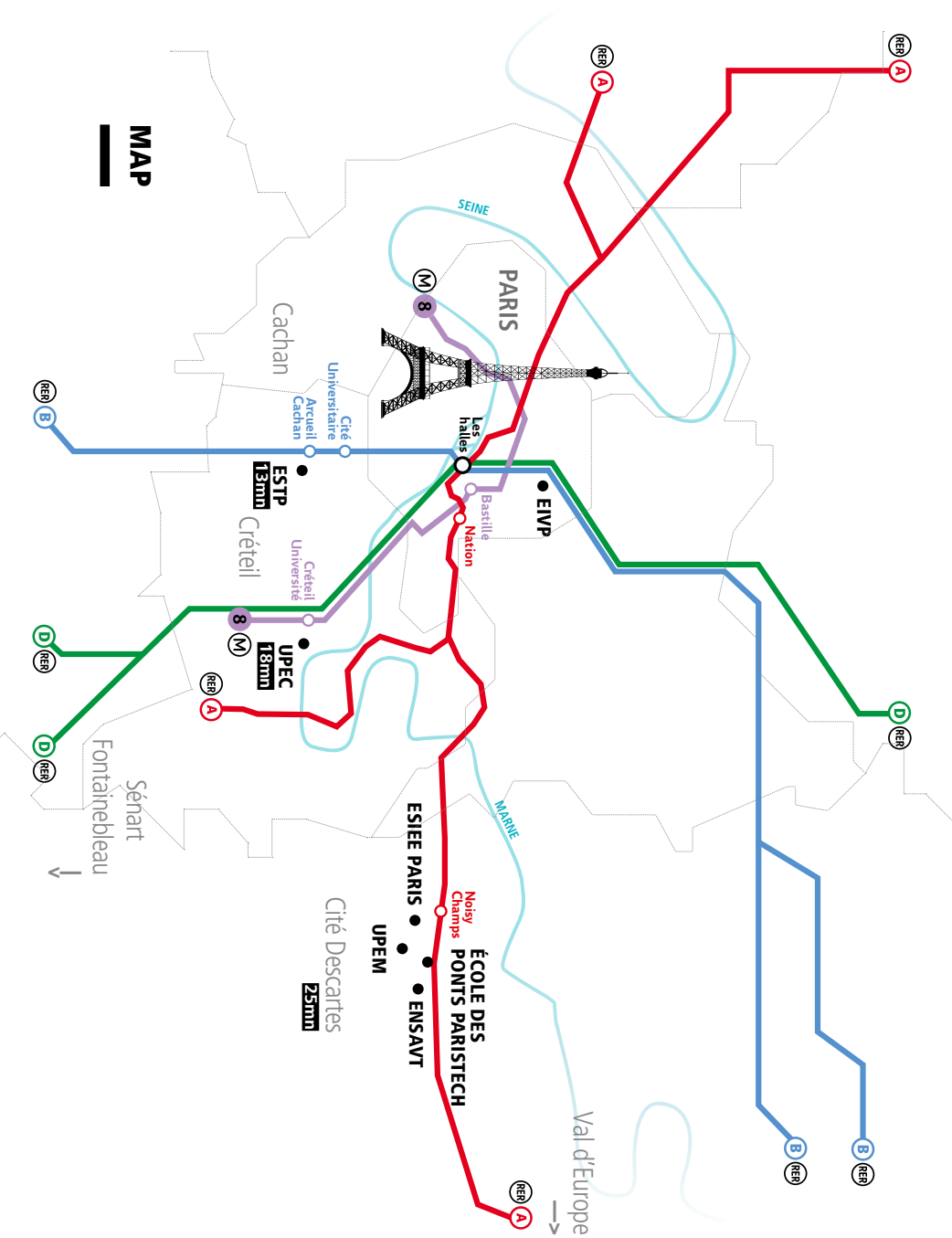
EIVP

The École des Ingénieurs de la Ville de Paris (EIVP) is both a prestigious engineering school and a research laboratory on urban issues. It leads a double mission in training (initial and ongoing) and research. For 50 years, EIVP has kept sustainable urban development at the core of its teaching and research. To reinvent the city and contribute towards training those who will make it change together constitute the mission of this grand school of engineering. —



ENSAVT

L'École nationale supérieure d'architecture de la ville & des territoires is one of the twenty French higher national schools of architecture, administrative public bodies under the aegis of the Ministry of Culture. Its creation arose from a wish to establish a school of architecture at the heart of a suburban university campus, a school of architecture with an ethos of building design which would be in harmony with the understanding of territories and their uses. The School, located in an environment embodying all contemporary issues, seeks to awaken in its students an awareness of an ever-evolving world as well as to nurture reflection on current architectural practices. This school prepares for the State Architecture Diploma. The Architect's licence to project-manage under one's own name is intended for holders of the Architecture Diploma, either directly after their studies or in the context of work experience accreditation. Following the launch of the DSA "architecte-urbaniste" in 2005, a 2nd post-Masters specialization, the DPEA Architecture Post-Carbone, opened in 2013. —



MAP



Premier pas!

**PUTTING TOGETHER
YOUR STUDY PLAN**

WHERE CAN I RECEIVE FURTHER INFORMATION?



Voilà!



AT UPE MEMBER INSTITUTIONS

UPE internationally mobile PhD students and researchers can be informed and guided by « acc&ss Paris-Est », before their arrival or during their scientist stay in France. All information about Université Paris-Est is available on its website : **WWW.UNIV-PARIS-EST.FR**

7 partner institutions web pages:

– **UNIVERSITÉ PARIS-EST CRÉTEIL (UPEC):**

<http://www.u-pec.fr/etudiant-etranger/>

– **UNIVERSITÉ PARIS-EST MARNE-LA-VALLÉE (UPEM):**

<http://www.u-pem.fr/international/etudes-a-lupem-entrants/>

– **ÉCOLE DES PONTS PARISTECH :**
www.enpc.fr/etudier-lecole

– **ÉCOLE SPÉCIALE DES TRAVAUX PUBLICS, DU BÂTIMENT ET DE L'INDUSTRIE (ESTP):**

www.estp.fr/content/accueil-et-encadrement

– **ÉCOLE DES INGÉNIEURS DE LA VILLE DE PARIS (EIVP):**

www.eivp-paris.fr

(near the top-right of the homepage, select International > Incoming Students)

– **ÉCOLE NATIONALE SUPÉRIEURE D'ARCHITECTURE DE LA VILLE ET DES TERRITOIRES (ENSAVT):**

www.marnelavallee.archi.fr

(click on Affaires internationales on the left side of the homepage)

– **ESIEE PARIS:**

www.esiee.fr/International/Accueil_desetudiantsenechange.php



Je parle français

BUT ALSO AT :

WWW.CAMPUSFRANCE.ORG

Campus France: the public institution in charge of student mobility. Here you will find all the information you'll need for your mobility project: studying in France (course catalogue, student funding), preparing your stay (administrative paperwork), living in France (housing, health care, work, daily life).

WWW.ENSEIGNEMENTSUP-RECHERCHE.GOUV.FR

The website of the Ministry of Higher Education and Research: you will find here much information about higher education in France.

WWW.DIPLOMATIE.GOUV.FR

The website of the Ministry of Foreign Affairs provides indications on the administrative steps you should take when coming to France (addresses for: consulates, embassies, French alliances, French government grants, etc.).

WWW.SERVICE-PUBLIC.FR

The internet portal of the French administration informs you about your rights and about administrative procedures.

WWW.CNOUS.FR

Learn about scholarships, student residences, university restaurants, cultural events on the website of the National Centre for University and School Works (CNOUS).

WWW.LETUDIANT.FR ET WWW.STUDYRAMA.COM

Two websites specialized in student life, student jobs, housing and orientation.

WWW.ETUDIANTDEPARIS.FR

The student association of Paris offers fact sheets dedicated to international students (visa, work, budget, finding housing, etc.).



GOOD TO KNOW

The Espace Campus France located in your country and the Department of Cooperation and Cultural Action (SCAC) of the Embassy of France can help you better understand the French educational system.



TIPS

To find French courses in your country, check with the French cultural institutions:
www.institutfrancais.com or the Alliances Françaises:
www.fondation-alliancefr.org

I SPEAK AND I LEARN FRENCH

A basic level of French is a factor of success. The «*advanced intermediate*» level (B1, B2) is recommended for anyone wishing to enter one of the establishments

of Université Paris-Est (UPE). All UPE establishments will help you in this process: upon arrival, you can take courses in French as a foreign language (FLE).

I CHOOSE MY TRAINING

BACHELOR, MASTER, DOCTORATE

Training provided within establishments of the **Université Paris-Est (UPE)** is based on the **LMD system**: bachelor, master, doctorate (PhD). These 3 diplomas are recognized at the national and European levels.

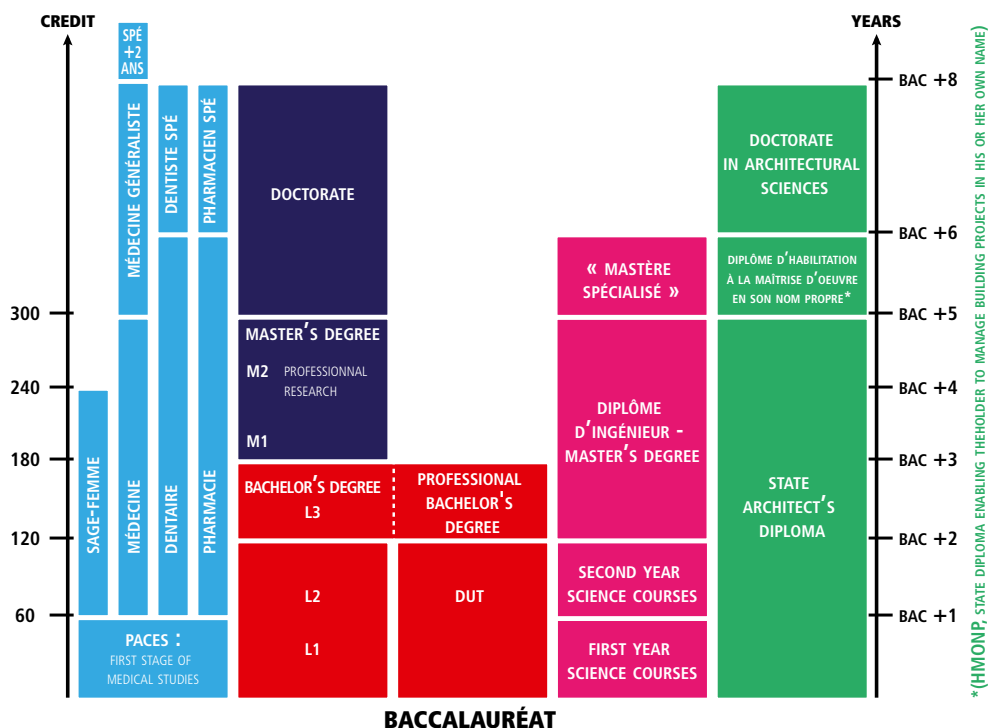
Advanced masters (Bac+6: 6 years of higher education) and MBA's are offered by some establishments.

These degrees are converted into ECTS credits (European Credit Transfer System), which represent a «European exchange currency» for students. This system allows you to earn credits during your stay

in our universities and have them validated in all European universities.

The three levels of training (bachelor, master, doctorate) are classified in four large fields (*arts, literature and languages; human and social sciences; law, economics and management; science, technology and health*). Short degrees (Bac +2), bachelors and masters are subdivided into areas of expertise (*applied foreign languages, history, international law, biology, etc.*) in order to specify the syllabus followed by the student.

UNDERSTAND THE LMD SYSTEM



Mon porte-monnaie

FINANCING YOUR STAY





Je fais mes comptes

PLANNING MY BUDGET

In order to study under acceptable conditions, you must have adequate financial resources to face the costs of living in the eastern Paris region.

MONTHLY BUDGET

SAMPLE BUDGET*:

Housing (water and electricity included):	€ 500
Insurance (home, public liability):	€ 20 to 45
Health insurance:	€ 30
Food:	€ 200
Transport:	€ 30
Telephone & Internet:	€ 20
School supplies:	€ 40
Hobbies & outings:	€ 40

* This financial estimate will vary depending on your particular situation (your type of accommodation most significant).

BUDGET UPON ENROLMENT



IMPORTANT

Students who must apply for a visa, at the consulate must submit proof of sufficient financial resources to pursue studies in the eastern Paris region.

Additional fees should also be anticipated upon arrival. The first month you will have to pay for:

- Your tuition fees: check the sum and the terms of payment on the website of the establishment you want to study at.
- If you come from a non-European Union country, student social security is mandatory: around € 200.
- The OFII tax (French Office for Immigration and integration): about € 50.
- Upon entering your accommodation, you will need to pay, in addition to the first month's rent, a security deposit equal to one month's rent (excluding taxes).
- Settling in costs (sheets, towels, kitchen utensils, etc.).
- Various sign-up fees (sport, electricity, telephone, etc.).

FINANCIAL AID & OTHER RESOURCES

APPLYING FOR A SCHOLARSHIP

Financial aid you can apply for:

- Scholarships from your government.
- Scholarships from the French government.
- Scholarships from the European Union.
- Scholarships from international organizations, for example.

Find out more from:

- The educational establishment you are coming from.
- The office for cooperation and cultural action at the French Embassy in your country of origin.
- The Campus France website, which lists all scholarship programs available:
www.campusfrance.org.



IMPORTANT

Closing dates for scholarship applications are very early. Many applications must be ready by October/November in order to begin the following September.

COMPLETING YOUR BUDGET: STUDENTS JOBS

LABOUR LEGISLATION IN FRANCE

- **If you come from a country that is a member of the European Union (excluding Croatia)** you can work in addition to your studies, within an annual limitation of 964 hours or approximately 20 hours per week.
- **If you come from another country**, you can work up to 60% of the amount of normal working hours in France, which equates to 964 hours per year or approximately 20 hours per week.
- **If you come from Croatia**, you must apply for a «UE - étudiant - toutes activités à titres accessoires» permit from the prefecture of the department you reside in France.

- **If you hold a short-stay visa**, you must apply for a temporary work permit from the DIRECCTE (Regional Department of Businesses, Competition, Consumption, Labour and Employment) that corresponds to your address in France.
- **If you possess a long-stay visa equivalent to a residence permit**, you must present it to your employer after validation from the OFII (French Office for Immigration and Integration).
- **If you are from Algeria, according to the Franco-Algerian agreement**, you must request a temporary work permit from the relevant DIRECCTE (Regional Department



IMPORTANT

You have the opportunity to work during your studies but this will not allow you to cover all your expenses. A student job can only be considered as supplementary income.



UNDERSTAND

YOU WILL HEAR THE PHRASE «SMIC HORAIRE».

This is the regulated minimum wage in France. Its hourly rate varies on a yearly basis, for more information please refer to: www.service-public.fr.

ALTERNATING (OR SANDWICH) TRAINING

is structured into alternate periods of acquiring know-how and experience in a company, and periods of theoretical training within a higher education establishment.

THE INTERNSHIP AGREEMENT

is the equivalent of an employment contract for internships. It is a document signed by the establishment where you do your studies, the company that hosts and yourself. The internship agreement defines the conditions of the internship: its duration, the remuneration and the social coverage of the trainee.

of Businesses, Competition, Consumption, Labour and Employment), as indicated on your residence permit. You can work up to 822.5 hours per year, or 18.5 hours per week.

Find more information on the website:

vosdroits.services-public.fr

STUDENT JOBS WITHIN YOUR ESTABLISHMENT

It is difficult to find a student job from your country of origin. Do not rely on this option for obtaining a visa. You can find a student job once in France. The educational establishments regularly offer student jobs - check with the office of student affairs («Service de la Vie Universitaire») to find out more about these opportunities. In addition, job offers are posted on the websites of certain partner institutions. -

Please visit the student job central: www.jobaviz.fr.

ALTERNATING TRAINING (SANDWICH COURSES)

The duration of work in this case will be above the authorized legal limit. You must request a temporary work permit from the DIRECCTE (Regional Department of Businesses, Competition, Consumption, Labour and Employment) that corresponds to you.

DOING AN INTERNSHIP AS PART OF YOUR STUDIES

If you do an internship, its duration is not counted as part of the authorized 964 working hours (or 822.50 hours for Algerian students), so you do not have to apply for a work permit.



Je cherche un job



Mon petit pied-à-terre

FINDING ACCOMMODATION

PROCEDURES YOU SHOULD KNOW



IMPORTANT

Identify the precise location and means of access to your educational establishment and search for accommodation that is preferably nearby. Limiting your commuting time is advantageous for your studies.

FACT SHEET N°3

More information for finding accommodation.

Please note that it is much more comfortable to have accommodation arranged and secured before your arrival. Be sure to ask your host institution about the accommodation services it offers.

BEFORE TAKING POSSESSION OF YOUR ROOM OR APARTMENT:

You must sign a lease. This agreement, commonly called a «bail» in French, contracts the tenant and the owner (be it an organization or an individual). You must be a signatory to such a rental agreement in order to receive

government housing assistance. Rent is usually paid at the beginning of each month. **You should ask for a receipt, called a «quittance de loyer», from your landlord to justify the payment of rent.**

3 PRECONDITIONS ARE REQUIRED FOR SIGNING A LEASE:

1/ Organizations and individuals who rent rooms require guarantees, which can be either:

- **a guarantor (or sponsor):** a person residing in France, who has been paying taxes in France for more than 3 years and has sufficient income to pay for your rent if you stop doing so;
- **an upfront payment of the total sum of all monthly instalments** upon entry into the property.

2/ A security deposit, or «caution», that usually corresponds to one month's rent. This money deposit will be returned to you within the 2

months following your departure from the dwelling, after verifying that you have left the property in the same state in which you received it. The owner is entitled to withdraw from this sum the amount necessary for carrying out repairs in the event of damages.

3/ As a tenant, you must imperatively subscribe to a home insurance policy that covers the risk of fire, water damage, theft, etc. - known as a «multirisques habitation» policy. Student credit unions and banks offer this type of insurance policy. Inquire at the time of student registration or when you open a bank account.



TIPS

There are 3 types of rental: empty, equipped or furnished. Find more information in

FACT SHEET N°2.

DIFFERENT HOUSING OPTIONS

UNIVERSITY RESIDENCE

Accommodation in residence halls fills up quickly in the eastern Paris region, with demand greatly exceeding supply. Often well located, university residences offer lower prices. Identify the residences that are near your place of study. Then put together your application form online through the CNOUS website, starting January 15th: www.cnous.fr.

Warning: very few places are available; do not wait until the last minute.

FLAT-SHARING

Known in French as «colocation», this type of accommodation consists of sharing an apartment (or a house) with others - be they students, artists or employed workers - and thus split the rent. Many ads are posted on specialized websites.

Free websites:

www.koloc.org
www.colocationfrance.fr

Websites that charge a fee:

www.appartager.com
www.colocation.fr
www.portail-colocation.com

PRIVATE STUDENT RESIDENCE

You will find lots of offers for renting rooms in private residences, published on the websites www.adele.org and www.fac-habitat.com. They offer the advantage of providing a number of services: reception, laundry, cafeteria, common room, etc.

HOMESTAY

Some people offer rooms in their apartment or house. These individuals are generally more flexible on the guarantees requested, but beware you will not be entitled to government housing assistance. Some families do not ask for a financial contribution but instead request a little work in exchange (caring for children, cleaning, etc.). This solution can be beneficial to all the parties, but there is no regulating legislation. As soon as you move in, you must clearly define the tasks and the number of hours expected from you. There are organisations that do the job of selecting families for you.

You have to pay for these services.

Atome:

www.atomeparis

Séjour France Famille:

www.sejoursfrancefamille.fr



IMPORTANT

Accommodation in university residences is mainly reserved for students with scholarships from the French Government and students that belong to an organised mobility programme.



TIPS

If you receive a room on campus, arrive during the week, Monday to Friday, before 16:00. The reception closes at 16:00 during the weekday and is closed the weekend.



TIPS

The individual studio is a good option to pursue if you have family already in France who can visit the apartments for you, present a guarantee, and sign the lease.

BEWARE OF SCAMS!

Never pay the rent in advance before leaving your country.

INDIVIDUAL STUDIO

Directly from an owner or through a real estate agency, you can rent an individual apartment. You will have to pay non-refundable agency fees, called «honoraires».

Website for renting from individuals:

www.pap.fr

Website with agency advertisements:

www.seloger.com

«TURNKEY» SERVICES

There are associations that offer turnkey services for your installation (housing, banking, insurance, telephone, etc.) and integration (discounts at some restaurants, gyms, beauty salons, etc.). These are private services that you must pay for.

In the Paris region:

www.erashome.com

Bed and School:

www.bedandschool.com

HOUSING ASSISTANCE

You can apply for financial aid to help pay for your accommodation; it will be calculated according to your resources. Housing subsidies are paid by the CAF (Caisse d'Allocations Familiales).

The CAF is a departmental service, so you should address inquiries to the CAF of the department in which

you reside. In order to qualify for aid, be a tenant or a flatmate and your name on the lease.

More information on the CAF website: www.caf.fr

FACT SHEETS

FACT SHEET N°4

To better understand the French territorial divisions: the commune, the department, the region, and the territorial «collectivités» (the local authorities).





Allons-y!

**WHEN YOU GET THE LETTER
OF ACCEPTANCE**

PREPARING MY DEPARTURE



GOOD TO KNOW

Doctoral (PhD) students accepted at Université Paris-Est institutions benefit from the help of a dedicated support team: Acc&ess Paris-Est
E-mail: access@univ-paris-est.fr

acc&ess | paris-est

IDENTIFY A CONTACT

Visit the website of your host institution to identify a contact with whom you can correspond in all matters related to your arrival (enrolment services, international relations department and department of student life). Start by confirming to the host institution your interest in the chosen training programme. If you plan to arrive

later than required by the course calendar, you must also inform your host institution of this. Plenty of «Campus France» centres offer pre-departure sessions. It is strongly recommended that you take part in one of these sessions.

PREPARING MY VISA APPLICATION



UNDERSTAND

All information on visas (types of visas, procedures for obtaining, etc.) on the website of the Campus France Agency: www.campusfrance.org

DO YOU NEED A VISA?

If you come from a member state of the European Union, you do not need a visa to study in France. If you come from another country, a visa is mandatory.

DIFFERENT TYPES OF VISAS

Before submitting your visa application to the consular authorities, identify in advance the type of visa you should apply for. There are several categories of visa: short-stay visa (less than 90 days), «exam» visa (to take an exam or do an interview), long-stay visa for studies (residence permit VLS-TS), and long-stay visa for scientists and researchers.

DOCUMENTATION

Upon your acceptance by the establishment, contact the French consular authorities in order to obtain a list of the documents required to apply for a visa. We advise you to not wait until the deadline of the visa to prepare your application, because some documents can require time to obtain.

*Ouf,
j'ai mon
visa!*



IMPORTANT

When handing in your visa application, pay attention to deadlines during busy periods, especially from July to September!

Bon voyage!

BEFORE LEAVING



I ANNOUNCE MY ARRIVAL

ENSURE MEANS OF COMMUNICATION AND PAYMENT FOR THE FIRST DAYS

Think ahead about having a phone that works in France.

Save your contacts numbers: accommodation, educational establishment, and emergency numbers.

Also make sure that your bank card allows you to withdraw money from cash machines (ATM's) in France (you will find them in airports and train stations). Otherwise, plan to carry enough cash to pay for transportation to your accommodation. You will find money exchange offices "bureaux de change" at airports, railway stations, and, generally, close to bus stations.

FIND OUT ABOUT RECEPTION SERVICES

Inquire with your host

establishment about reception events that may be planned: welcome day, integration week, etc., and let them know of your arrival.

Also ask about the opening hours for student registration, or even try to get an appointment.

INFORM THE OWNER OF YOUR ACCOMMODATION, OR THE RESIDENCE, OF YOUR ARRIVAL

If you stay at a university residence: you will receive your key at the reception. Take heed! The reception closes at 16:00 and doesn't open on weekends.

If you stay in private accommodation: contact the owner and make an appointment to fill in the initial state document of the property and get the keys.



Me voilà!

GETTING ORGANIZED

WHAT TO PUT IN MY SUITCASE

While wishing to fit too much into our suitcase, we often forget the basics. In your suitcase you should put:

- One or two adapters for your electrical devices: phones, tablets, computers, etc. Voltages in France are 220 V. Check out your device.
- A bilingual dictionary or a language application can prove especially useful in the early days.
- Appropriate clothing. For information on the French climate, please refer to www.meteofrance.com

IF YOU DON'T HAVE PERMANENT ACCOMODATION ON YOUR ARRIVAL

Don't forget to book a room in a youth hostel or in a hotel, for your first days in France

- In a youth hostel (20 to 30 €/night in a shared bedroom):
www.fuaj.org
- In a hotel (minimum 75 €/night):
www.booking.com ;
www.hotels.com
www.kayak.com
- In a room in a private home, short stays:
www.atomeparis.com ;
www.airbnb.com



GOOD TO KNOW

If you follow a specific medical treatment, remember to take enough medicine for your entire stay.



J'arrive!

DON'T FORGET



IMPORTANT

Do not make passport photos in advance while in your country because they will not be accepted for official documents. You will find photo booths («photomaton») that produce «passport» format photos near your educational establishment, primarily in metro (subway) or RER stations.



GOOD TO KNOW

For European students, there are multilingual birth certificates which avoid having to pay for a translation

IMPORTANT DOCUMENTS

Like all international students - whether European or not, and whether part of an exchange program or not - you will have to perform administrative procedures in France for which you will need a certain number of documents.

Non-exhaustive list:

- **passport or national identity card for members of the Schengen area** (make sure your document is not expired)
- **birth certificate** and certified translation
- **health record** and recent x-rays
- **documentation specifying your health care** coverage in your country:
 - . students from the European Union: forms E111 or E128 or your European Health Insurance Card (EHIC)
 - . students from Quebec: form SE401Q102bis or SE401Q106
- **certificate of registration** or letter of acceptance at the host establishment (university or school)
- **latest academic diploma (certificate)** and corresponding transcripts, together with certified translations
- **certificate of proficiency in French** or English, depending on the language of your chosen study program
- **driving license** (*optional*)



Non laissez-passer

En route!
THE FIRST DAYS



MOVING INTO MY ACCOMMODATION

SIGNING THE LEASE AND PAYING THE SECURITY DEPOSIT

Whenever you rent a property, you must sign a lease and pay a security deposit.
See Fact Sheet N°2.

I REGISTER WITH MY SCHOOL

Within the first few days following your arrival, you must register at the establishment where you are going to study («inscription administrative et pédagogique»).

ADMINISTRATIVE PROCEDURES



FACT SHEETS

FACT SHEET N°1

A glossary of
banking terms.

GETTING HOUSE INSURANCE

You need to get house insurance before signing the lease. Student credit unions or your French bank may offer this type of contract.

OPENING A BANK ACCOUNT

If you plan to stay for more than 3 months in France, we advise you to open a bank account. Some organizations such as CAF or the public healthcare system will only reimburse you by bank transfer to an account in France. A bank account will also be useful for setting up an automated monthly payment of your transportation charges. Some establishments and associations of Université Paris-Est have agreements with certain banks. Inquire at the office of student administration, the office of international relations, or an association, for a list of

banks to simplify the procedure of opening an account.

PURCHASING CIVIL LIABILITY INSURANCE

This type of insurance covers you in the event that you accidentally cause harm to a third party. It is compulsory in France. Banks and student credit unions offer this type of contract, but make sure you do not pay for it twice.

SIGNING UP FOR HEATING AND ELECTRICITY SERVICES

Upon entering privately rented housing, you must subscribe with an electricity service provider.

EDF-GDF
www.bleuciel.edf.com

Direct Énergie
www.direct-energie.com

COMMUNICATION

TELEPHONE

You can buy prepaid telephone cards. These are advantageous for international calls, however the cost of a national call is very high. You also have the option to take out a subscription package, commonly called a «forfait». There are a multitude of forfaits available. Before signing a contract, find out about the conditions of termination, the cost of international calls, and the charges that apply if you go beyond your package's limits. You can learn more by contacting the leading operators: Free, Orange and Bouygues Telecom (for example).

You can also make international calls from a «taxiphone» - a shop that offers inexpensive telephone booths.

Prepaid cards:

Lebara **www.lebara.fr**

La Poste **www.lapostemobile.fr**

Virgin **www.virginmobile.fr**

Main operators:

Free **www.free.fr**

Orange **www.orange.fr**

Bouygues Telecom

www.bouyguestelecom.fr

INTERNET

If your home is equipped for an Internet connection, you can send an activation request directly to the telephone company you have chosen. All companies offer Internet packages. However if your home is not appropriately equipped, an Orange technician will need to install a line, which will implicate additional costs.



IMPORTANT

Pay attention to the conditions of termination for «forfait» packages with a time commitment. These offers can seem very attractive at first glance, but the costs are quite high if you leave before the end of the contract.



Allo?



EMERGENCY NUMBERS

IN CASE OF PROBLEM

Emergency telephone numbers allow calling emergency services for free, 24 hours a day.

In all cases, in order to facilitate and expedite the processing of your call, make sure you specify these three points:

- **Who you are:** Are you a victim or a witness? Consider providing a phone number at which you will remain within reach.
- **Where you are:** Give the precise address of the place where the services are needed.
- **Why you are calling:** Explain the reasons for your call.

SAMU: 15

The service for emergency medical aid (SAMU) is for obtaining the intervention of a medical team, in a situation requiring immediate medical attention.

POLICE RESCUE: 17

This number can be called to report an emergency to the police.

FIRE DEPARTMENT: 18

The Fire Department number is for reporting a dangerous situation or an accident involving property or persons requiring rapid intervention (fire, gas leak, car accident, etc.).



FACT SHEETS

FACT SHEET N°5

Find all these special telephone numbers.



Un petit aperçu!

THE FIRST MONTH

CONTINUING MY ADMINISTRATIVE PROCEDURES



GOOD TO KNOW

The first trains run at around 5:30 and the last ones around 0:30 on weekdays and 1:45 on Friday and Saturday nights and on the eve of public holidays. These times are approximations. Visit www.stif.info for exact times for your station.



FACT SHEETS

FACT SHEET N°3

Understanding the Paris transport system.

VALIDATE YOUR VISA

If you are a citizen of a country within the European Economic Area, you do not need a residence permit.

If you are a student from another country, you must validate your residence permit at the OFII (French Office for Immigration and Integration).

You have 3 months as of your arrival on French territory to perform this procedure, but do not wait until the last moment.

More information: www.ofii.fr

TRANSPORTATION

The region of Île-de-France is connected by:

448 train and commuter rail (RER) stations,
302 metro (subway) stations,
129 tram stations and over
32,000 bus stops.

This dense and widespread network will allow you to move easily while at the same time benefiting from **the advantageous «Imagine'R» pass for students under 26 years of age**. This package also allows you to travel throughout the entire Île-de-France during weekends, holidays, school holidays (including July 15 to August 15), with no zone restrictions (*the network is divided into 5 tariff zones*).

More information on the website of STIF: www.stif.info.



FITTING INTO MY ESTABLISHMENT

TAKE FRENCH CLASSES

All UPE establishments offer you courses of French as a foreign language (FLE, for «Français Langue Étrangère»), either within your school or in a partner institution.

ATHLETIC ACTIVITIES

All UPE establishments offer you a wide variety of athletic activities. You simply need to pay a membership fee to the sports association or to the Student Office (BDE, for «Bureau des Élèves»).

COMMUNITY LIFE

Joining a student association or participating in the activities organized by the BDE are good ways to meet other students and speak French!

UNIVERSITY RESTAURANTS

University restaurants, commonly called CROUS, are accessible to all students at preferential prices: you pay between € 3 and 4 for a meal. A list of restaurants is available on the CROUS website: www.crous.fr



GOOD TO KNOW

Some schools offer additional specific programs (summer courses, intensive courses, etc.). Check with your host institution.



Bon appétit!



LIBRARIES

OTHER PUBLIC LIBRARIES

Eastern Paris is woven by an extensive network of public libraries and media libraries («médiathèques»). Of varying sizes, these libraries offer cultural and educational activities. They are freely accessible and you only need to sign up for a library card if you want to borrow books or other works.

– Municipal libraries located in Val-de-Marne:

www.lecturepublique94.net

– Municipal libraries located in Seine-et-Marne:

mediatheque.seine-et-marne.fr

– Municipal libraries located in Paris:

www.paris.fr/bibliotheques

LIBRARIES OPEN ON SUNDAYS

The BNF is open on Sundays from 13:00 to 19:00 and the **BPI** from 11:00 to 22:00.

The Central Library of the Cité Internationale (Paris, 14th) is open on Sundays from 13:00 to 19:00. www.ciup.fr/bibliotheque

Two public libraries located in Paris: **Marguerite-Yourcenar Library** (Paris, 15th) and **Marguerite-Duras Library** (Paris, 20th) open on Sundays from 13:00 to 18:00.

NATIONAL LIBRARIES

– **The Bibliothèque Nationale de France (BNF)**, François-Mitterrand site (Paris, 13th).

Readers have to pay a fee either for an annual card or for twenty entries

www.bnf.fr

– **The Bibliothèque Publique d'Information (BPI)**, Centre Pompidou (Paris, 4th).

www.bpi.fr

THE NETWORK OF UNIVERSITÉ PARIS-EST

Within each establishment you will find either a documentation centre, a university library (BU), or a common documentation service (SCD). Together, these resources make up a network of university libraries. Access is open and you can borrow books upon presentation of your student card, in accordance with the specific regulations of each institution. A common library search portal allows you to identify and locate the information resources you require for your research:

portail-doc.univ-paris-est.fr



IDEAS

The Mazarine Library is the oldest public library in France (1643): you may study there or simply visit it.
www.bibliotheque-mazarine.fr.



GOOD TO KNOW

There is a service that assists with literature research and is available online:

www.ruedesfacs.fr.

This is a free question and answer service open to all. Responses are sent by e-mail within three business days (excluding weekends and holidays).

MY HEALTH

France has a high-performing health system that foreign students can benefit from.

SOCIAL SECURITY AND PRIVATE HEALTH INSURANCE

Health care coverage is composed of the Assurance Maladie (Social Security), that reimburses medical expenses based on agreed rates (between 35-80%), and the «mutuelle», a supplementary private insurance which complements repayments by between 35 to 100%.

THE ASSURANCE MALADIE

This public health insurance is one of the features of the Social Security. It is mandatory, and it gives you the right to receive partial or total reimbursements of your medical expenses.

STUDENT SOCIAL SECURITY AFFILIATION

It is not mandatory for students from the EU, Iceland, Liechtenstein, Norway and Switzerland, who must be in possession of form E111 or E128 or the European Health Insurance Card (EHIC); nor for students from Quebec, who must carry form SE401Q106. These students must report to the Primary Insurance Fund (CPAM, for «Caisse Primaire d'Assurance Maladie»)

of their department of residence, where they will be issued a document that should be presented to physicians. Reimbursement claims are addressed to the CPAM.

It is compulsory for all other foreign students under 28 years of age. You will be charged a fee when you enrol. You can choose between two student social security options:

- la Mutuelle des Étudiants (LMDE) **www.lmde.fr** ;
- la Société Mutualiste des Étudiants de la Région Parisienne (SMERP): **www.smerp.fr**.

Students over 28 years of age cannot be covered under the student social security scheme, but can instead benefit from Universal Health Coverage (CMU, for «Couverture Maladie Universelle») if they stay for more than 3 months and are not employed.

More information at: **www.ameli.fr**

LA MUTUELLE

All students under 28 years of age can take out a supplementary health insurance, *called a «mutuelle»*. While it is not mandatory, it is highly recommended. The social security agencies will offer this complementary insurance during registration. One of its greatest advantages is that it entitles you to the «tiers-payant» a system that exempts you from paying the medical expenses in advance, in some cases. It also allows for the reimbursement of hospital expenses.



Ça va?



GOOD TO KNOW

Some of the Université Paris-Est establishments offer their students a health service (a medical centre or access to a network of preventive medicine services called Résus). Inform yourself by referring to the website of your host institution.

RECEIVING MEDICAL TREATMENT

CHOOSING A DOCTOR

In order to get the best reimbursement of your medical expenses, you should choose a primary doctor, called your «médecin traitant», who is in most cases a general practitioner and is responsible for following your medical history.

Choose a doctor near you or near your school.

You must download a form for declaring your reference doctor from: www.ameli.fr («Choisir et déclarer votre médecin traitant», at the bottom of the homepage, under «Vous êtes assuré»). This document must be signed by your doctor and sent to the CPAM of your department. In the event that you need to be seen by a specialist, only your doctor can refer you.

You will be better reimbursed if you follow this «itinerary of coordinated care.» Nevertheless, some specialists can be consulted without going through your reference doctor and without you being penalized. Such is the case with gynaecologists, ophthalmologists and dentists.

Consultation fees vary depending on the subsidized sector. Refer to the website www.ameli.fr before going to a doctor in order to know the price of the consultation and the reimbursement rate for which you qualify.

En pleine forme!

PHARMACIES

Medicine is sold only in pharmacies. You will find pharmacies close to all establishments of Université Paris-Est.

Many drugs can only be sold upon presentation of a doctor's prescription. Some common medications, such as aspirin, are available over the counter, but only medicine bought with a prescription will be covered and reimbursed by the Social Security.

Pharmacies are generally open Monday through Saturday from 9:00 to 19:00. Outside these hours, you must go to a pharmacy "on duty out-of-hours" («une pharmacie de garde»). You will find a list of those currently on duty posted on the doors of all pharmacies.



La joie de vivre

**TAKING ADVANTAGE OF THE
CULTURAL LIFE**

TAKING ADVANTAGE OF THE CULTURAL LIFE

Beyond the cultural activities offered by your school, cultural life is very rich in eastern Paris and is accessible to students at discounted rates.

CULTURAL ACTIVITIES IN EASTERN PARIS



TIPS

Two publications: L'Officiel des Spectacles and Pariscope, available every Wednesday, inform you of all the cultural events taking place in Paris and the suburbs during that week.

*Ce soir,
je sors!*

A few cultural centres located near UPE establishments:

THE CITÉ INTERNATIONALE:

True to the cosmopolitan vocation of «the student city», the theatre of the Cité Internationale offers theatre, dance, music, performance and circus from the whole world.
www.theatredelacite.com

THE NATIONAL THEATRE AT LA COLLINE:

A theatre dedicated to modern theatre, with a program that puts into perspective the texts of contemporary living writers with those of great playwrights.
www.colline.fr

LA FERME DU BUISSON:

is a place that offers open-air areas, theaters and concert halls, cinemas and a contemporary art center. It is a center of manufacturing and promotion of art accessible to all audiences.
www.lafermedubuisson.com

LA MAISON DES ARTS DE CRÉTEIL:

A place of generalist artistic production and dissemination especially focused on the use of digital technologies in the performing arts.
www.macreteil.com

THE MUSEUM OF CONTEMPORARY ART OF VAL-DE-MARNE – THE MAC/VAL –

The first museum to be exclusively devoted to the French art scene beginning in the 1950s; 2,000 works of art make up the permanent collection, which are presented in resonance with 3-4 temporary exhibitions per year.
www.macval.fr



THE BENEFITS OF BEING A STUDENT

Accessible to all students under 30 years of age, **the ticket office of CROUS Paris** offers special rates for high quality cultural events:

www.crous-paris.fr.

Musicians can live out their passion in the OCUP, the Orchestra and Choir of the Universities of Paris:

www.ocup.fr

Some museums are free for people under 26 years of age, and all museums offer reduced rates for students. You can also enjoy discounted prices in most theatres, cultural centres and cinemas.

The Paris National Opera offers young people it's «Pass' Jeunes» (in partnership with the Comédie-Française) and offers «last minute» seats one hour before the performance, subject to availability. More information at:
www.operadeparis.fr

THE PRESS

THE NATIONAL PRESS

Four major national dailies share the French publishing scene. You will find them priced at € 2 or less.

Le Monde **www.lemonde.fr**

Le Figaro **www.lefigaro.fr**

Libération **www.liberation.fr**

Les Échos **www.lesechos.fr**

Free newspapers are also available, distributed in the vicinity of metro and RER stations: *Metronews*, *20 Minutes*, *Direct Matin*.

THE SPECIALIZED PRESS

Many French newspapers are available in paper and electronic format. Regional press (for Ile-de-France: *Le Parisien* **www.leparisien.fr**), specialized press (economics, history, art history, international relations, music, etc..), Satirical press (*Le Canard Enchaîné*, not available online), and tabloids (*Paris Match* **www.parismatch.com**).



VOCABULARY

A newspaper published daily is a «quotidien»; weekly, a «hebdomadaire»; monthly, a «mensuel».



GOOD TO KNOW

The sale of newspapers on the street is characteristic of Paris. These news-stands are commonly called «kiosques à journaux». In other cities you will find newspapers in bookstores and newsagents («maisons de la presse»).



DISCOVERING FRANCE AND EUROPE

THE BEATING HEART OF EUROPE

The eastern Paris region is at the heart of Europe. From Paris by train, you can access:



GOOD TO KNOW

Many associations organize trips and excursions at extremely reasonable prices. For a list of certain associations, please visit this website:
www.etudiantdepartis.fr



On y va!



VISITING PLACES

TRAVELING

BY PLANE

Find *low-cost* offers on websites that carry out price comparisons, such as Liligo www.liligo.com ou Vol24 www.vol24.fr.

BY TRAIN

To travel to other cities and provinces in France, all destinations and prices are available on the SNCF website:

www.voyages-sncf.com

To discover Europe towards the east (Brussels, Amsterdam, Cologne), visit Thalys' website:

www.thalys.com

For London, check the Eurostar website:

Eurostar: www.eurostar.com

BY BUS

You can reach certain French and European cities by bus (coach).

www.idbus.com

www.eurolines.fr (nearly 30 destinations in Europe).

DRIVING IN FRANCE

You can drive in France with a permit issued in your country of origin for the duration of your studies, as long as your license is valid and it is either written in French or accompanied by an official translation. You must also have the minimum age required in France, which is 18. More information:

www.vosdroits.service-public.fr

TOURIST SITES IN THE EAST OF THE PARIS REGION

THE BANKS OF THE MARNE

The banks of the Marne river offer many walks and traditional dances in «*guinguettes*» (popular cabarets at the water's edge).

www.culture-guinguette.com

THE CASTLE OF VAUX-LE-VICOMTE

This castle, located in the department of Seine-et-Marne, dates from the 17th century. It was built for the Superintendent of King Louis XIV, Nicolas Fouquet, who appealed to the best artists of the time: the first royal architect, Louis Le Vau; the painter and founder of the Academy of Painting, Charles Le Brun; and the landscape architect of the king, André Le Nôtre.

www.vaux-le-vicomte.com

THE CASTLE OF CHAMPS-SUR-MARNE

Also located in Seine-et-Marne, this castle of the 18th century is the symbol of the «small vacation homes» of this era. It is surrounded by one of the most beautiful parks in France, which combines French and English style gardens.

champs-sur-marne.monuments-nationaux.fr

DISNEYLAND PARIS

The amusement park is accessible by train on RER line A (station «Marne-la-Vallée – Chessy»). It is only five stations away from Cité Descartes, where four institutions belonging to Université Paris-Est are located.

www.disneylandparis.fr



Balade



TIPS

SNCF offers a special card for people 18-27 years old. At a price of 50 € per year, you benefit from a 25% discount on all your travels, and up to 60% discount if you buy your ticket online well in advance:

www.sncf.com

Discover the south of France from the station Marne-la-Vallée - Chessy with a low budget using: www.ouigo.fr/



DISCOVER

The website of the Office for Tourism in France: www.tourisme.fr



Zut alors!



GOOD TO KNOW

It is advisable to keep separate a photocopy of each ID document (both sides) or, better yet, to scan them and save them in a place you can access over the internet (your e-mail, for example). In case of loss or theft, you will thus be able to recover a copy, which will facilitate the renewal process.

IN CASE OF PROBLEMS

I'VE LOST MY BANK CARD

INFORM YOUR BANK AND CANCEL IT IMMEDIATELY!

If your bank card is lost or stolen, immediately call the number provided by your bank when you opened your account.

I'VE LOST AN IDENTITY DOCUMENT

GO IMMEDIATELY TO THE NEAREST POLICE STATION TO REPORT THE LOSS OR THEFT.

You will be provided a provisional identification document allowing you to move freely. You will then need to contact your embassy.

YOU WILL FIND A LIST OF CONSULAR AUTHORITIES resented in France on the website of the Maison des Français de l'Étranger: **www.mfe.org**.

I'VE LOST MY PHONE

INFORM your telephone company so it can take the appropriate steps to protect your line.

Je reste... je pars

**RENEWING YOUR
RESIDENCE PERMIT OR
PREPARING DEPARTURE**



CONTINUING STUDIES



GOOD TO KNOW

Unlike the short-stay visa, you do not have to return to your home country in order to get a new visa. The renewal of a long-stay visa takes place in France, and results in a valid residence permit (VLSTS).



IMPORTANT

Once you obtain the multiannual stay permit, each year you will have to send proof of having passed your exams or admittance for the following year, via a registered letter with acknowledgment of receipt.

ENROL IN AN ESTABLISHMENT

Before beginning any paperwork with the French authorities, you must re-enrol in your school and receive a certificate of registration.

RENEW YOUR RESIDENCE PERMIT

When your first residence permit (VLS-TS) expires, you can get a multiannual stay permit. You need to renew your permit with the prefecture that corresponds to the department you reside in (students residing in Paris must go to the police headquarters).

This new residence permit will be detached from your passport and will be in the form of a plastic card.

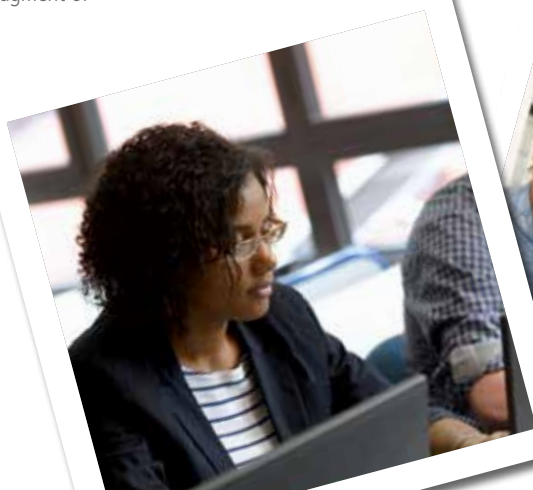
The renewal must be made within the two months before the expiration of your current residence permit. As the waiting period varies for an appointment, inform yourself well in advance.

The renewal of the residence permit is subject to verification of attendance during the past academic year: presence at exams, progress in your studies, or coherence of shifts in career orientation.

You will also need to provide proof of financial resources. If you work, this revenue is taken into account.

After verification by the prefecture, you will get a residence permit covering all of your studies, up to 4 years.

More information:
www.campusfrance.fr



I ACQUIRE FIRST EXPERIENCE AT THE END OF MY STUDIES

LEGISLATION

YOU ARE A CITIZEN OF THE EUROPEAN UNION:

You can work freely at the end of your studies.

YOU ARE NOT A CITIZEN OF THE EUROPEAN UNION,

and you hold a degree equivalent to a Master's degree (Bac +5):

– **At the end of your «student» residence permit and after you graduate**, you can apply for a temporary residence permit.

– **You are allowed to seek and take employment** for the duration of your temporary residence permit. If your employment is unrelated to your degree, you are limited to 964 hours (60% of the annual working time).

- **Once you have an employment contract that is related to your degree**, you can work full time. You must receive a wage that is at least 1.5 times the minimum wage.
- **Within 15 days following the signature of your contract**, you must apply for a temporary working residence permit at the prefecture that corresponds to your address.

More information:

www.vosdroits.service-public.fr



ORGANIZATIONS THAT ASSIST IN FINDING A JOB

The agency Pôle Emploi is the public institution in charge of employment issues in France. You will find job offers posted on its website: **www.pole-emploi.fr**

For holders of a diploma equivalent to a master degree (Bac +5), the Association for the Employment of Executives (APEC) is a private organization that can help you in your efforts (advice, support and

offers of employment):

www.apec.fr

Check with your establishment to find out what help they provide in search of employment.

Also check specialized websites and journals in your field of study.

PREPARING DEPARTURE



VOCABULARY

A registered letter with recorded delivery (LR/AR) is a service offered by post offices that serves as legal proof. It is therefore commonly used in the context of terminating a contract.



FACT SHEETS

FACT SHEET N°4

Information concerning the post office.

FACT SHEET N°5

Example of how to write an administrative letter.

GET YOUR CERTIFICATE

Consider asking the school for proof of education, your transcripts and eventually your degree certificate (diploma).

LEAVING YOUR ACCOMMODATION

IF YOU ARE IN A FURNISHED APARTMENT,
the notice period is one month.

IF YOU ARE IN AN EMPTY APARTMENT,
the period is three months.

In all cases, send a registered letter with recorded delivery to your landlord or management agency.

TERMINATE YOUR SUBSCRIPTIONS

BEFORE LEAVING, MAKE SURE YOU HAVE PERFORMED THE FOLLOWING STEPS:

To close your bank account,

you do not have a notice period to respect nor do you have to submit any justifying documentation. Send a registered letter with recorded delivery to your bank agency. Warning: if your account is overdrawn, you must correct this situation before closing your account.

If you signed-up for a monthly travel pass,

go to RATP agency to cancel your «forfait» package. If you hired a telephone and/or Internet service, inquire with your carrier on notice periods. All correspondence should be sent in the form of registered letters with recorded delivery.

You also need to terminate your insurance policies (*housing, civil liability*).

You must send a registered letter with recorded delivery to your insurance agency. Find out about notice periods, which vary between organizations.



Au plaisir de vous revoir

KEEP IN TOUCH

WITH YOUR SCHOOL

Alumni networks are present in all UPE establishments – sign-up for participation before your departure.

WITH FRANCE

The network of French institutes www.institutfrancais.com and French Alliances www.fondation-alliancefr.org allows you to keep in contact with French language and culture.

Radio France Internationale (RFI) is a French public radio which broadcasts in French in all regions of the world. TV channels France24 and TV5 Monde also broadcast abroad in French.

Reading French press is a good way to stay in touch.



Au revoir!



La vie est belle



Au boulot!

1

THE BANK



GOOD TO KNOW

There are two kinds of bank cards: a cash card only lets you withdraw money from cash machines (ATMs), while a payment card allows you to also pay for purchases at shops. Bank cards are charged. The price varies depending on the bank, costing on average between €15-40 per year. To help you compare banking services, refer to: www.comparer-les-banques.com

BANK PROCEDURES YOU SHOULD BE FAMILIAR WITH

OPENING A BANK ACCOUNT

If you own a bank account in your country of origin, inquire before leaving if your bank has a partnership with a bank in France. It will make things easier.

WHY OPEN A BANK ACCOUNT?

If you plan to reside more than three months in France, we advise you to open a bank account. Some organizations such as CAF or the public healthcare system will only reimburse you by bank transfer to an account in France. A bank account will also be useful for setting up an automated monthly payment of your transportation charges.

HOW LONG DOES IT TAKE?

You can get a bank card and a checkbook in an average of 15 days.

WHAT DOCUMENTATION IS NEEDED?

- **An identity document (ID):** a valid passport or national identity card.
- **Your residence permit,** or a receipt that demonstrates it is being processed, for non-European students.
- **Proof of accommodation:** a rent receipt, a utility bill, or a letter from the person that provides your accommodation, together with a photocopy of his or her identity card.
- **A photocopy of your student ID card.** If you have not yet received it, provide an enrolment certificate, which you can get from the enrolment office («le service de scolarité»).
- **A deposit of minimum €15** to open the account, which can be paid by travellers checks or cash.

HOW TO OPEN AN ACCOUNT

Make an appointment with a bank agent in order to sign your bank account contract (often called a «convention» in French). When making the appointment, ask for both confirmation and further details on the documentation needed to open the account. If you are missing anything, you won't be able to sign the contract and will have to make another appointment.



GLOSSARY OF BANK RELATED TERMS

«AUTORISATION DE PRÉLÈVEMENT» (DIRECT DEBIT)

Operation by which you authorize a specific person or organization to collect funds from your account, be it in one or more instances. Direct Debit is often used to pay for monthly recurring costs such as a transportation pass, insurance, etc.

«CARTE DE PAIEMENT» (DEBIT CARD OR CREDIT CARD)

A means of payment that allows the holder to make purchases and withdraw from cash machines (ATMs). There are two types of payment: immediate debit (every purchase is automatically charged from your account) and deferred debit (the total of all purchases is debited once each month).

«CARTE DE RETRAIT» (CASH CARD)

This card can only be used for withdrawing money from cash machines (ATMs) or bank counters. It cannot be used to pay for purchases.

«CHÈQUE» (CHEQUE)

A means of payment that is valid for 1 year and 8 days from the date it is signed. Beyond that period, it will be denied for payment. The check is usually used to pay a deposit, the rent or bills - in case you have chosen not to automate these payments by monthly direct debits.

«CRÉDIT» (CREDIT)

Action by which a sum of money is paid into your account. Your account is «credited».

«DÉBIT» (DEBIT)

Action by which a sum of money is deducted from your account. Your account is «charged».

«DÉCOUVERT» (OVERDRAFT)

An account is said to be «à découvert» or «débiteur» when its balance is below zero. Such an overdraft may be authorized, up to

a certain amount (on the basis of an agreement previously signed with your bank), or not authorized altogether. In either case, the customer must pay overdraft charges to the bank, which are calculated on a daily basis.

«DISTRIBUTEUR AUTOMATIQUE DE BILLETS (DAB)» (CASH MACHINE OR ATM)

Automatic machine that enables bank customers to withdraw cash from their accounts through the use of a bank card.

«INTÉRÊTS DÉBITEURS» OR «AGIOS» (OVERDRAFT CHARGES)

Interests earned by the bank on an account with a negative balance. Overdraft charges are calculated on a daily basis. Even authorized overdrafts are subject to these charges.

«OPPOSITION»

An operation performed to cancel a check or bank card, in case either goes missing. By means of an «opposition», you give your bank instructions to refuse all debit transactions.

«VIREMENT» (TRANSFER)

A means of payment by which you order your bank to credit the account of a payee. The transfer may be a one time operation or a periodic one, such as for automated monthly payment of your rent.

«RIB» (BANK ACCOUNT DETAILS)

Standing for «Relevé d'Identité Bancaire», it is a document issued by the bank that represents an «identity card» of your account. One can present it to an organization in order to set up monthly payments via Direct Debit (to pay the RATP for your «Imagine'R» travel pass, for instance) or to receive payments (from the Social Security, for example, which can pay your benefits directly into your account). A RIB is often found at the end of a checkbook or at the top of a bank statement.

HOW TO DECIPHER PROPERTY RENTAL ADVERTISEMENTS

TYPES OF HOUSING

«CHAMBRE DE BONNE» OR «STUDETE»

A room or small studio located on the top floor of a building. Make sure it has an area of at least 9 square meters in order to be eligible for housing assistance. The shower and/or toilet are usually located in the corridor and are shared with a few neighbours.

STUDIO APARTMENT

This type of dwelling only has one main room, which includes a kitchenette. Only the bathroom and toilet are separate.

F1 OR T1 APARTMENT

In this case the kitchen is separate. 'F' or 'T' followed by a number indicates the number of other rooms («pièces»). The kitchen, bathroom, toilet, entrance and hallways are not counted in the number of «pièces». For example, an F2 has a living room, one bedroom, a kitchen, a bathroom and a toilet (which might or might not be separate from the bathroom).

EMPTY ACCOMMODATION

The dwelling can be completely empty or have an equipped kitchen. Ask the landlord to specify this point.

The following resources can help you equip and furnish at a low cost:

Emmaüs:

www.emmaus-france.org ;

Le bon coin:

www.leboncoin.fr ;

Garage sales and flea markets («brocantes»):

www.vide-greniers.org

FURNISHED ACCOMMODATION

The accommodation will include a bed, a fully equipped kitchen and some other furniture. However, no legislation specifies the furniture items that are indispensable for everyday life. You will have to inquire with the owner in order to assess how well equipped it is: kitchen utensils, dishes, blankets, etc.



Mon chez-moi

TERMS YOU SHOULD KNOW

M² (SQUARE METERS)

The surface of a dwelling is expressed in square meters (m²) in France. The surface specified is often followed by the words «Loi Carrez», which is the name of the law that regulates surface measurements in France.

«LES CHARGES» (UTILITY EXPENSES)

Rent prices are indicated either as exclusive of expenses (HC or HT) or with utility charges included (CC or TCC). At the very least, the rental price covers building maintenance expenses and rental taxes. Generally, hot water is also included, but ask for confirmation. For homes with collective heating - that is to say, where heating is managed by the association of co-owners of the building - the charges that accompany your rent will be higher, but your gas or electricity bills will be lower. For homes with individual heating, you will be paying for additional gas or electricity to keep warm. An estimate of your consumption will be calculated by the electric and/or gas companies. You can expect to pay an average of €30 per month for each. Your electricity and/or gas meters will be read regularly by technicians, so as to determine your actual consumption. After a period of time, your bill will be adjusted accordingly: either you will be reimbursed, if you advanced more than your actual consumption, or you will be charged for the additional consumption.

The main gas and electricity companies in France are:

- EDF-GDF:
www.bleuciel.edf.com
- Direct-Energy:
www.direct-energie.com
- Poweo:
www.pweo.fr

«LA CAUTION» (THE SECURITY DEPOSIT)

Before taking possession of a rental property, you must pay the first month's rent, a security deposit (equivalent to one month's rent excluding charges (HC)), and a mandatory home insurance policy.

«LA TAXE D'HABITATION» (RESIDENCE TAX)

Before taking possession of a rental property, you must pay the first month's rent, a security deposit (equivalent to one month's rent excluding charges (HC)), and a mandatory home insurance policy.

«L'ÉTAT DES LIEUX» (STATE OF THE PROPERTY)

An inventory that documents the state of the property - called an «état des lieux» - must be made, both when taking possession of and when handing back rental property. The initial inventory must be made in the presence of both tenant and landlord, at the moment of handing over the keys. It consists of writing down the general condition of the apartment (cleanliness, electrical fittings, heating, walls, floors, bathrooms, toilets, faucets, etc.). Both initial and final inventories must be prepared with care. The comparison of these two documents will serve as a reference in identifying damaged items and determining responsibilities. The owner will decide on this basis whether to return all or part of your security deposit when you leave the property.

THE NOTICE PERIOD

Before leaving the property, make sure you give notice to your landlord within the time period established by law, called the «délai de préavis». The owner will be entitled to claim rent for the months due if you do not respect this notice period. The notice period is one month for furnished accommodation and three months for empty accommodation. Announce your departure by letter, which you must send by registered mail with acknowledgment of receipt (see Fact Sheet N°5).

GETTING AROUND IN THE PARIS REGION

THE REGIONAL NETWORK

The regional network of Ile-de-France offers a variety of modes of transportation. In 2013 : 5 RER commuter rail lines and 8 train lines, 16 metro lines, 6 tram lines, and nearly 1,500 bus lines, 47 of which were Noctilien night buses. This dense and well extended network will allow you to move around easily, while taking advantage of the «Imagine'R» pass

for students under 26 years old. This pass also allows you to travel throughout the entire Ile-de-France region during weekends, holidays, and school holidays (including July 1 to August 31), with no zone restrictions (the network is divided into 5 tariff zones).

Find out more on the STIF website: www.stif.info.

HOW TO TAKE THE METRO OR THE RER

METRO OU RER ?

The metro (subway) serves only central Paris and some adjacent suburban cities (Créteil, Vincennes, Montreuil, etc.). The RER network, on the other hand, provides an extensive service to the suburbs of Paris. RER trains are faster, but their stops are relatively distant from each other. Another difference is the pricing: RER ticket prices vary depending on the origin and destination of the trip, while the price for the metro is fixed.

- A station is referred to as «une station» on the metro network, whilst on the RER you will hear two terms: «gare» and «station».
- A «correspondance» is a junction between two metro lines that are accessible by corridors.

READING THE MAP

Locate your departure station and arrival station on the map. Then identify the lines that serve each and think out your route based on the available connections. Once you have visualized the route, you must remember the identifying number (for the metro) or letter (for the RER) and the terminus station of each line you must follow (which indicates the direction of travel on a given line). Each line is also identified by a colour, which is easier to spot from a distance.

BUYING TICKETS

You can buy a ticket for the metro or the RER at station counters or ticket machines. Buying 10 tickets at once gives you a discount over single tickets. A «carnet» of 10 metro

tickets costs €13.70, while a single ticket is €1.70. If bought onboard a bus, a ticket costs €2 and does not allow connections. Prices for RER trips vary depending on the distance travelled, but the rule is the same: buy 10 tickets and you will save money.

KEEP RIGHT

A rule specific to metro and RER corridors: if you do not wish to walk on an escalator or moving walkway, keep to the right. Otherwise, you will be reminded by hurried travellers.

ALTERNATIVE MODES OF TRANSPORT

VÉLIB'

Vélib' is a self-service bicycle rental system that is easy to use. It is available 24 hours a day, 7 days a week. The first half hour is free and additional time will be charged. Stations are concentrated in Paris and its nearby suburbs.

www.velib.paris.fr

AUTOLIB'

Autolib' is a self-service electric car rental system. You can take a car at one station and return it at another. It is available 24 hours a day, 7 days a week. The rental rate decreases with time. Stations are concentrated in Paris and its nearby suburbs. This service is accessible to students with a foreign driving license.

www.paris.fr/autolib

CARPOOLING

«Covoiturage», as it is known in French, is the organized joint use of a vehicle between individuals, with the aim of sharing the cost of travel (and reducing its energy footprint at the same time). Even though carpooling is based on a principle of collaborative self-organization, well structured tools are offered by specialized websites:

www.covoiturage.fr

www.123envoiture.com



À bicyclette!

UNDERSTANDING FRENCH PUBLIC ADMINISTRATION

THE ADMINISTRATIVE ORGANIZATION OF FRANCE

The French territory is divided into four administrative levels:

communes (municipalities), intercommunalities (intermunicipal consortia), departments and regions. The department is the level you will hear most often when carrying out administrative procedures. The part of France located in Europe (termed «France métropolitaine») consists of 95 departments, numbered 1-95. The city of Paris is a full department in its own right, identified by the number 75. The Ile-de-France region is made up of Paris and seven other departments around it, some being closer to the capital than others. One speaks therefore of a small ring («petite couronne») and a large ring («grande couronne»), each concentrically further away from Paris.

DEPARTMENTS OF THE PETITE COURONNE (SMALL RING):

92 : Hauts-de-Seine
93 : Seine-Saint-Denis
94 : Val-de-Marne

DEPARTMENTS OF THE GRANDE COURONNE (LARGE RING):

77 : Seine-et-Marne
78 : Yvelines
91 : Essonne
95 : Val-d'Oise

The CAF, the Assurance Maladie (public health insurance), and the processing of visa and residence permits are all departmental services, meaning they are managed at the department level. You'll have to go to the prefecture of the department you reside in to consult these services. The establishments that partner in this guide are located within the Ile-de-France region and in four different departments: Paris (75), Val-de-Marne (94), Seine-et-Marne (77) and Seine-Saint-Denis (93).

THE POST OFFICE («LA POSTE»)

Stamps can be bought at post offices, which are generally open Monday to Friday from 8:00 to 19:00 and Saturday from 8:00 to 12:00, or at tobacco shops. They can be bought individually (at La Poste) or by groups of 10 (at La Post and tobacco shops).

The price varies depending on the weight being sent and the type of delivery requested

(there are different tracking levels).

For a standard letter weighing less than 20 grams, a delivery within France will cost you € 0.61; within Europe, € 0.83; and elsewhere in the world, € 0.98.

– **Find more price information at:** www.laposte.fr (under «Particulier» > «Envoyer et recevoir du courrier ou un colis»).

HOW TO WRITE A FORMAL ADMINISTRATIVE LETTER

You will have to write a number of formal letters during your stay in France. We here offer an example of the type of presentation and language you should use. You can adapt it to each particular situation. Letters of complaint or contract termination must be sent via recorded delivery («lettre recommandée avec accusé de réception (LR/AR)»).

Your identity

[Madame/Monsieur [name + surname]]

[Address]

[Phone number]

[e-mail address]

Person or organization to whom you write

[Name]

[Address]

à [Location], le [date as DD/MM/YYYY]

Objet : [specify the purpose of your letter: subscription termination, lease contract, etc.]

Madame, Monsieur,

Je soussigné(e) [your name + surname], vous informe par la présente vouloir [purpose of the letter] à compter du [specify the date upon which you wish it to come into effect].

Je me tiens à votre disposition pour tout complément d'information et je vous prie de croire, Madame, Monsieur, en l'expression de mes sincères salutations.

[Signature]



Accusé réception

SMALL THINGS WORTH KNOWING

DRINKING COFFEE

If you order a coffee, you will automatically be served an «expresso». If you want a large cup of coffee, order an «allongé». If, on the contrary, you would like stronger coffee, order a «café serré». A «noisette» (literally meaning 'hazelnut') is an expresso with just a drop of milk (equivalent to the Italian macchiato). A «café crème» or «café au lait» is a latte (large cup). A «déca» or «décaféiné» is coffee without caffeine.

TO TIP OR NOT TO TIP?

Tipping is not required. The service is included in the posted price. Nevertheless, tips are always appreciated!

LAWS ON TOBACCO AND ALCOHOL

It is forbidden to smoke in public places. This prohibition thus applies to academic buildings; restaurants and cafes, with the exception of terraces (some terraces are sheltered in winter and remain accessible to smokers); metro and RER stations; etc.

It is forbidden to drive with a blood alcohol content over the legal limit. The blood alcohol level is measured in grams of alcohol per litre of blood or milligrams per litre of exhaled air. The legal limit is 0.5 grams per litre of blood, or 0.25 mg per litre of exhaled air, which corresponds to two drinks served in a bar. It is also illegal to be drunk in public spaces.

LAUNDERETTES

If you are lodged at a university residence, you will usually find it equipped with washing machines for collective use. Few studios are equipped with a washing machine. You will find self-service launderettes more or less close to your accommodation. Prices vary, but expect to pay on average € 3.50 for a washing machine and € 0.50 per 30 minutes of a drying machine.



*Un café
s'il vous plaît*

HOLIDAYS IN FRANCE

January 1st: New Year's Day («Jour de l'an» or «Nouvel an»).

Easter Monday: set according to the lunar calendar, the date is variable and corresponds to the day after Easter («Pâques»), the first Sunday after the first full moon of spring.

May 1st: Labour Day (fête du Travail). It is the only mandatory non-working day for employees (except for employees of a public service that cannot be interrupted (health, transport, etc.)).

May 8th: End of the Second World War.

Ascension Thursday: 40 days after Easter.

Whit Monday: 50 days after Easter.

July 14th: National Day of France.

August 15th: Assumption of Mary.

November 1st: All Saints («la Toussaint»).

November 11th:
Armistice of 1918, end of the First World War.

December 25th: Christmas («Noël»).

EMERGENCY NUMBERS

There are five emergency numbers worth saving on your phone:

INFORMATION: 118-000

POMPIERS: 18 (FIRE-FIGHTERS)

SAMU: 15 (EMERGENCY MEDICAL ATTENTION)

POLICE: 17

EUROPEAN EMERGENCY NUMBER: 112

A SMALL LIST OF ACRONYMS

ALE: Aide au Logement Étudiant (student housing assistance)

APL: Aide Personnalisée au Logement (individualized housing assistance)

CAF: Caisse d'Allocations Familiales (family assistance fund)

CHU: centre hospitalier universitaire (university hospital)

CPAM: Caisse Primaire d'Assurance Maladie (primary public health insurance fund)

CROUS: Centre Régional des Oeuvres Universitaires et Scolaires (regional centre for university and school works)

OFII: Office Français de l'Immigration et de l'Insertion (French Office for Immigration and Integration)

RATP: Régie Autonome des Transports Parisiens (regional transportation consortium of Paris)

RC: responsabilité civile (civil liability)

RER: Réseau Express Régional (regional commuter rail network)

RIB: Relevé d'Identité Bancaire (bank account details)

SMIC: Salaire Minimum Interprofessionnel de Croissance (minimum wage)

SNCF: Société Nationale de Chemins de Fer (National Railway Company)

TGV: Train à Grande Vitesse (high-speed train)

UE: Union Européenne (European Union)

HIGHER EDUCATION

BU: bibliothèque universitaire (university library)

DEL/DALF: Diplôme d'Études en Langue Française / Diplôme Approfondi en Langue Française (official intermediate/advanced level French language diplomas)

ECTS: European Credit Transfer System

FLE: Français Langue Étrangère (French as a foreign language)

RU: Restaurant Universitaire (university restaurant)

TCF: Test de Connaissance du Français (a French language test)

TOEFL: Test of English as a Foreign Language

TOEIC: Test of English for International Communication

CRÉTEIL



Located south-east of Paris, within the Val de Marne department (county), the city of Créteil offers a good quality environment and is home to the main campus of the Université Paris-Est Créteil (UPEC). The Maison des Langues et des Relations Internationales offers French language courses and other services for international students.

GETTING THERE:

The campus of Créteil, located 30 minutes from the centre of Paris, can be reached by metro. Line 8 takes you to three nearby stations: «Créteil-l'Échat», «Créteil-Université» and «Créteil-Pointe du Lac». The Trans-Val-de-Marne (TVM) bus service also takes you to «Créteil-Université».

For public transport routes and timetables, visit: www.stif.info

ACCOMMODATION

Students on exchange programmes can find reserved accommodation at the Cité Internationale Universitaire de Paris (CIUP) and other university campuses. For further information, contact: relint@u-pec.fr.

Other students can contact the housing office of the Vie de Campus service to find offers for accommodation (homestays, accommodation in exchange for services, flat-sharing, and individual studios or apartments): logement@u-pec.fr

7 RÉSIDENCES UNIVERSITAIRES SUR LE CAMPUS :

2 residences managed by the CROUS:
www.crous-creteil.fr
and 5 private residences:
find all addresses at
www.adele.org

WHERE TO EAT

The Créteil campus offers a wide range of catering choices at all teaching locations. Find more information at www.crous-creteil.fr

BANKS

Many banks are located near campus. Here are three examples:

CAISSE D'ÉPARGNE
Agence Créteil Soleil
Avenue du Général-de-Gaulle
www.caisse-epargne.fr

BNP PARIBAS
Agence Créteil l'Échat
Avenue du Général-de-Gaulle
agences.bnpparibas.net

LCL
Agence centre commercial régional
Avenue du Général-de-Gaulle
www.lcl.fr



GOOD TO KNOW

The student association **French Life in Paris (FLIP)**, specialising in providing hospitality, advice and guidance for foreign UPEC students, has a partnership agreement with a specific bank branch. For more information, contact: frenchlifeinparis@gmail.com

ADMINISTRATIVE SERVICES

POST OFFICE

Address: La Poste
Créteil Palais – 2, allée
Parmentier, Créteil.

Opening hours: Monday
to Friday: 8:30-19:00
Saturday: 8:30-12:30

CITY COUNCIL

Office near campus:
le Relais – mairie du Palais
(allée Parmentier, Créteil).

Opening hours:
Monday to Friday: 8:30-17:00
(until 19:00 on Wednesday)
Saturday: 9:30-11:30
For more details, visit:
www.ville-creteil.fr

PREFECTURE OF VAL-DE-MARNE

Address: 21-29 ter, avenue du
Général-de-Gaulle, Créteil.

Opening hours:
Monday to Friday: 9:00-16:00
Be attentive: some services
have more limited times.
For more information:
www.val-de-marne.gouv.fr

HEALTHCARE

International students
enrolled at UPEC can
benefit from the RÉSUS
university healthcare
network, launched in 2012.

RÉSUS OFFERS:

- Simplified access to a
nearby general practitioner.
- A consultation charge
of € 6.90 maximum.
- Good quality medical
follow-ups and referrals to

specialists when needed.
- Access to medical care after
20:00 and on weekends.
Find further information
about the RÉSUS network
at: www.u-pec.fr

STUDENT LIFE

LIBRARIES

UPEC provides a network of
libraries and documentation
centres grouped into a
common documentation
service (SCD). This SCD brings
together the whole of the
documentary resources and
services of the university.
Learn all about the
university's libraries:
bibliotheque.u-pec.fr

The City of Créteil also
provides a network of 14
reading centres. To find out
more, visit:
www.lecturepublique94.net

LA MAISON DES ARTS DE CRÉTEIL (MAC)

Located in the heart of
the city, the Maison des
Arts de Créteil (MAC) is a
place for the production
and dissemination of
multidisciplinary and
generalist arts (theater,
dance, concerts, comedy,
exhibitions, festivals, etc.).

Check-out its event
programme:
www.macreteil.com

CINEMA

Two cinemas run by associations:

La lucarne :
www.mjccreteil.com et
Les Cinémas du Palais-
Armand-Badéyan :
www.lepalais.com

One commercial cinema:
UGC Ciné Cité Créteil,
located at the entrance to
the Créteil Soleil shopping
centre: www.ugc.fr

SPORTS

UPEC offers a wide range of
sporting activities. Visit its
website for details:
www.u-pec.fr

Find out about the sports
facilities of the City of Créteil
at: www.ville-creteil.fr/les-equipements-et-les-installations-sportives

SÉNART & FONTAINEBLEAU

The Université Paris-Est Créteil (UPEC) receives more than 3,000 students on its sites at Sénart and Fontainebleau, including over 200 international students. Comfortable and modern facilities, fitted with advanced teaching equipment, provide students with favourable study conditions.



GETTING THERE:

The Sénart campus is located within the municipality of Lieusaint, 45 minutes from the heart of Paris on RER line D (station Lieusaint-Moissy). The T-Zen bus also reaches the campus.

The Fontainebleau site is accessible by rail: take the TER train from "Gare de Lyon" station, get off at Fontainebleau-Avon, and then take bus line A until "Les Lilas".

For public transport routes and timetables, visit: www.stif.info et www.transilien.com

To get around using carpooling, refer to **Fact Sheet N°3**.

ACCOMODATION

NEARLY 250 PLACES IN UNIVERSITY RESIDENCES

are offered at Sénart and Fontainebleau.

The allocation of housing in university residences is managed by the Scolarité and Vie Étudiante services.

For assistance in searching for housing, contact the housing service of Vie de Campus: logement@u-pec.fr

WHERE TO EAT

Restaurant l'Arlequin,
Avenue Pierre-Point
77127 Lieusaint
(Sénart campus)

Restaurant de l'IUT :
Route de Hurtault,
77300 Fontainebleau

BANKS

Sénart campus:

Bank branches are found at Lieusaint, Moissy Cramayel and the Carré Sénart shopping centre.

BNP

96 rue de Paris, Lieusaint.

CAISSE D'ÉPARGNE

Carré Sénart shopping centre

CIC

90, av. Philippe-Bur, Moissy.

CRÉDIT AGRICOLE

73, av. Philippe-Bur, Moissy.

LCL

Centre com. Carré Sénart.

SOCIÉTÉ GÉNÉRALE

4, av. Philippe-Bur, Moissy.

Fontainebleau campus:

BNP

156, rue Grande.

CAISSE D'ÉPARGNE

102, rue Grande.

CIC

8, place de la République.

CRÉDIT AGRICOLE

20, rue du Château.

LCL

85, rue Grande.

BRED

16, rue Grande.

ADMINISTRATIVE SERVICES

POST OFFICES

Sénart: rue de la Motte à Moissy-Cramayel (10 minute walk from campus)

Fontainebleau: 2, rue de la Chancellerie (15 minute walk from campus).

CITY COUNCILS

Sénart: 50, rue de Paris, Lieusaint

Opening hours:

Monday and Wednesday to Friday: 9:00-12:00 and 14:00-18:00
Tuesday: 14:00-18:00
Saturday: 9:00-12:00

Fontainebleau: 40 rue Grande, Fontainebleau

Opening hours:

Monday: 13:30-17:30
Tuesday to Friday: 8:30-12:15 and 13:30-17:30
Saturday: 9:00-12:00

PREFECTURE OF SEINE-ET-MARNE

Address: 12, rue des Saints-Pères, 77000 Melun.

Opening hours:

only 9:00-12:00 on Monday, Tuesday, Thursday and Friday.

Be attentive: some services have more limited schedules. For further details, visit: www.seine-et-marne.gouv.fr

Note: Before going to the prefecture, inquire with the "Vie de Campus" or "Vie Etudiante" service on visa application and renewal procedures.

HEALTHCARE

On duty medical personnel are available for health tips, etc. **At Sénart**, a nurse is present Monday to Thursday from 8:30 to 17:00.

At Fontainebleau, a nurse is present every Friday.

To benefit also from the university's service of preventive healthcare and health promotion, make use of **Créteil's RÉSUS network**.

STUDENT LIFE

Student associations at Sénart and Fontainebleau contribute to create a convivial atmosphere that enables intercultural exchanges: evenings, workshops, clubs, organized weekend outings in Europe, ski trips, humanitarian projects, student jobs, etc.

LIBRARIES

A university library is available at each site.

Find out more at:

Sénart: www.senart.com
Fontainebleau: www.fontainebleau.fr

ARTS

Cultural centres, cinemas, and music venues. A good quality program of cultural activities that are open to all can be checked on the following websites:
Sénart:

www.senart.com
Fontainebleau: www.fontainebleau.fr

SPORTS

For information on the sports that can be practiced nearby the IUT, visit: www.senart.com et www.fontainebleau.fr

OUTDOORS

Both sites are located near beautiful forests.

Sénart National Forest is one of the oldest forests in France and an ideal place for outdoor sports and activities.

The forest of

Fontainebleau is

particularly famous for its rock formations, which make it a place that cannot be overlooked by climbers.



More information:

www.univ-paris-est.fr



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