

Prepare and make a success of your life
and of your studies in France



I arrive in France !

The guide 2010

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You intend to pursue your studies on the French territory? Then do not hesitate any more...

To leave abroad is an outstanding adventure : it is to decide to live new experiences to make new meetings and to enrich his universe, but it is not an easy thing. To help you to understand better and to integrate you into the " French-style " lifestyle, the **SMENO**, student Social Security for 36 years, drives you in the steps to be followed. This guide addresses all the foreign students who wish to study in France. The **SMENO** accompanies you and answers to all the questions that you settle on the preparation of your journey.

Do not hesitate to be connected on the [www.smeno.com / etudiants / foreign-students.html](http://www.smeno.com/etudiants/foreign-students.html) or [http:// www.poleuniv-lille-npdc.fr / n_etudiant / index.html](http://www.poleuniv-lille-npdc.fr/n_etudiant/index.html).

Beyond this guide, all the SMENO is happy to welcome you very soon and wishes you a good university success.

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How to register in higher education ?

Which beautiful ambition that to want to pursue his studies abroad in a country rich in cultures such as France. Your choice requires to be motivated and to make the good decisions beforehand.

The ideal sector

The short sector

The BTS (Certificate of Techicien Supérieur)

Present in numerous sectors (commercial, management, industrialist, communication, social), it is about a diploma obtained over 2 years in one establishments of school type. His purpose is to obtain an employment, however it is still possible to make a footbridge towards a university programme or a specialized school.

In particular since 1999 when, in the objective to align itself with the European standards, the third year of professional said license was created in numerous domains.

The DUT (diploma taken after two years at an institute of technology)

As the BTS, the DUT is made over 2 years and allows in particular to reach the world of the work. The difference is on the place of study because the DUT does not get ready in a high school but in an IUT(University Institute Of Technology).

The long sector

Within the framework of the European harmonization of the programme of higher education, the French university programme gets organized henceforth around 3 diplomas : The license, the Master's degree and the doctorate. The objective is to standardize the recognition of diplomas on the European territory.

Program is therefore the following :

Diploma	Duration of study	Level of study	Number of credits ECTS * to be acquired
License	3 years after the High school diploma	High school diploma +3	180
Master's degree	2 years after License	High school diploma +5	120
Doctorate	3 years after Master's degree	High school diploma +8	Soutenance of thesis

* Currency of the higher education. Allow to validate the educations which you followed in France and abroad. Their value is the same in all European universities. A half-year is equal to 60 credits

The private schools and specialized

There are numerous kinds there giving trainings in various domains. You will be able to find information on different types of training on the site of ONISEP. Finally, every school having its own mode of functioning we advise you to get closer to them to inform you.

Being directly managed by these establishments, the sum of inscription as well as school fees can prove to be well brought up.

The inscription

The inscription administrative

Withdrawal of the file is made in general at the beginning of September. The deposit of the file and the payment of school fees depend on every establishment. An attestation will be delayed to you allowing you to acquire a title of stay.

Bring closer you to the establishment which receives you for documents to be provided for administrative inscription.

Pedagogic inscription

This final inscription is made in the office of the Unit of Training and in Research (UFR) responsible for the programme and allows to the student to choose its subjects and its options.

The procedures of inscription being different for every establishments, it is advised to the students to inquire about the dates and the formalities to be respected.

Obtain a stock exchange

There are 3 types of grants which the foreign students can have :

- **Grants emanating from the government of your country of origin.** For it, consult the organism of State loaded with grants.
- **Grants distributed by the French government.** For it, consult Cultural Service only and of Collaboration of the Embassy of France in your country
www.diplomatie.gouv.fr/fr/services-formulaires_831/espace-etudiants_12793/etudier-france_12794/index.html
The French government allocates every year a certain number of grants which are, helps to training are, helps to jobs performed in France by foreign researchers.
The beneficiaries are indicated by the cultural services of the embassies of France. The choice is made according to definite plans which integrate with programs of collaboration, established according to governmental preferences and on decision of coeducational commissions.
- **Grants granted by international organizations or of governmental organizations** (foundations and associations)
:
Consult the guide published by the UNESCO " Study abroad ". <http://publishing.unesco.org> but also the Website concerning the helps of foundations www.fondations.org. To note that steps to apply his candidacy and acquire a grant of studies must be undertaken at least one year before departure. It is of course impossible to hold concurrently two grants allocated by the same institution or two linked institutions.

The management of the foreign scholarship recipients

THE AEGIS and the CNOUSS (present through the CROUS) received for mission privilégiée to manage stock exchanges attributed by the Ministry of Foreign Affairs to students as well as those of foreign States or international organisms having crossed a convention with France.

School fees

To register in the university, the sum of expenses is assessed on national plan every year (on 2008: from 173,57 euro according to levels).

The scholarship holders of the French State are paid off of this right of schooling.

Establishments public or deprived with specific character assess their school fees.

Useful addresses :

French organisms which manage the grants of the foreign students :

www.egide.asso.fr/fr/services

www.cnous.fr

www.egide.asso.fr

French state education

For more precision on the access to higher education:

<http://www.enseignementsuprecherche.gouv.fr/pid20112/enseignement-superieur.html>

ONISEP

National service of information on educations and occupations:

www.onisep.fr



How to acquire a title of stay ?

Congratulations, you accepted an answer favourable to your inscription in the upper study. It is now necessary to you to make the steps which will allow you to obtain a visa of studies in France.

The VISA

He is compulsory to obtain a visa to circulate in the Schengen area, only the re-releasing students of the countries of the European Union and the European Association (Germany, Austria, Belgium, Bulgaria, Cyprus, Denmark, Spain, Estonia, Finland, France, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Poland, Portugal, Republic Czech, Romania, the United Kingdom, Slovakia, Slovenia, Sweden) de free exchange (Iceland, Liechtenstein, Norway and Switzerland) en are dispensed.

Visas of long stays

All European students (that is to say not nationals of the 27 countries of the EU, the EFTA, Andorra, Monaco, Switzerland, San-Marín and Vatican City) have to acquire a visa of long stay carrying mention "students " to follow their studies in France when envisaged stay is superior of 6 months.

The foreign students (except nationals of the Union European) being in France more than 3 months have to obtain a title of student stay, different from the visa, in two months following their arrival in France.

Visas of short stays and competition

When the stay of study is inferior of 6 months, it is issued a visa of temporary stay " student ".

You must know that this visa can never be extended or transformed into visa of long "student" stay.

A particular visa (the visa " student-competition ") is granted for the stays of 90 days at most, for the passage of a competition or an examination for example. In case of success and of definitive admission in the concerned establishment, the student receives the student visa of long stay without having to return in his country of origin. The visa " student-competition " can be granted when a preliminary and complementary training formation is necessary to obtain the definitive inscription within the establishment.

To acquire a visa, the interlocutor is the Consulate of France of your place of residence, or the service of the visas of the embassy of France.

Documents to be supplied for the obtaining of a visa :

- **A passport.** The duration of validity of the passport has to correspond to the duration of the wanted visa.
- **A documentary evidence of inscription** (positive answer to a request of admission, certificate of preinscription in one establishments...). The document has to be to specify the level of studies and the chosen sector. In the case of a private institution, the certificate has to indicate the number of periods and guarantee that the expenses of inscription were entirely paid.
- **The justification of a minimum of resources.** The amount is 460 euro a month of effective stay. For the scholarship holders: a certificate specifying the amount and the duration of the stock exchange, on paper header of the body which grants him. The minors (less than 18 years) have to supply an authorization of the person or the persons invested with the parental authority.
- **Compulsory vaccinations.** In certain cases, the consulate can require a proof of vaccination (yellow fever, cholera...) the visa when the sanitary situation of the country of departure justifies him.

For more information : www.campusfrance.org

The resident's permit

The students coming for a stay of more than 3 months in France have to apply at their arrival, of a temporary resident's permit carrying " studying " mention. This card is given on the condition of detaining a visa long stay (except exception) and of a rather sufficient existence. The card is to be asked the prefecture of the city of reception and is renewable one year. The procedure of getting can take from 4 to 6 weeks.

For more information : <http://vosdroits.service-public.fr/particuliers/F2231.xhtml>

Set-up fees

The picture below indicates price lists in euro of the main categories of set-up fees since October 1st, 2003. Set-up fees are generally payable in local currency.

Category of visa	Set-up fees (Euro)
Airport transit visa or visa of entrance and of short stay (less than 90 days) valid for France and, except mention on the label aimed, for the Schengen area	60 €
Visa of entrance and of long stay (more than 90 days) valid for France (without territorial distinction) Visa of long stay (more than 90 days)	99 €

Reduced rate : Expenses of files of the nationals of certain countries can be fixed to 35 euro for the visas of entrance and short stay. Available information to the embassy to your country of origin.

Documents necessary to take

Students Erasmus nationals of the European Union :

- A passport of current validity or an ID card,
- A certificate of mobility Erasmus of the university of origin,
- The student card of the university of origin,
- The European card of health,
- A documentary evidence of grant of agility,
- Photographs of identity

For all the others :

- A passport of current validity,
- A visa,
- Diplomas (originals),
- The detailed statement of notes obtained by material in the course of last two years from studies,
- The certificate of preliminary admission of your university,
- An insurance certificate,
- A birth certificate (translated into French and certified precise),
- A certificate of resources,
- A certificate of vaccinations or child's health record,
- Photographs of identity
- (A wedding certificate).



How to manage his budget students ?

Finally, your ambitions se makes concrete. It is now necessary to know the advantages for the students, to indicate the mode of financing of the stay and to establish a budget of the resources as well as an estimation of needs.

The French currency

Since 2000, the French currency is the euro. There are 8 kinds of rooms (from 1 cent to 2 euro) and 7 kinds of tickets (from 5 euro to 500 euro).

This currency is common for the moment to 16 countries (Germany, Austria, Spain, Belgium, Finland, France, Greece, Ireland, Italy, Luxembourg, Netherlands, Portugal, Slovakia, Slovenia, Cyprus and Malta).

Comparative indication in January, 2009 :

For	Value	Currency
1 euro	1,34104	Dollars of USAS: \$
1 euro	126,369	Japanese Yens: ¥
1 euro	0,920111	Pound sterling GB:£

The advantages of the student

In France, the student holds a preferential status.

Concerning certain purchases, modes of restoration or still places of entertainment, there is an advantageous pricing or a studying special formula. Then do not hesitate to come as student. You will have so a chance to acquire advantages.

Besides these advantages, SMENO offers you membership to its club and so to take of advantages from 5 to 40 % of reduction at more than 300 partners in at one's pleasure, sports, exits, mode (hairstyle, jewelry), restos, décors, driving schools, property agencies, opticians, musics, photographs, videos... listed in the **guide of good plans**.

Resources / Spending

Before leaving, it is necessary to determine the mode of financing of its studies and to establish a budget according to the real resources and to the cost of living in France. This financing can be assured by :

- a personal investment,
- a grant,
- a loan.

To foresee his budget

To live correctly, a student has to have in France of a sum included between 700 and 800 euro a month. This sum represents the spending of accommodation, food, health, exits, and leisure activities, etc. She can be diminished according to helps acquired by the student.

A minimum of resources is asked to the foreign student. The prefecture demands a minimal 426-euro income of every student a month to issue the resident's permit. Here is for information only, what you must envisage :

- Rent : 250 - 300 €
- food 220 €
- transport : 25 in 30 €
- university stationery : 30 €
- culture: 35 €
- leisure activities: 30 €
- personal spending : 35 €
- mobile phone: 30 €
- TOTAL = from 655 to 710 €**

Attention ! The first month is much more expensive! You have to plan budget of 1877 € according to the following detail :

- store of guarantee for an accommodation : 550 €
- insurance accommodation from 12 €
- freshly of dinscription in the university : count the very least 200 €. Sum varies from a university to other one (the nationals of a country of the European Union are exempted) there
- affiliation to Security Social
- membership to the Student Social Security : 195 € a year (year 08/09)
- membership to a mutual student : from 90 € a year
- opening of the telephone line: 35 €



Prepare your budget

With the aid of this picture, SMENO you offers to prepare the budget necessary for you help in the student life in France. This picture will also help you to follow the evolution of your recipes and of your expenses to avoid you any difficulties.

Recipes	Value
Help of the parents	
Stock exchanges	
Housing benefit	
Salaire	
Total of Recipes	

Spending	Value
Inscription	
Expenses of inscription *	
Social Security student *	
Supplementary mutual *	
Accommodation	
Bail *	
Expenses of agency *	
Rent + load	
House insurance	
Electricity and gas	
Tax of house *	
Transport	
Subscription bus / subway	
Gasoline	
Insurance	
Others	
Expenses common	
Feeding	
Sports / exits	
Total of Recipes	

Notes

* Once in the year



How to manage his expenses of health ?

Nobody is shielded from small marigolds of health. In France, the social coverage is compulsory for all. Being student, you are in the obligation to be affiliated to a student Social Security. The complementary mutual is not obligatory but is deeply recommended to be reimbursed in 100 % of your expenses.

The student Social Security

It is organism which is going to take charge of the refund of your expenses of health (doctor, treatment, hospitalization..) at a height varying between 35 and 70 % of the expenses.

The membership is made during the university administrative inscription and its payment, revalued every year, is about 195 euro (scholarship holders of the French government exempted from this contribution).

Conditions of membership

- Be registered in an upper establishment affiliated to the Social Security
- Be less than 28 years old on October 1st of the academic year
- Possess a title of stay

The Social Security pays off the foreign students of their expenses of health.

When they study in France, the students of the EU are flatware by the Social Security of their country of origin ;
The students of the other countries have to join the French student Social Security to benefit from the same protection as the French students.

Payment and refund : instructions for use

The automatic transfer

Medical claim form to sent in a the Social security which takes responsibility for banking transfer.

The social-security card

Transmission of the leaf of care a the Social security by smart card.

third-party payer

By benefiting from third-party payer, you regulate, at the professionals of health, that the part not taken care by the Social security.

The complementary mutual

For the students

The Social Security paying off only partially your dépenses, you have the possibility of adhering to a complementary mutual for be better paid off.

The SMENO proposes a true choice of complementary mutual adapted in all from 7,50 € a month.

The help to the mutualisation

The check health

This check opens to a reduction on your contribution to your organism of complementary protection. The annual sum of the check health is a 100 € for the least 25 years and 200 € for the most 25 years.

This help concerns the persons whose resources are weak, between 620,58 € and 744,67 € a month for a single person (on 23/09/2008).

The formulary of help for complementary health is made either via the same formulary as the formulary of complementary CMU, or via the formulary " help for complementary health " download on ameli.fr or smeno.com.

Thanks to the check health, by choosing guarantee M in 90 euro, your mutual SMENO is free.

For to adhere a mutual complementary, you have to supply :

- A number of Social Security
- A bank details
- Particulars of one's bank account



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The CMU

Because certain persons cannot buy themselves a complementary mutual for to be paid off in 100 %, the French government set up the complementary Universal healthcare coverage.

The request is directly made with your Social Security and for to be entitled to it, it is necessary to live in France since 3 months minimum, be less than 28 years old and do not exceed certain income estimated according to your needs.

To study the request of complementary CMU, you have to supply :

- Any rooms to justifying your address in France
- Number of the beneficiary CAF
- Photocopy of resident's permit, identity card, passport and family record book
- Certificate of Social Security

Every beneficiary of the complementary CMU thus chooses a complementary body as the mutual students who will see it self in charge of managing your cover.

For To know all the modalities of obtaining of the complementary CMU, address you the primary box of health insurance of your place of studies or consult the site www.ameli.fr

The insurance repatriation

The cost of a repatriation being very high, You have the possibility of signing to an individual contract of insurance repatriation allowing you to be taken care in case of grave problem requiring a repatriation.

The SIUMPPS

The Inter-academic service of Preventive medicine and de Pomotion of the health present in your upper establishment allows you to benefit, throughout the year, of personnalissée medical examination, of preventive campaign and reception health of the students arriving in France.

For any information concerning the SIUMPPS, consult the site of your campus.

Useful addresses :

Security Social and mutual of the students of the northwest

www.smeno.com

www.student-insurance-smeno.com

Primary case of health insurance

www.ameli.fr



How to find a accommodation ?

This comeback will be synonym of autonomy and independence. It will thus be necessary for you to find the ideal accommodation to succeed in the best of conditions.

First of all, it seems important to choose well a sector according to your personal criteria (nearness of transport and establishments of educations, wantonness of the parking, budget, favourite...)

Once these various made choices, several possibilities are put at the disposal of the students.

The various types of accommodation

Halls of residence

They offer various forms of accommodation which go of the chamber of 9 m² to the studio, to see in T2. They are managed by the CROUS (University and school Regional Center) and are exclusively reserved for the students registered in an upper educational establishment. The admission varies according to the accommodation facilities and the students possessing a stock exchange are priority.

For example, the monthly average price of a chamber 1 person in hall of residence for year 2008-2009 varies between 98 and 169 euro.

Your request of admission in hall of residence must be formulated by Internet on www.crous.fr in the column International (file to downloaded and to printed), your complete file has to reach the CROUS before September 30th of the current year.

The CROUS

The CROUS also offers other possibilities to the students to find a accommodation. Indeed, lists of **housing in HLM** (council house) or of approved **homes remain** at the disposition of the students. The prices vary from 150 to 250 euro for the accommodation HLM and from 310 to 500 euro a month for foyers approve. Accommodation HLM are situated, most of the time, in suburb and are generally intended for the persons with low income.

The tenancy

She is made more and more often by real estate agencies to act as intermediary between the owner and the tenant. She requires numerous guarantees and expenses :

- Service charges (Electricity, waters and heating are the main clauses)
- Depot of guarantee (Taken and restored at the end of lease except in case of not – payment)
- Bail of a third (Commitment written to regulate the rents which you could not pay)
- Agency expenses (Approximately 1 month of rent)
- Expenses of bailiff (concerning the inventory of fixtures before tenancy)
- Local levies or taxes of house (vary according to year and the region, enquire in the centre of the levies of your city of reception)

The price of the tenancy of a room at an individual varies between 230 and 305 euro a month and from 380 to 535 euro a month for the tenancy of a studio. Here still, the CROUS intervenes and put in contact students in search one's accommodation with owners of chambers, studios and apartment. The file is regularly updated and the CROUSS offers to the students of numerous legal advice on the tenancy.

The tenancy can sometimes reserve some bad surprises, it is thus necessary to know the conditions and the exact modalities of the contract :

- Verify loads included in the rent, for to avoid supplementary loads which would be no included (caretaking, maintenance...).
- Often only the electricity and the heating are not included.
- The fence of the contract by the tenant is made by simple registered letter with acknowledgement of receipt and give to the owner an notice from 1 to 3 months.
- The fence of the contract by the owner can be made only when the lease arrives at its term and what there are the same conditions of notice as for the tenant.

The collocation

The collocation is topical.

The distribution of domestic tasks, expenses but also parties between friends provoke of the interest at the students, however you should not forget that every tenant is responsible for the rent in case of desertion of one of them, that requires a serene agreement between these last ones.

Of numerous sites such as www.appartager.com or www.colocation.fr propose offers of collocation.

Besides CROUS (university halls and classified ads), other pistes are possible on the net: petites annonces (entrepaticuliers.com, paruvendu.fr, petites-annonces.fr), agencies (fnaim.fr, seloger.com, 123immo.com, or others to search on google.fr), Foyers (in particular of young workers), without forgetting the phone book (pagesjaunes.fr) to look what is not still on the net (foyers, private residences, ...). Finally, annonces of offer of accommodation are sometimes posted directly on the campus. Also let us mention youth hostels or hotels (often dear) to find a roof in a temporary way by arriving.

In every city, Crous and Cidj (Centre Information Documentation Youth) can give you the list of the bodies which help the students to find a accommodation.

There are therefore different intermediaries to help the student to find an accommodation, some are nevertheless much more expensive than the others. Indeed, the traditional real estate agencies demand expenses of agency and sometimes bailiff's expenses consequent for the inventories of fixtures.

Other real estate agencies provider of a service offer lists in exchange for a lump sum varying between 150 and 200 euro.

However, certain student associations (list available on the CROUS of your city) collect and propose private individuals' offers to their members for a weak contribution (approximately 20 euro).

Certain universities, provided with a Service of the International Relations and \ or with a Service of the Student Life, can, according to the request and according to their availability, make steps for to select you an accommodation. Finally, your knowledge or else announcements put down in the university remain good methods to find an accommodation. You can speak same about it around you or deposit announcements on frequented places.

Attention, no piste is to neglect !

The financing of its accommodation

The Helps Personalized in accommodation (APL) are managed by the Family allowance fund (CAF) of the city which welcomes you. A request of file is possible directly by means of the site www.caf.fr.

Click "Etudiant", you have to seize the zip code of the city where is your accommodation.

When you filled your file, print him and send him in CAF.

Attention, verify, please, that the accommodation which you occupy was the object of an agreement between the State and the owner (We verify him grace a common number with the state on the hire contract).

The APL will not be paid to you during the first month of occupation.

If you do not acquire of APL, It is you possible under certain conditions to acquire from other helps such as ALS (allocation social accommodation) approximately 170 euro a month not accumulative with the other helps of CAF, or else ALF (Housing benefit Family) about 300 euro a month if you have the complete load of a verging.

The LOCA-PASS offers free of charge to the scholarship holders of State or the employees 2 free helps during the acquisition of their accommodation :

- Advance Loca-Pass, The CILGERE network adjusts on your place the 1 in 2 months of rents asked by the owner (refund under 36 months maximum)
- Guaranteed Loca-Pass, the réseau CILGERE rassure your owner by standing surety of the paiement of the loyer and of charge.

To be able to benefit from these helps, make your request on www.cilgere.fr

www.smeno.com

You will find at your disposal on our site, **the accommodation guide** as well as all the necessary information for the subscription of a insurance accommodation

The insurance accommodation

The insurance accomodation is compulsory in France. Indeed, the acquisition of an accommodation will require an insurance certificate. She is proposed to you by the SMENO.

The SMENO proposes you a housing insurance in advantageous pricings (From 12* euro a year), that this recovers all the risks (Fires, flight, vandalism, water damages, broken glass, damages in the electric devices, the legal protection, the civil liability and the private life) and it, everywhere in France.

In every case, it is necessary to be attentive because all the insurances do not cover all the risks.

* For the university chambers without guarantees flight, nor Civil liability private life. Rates negotiated with AXA France and reserved for the students of less than 36 years - rates in applying du in 01/05/08 on 30/04/09.

Address useful :

Regional and local center of the University and school Works (CROUS)

www.crous-lille.fr

United Confederation of Youth hostels (FUAJ)

www.fuaj.org

Family allowance fund

www.caf.fr

National Agency of Information in the Accommodation

In case of problem with the owner

www.anil.org



How become integrated into the student life ?

Being new student on the French territory, it is important to watch to adapt you to your new mode of life and to know how to take advantage of it at any time.

Information, culture and leisure activities

The distribution of the information

France is a rich country in the distribution of the information. Indeed, very numerous media means are at your disposal to inform you.

The press, specialized or general, national or regional, daily or weekly, free or paying, allows you to remain informed in a moderate price.

The French television account 6 chains history, national and general (TF1, France 2, France 3, France 5, Arte, M6). France is spent by a network analogical to a digital network (TNT) which counts 6 chains history, 12 chains news as well as regional chains. The reception is free and in digital quality

The French radio groups includes numerous stations in the regional scale and national, you can find the radio which interests you thanks to a guide of the frequencies, available in kiosk

You can have a free **Internet** access on your campus or at home via the subscription to an operator.

The creation and the cultural diffusion

France is always a centre mattering from creation and from cultural distribution opened to all.

We thus invite you to discover the French culture during your stay by means of meetings, exhibitions and diverse demonstrations on a national scale or regional.

Some examples of manifestation

- The music festival on June 21st
www.fetedelamusique.culture.fr
- The feast of the cinema on June 30th
www.allocine.fr
- Patrimony Days in September organization appropriate for every municipality

The public holidays

- January 1st : New Year's Day
- May 1st : Labor Day
- May 8th : end of the 2nd World war
- In March 24th : Christian feast (Easter)
- In July 14th : feast national
- August 15th : christian feast (Assumption)
- November 1st : Christian feast (the All Saints' Day)
- November 11th : armistice of the war 14-18
- December 25th : Christmas

These days there, the administrations, the banks, the businesses... are closed for the greater part.

It is important to know that reductions are granted for the students during most of the manifestations cultural , the visits of museums and the exhibitions. Know that the mutual student SMENO proposes tickets with reduced rates for the shows the concerts or the cinema to his members.

The CROUS organizes, by its cultural service, meetings and student manifestations(concerts, club, exhibitions,exposures...) but also allows to express himself by 4 competition national in domains so diverse as the writing of news, The photography, the comic strip and the short film (inscription and regulation on cnous.fr and crous.fr).

CNOUS and CROUS networks also have create a device of support for the cultural projects called Culture Actions, in the artistic domains, of commitments and animations.

You must for it deposit a file of pre-project which will be examined and accepted or not by the regional commission. The projects are retained according to their qualities of originality, innovation, feasibility and fallout, we thus advise you to get closer to your Crous which will advise you on the assembly of your project.



The Houses of Young persons and Culture (MJC) are opened to all and financed by the ministry of youth and sports as well as by local authorities. It is about a true place of meeting and leisure by means of numerous sports activities, practical, literary activities or artistiques. To know more about the MJC of its region, you can consult the site www.ffmjc.org

Outside the university sport which is free, the France is a country offering the access to numerous sports services in every city often granting reductions to the students (swimming pool, room of putting back into shape...).

Very numerous sports associations are also at your disposal, they can also be of cultural, scientific, humanitarian, musical character...

Move

Air networks

The diverse French airline companies serve most of the big cities and propose reduced rates, in particular to the students.

You can inquire about the flights, the rates... close to travel agencies, airline companies or on web sites such as lastminutes.com or Wasteels journeys.

Networks rail

Managed by the SNCF. To reserve your tickets, buy them and make them to you send free of charge at home, it is enough to call 36 35 (0,34 TTC / mn) and say "ticket" or type 3. This service is opened from 7 to 22 o'clock 00, 7 days a week. There are subscriptions, fixed rates and other reductions (Rates 12-25 years, card 12-25 years...)

Road network

Behavior is made to the right. The speed is limited to 130 kph on highway, 90 kph on road and 50 kph in town. The authorized blood alcohol level is 0,50 g.

It is necessary to park on places foreseen with this effect. The car park is generally paying. The port of the safety belt is compulsory in front and behind. The harbour of the helmet is obligatory for the motorbike and for the scooter. You always have to be capable of presenting your driving licence, the car registration document and the insurance certificate of your vehicle. A triangle of pre-signalling and a yellow waistcoat are obligatory in every vehicle.

The driving licence and the insurance :

For circulate on the French territory, you must necessarily sign a car insurance. Attention: for be assured, your driving licence must be valid on the French territory.

This administrative approach can be made before your departure or upon your arrival in France in the embassy of your country of origin or in the prefecture. Once your valid licence on the French territory, you are going to be able to sign a contract of insurance. Think of verifying well the territorial coverage of your contract, especially if you are brought to move you except European community.

For more information on your automobile insurance, appointment in your agency SMENO or on www.smeno.com.

Finally, the services of " Taxi " exist in France but prove to be rather expensive : www.taxis-de-france.com

Urban network

In most of the cities, the public transportation is assured by bus, streetcar and subway. There still, the students enjoy particular reductions in general.

Communicate

By Internet

You have access on your university campus by means of rooms of computer science opened to a determined timetable. Except university, you can have access in numerous Internet agencies in your city with a subscription. Finally, more personally, if you possess a computer, of numerous operators such as **Orange, Free, SFR** or **Alice** subscriptions adapted to your access time propose you.

By mail

This service is managed by the post (www.laposte.fr). Stamps are available in tobacconists. A stamp is worth 0.55 euro for a weight of 20g. Exceeding this weight, you will have to free him proportionally. The envelope puts itself in the yellow boxes situated in several places of your city.

By telephone

You can sign a subscription with **FranceTélécom** (www.agence.francetelecom.fr) by installing a telephone line in your domicile. It is also possible to you to buy a mobile phone at an operator of mobile telephony as SFR, Orange, Bouygues Télécom, etc.

Finally, you can also use the available phone boxes almost everywhere in your city by means of a card which you buy in tobacco shops or post offices.

For call up of France towards the foreigner, it is necessary to compose the 00 and the code of the country to be called. To know the code of your country, call international information in 3212 or consult the site of France telecom.

Restore

The RU

The University Restaurants are restaurants managed by the CROUS. They are near universities and are exclusively reserved to the students. For a small price (2,85 euro) you have the right to a balanced meal consisting of a flat principal, a drink and a dessert.

To know more about it, inquire about your campus.

Useful addresses

Reception and practical life

Reception and practical life of the students

www.cnous.fr / www.crous.fr

French center of reception of the foreign students

www.egide.asso.fr

Family reception of the young foreigners Paris and Provinces

www.afje-paris.org

Association of the international foyers

www.afi.asso.fr

International center of stay Léo Lagrange (youth hostel)

www.auberges-de-jeunesse.com

Center of Information and documentation youth (CIDJ) - welcomes and informs free of charge the young people about the subjects which interest them

www.cidj.com

French confederation of the houses of the young and of the culture (FFMJC)

www.ffmjc.org

General information

How to be studying in France

www.etudes-en-france.com

General information for foreign students

www.edufrance.fr / www.etudier-en-france.com

Foreign office

www.diplomatie.gouv.fr

Regional device of information to the foreign young people (DRIJE) - reception, information, legal support and administrative in the direction of the young foreigners of less than 26 years old

E-mail : drije@adnsea.fr

University agency of the French-speaking world, facilitate the university international cooperation and dialogue of the cultures

www.auf.org

Right of the foreigners

www.sos-net.eu.org

Right of the foreign students

www.gisti.org

French union of the youth (UFJ)

www.ufj.asso.fr

International center of educational studies (CIEP) - signing of the diploma of studies in French language DELF and detailed diploma of the French language DALF

www.ciep.fr

Intermigrants (translators under oath and reception of the foreigners in France)

E-mail : ism-traduction@wanadoo.fr

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