

Bienvenue ! Kuwakaribisha! **Welcome!** هب ىفتحم ¡Bienvenido! 受欢迎 Bem-vindo! Vítejte! स्वागत Benvenuto!



The international students guide

Coming to study, “settling in” and living
at *Université Grenoble Alpes*



Bienvenue ! Kuwakaribisha! **Welcome!** هب ىفتحم ¡Bienvenido! 受欢迎 Bem-vindo! Vítejte! स्वागत Benvenuto!

EDITO

Welcome to *Université Grenoble Alpes*!

The outstanding quality of its degree programs, its international outlook, its quite exceptional situation in the Alps, its varied and very active student life, all these are factors which have made the *Université Grenoble Alpes* a much sought-after destination for more than nine thousand international students who come here every year.

And now we hope that it is your turn to undertake such an enriching experience in another country than your own, either by taking part in one of our large number of well established exchange programs or by enrolling individually in one of the degree courses offered by one of the several institutions of higher education which make up the *Université Grenoble Alpes*. This guide has been conceived and produced very much with you in mind, to facilitate your arrival and help you to settle in. You will find here lots of information for helping you with the necessary practical steps you need to take: registration, obtaining a visa, finding accommodation, insurance, etc., but also a lot of useful tips to make your daily life here easier and more enjoyable, sports and leisure activities, student associations, cultural possibilities, etc.

And please remember that the International Welcome Service team at the *Université Grenoble Alpes* are here to help you not just when you first arrive, but throughout the year of your stay in Grenoble. Please do not hesitate to call on our help!

Daniel Brissaud,
President of *Université Grenoble Alpes*

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Guide published by *Université Grenoble Alpes*.

Université Grenoble Alpes is made up of six higher education institutions: Université Joseph Fourier, Université Pierre-Mendès-France, Université Stendhal, Université Savoie Mont Blanc, Grenoble Institute of Technology (Grenoble INP), Sciences Po Grenoble and the Grenoble National School of Architecture (ENSAG).

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July 2015.

For more information: <http://international.univ-grenoble-alpes.fr>

Contact: isso@univ-grenoble-alpes.fr



1st part:

Coming to study at *Université Grenoble Alpes*

ONE OF EUROPE'S MAJOR UNIVERSITY AND SCIENTIFIC RESEARCH CENTRES

Université Grenoble Alpes

Université Grenoble Alpes has brought together the university institutions of the French 'Alpine Corridor' into one single structure with the aim of making the university and research landscape more comprehensible and visible, particularly at the international level.

It is made up of:

- **Université Joseph Fourier (UJF)**: science and technology and health.
- **Université Pierre-Mendès-France (UPMF)**: human and social sciences.
- **Université Stendhal**: arts and letters, languages, linguistics and communication.
- **Université Savoie Mont Blanc**: science and technology, languages, arts and letters, human and social sciences.
- **Grenoble Institute of Technology (Grenoble INP)** with its 6 engineering schools:
 - Ense3 : école nationale supérieure de energy, water and environment studies.
 - Ensimag: école nationale supérieure of informatics and applied mathematics.
 - Esisar: école nationale supérieure in advanced systems and networks.
 - Génie industriel: école nationale supérieure of industrial engineering.
 - Pagora: International School of Paper, printed communication and biomaterials.
 - Phelma: école nationale supérieur of physics, electronics and materials.
- **Sciences Po Grenoble**: political sciences.
- **The Grenoble School of Architecture (ENSAG)**: architecture

Université Grenoble Alpes thus offers training in all disciplines, throughout the French Alpine Corridor stretching from Valence to Annecy. The majority of its 3,600 doctoral students are based in Grenoble; the others carry out their research in laboratories situated in Valence, Annecy, Chambéry and Le Bourget-du-Lac (situated between Annecy and Chambéry).

Main locations of Université Grenoble Alpes



TO FIND OUT MORE

www.univ-grenoble-alpes.fr
www.ujf-grenoble.fr
www.upmf-grenoble.fr
www.u-grenoble3.fr
www.univ-smb.fr
www.grenoble-inp.fr
www.sciencespo-grenoble.fr
www.grenoble.archi.fr



KEY FIGURES

60,000 students
7,200 foreign students
3,700 doctoral students
160 nationalities
20 languages taught

Partners in research

As a research centre of world-wide importance, at the heart of the French region of Rhône-Alpes, *Université Grenoble Alpes* has achieved international fame in many scientific fields. The close interaction between universities, major research centres and leading multinational companies has made this pole of activity one of the principal scientific centres in Europe and the leading one in French public research outside Paris-Ile de France.

The Alpine Corridor is home to more than one hundred public research laboratories, most of which are called in French '*Unités Mixtes de Recherche*' (UMR) under the control of the universities and major national research organizations such as the National Scientific Research Centre (CNRS), the Atomic and Alternative Energies Commission (CEA), the National Institute for Health and Medical Research (INSERM), the National Institute of Research in Computational Sciences (INRIA), etc.

The Alpine Corridor also benefits enormously from the presence of major international research facilities such as the European Synchrotron Radiation Facility (ESRF), one of the world's three most important synchrotrons presently in operation and situated in Grenoble ; the European Organization for Nuclear Research (CERN), the world's largest particle physics centre, situated near Geneva; and also the Laue Langevin Institute (ILL), world leader in neutron science and technology, possessing the world's most intense source of neutrons.

Many major international companies, such as STMicroelectronics, Xerox, bioMérieux, Schneider, have chosen to locate in the Alpine Corridor attracted by the multidisciplinary and excellence of the scientific environment.

The presence of major research organizations and laboratories of the highest excellence means that doctoral students benefit from an environment of exceptional scientific quality, open to the world of enterprise and to the outside world.

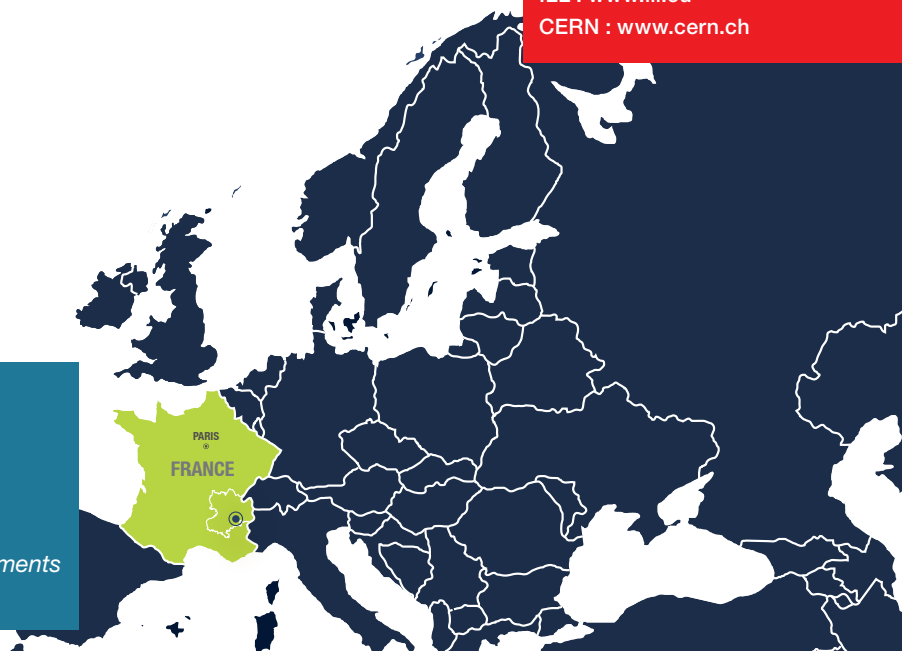


TO FIND OUT MORE

CEA : www.cea.fr
 CNRS : www.cnrs.fr
 INRIA : www.inria.fr
 INSERM : www.inserm.fr
 IRSTEA : www.irstea.fr
 ESRF : www.esrf.eu
 ILL : www.ill.eu
 CERN : www.cern.ch

KEY FIGURES

6,600 researchers
 3,700 doctoral students of whom 45% are international doctoral students
 14 doctoral schools
 4 centres of world competitiveness
 The hub of 5 international research establishments
 10 national research organizations



Grenoble, capital of the French Alps

Grenoble is situated in the south-east of France, in the heart of the Alps, three hours from Paris by train and three hours by car from the Mediterranean. Taken together with its surrounding municipalities (Echirolles, Saint-Martin d'Hères, Sassenage, Fontaine, etc.), the Grenoble conurbation has a population of more than 650,000. Nestling at the foot of the mountains, between the Belledonne, Chartreuse and Vercors mountain ranges, surrounded by nature parks and wilderness conservation areas, the capital of the Dauphiny is an important crossroads between Switzerland and Italy.

Grenoble welcomes each year about 7,200 international students, of 160 different nationalities.

Often cited at the national level as an example to follow, the city takes care of those with disabilities, paying particular attention to questions of accessibility. *Université Grenoble Alpes* is actively associated with this initiative.



Chambéry, a City of culture and of history

As the historic capital of Savoie, the city of Chambéry has a population of 56,000. Situated at the Gateway to the Alps, Chambéry benefits from an extraordinary geographic location, nestling between lakes and mountains. Thanks to its rich cultural urban infrastructure (theatre, cinema, concert hall, multi-media centre, the Eureka Gallery, the Chateau of the Dukes of Savoie and much more as well) it is the centre of a unique artistic and cultural heritage.



Le Bourget-du-lac and its 'technopolis'

Situated at the foot of two mountain ranges and adjacent to the southern end of one of the great Alpine Lakes, the Lac du Bourget, the 'Savoie Technolac' Complex is a technological campus entirely devoted to energies and ecotechnologies. It is constructed around three high-performance 'platforms' at the service of the world of enterprise, the world of research and the world of higher education.



Annecy, 'the Venice of the Alps'

Situated in the heart of the French northern Alps, the city of Annecy has a population of 50,000. Often called the 'Venice of the Alps' because of the old bridges which span the three waterways which run through the heart of the beautiful old quarter of the city, Annecy is both an industrial and a tourist centre and is distinguished above all by its great lake, set against a backdrop of mountains. Its Chateau, its Palace, its Conservatory of Art and History are among the many attractions to be found in the City.



TO FIND OUT MORE

www.grenoble-tourisme.com
www.chambery-tourisme.com
www.lac-annecy.com
www.lebourgetdulac.fr

CHOOSING YOUR COURSE PROGRAM

Choosing your course program

Université Grenoble Alpes offers course programs in all disciplines. They are all open to foreign students, either exchange students or individual students not part of an exchange.

The complete course catalogue can be consulted on line (in French): www.univ-grenoble-alpes.fr/formations

For direct access to study programs and courses given in English, go to: www.univ-grenoble-alpes.fr/programs



FOR MORE INFORMATION
www.campusfrance.org
www.onisep.fr

French higher education

THE DIFFERENT TYPES OF HIGHER EDUCATION INSTITUTIONS IN FRANCE

The French higher educational system covers several types of institution which can be public or private:

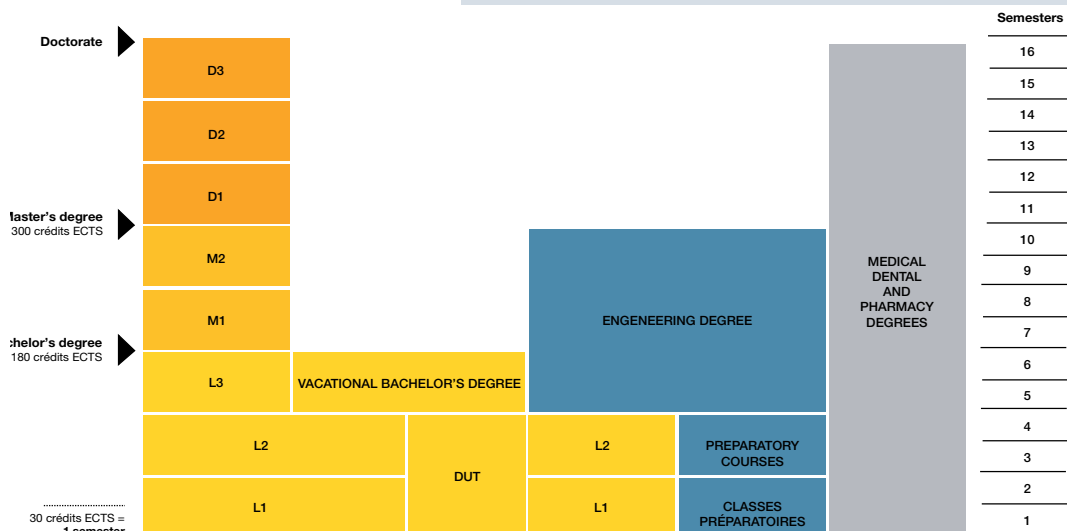
- The Universities.
- The *Grandes Ecoles* and other specialized Schools of Higher Education.
- The Institutes of Higher Technical Education offer two-year courses of professionally-oriented training: sections for a Higher Technical Diploma (Brevet de Technicien Supérieur: BTS) exist in the Upper High Schools (lycées) and in the University Institutes of Technology (IUT) within the Universities.

THE BACHELOR (LICENCE)-MASTER'S-DOCTORATE DEGREE SYSTEM (LMD):

In 1999, together with more than 50 European countries, France committed itself to what became known as 'the Bologna Process', setting up a standardized European three-tiered degree system: consisting of the Bachelor (*Licence* in French), Master's and Doctorate degrees. Courses of study are organized in semesters, with the university year made up to two semesters, the first from October to January and the second from February to May. Each semester of study can lead to the award of 30 ECTS credits (European Credit Transfer System) based on a common evaluation of the volume of work required by the student at a particular level. Each degree level corresponds to a total number of credits: 180 credits for a Bachelor's degree (6 semesters); 120 credits for a Master's (4 semesters post-Bachelor).

The LMD reform aims to promote the mobility of students in Europe. The ECTS credits obtained constitute a form of transferable asset and particularly in the case of study programs made up of courses taken in several European Higher Educational institutions. Thus, a semester completed in France can be validated for a degree in Germany, in Italy, in Poland, and in all other countries of the European Union, as part of a coherent study program.

Outline of the French higher education system



APPLYING FOR ENROLMENT AT THE UNIVERSITY

After choosing your desired course of study, you have to make a **preliminary request for admission** in order to obtain a certification of pre-registration. The steps to take for this pre-registration are different, depending on whether you wish to come to *Université Grenoble Alpes* as part of an exchange program or whether you wish to apply on an individual basis.

Understanding French

For programs taught in French, understanding French is essential. A French language evaluation test is mandatory. Your linguistic skills in French must correspond to a level which is generally between B1 and C1 (on the standard European scale of reference). Certain study programs taught in English nonetheless require a minimum level of French corresponding to A1-A2. You should seek further information from the university you wish to apply to.

WORTH KNOWING

In Grenoble, the CUEF (Centre Universitaire d'Etudes Françaises) offers French courses from A1 to C2 level as well as tests and DELF-DALF exams.

Please note!

The French language test is not required in the following cases:

- for students from countries where French is the official language;
- holders of the DALF diploma (advanced diploma in the French Language) at level C1 and C2;
- foreign students coming from bilingual French sections which figure on a list drawn up by the French Ministries of National Education and of Foreign Affairs;
- candidates who have taken the test organized by the Paris Chamber of Commerce and Industry and who have obtained the mark/grade of 14/20 in the written test.

Coming to Grenoble as part of an exchange program

Several types of exchange are proposed: a university exchange stay, a laboratory training course or internship (called in French 'stage') or a degree-level training course. Exchange programs are available at each degree level: Licence, Master's or the Doctorate.

If you wish to pursue your studies in one of the member institutions of *Université Grenoble Alpes*, you should first check with the international relations department of your home university to find out whether or not there exists a partnership agreement between Grenoble and your own institution.

If such a partnership program exists, you should apply through your own institution of origin for the desired exchange programme. It is up to them to select their future students for the exchange. If you are selected, it is your home institution which will apply on your behalf for admission to the host institution (Université Joseph Fourier, Université Pierre-Mendès-France, Université Stendhal, Université Savoie Mont Blanc, Grenoble Institute of Technology, Sciences Po Grenoble) or you might be requested to apply directly to *Université Grenoble Alpes*.

You will be informed of the steps to take to prepare your exchange visit by the international relations office of the host institution.

Registration and the payment of university fees will be carried out in your university of origin, to which you remain affiliated and remains the only one which can award you the degree for which you are registered.

Studying in Grenoble as part of an exchange arrangement gives you the opportunity of following courses at the same time as benefiting from an international experience. The courses to be validated (through the ECTS credit system) will be credited to you by your university of origin.

Applying on an individual basis

For registration as an individual student, the administrative steps to take vary depending on the degree envisaged, your country of residence (in the European Union or outside it), the degree or diploma level you have already reached, the type of institution, the study program you wish to take and the level of study chosen (Bachelor's level, Master's or Doctorate). Important : The admission process can vary depending on the courses and programmes you apply to (for example at the CUEF, the IEP entrance exam...). Please check directly with them.

Please note!

The registration procedures follow a strict timetable which you must scrupulously respect! The admission process can vary depending on the courses and programmes you apply to (for example at the CUEF, the IEP entrance exam...). Please check directly with them.

ADMISSION INTO THE 1ST YEAR OF THE BACHELOR (LICENCE)

To enroll in a Bachelor's degree, you need to have passed the French Baccalaureate, or the equivalent certification of completion of secondary education awarded in your country of origin.

Pre-enrolment (the following dates are given for reference only and might change):

If you are a citizen of a European Union or European Economic Area country, you are subject to the same entrance conditions as French students. For first year studies, you must register your course preferences online on CampusFrance: www.admission-postbac.fr. The online procedure is open from January 20th to March 20th 2014.

If you are a foreign student (outside Europe) and you live abroad, there is a "Campus France préconsulaire" procedure for pre enrollment online on www.campusfrance.org

- If in your country of origin there is a Centre for Studies in France (Centre pour les Etudes en France, CEF), it is compulsory to submit your pre-registration application within this centre. The deadline to submit your completed application was January 22nd 2014 for the academic year 2014-2015. If you need any advice or support, the CEF can help you until you visa application.
- If there is no CEF in your country of origin, the pre-registration application may be obtained from your chosen institution in France or at the French Consulate or Embassy in your country of origin. The completed application forms should be submitted between September 1st 2013 and January 31st 2014 for the academic year 2014-2015.

If you are a foreign student living in France with a residence permit valid for one year or more, you should obtain the pre-admission application forms (Demande d'Admission Préalable, DAP) from the university of your choice and submit the completed forms between December 1st 2013 and January 31st 2014 for the academic year 2014-2015.

ADMISSION TO THE 2nd or 3rd YEAR BACHELOR (LICENCE) OR MASTER

If you hold a European passport, you will follow the same application process as French students.

If you are a foreign student (outside of Europe) and you live abroad:

- If there is a "Centre pour les Etudes en France" (CEF), you must follow the CEF procedure. All the administrative procedures are centralized by CEF.
List of the countries using CEF procedure: www.campusfrance.org/fr/page/a-partir-dun-pays-a-procedure-cef
It is compulsory you apply online through CEF. File application must be sent before 31st March 2014 for academic year 2014-2015. CEF can advise and help you throughout the whole procedure until the visa request.
- If you live in a country not on the list above, check on the university website you have chosen to know how to apply and deadlines.

Depending on the courses, fees can varie (for example, at CUEF, for some programmes taught in English, ..). Check directly with the institute to which you are applying. For exchange students, the payment of university fees will be carried out in by the home university.

In France, Health Insurance is compulsory (215€/year in 2015) When you arrive, you must take out a Student Insurance Policy which will cover part of your medical expenses. It is therefore not necessary to take out such a policy in your country of origin. A 'Civil Responsibility' insurance is also mandatory and can be obtained at the time of your registration. Cost: 17 € per year.

Please note!

Taking out a Health Insurance policy does not apply to:

- Students of the European Union who must have a European Health Insurance Card.
- Students from Quebec who should be in possession of the form RAMQ n°SE 401Q106
- Students who come for less than three months: they can take out a private insurance policy in their own country or in France.

Also take note!

If you are over the age of 28, you can no longer benefit from student health insurance. It is therefore obligatory for you to take out an insurance policy with the 'Caisse Primaire d'Assurance Maladie' (CPAM) when you arrive in Grenoble, or with a private insurer.



WORTH KNOWING

The 'preparatory classes' for entry to the 'grandes écoles' give you two years of intensive preparatory study to maximize your chances in the competitive examinations for admission to the 'grandes écoles' (such as the engineering schools of the Grenoble INP). To gain admission to Grenoble 'Sciences Po', students must pass a competitive entrance examination (concours d'entrée).

Registration Fees (2014/ 2015) (for approximative indication only)

	UJF	UPMF	U. Stendhal	U. Savoie Mont Blanc	Grenoble INP	Sciences Po Grenoble
Licence	189,10 €	189,10 €	189,10 €	189,10 €	189,10 €	1 st year: 1300 € 2 nd and 3 rd year: 1100 €
Master	261,10 €	261,10 €	261,10 €	261,10 €	261,10 €	4 th and 5 th year : 1300 € Master: 261,10 €
Cursus ingénieur	615,10 €			615,10 €	615,10 €	
Doctorate	396,10 €	396,10 €	396,10 €	396,10 €	396,10 €	396,10 €

Once you have obtained your acceptance letter from your university, you must begin the procedures to obtain a visa.

CONTACTS SCOLARITES CENTRALES

- **Université Joseph Fourier**
621 avenue centrale
Domaine universitaire de Saint-Martin-d'Hères / Gières
apogee@ujf-grenoble.fr
- **Université Pierre-Mendès-France**
151 rue des Universités
Domaine universitaire de Saint-Martin-d'Hères / Gières
scolarite.centrale@upmf-grenoble.fr
- **Université Stendhal**
1 180 avenue centrale
Domaine universitaire de Saint-Martin-d'Hères / Gières
scolarite@u-grenoble3.fr
- **Université Savoie Mont Blanc**
27 rue Marcoz - Chambéry
sco-equiv@univ-savoie.fr
- **Grenoble INP**
46 avenue Félix Viallet
Centre-ville de Grenoble
scolarite@grenoble-inp.fr
- **Sciences Po Grenoble**
1 030 avenue centrale
Domaine universitaire de Saint-Martin-d'Hères / Gières
contact-infoconcours@sciencespo-grenoble.fr

Administrative procedures to follow

To register, please refer to the specific instructions which you received with the correspondence concerning your admission.

Generally, in order to be definitively registered at the University, as soon as possible after your arrival, you should carry out your administrative registration in the registry office of your intended institution or directly at the School or Institute to which you are to be admitted. It is at this stage of the process that you will have to show proof of Health Insurance.

There will then follow your course registration (choice of courses, options, methods of assessment,) which will take place in your particular Faculty (UFR: Unité de Formation et de Recherche).

Remember! For your administrative registration, you must present:

- A birth certificate
- Proof of Health Insurance
- Two identity photographs
- A photocopy of your Identity Card or Passpor

Grants and scholarships

There exists different types of study grants:

- **French government grants:** find out more information from the cooperation and cultural action services of the embassy or consulate-general of France in your country of origin.
- **The Erasmus program offers grants** for international mobility university exchanges within the European Union and associated countries.
- **Grants from the government of your country of origin:** find out more information from the educational authorities of your country.
- Grants offered by international or non-governmental organizations, associations or private foundations: information available on the Unesco website: www.chaire-unesco-dait.org/bourses-detudes/

Certain institutions of higher education also propose study grant programs to their students; find out more from the institution where you wish to pursue your studies.

Using the Campus France website, it is possible to carry out comprehensive multi-criteria searches on the quasi-totality of grants for foreign students and young researchers.

Candidates are recommended to apply for a grant at least one year before their registration at a French institution.

For more information: www.campusfrance.org/fria/bourse



The university calendar

- 'All-Saints' mid-term break: from Saturday 24th October 2015 to Sunday 1st November 2015
- Christmas vacation: from Saturday 19th December to Sunday 3rd January 2016
- Winter vacation: from Saturday 20th February 2016 to Sunday 28th February 2016
- Spring vacation: from Saturday 16th April 2016 to Sunday 25th April 2016
- Summer vacation: starting Saturday 16th July 2016

Public (non-working) official holidays:

- Armistice 1918: Wednesday 11th November 2015
- Christmas: Friday 25th December 2015
- New Year: Friday 1st January 2016
- Easter Monday: Monday 28th March 2016
- Ascension: Thursday 5th May 2016
- Pentecost Monday: Monday 16th June 2016
- National Day: Thursday 14th July 2016
- Assumption: Monday 15th August 2016



2nd part:

Preparing your arrival and settling in

UNIVERSITÉ GRENOBLE ALPES WELCOMES YOU !

In Grenoble

L'Espace Accueil Information

Situated at the heart of the university campus of Saint-Martin-d'Hères/Gières, the Welcome Information Area (Espace Accueil Information) is there to extend to you a warm welcome not only when you first arrive but also throughout the university year. This Office brings together different services for students of *Université Grenoble Alpes*:

- **Welcome and personalized guidance service**
- **Cultural services and students projects**
- **Entrepreneurship and Business Links Centre**
- **Service Accueil International /International Students and Scholars Office (ISSO)**

On-campus Prefecture office is also situated in the "Espace Accueil Information" building since 2013.

Le Service Accueil International (ISSO) has as its main aim facilitating the arrival in Grenoble - and then helping with the 'settling' in process - of international students, doctoral research students and other researchers. The Centre is affiliated to the national and European network of student service centres, EURAXESS, set up by the European Commission.



EURAXESS Services is a network of more than 200 centres operating in thirty European countries. The main aim of the Centres is to help researchers and their families get settled in when they move to another country. Without charge to the researcher, the help covers a variety of concerns: housing, work permits, language courses, health insurance, schooling for children. In France there are over 20 service centres Euraxess France.

The international welcome team is there to help you throughout the university year, particularly with the following:

- Accompanying you and giving advice on finding suitable accommodation
- Helping you in the steps to take in obtaining and validating your visa and residence permit
- Giving you tips about practical matters in Grenoble: health and banking facilities and getting around

More information, guides and practical info-sheets can be downloaded: <http://international.univ-grenoble-alpes.fr>

1 025 avenue centrale - Domaine universitaire
38 402 St-Martin-d'Hères
+33 (0)4 76 82 61 76 / +33 (0)4 76 82 84 90
isso@univ-grenoble-alpes.fr



PEOPLE WITH DISABILITIES

Service for Disabled Student of *Université Grenoble Alpes* (*Service Accueil Handicap*) exists in order to help disabled students, to ensure their access to all university training programs and to help them to participate fully in student life. It is there to provide support in their studies for all students in Grenoble higher education institutions who are confronted with difficulties due to illness or disability, of either a permanent or a temporary nature.

Service Accueil Handicap

Résidence Les taillées, bâtiment B
271 rue de la Houille Blanche
Domaine universitaire de Saint-Martin-d'Hères/Gières
+33 (0)4 76 82 84 70

FOR MORE INFORMATION:

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

In Chambéry, Annecy and Le Bourget-du-Lac

Le Guichet unique d'information des étudiants

You can benefit from a whole range of information about university services as well as all sorts of practical advice about living in Savoie and Haute-Savoie by going to the GUIDE information point located on each of the three campuses.

guide@univ-savoie.fr
www.univ-savoie.fr/guide

Campus scientifique du Bourget-du-Lac

Ground floor, Building n°17 'Hautecombe',
73 376 Le Bourget-du-Lac
+33 (0)4 79 75 94 15

Domaine universitaire de Jacob-Bellecombette

Building 13 - Bureau 007
B.P 1104
73 011 Chambéry Cedex
+33 (0)4 79 75 91 35

Domaine universitaire d'Annecy-Le-Vieux

Building H
IUT Annecy
74 942 Annecy
+33 (0)4 50 09 24 33

OBTAINING A VISA

Certain nationalities do not require a visa to enter and to study in metropolitan France or in the Schengen zone (for the complete list see www.diplomatie.gouv.fr). This is the case, for example, for all nationals of the European Economic Area, including Andorra, Monaco, San Marino, Switzerland and the Vatican, no matter how long the stay.

The administrative steps to take

To request a visa, you must contact the Centre for Studying in France (CEF: Centres pour les études en France) through Espace CampusFrance in the countries where these Centres exist, or, in cases where such a Centre does not exist, apply directly through the French Consulate or Embassy in your country of origin.

www.campusfrance.org

The minimal conditions required for obtaining a visa

- Proof of admission or of pre-registration at *Université Grenoble Alpes*
- Documentary evidence of your financial resources for a study stay in France (the minimum amount of resources for students not holding a student grant is 615 € per month)
- A currently valid passport
- Evidence of the level of studies already attained (your academic file)



The different types of visa

THE SCHENGEN SHORT-TERM VISA (VISA COURT SÉJOUR)

Issued for a maximum stay of three months, this visa can in no way be renewed or prolonged. The student must return to the country of origin to request a new visa.

STUDENT VISA TYPE 'C' CONCOURS (VISA ETUDIANT CONCOURS TYPE 'C')

The visa is issued for a maximum period of three months. It is intended to allow students to come to France to pass an examination or a competitive examination (concours). If the student succeeds in this examination, the student can request a residence permit (renewable yearly) from the nearest prefecture to his place of residence, without having to return to his country of origin. In this case, the student should present to the prefecture the dossier of application with all the documents required to validate the visa and obtain a residence permit.

TEMPORARY LONG-STAY VISA (VISA DE LONG SÉJOUR TEMPORAIRE TYPE 'D')

This visa is issued for stays between 3 and 6 months. The student has no request to make to the prefecture for this visa. You can't renew this type of visa.

LONG-STAY STUDY VISA AND RESIDENCE PERMIT VLS-TS (VISA DE LONG SÉJOUR POUR ÉTUDES – TITRE DE SÉJOUR VLS-TS)

This visa is delivered for one year maximum. At the same time as granting the visa, the French consulate in the student's country of origin stamps the application for OFFI certification (OFFI is the French Office for Immigration and Integration: Office Français de l'Immigration et de l'Intégration). Upon arrival on French territory, the student should at once contact OFFII to validate the visa and thereby constitute a residence permit.



On Campus Prefecture Office, Domaine universitaire St-Martin-d'Hères/Gières

VALIDATING YOUR VISA

When you arrive in Grenoble, you must take various administrative steps in order to be assured that you are living and studying in France legally.

- If you have a VLS-TS long-stay student visa, this includes a form to be presented at the French Immigration and integration Office (OFII: l'Office Français de l'Immigration et de l'Intégration).
- In all other cases, you must go to on Campus Prefecture Office with the documents required to legalize your residence.

Steps to be taken at the OFII

When you arrive on French territory, if you have a long-stay student visa (VLS-TS) this has to be validated by the OFII for it to carry the status of a residence permit. **This step must be taken within the three months following your arrival.** If you go beyond this three months, your situation will be considered irregular and you will be subject to severe administrative sanctions.

Step 1:

To validate your visa, you must send the following documents to the OFII:

- The form 'Visa de Long Séjour – Demande d'attestation OFII'. This form was given to you by the authorities who gave you your visa. If you do not possess this form, you can download it on the OFII website: www.ofii.fr
- A copy of the relevant pages of your passport (identity, long-stay visa, entry stamp to France or to the Schengen Zone).

If your application dossier is complete, you will receive by post an acknowledgement of receipt (*une attestation de réception*) of your application for OFII validation (*demande d'attestation OFII*).

Step 2:

You will then have to carry out two obligatory medical visits in order to have your visa validated. To obtain appointments, you should fill in an application on line. On your attestation de réception already received from the OFII will be indicated the site link and access codes for applying for appointments at the Health Centre of *Université Grenoble Alpes*.

Once you have filled in the application on line, the Health Centre (see 'Health and insurance' p. 11) will send you two appointments by e-mail: one for a general medical examination and the other for chest/lung Xrays.

Step 3:

When you have completed the two medical examinations, two certificates will be given to you to present to the OFII with the other documents required for the definitive validation of your visa.

You can consult the practical guide to validating your visa on the *Université Grenoble Alpes* website: [http:// international.univ-grenoble-alpes.fr](http://international.univ-grenoble-alpes.fr)

PLEASE NOTE!

To validate your VLS-TS, you have to pay a tax : the amount of this tax must be paid in fiscal stamps (sold in Prefecture, online at www.timbesofii.fr or in certain tobacco/press outlets).

Steps to be taken at the On-Campus Prefecture Office

If you are in one of the following categories:

- A student who has a Concours type 'C' student visa who has successfully passed the examination and wishes to stay in France on a further study program.
- An Algerian or Croatians national requesting a 'Student' residence permit for the first time.
- The spouse of an student.
- A canadian student on which is indicated the following mention : "carte de séjour à solliciter dans les 2 mois suivant l'arrivée".

You should ask for a first residence permit at the On-campus Prefecture Office.

Consult the website <http://international.univ-grenoble-alpes.fr> to know what documents you will need in order to renew your residence permit.

If you live in Chambéry or Annecy, you have to follow the procedure given in the info sheets posted on our international web portal: <http://international.univ-grenoble-alpes.fr>

OFII AND PREFECTURES LOCATIONS

You are residing in the Isère department (Grenoble)

OFII

Parc de l'Alliance - 76 rue des alliés - 38 100 Grenoble

Opening hours :

- for 'VLS-TS étudiant', Mondays from 1.30 to 3.30 p.m. and Fridays from 9 to 11 a.m.

- for 'VLS-TS scientifique-chercheur' : you will be given notice to attend

www.ofii.fr

On-Campus Prefecture Office

Espace Accueil Information - +33 (0)4 56 52 97 89

1 025 avenue centrale - 38 402 Saint Martin d'Hères

Opening hours : from Monday to Friday from 9 a.m. to 5 p.m. from September to december (the opening hours change in January 2015: more information directly to ISSO)

www.isere.gouv.fr

You are residing in the Savoie department

OFII

Parc de l'Alliance - 76 rue des alliés - 38 100 Grenoble

Opening HOURS :

- for 'VLS-TS étudiant', Mondays from 1.30 p.m. to 3.30 p.m. and Fridays from 9 a.m. to 11 a.m.

- for 'VLS-TS scientifique-chercheur' : you will be given notice to attend

www.ofii.fr

The Préfecture of the Savoie department

Château des Ducs de Savoie - 73 000 Chambéry - +33(0)4 79 75 50 00

Opening hours : from Monday to Friday from 9 a.m. to 11.45 a.m. and from 2.00 p.m. to 4.30 p.m.

www.savoie.gouv.fr

You are residing in the Haute-Savoie department (Annecy)

OFII

13 rue de Rumilly - 74 000 Annecy

Opening hours : Monday to Friday from 8.30 a.m. to midday and from 1.30 p.m. to 4.30 p.m.

www.ofii.fr

The Préfecture of the Haute-Savoie department

30 rue du 30^{ème} Régiment d'infanterie - 74 000 Annecy

+33(0)4 50 33 60 00

Opening hours : from Monday to Friday from 8.45 a.m. to 11.45 a.m. and from 1.45 p.m. to 4.15 p.m.

www.haute-savoie.gouv.fr

Health insurance

Health Insurance (called Assurance Maladie) is one major component of French Social Security (which is often simply called in French la Sécu). Obligatory for French people, it provides either partial or total coverage of medical expenses in cases of illness, pregnancy and accidents.

Affiliation to Social Security's Health Insurance

- It is not obligatory for students of the European Union. They must however be in possession of the European Health Insurance Card (*Carte Européenne d'Assurance Maladie*) and register at the *Caisse Primaire d'Assurance Maladie* (CPAM) who will give them a document to give to the doctor during any medical visit. Reimbursement of the doctor's fee will be made by the CPAM International Service.
An 'info sheet' on how to use the European card can be downloaded from the site:
<http://international.univ-grenoble-alpes.fr>
- It is not obligatory for Quebec students who must present the RAMQ form to the CPAM (n°SE 401Q106) in order to obtain a document justifying their right to benefit from French Health Insurance and to have their medical costs reimbursed.
- Other than for students of the European Union, it is obligatory for students aged under 28 and staying more than 3 months in France (even if the student has already subscribed to an insurance policy in their own country). The subscription is to be paid at the same time as registration at the University. It is free for students who are grant-holders (boursiers) of the French government.

Students needing to take out health insurance have the choice between the two student cooperative associations/agencies: the **LMDE** or the **SMERRA**. It is during the administrative university administration (see above) that you can choose between the two student organizations and pay your affiliation fee: 215 € (2015).

Students over 28 years cannot benefit from student health insurance. They must take out an insurance policy with the CPAM (*Caisse Primaire d'Assurance Maladie*) or with a private insurer.

Following your affiliation to the French Health Insurance Scheme, you will receive a social security number together with your personal 'carte vitale'. **Please note! Student Health Insurance covers the period from the 1st of October to 30th September of the following year.** If you come to France before the beginning of the university year, to take a preparatory language course or for another reason, you will need to take out a separate policy to cover the period from your arrival to the first of October.

Universal medical coverage

If you are a student aged more than 28, or if you have very limited financial resources, you can request basic CMU or a complementary CMU. For this, you need to apply to the Caisse primaire d'assurance maladie (CPAM) nearest to you or the following:

CPAM

2 rue des Alliées 38000 Grenoble
Opening hours: Monday to Friday, from 8.30 a.m. to 4.45 p.m.

The complementary health insurance policies called 'mutuelles'

As we have seen, medical expenses are not entirely reimbursed by Social Security's Health Insurance. In order to be more completely covered, you are recommended to subscribe to a 'Complementary' (or 'top-up') policy which is offered by organizations called Mutuelles (hence these policies called 'mutuelles'). Depending on the formula chosen, the 'mutuelle' completes the reimbursement made by Social Security by 'topping it up', either partly or totally. It also can give the right of tiers-payant (payment by a third party) which means that you yourself, under certain conditions, do not have to put the money 'up front' by directly paying the doctor's fees or the pharmacist for medicine (médicaments). It- also means that your hospitalization costs will be entirely taken care of.

The two health insurance student agencies (the Smerra and the LMDE) offer such Mutuelle policies. For the least expensive mutuelle, you should count on approximately 50 € per year.

HEALTH INSURANCE CONTACTS

Grenoble (Isère) :

- LMDE
Carreau Rive Gauche - Domaine Universitaire
38 400 Saint-Martin-d'Hères
- SMERRA
2 avenue de l'Obiou - 38 700 La Tronche

Chambéry (Savoie) :

- LMDE
68 rue des Frézières - 73 000 Chambéry
- SMERRA
123 rue Michaud - 73 000 Chambéry

Annecy (Haute-Savoie) :

- LMDE
Galerie l'Émeraude du Lac
4 rue Jean Jaurès - 74 000 Annecy-le-Vieux
- SMERRA
4 rue St François de Sales - 74 000 Annecy



ACCOMMODATION

Choosing where you are going to live is a vital factor in assuring you good living and studying conditions during your stay in France. We recommend that you begin your search at least two months before your arrival in France.

Different accommodation solutions

There are two main forms of accommodation: the public-sector university residences and the private rental sector. If need be, you can also consider a temporary lodgings solution (see page 18).

The public-sector university residences



These residences are managed by the CROUS (Centre Régionaux des Œuvres Universitaires et Scolaires). This type of accommodation is the cheapest but bear in mind that access is limited and rooms are not always available. All these lodgings are furnished and the monthly cost usually includes heating, lighting and water. For a self-contained 'studio flat' or apartment, electricity is charged separately.

The types of CROUS accommodation :

- The traditional furnished type of bedroom of 9 m² with washbasin. Toilets, shower and kitchen are shared.
- A furnished room of 12 m² with its own toilet and shower. Shared kitchen facilities.
- A furnished apartment or studio for one person of 12-14 m² with its own toilet, shower and kitchen facilities.

For all information concerning the university residences in Grenoble, Chambéry, Le Bourget-du-Lac and Annecy:

www.crous-grenoble.fr/demanderunlogement/le-logement-universitaire/typologie-des-residences

How do you apply for accommodation in a CROUS university residence?

- **Students registered as part of an exchange program** have the advantage of having their application considered by ISSO. They are sent the details of how to apply by the International Relations Service of their host university (with application on line, details of choices of accommodation, deadlines for application, etc.).
- **Individual students** can apply for accommodation by making an application for 'international Student Accommodation' between 15th January and 30th April. To do this they must fill in a special application dossier entitled 'Dossier Social étudiant'. For students who cannot meet this application deadline, there is the possibility of applying 'outside the deadline' after the 15th of May.
- **If you are a student with a grant (bourse)** from the French government or a foreign government, you should contact the Campus France agency directly and they will take up your request with the CROUS pôle logement.
- **Students coming for a short stay**, during the university year, to carry out a training session (or stage) or to take a competitive state examination or other examination, can make a request (called 'Logement temporaire') to CROUS for

temporary accommodation (lasting from three days to several months).

- **Students over the age of 28 and doctoral students**, can apply for accommodation on line on the CROUS website by filling in the special form which is reserved for them.

Remember!

Requesting accommodation with the CROUS does not guarantee that you will obtain a room.

The private rental sector

In the period when the university year begins (between the end of August and the end of October), the demand for accommodation is very high.

The types of accommodation in the private sector:

- Private-sector student residences offer furnished apartments of between 18 and 30 m² with their own toilet, shower and kitchenette. Average cost: 450 to 600 € per month (plus service charges)
- A furnished room in a private home with shared bathroom and kitchen. Average cost: 300 to 400 € per month (including all charges)
- A 20m² apartment. Average cost: 400 to 500 € per month.
- Sharing a rental (*colocation*) with other persons (*colocataires*). This is a way of sharing both the rental costs and service charges and perhaps thus having a larger apartment. In most cases, energy charges (water, gas and electricity) are not included in the rental price.

Remember!

Those occupying private accommodation on 1st January are liable to pay an accommodation tax (*taxe d'habitation*). This tax is due for payment the following autumn.



How to find accommodation in the private sector ?

Various associations and agencies classify types of accommodation on offer (apartments, furnished rooms in private homes, studio flats in private residences, or offers of joint rentals (*colocations*))

Housing is advertised in many different ways, including local newspapers, on the internet, notice boards, etc.

- **The national website of student accommodation LoKaviZ:** this internet site lists offers for apartment rentals in the private sector, joint rentals (*colocations*) and rooms in private houses. There is a registration fee to pay to obtain contact offers:

www.lokaviz.fr

It might also be worth checking, for reference purposes, availability in CROUS or CLOUS residences.

- **Estate (or real estate) agencies :** These carry extensive lists of rental offers. Classified according to different criteria (price, geographic location etc.). There are many agencies in Grenoble, Chambéry et Annecy and their surrounding areas. When accommodation is found, a lease (called un bail in French) has to be signed and also the agency's fees have to be paid which are normally equivalent to one month's rental (without supplementary charges).
- **From one individual to another:** certain owners prefer to look after the rental of their property themselves. In this case you deal directly with them, without going through an agency.
- **The Organization Association Départementale Information Initiative Jeunesse de Grenoble (ADIJ)** publishes in their classified advertisements a list of privately-placed offers of accommodation: small flat rentals, joint rentals (*colocations*) and rooms in private houses. www.adij.fr
- **Internet sites can be used to make direct contact with others seeking to share accommodation.**

WORTH KNOWING

Remember that in the first month, many expenses are to be covered:

- The first month's rent
- A guarantee deposit (*caution*)
- Agency fees
- Accommodation insurance
- Arrangements for new accounts for water, gas, electricity or other facilities
- Opening a subscription for a fixed telephone (if needed)
- Internet connection and subscription

ACCESS TO ELECTRICITY, GAS AND WATER

When moving in, you have to sign a contract for the provision of electricity, and/or gas, and water.

In Grenoble

Régie des Eaux de Grenoble

5, place Vaucanson - 38 000 Grenoble

Opening hours : from Monday to Friday from 8 a.m. to 5.30 p.m.

+33 (0)4 76 86 20 70

www.eaudegrenoble.fr

Gaz Electricité de Grenoble (GEG)

Agence Vaucanson

5 place Vaucanson - 38 000 Grenoble

Opening hours: from Monday to Friday from 9 a.m. to 6.30 p.m. and Saturday, from 9 a.m. to 12.00.

Hours for contact by telephone: from Monday to Friday from 9 a.m. to 7 p.m. and Saturday from 9 a.m. to 12.00

+33 (0)4 76 84 20 00

You should also be aware that other suppliers offer these services.

To consult the list: <http://bleuciel.edf.com>

+33 (0) 800 123 333

In Chambéry and Annecy

Service des eaux de Chambéry métropole

106 allée des Blachères - 73 026 Chambéry cedex

Opening hours : from Monday to Friday from 8 a.m. to 12.00 and from 1.30p.m. to 5 p.m. (telephone open till 5.30 p.m.)

Telephone only on Saturdays, 8 a.m. to 12.00

+33 (0)4 79 96 86 70

Service des eaux à Annecy

46 avenue des Iles - BP 90270

74 007 Annecy cedex

+33 (0)4 50 33 89 30

eausage@agglo-annecy.fr

Gas and Electricity

In Chambéry and Annecy, gas and electricity are run by different companies: you therefore have to open two accounts and sign two contacts with the suppliers. The electricity and gas markets were opened to competition in 2004 and since this date different suppliers offer their services. The longstanding suppliers who keep to public tariffs are:

- GDF (Gaz de France) Dolce Vita

+33 (0)9 69 32 43 24

There is no agency in Chambéry or Annecy

- EDF (Electricité de France) Bleu Ciel

4 rue de Boigne - 73 000 Chambéry

+33 (0)9 69 32 15 15,

- EDF Bleu Ciel Annecy

5 Boulevard Decouz - 74 000 Annecy

+33 (0)8 10 33 30 74

Open from Monday to Friday from 9.30 to 12.30 p.m. and from 2 p.m. to 6 p.m.

To find out about other suppliers:

www.energie-info.fr/pratique/liste-des-fournisseurs

Temporary accommodation

If you have not yet found definite lodgings when you arrive at *Université Grenoble Alpes*, you can reserve a hotel room, or a place at a local youth hostel or apply for temporary accommodation with the CROUS.

The FUAJ Youth Hostels (*Auberges de jeunesse*)

The youth hostels of the FUAJ (*Fédération Unie des Auberges de Jeunesse*) have rooms which are shared by 4, 6 or 8 people). You must first pay the FUAJ signing-on fee of 7€ to have access to the accommodation in France and in other countries. The rate for a shared room is 23.60 € per night.

In Grenoble

10 avenue du Grésivaudan

38 130 Échirolles

+33 (0)4 76 09 33 52

grenoble@hifrance.org

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

How to get there : bus route n° 1 bus, get off at: 'Quinzaine' at Echirolles then 5 minutes on foot.

In Aix les Bains (the nearest hostel to Chambéry)

Promenade du Sierroz

73 100 Aix-les-Bains

+33 (0) 479883288

aix-les-bains@hifrance.org

www.hifrance.org/auberge-de-jeunesse/aix-les-bains.html

How to get there: from the rail or coach station, bus route n°2 (direction centre commercial Marlioz) get off at 'Pont Rouge', then 7 minutes on foot.

In Annecy

4 route du Semnoz

74 000 Annecy

+33 4 50 45 33 19

annecy@hifrance.org

www.hifrance.org/auberge-de-jeunesse/annecy.html

How to get there : bus route n°6 (direction Colmyr, get off at 'Hôtel de police'; summer route (Semnoz) in July and August, get off at 'Auberge de Jeunesse'.

Temporary accommodation with CROUS

If you are coming for a stay of limited duration, you can apply to CROUS for temporary accommodation, and obtain a room, depending of course on availability. It should be pointed out that in September, applications for year-long student residents are given priority.

www.crous-grenoble.fr/demanderunlogement/logement-ponctuel/

Financial assistance with accommodation

All students who are from the European Union as well as other European countries in the European Economic Area, together with all students from outside Europe who possess a long-stay visa which has been validated as a residence permit (visa long séjour valant titre de séjour: VLS-TS) can take advantage of French government help towards cost of accommodation. This help is commonly known in France by its initials 'APL' (*Aide Personnalisée au Logement*). There are several types of help, based on the type of accommodation, on your resources and personal situation.

The student should make a request for this help ('*demande d'allocation logement*') to what is commonly known in French by its initials 'CAF' (*Caisse d'Allocations Familiales*) by internet. If the request is successful, you will receive the allowance from the second month of your rental agreement. To make your request, enter: www.caf.fr

Consult the practical guide on the exact steps to take in making your request for accommodation assistance by downloading the instructions on the *Université Grenoble Alpes* website:

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

As well as this, the instructions for making your request on line are also available, in different languages, on the CAF website.

WORTH KNOWING

The tourist offices also have lists of temporary accommodation as well as of hotels:

- Grenoble tourist office: www.grenoble-tourisme.com
- Chambéry tourist office: www.chambery-tourisme.com
- Annecy tourist office: www.lac-annecy.com

Small Glossary of Accommodation terms

- **Assurance 'multi-risques habitations'** (multi-risk accommodation insurance): insurance covering possible damage risk (water damage, fire, etc.) occurring in the accommodation or adjacent accommodation. This is obligatory for all types of accommodation. It is possible to take out such an insurance policy with an insurance company, with a bank or with the student mutual cooperative organizations, referred to above.
- **Bail or contrat de location** (lease or rental contract): this must be signed by the tenant (*locataire*) and by the lessor (*bailleur*). This specifies the obligations of each party and the terms of the rental agreement (duration, price, monthly rental charges, the amount of the deposit (*caution*), terms of renewal of contract). In the case of a joint rental (*colocation*), either a single contract is signed by several people, or the proprietor issues several individual contracts.
- **Caution solidaire or Garant**: a document in which a person personally guarantees through a signature to pay on behalf of the student tenant in the case of the latter's insolvency or defaulting on payments. This guarantor (*garant*) must provide evidence of his or her resources (either through furnishing three recent monthly pay slips or through furnishing the most recent tax notice).
- **Cessation de bail** (cessation of lease): the tenant (*locataire*) can terminate the lease at any moment on condition that he or she respects the length of notice (*préavis*) which is stipulated in the rental contract.
- **Charges locatives mensuelles** (monthly rental charges): these correspond to expenses linked to the place of accommodation: the maintenance of the elevator (lift), or the upkeep of green spaces, caretaker costs, cleaning of common areas, etc. These charges may either be included in the overall rental price or specified separately in the rental contract. N.B.! These charges should not be confused with the costs of energy consumption such as water, electricity and gas, which are invoiced by independent bodies.
Colocation: sharing furnished or unfurnished accommodation, and therefore sharing the rental and all charges, with other persons (*colocataires*). There exist two types of lease in the case of colocation:
 - The tenants appear all on the same lease agreement. This can apply to a furnished or unfurnished rental. The proprietor can add a solidarity clause stipulating that if there are outstanding payments overdue from one of the tenants, the other tenants are held responsible and must pay the outstanding rent.
 - Each of the tenants signs a separate contract for the rental of a room in an apartment. Juridically speaking, this is not considered to be a colocation. There is no solidarity clause.
- **Dépôt de garantie or caution**: this is the sum of money which is paid to the proprietor when the contract is signed and which will be returned within two months after the departure of the tenant. The sum cannot be greater than that for one month's rent (without the charges) in the case of non-furnished accommodation and it can be cashed by the lessor. If damage is noticed and recorded at the time of the inventory inspection of fixtures on departure of the tenant, the costs are invoiced to the departing tenant and the sum is deductible from the guarantee deposit. This should not be confused with the *caution solidaire* (see above).
- **Etat des lieux d'entrée** (the taking of the inventory of fixtures on arrival of tenant): this inventory is drawn up by the bailleur (the lessor, who is usually the proprietor or the agent representing the proprietor) at the beginning of the rental agreement as well as at the end. The purpose is to record the state of the apartment/lodging at the beginning and the end of the rental contract. It must be carried out in the presence of the tenant as well as the lessor, and signed by both of them.
- **Etat des lieux de sortie** (an inventory inspection at the end of stay) in order to verify that there has been no deterioration in the property and its fixtures during the period of the rental. If damage is recorded, the lessor can hold back a portion or the totality of the caution sum. You will hand in the keys of your accommodation after the outgoing inventory.
- **Garant** (the guarantor): name given to the person who undertakes to act as a guarantee for the possible default of the locataire and signs the caution solidaire (see above). The guarantor must give proof of his or her resources either through submitting the three most recent salary slips or by furnishing the most recent tax declaration. This person must reside in France.
- **Quittance de loyer**: a monthly receipt to show that the rent has been paid. This can serve as proof of residence for other administrative matters. The receipt is delivered without charge (although sending the document can incur a charge).
- **Taxe d'habitation** (residence tax): this tax is linked to your place of residence. Its amount varies according to your situation (single, couple, waged, etc.) and the characteristics of the lodging occupied on 1st of January. Even if you move out of the lodging during the year, you have to pay this tax. You are notified of the tax in the autumn, sent directly by post to your rental address. Remember to give your new address if you have moved because you are still liable to pay the tax (consult your local tax office, see page 28 of this guide). This tax only applies if you are renting in the private sector. The tax is not payable by students living in CROUS residences.

French words used for types and size of apartments

- **Studio**: one main room with a small kitchenette area, and a bathroom. Average size: 20 m².
- **T1ou F1 bis**: one room, a kitchen and a bathroom. Average size: 30 m².
- **T2 ou F2**: one living room, one bedroom, a kitchen and bathroom. Average size: 50 m².
- **T3 ou F3**: one living room, two bedrooms, a kitchen and bathroom. Average size: 65 m².



HOW TO GET TO THE UNIVERSITÉ GRENOBLE ALPES

From Paris

If you are arriving in Paris by plane, there are two airports for Paris:

- Roissy Charles de Gaulle airport (CDG), situated to the north-east of Paris,
- Paris-Orly airport, situated to the south of Paris.

For more information: www.aeroportsdeparis.fr

Whether you arrive in Roissy or in Orly, you will probably opt to travel into Paris, cross Paris, to reach the railway station for trains heading south from Paris. The station is called 'Paris-Gare de Lyon' and it is from there that high-speed trains (TGV: Train à Grande Vitesse) leave for direct links to Grenoble, Chambéry or Annecy.

How do you reach the Paris-Gare de Lyon in Paris from the two airports?

- By bus: several bus lines link the airports with central Paris

- Roissybus

www.ratp.fr/fr/ratp/r_61852/roissybus/

Tariff: 11 €

- Orlybus

www.ratp.fr/fr/ratp/r_61848/orlybus

Tariff: from 7.70 to 11 € depending where you get off

- The Air France network of coaches:

Tariff: 17 € from Roissy airport and 12,5 € from Orly airport, taking you in both cases to central Paris.

www.lescarsairfrance.com/fr/les-navettes-orly.html

But please remember! All these buses and coaches from the airports do not go directly to the Gare de Lyon. You need to get off in central Paris and then take the metro (Paris's underground urban railway) or the R.E.R. (Paris's suburban railways – slightly faster) in order to reach the Gare de Lyon.

- By railway all the way (RER – Paris's suburban railway): take Line B and then change to line A or D, to get from Roissy to the Gare de Lyon. Count on 50 minutes for the whole trip.

Tariff: 9.75 €.

www.ratp.fr/plan-interactif

- By taxi: a taxi will take you all the way to the Gare de Lyon from the airport (45 minutes from Roissy and 30 minutes from Orly, these times depending of course on good traffic conditions. The taxi will cost you about 50 € in the daytime (15% more at night).

From the Paris-Gare de Lyon railway station, the high-speed TGV trains take you from Paris to Grenoble or Chambéry in 3 hours and Annecy in 4 heures. It is preferable to reserve your ticket well in advance to take advantage of lower prices.

Website for information on timetables, tariffs and train reservations:

www.voyages-sncf.com

From Lyon

From 'Lyon-St Exupéry' Airport, there are coaches going regularly straight from the airport terminal to Grenoble, Chambéry or Annecy.

www.lyonaeroports.com

- For Grenoble (1 hour)

Shuttle service : www.faurevercors.fr

Return price : 30 € for the under 25; 36 € for the over 25 years.

WORTH KNOWING

For all three of our university destinations, it is also possible to travel by TGV directly from Roissy airport to the city of Lyon and then change (at the station: Lyon-Part-Dieu) to a regional train going to Grenoble, or Chambéry and Annecy (see below). In fact, since there are several TGV trains per day going directly from Roissy airport to Lyon, this is a way of avoiding Paris altogether and simply taking two trains all the way to your final destination! (N.B. This is not possible from Orly airport).

old.

- For Aix-les-Bains-Technolac (1h15mins) and Chambéry (1 hour)
Shuttle service : www.voyages-crolard.com

Return price : 27.50 € for the under 25, 33 € for the over 25 years old.

- For Annecy (2 hours)

Shuttle service: www.voyages-crolard.com

Return price: 41.30 € for the under 25, 49.50 € for the over 25

From the City of Lyon: From the SNCF stations in Lyon – either 'Perrache' or 'Part Dieu', you can take a direct regional train to Grenoble, Chambéry or Annecy. Count about 1h 20 mins to reach Grenoble or Chambéry, and 2 hours to Annecy.

From Geneva (Switzerland)

From Geneva airport, there are coaches going regularly from the airport terminal to Annecy, Chambéry and Grenoble.

To find out more: www.gva.ch

- For Grenoble (2 hours)

Shuttle service: www.aerocar.fr

Return price: 56.50 € (49.50 € on line) for the under 26 years, 63 € (or 56.5 € on line) for the over 26 years old.

- For Chambéry (1h10 mins)

Shuttle service: www.aerocar.fr

Return price: 42.50 € (or 37.50 € on line) for the under 26 years, 47.50 € (or 41.50 € on line) for the over 26 years old.

- For Annecy (less than 1 hour)

Shuttle service: www.frossard.eu

Return price: 21 €



CHECKLIST

For students with grants or scholarships

- Identity card / Passport
- Letter from the home institution authorizing the stay in Grenoble
- Student card from the home university of origin
- Health record / vaccination certificate
- Medical certificate for students in the European Union
- Birth certificate
- 10 identity photos according to French norms (see below)

For students possessing a long-stay study visa ('titre de séjour VLS-TS'):

- The application form for OFII certification issued and stamped by the authority issuing the visa.

For European nationals and students from Quebec:

- European Health Insurance Card and for Quebec students the form RAMQ n°SE 401Q106.



For students not part of an exchange scheme

- A currently valid passport.
- The original degree, diploma or school certificates.
- Health Record / Vaccination certifications.
- Parental declaration of financial resources.
- Birth certificate – certified copy (check with French embassy in your country of origin for correct form).
- Identity photos according to French norms (see below).
- The application form for OFII certification issued and stamped by the authority issuing the visa.
- Certificate of medical insurance (if the student is insured in his country of origin and if the student is staying for a period less than 3 months).

For nationals of European countries and students from Quebec:

- European Health Insurance Card and for Quebec students the form RAMQ n°SE 401Q106.

Please note! Identity photographs must correspond to French norms in order to be valid:

- Size: the photo must measure 35mm in width and 45mm in length. The size of the face must be between 32 and 36mm, from the bottom of the chin to the top of the forehead (below the hair level)
- Quality: the photo must be clear, without fold or marks, neither over-exposed or under-exposed. The background must be unified and coloured (white is forbidden).
- Subject: the head must be bare, without headcover. The subject must present the face straight in front of the objective, with a neutral expression, closed mouth and the head straight. All parts of the face must be completely clear. The eyes must be perfectly visible and open. The wearing of thick spectacles is forbidden. The spectacle frame should not mask the eyes. Tinted (or coloured) glasses are not allowed. There must be no reflected light in the glasses...



3rd part:

Living in Grenoble, Chambéry or Annecy

MANAGING YOUR MONEY

The euro (€)

The money in France and in the majority of European countries is the euro (€). Foreign exchange offices (*bureaux de change*) are open in all the big airports as well as in Chambéry, Annecy and Grenoble. You can also withdraw euros (€) at all the cash dispensing machines (ATMs) throughout France.

WORTH KNOWING

- **Banker's card:** a very commonly used means of payment in France. The main cards are Mastercard, Visa, American Express.
- **Chequebook** (*chéquier*): commonly used in France. You might well be asked to present also an identity document, particularly if the sum involved is a large one
- **Relevé d'identité bancaire (RIB):** document given by the bank where you have an account, making it easier to communicate all your essential bank details without making a mistake, in order to pay bills and make other regular payments by standing order (*prélèvements*) or to have regular payments made into your account (internationally as well as locally) (grants, or salary, for example).

Opening a bank account

You will need to open a bank account soon after your arrival in order to facilitate the daily management of your budget: depositing money received (salary, grant or other income) and dealing with your purchases and payments.

If you are eligible for family allowances for example (housing allowance from the Caisse d'Allocation Familiale (CAF) or children's allowance), opening a bank account is absolutely necessary. You will also need it for certain regular procedures, such as purchasing fiscal stamps online for your residence permit.

To open an account, you need:

- To choose a bank (why not choose a branch near your place of residence or of work?)
- Make an appointment
- Take with you:
 - an identity document (identity card or passport),
 - your residence permit (except for European students),
 - a proof of residence dated in the last three months (electricity bill, rental payment receipt, accommodation certificate, etc.)
 - if you are under 25 years old, a student card, in order to benefit from special rates.

Opening an account is generally free. Certain services may well have to be paid for, such as:

- The provision of a Bank Card
- Insurance of the means of payment
- Money transfers
- Authorization of an overdraft (*découvert*) (permitting temporary payment greater than money in account)
- Online consultation and operation of your account

In case of loss or theft of your means of payment, you must declare this immediately (this is called in French '*faire opposition*') and when you open your account the bank will give you a telephone number to call in the case of loss or theft, as a matter of urgency.

Managing your budget

Accommodation

- Rental:
 - University residence: 207 to 588 €/month
 - Private residence: 450 to 600 €/month
 - Furnished room in a private house/apartment: 300 €/month
 - A 20 m² apartment: 400 to 500 €/month
- Accommodation insurance : the cost depending on type: you should count on between 20 and 60 €/year.
- Guarantee deposit (*caution*, see glossary): equivalent of one month's rental for unfurnished accommodation
- Electricity, gas: payable every two months
- Water: every six months

Cost of administrative steps to take

- Administrative registration at *Université Grenoble Alpes*. Depending on your studies.
- Fiscal stamp to the OFII to validate your stay in France. The amount of the tax depends on the status.

Health insurance

215 € (fare 2015) to which should be added the cost of a complementary ('top-up' *mutuelle* health plan).

Food

300 € (CROUS restaurants and cafeterias are cheaper and can help you reduce your food budget).

Leisure and daily life

40 € (for example, books, clothes, etc.)

Telecommunications

- Telecommunication: use of a mobile phone (*téléphone portable*) with a SIM card. There are many different formulas, with or without a subscription.
- Internet subscription: about 30 € /month.

Transport

Prices very variable depending on your choice: train, bike, tram, bus, car.

Taxes

- variable amount: see next page
- Income tax (if you are a doctoral student with a work contract): variable according to your income.

A few examples of everyday expenses

- A midday meal in a restaurant : 10 to 14 €
- A sandwich: 4 €
- A baguette of bread: 0.90 €
- A coffee: 1,20 €
- A beer: 2.40 €
- A cinema ticket: 6 to 11 €

Taxes in France

Accommodation tax (*taxe d'habitation*)

This tax is linked to your place of residence. Its amount varies depending on your situation (single, couple, salaried, etc.), on your income and also the characteristics of the accommodation occupied on the 1st of January each year. Even if you move out of that accommodation during the year, you still have to pay this tax. The payment notification is sent out by post in the autumn, to your current address.

Students living in the CROUS residences do not have to pay this tax.

Income tax (*impôt sur le revenu*)

Unlike most other countries, income tax in France is not deducted at source (meaning, deducted by your employer). If you receive any French income, you are obliged to fill in a declaration of income form to submit to the tax authorities during the month of May. In your first year, you should obtain a blank (i.e. non-personalized) declaration form from the local tax authorities (*centre des finances publiques*) or on the website www.impots.gouv.fr. In subsequent years, the declaration form will be sent to you through the post, directly to your residential address. In September, you will receive a tax notification (*avis d'imposition*) through the post indicating the amount to pay.

If you are a grant-holder (*boursier*), you should contact the grant-awarding authorities to find out if you have to make a declaration.

For all further information, you should contact the 'Centre des Impôts':

Centre des Finances Publiques de Grenoble

38/40 avenue Rhin et Danube
38 000 Grenoble
+33 (0)4 76 39 39 76
sip.grenoble.drac@dgsip.finances.gouv.fr
Opening hours : from Monday to Friday from 8;30 a.m. to midday and from 1 p.m. to 4 p.m.

Centre des Finances Publiques de Chambéry

51 avenue de Bassens
73 018 Chambéry Cedex
+33 (0)4 79 70 72 03
Sip.chambery@dgsip.finances.gouv.fr
Opening hours: from Monday to Friday from 8.30 a.m. to midday and from 1 p.m. to 4 p.m. or by appointment.

Centre des Finances Publiques d'Annecy

Cité administrative
7, rue Dupanloup
74 040 Annecy Cedex
+33 (0)4 50 88 42 25
Sip.annecy@dgsip.finances.gouv.fr
Opening hours: from Monday to Friday from 8.30 a.m. to 11.45 a.m. or 1.30 p.m. to 4.30 p.m. or by appointment.

State audiovisual tax (*redevance audiovisuelle*)

You have to pay the state audiovisual tax (*contribution à l'audiovisuel public*; also called the *redevance audiovisuelle*) if you possess a screen or monitor for the reception of French television. If you do not have one, you must inform the tax authorities by ticking (in France, placing a cross) in the box on the first page of your tax declaration form.

The audiovisual tax is paid at the same time as the *taxe d'habitation* (featuring on the same form). The amount to be paid in 2014 is 133 €.

Glossary of basic French tax phrases

- **Foyer fiscal**: the 'household' of family members who make a common tax declaration, with the children declaring their income with the parents.
- **Résidence principale**: your main residence is the place where you live for at least 8 months of the year.
- **Revenu fiscal de référence**: This is your total income reference figure which is indicated on your tax notification (*avis d'imposition*). It is calculated on the basis of your declaration of total income. It serves as a reference for calculating your right to certain exonerations and welfare benefits. Just like the family quotient figure (*quotient familial*), often referred to as the QF of the CAF (*Caisse d'Allocation Familiale*).



WORTH KNOWING

There exist bilateral agreements signed between France and certain countries in order to avoid double taxation. To find out which are the countries concerned and the details of the agreement, go to the taxation website: www.impots.gouv.fr under the heading 'documentation' and the sub-heading 'international'.

GOOD WAYS OF SAVING MONEY

'Second-hand or flea markets' (*brocantes*)

Brocantes or vide-greniers sales are markets where individuals and second-hand goods dealers can sell all sorts of old and used objects: clothes, dishes and utensils, bikes, televisions, in fact almost anything! Prices can be really good but you should not hesitate to rummage to look for a real bargain or haggle over the price.

Brocantes are organized every weekend during the summer period in the Grenoble area. To find out dates and places, consult the internet site:

www.vide-greniers.org

Les associations

La Remise is a rehabilitation association which collects and sorts out and puts a price on clothes and all sorts of odds and ends. You can often pick up second-hand stuff at extraordinary bargain prices.

La Remise

29 rue du Général Ferrié 38100 Grenoble

Opening hours: from Tuesday to Saturday from 9.30 a.m. to 12; and from 2 to 5.45 p.m.

Emmaüs as a solidarity association in the fight against poverty in society. Their exchange warehouses sell furniture, clothing, dishes and utensils, clothes, toys, household appliances, as well as trinkets and other odds and ends, at low prices.

Emmaüs

33 avenue Valence 38360 Sassenage

04 76 27 03 04



Websites worth knowing

Donnons.org is a website for exchanging goods on line. Do not forget to find out the locality when searching because most goods have to be picked up at the donor's place.

Leboncoin.fr is a website where you can find small advertisements by both private individuals and professionals throughout France, whether you are looking for rental accommodation, job openings, furniture, electronic equipment, or all sorts of other second-hand products. You can also place free announcements without paying commission.

EATING!

French cuisine is known for its refinement and sophistication. Each region has its specialities which form part of the French cultural heritage. In the Rhône-Alpes region, you can savour the delights of the gratin dauphinois (a special easy-to-make potato dish), ravioles (a local form of ravioli pasta with cheese filling) and the tarte aux noix (a walnut tart – the area around Grenoble being a world centre of walnuts!) The French generally eat three times a day. They take a petit-déjeuner when they get up, then a déjeuner between 12 and 2 p.m. (when many shops and places of work are shut!) and then a dîner about 7 to 8 in the evening.

Eating in university restaurants

The university restaurants, commonly called 'Restos U' ou 'RU' constitute the most economical solution for having a complete and balanced meal. These restaurants run by the CROUS are open to all members of the university community, from Monday to Friday in the middle of the day - and evening as well for some of them. Payment has to be made with a Izly card or through the online Izly account. Some of the restaurants accept cash.

www.izly.fr

Where can you find the university restaurants?

For Grenoble, Chambéry, Le Bourget-du-Lac and Annecy, you can find out on the maps on the Crous website (together with what's on the menu!): www.crous-grenoble.fr/restauration

WORTH KNOWING: Izly card

The Izly card has replaced the previous Monéo card since July 1st 2015. Izly is an online payment means integrated to your student card and/or available on your mobile with the Izly application.



Eating in town!

If you want to eat out, you have plenty of choice: cafés, sandwich bars, fast-food outlets, brasseries (pub-style restaurants), etc. Normal prices can go from about 4€ for a sandwich to 25€ for a complete meal (first course, main course, dessert), but you can pay much more in Grenoble's best restaurants. You should note that many restaurants are shut on a Sunday.

Shopping

If you have cooking facilities in your residence, you will find lots of food shops near the campuses. But remember that most of these will be closed on Sundays.

You should also discover the many open-air markets which are set up in town squares in most neighbourhoods, generally from 7 a.m. to 1 p.m. These are good for buying fresh produce: fruit, vegetables, cheeses, meat, etc. You can find out about these markets on the following websites:

All the markets in Grenoble:

www.lametro.fr/509-commerce-marches.htm

All the markets in Chambéry:

www.chambery.fr/57-foires-braderies-marches.htm

All the markets in Annecy:

www.annecy.fr/304-marches-brocante-foire-a-annecy.htm



WORTH KNOWING : AGRICULTURE BIOLOGIQUE



More and more food sold in foodshops is the produce of 'biological' agriculture, often called 'organic' food in English, and known in French as *bio*. This means the produce of agricultural methods which do not resort to pesticides or chemical fertilizers. Such produce is generally more expensive than other produce. You can buy it in supermarkets or direct from the producer in markets.

LOOKING AFTER YOUR HEALTH

France has a very efficient health system but one that is relatively complex, with a multiplicity of administrative authorities involved. In order to facilitate good access to health care, *Université de Grenoble* has set up a Health Centre which brings together many of the services needed by students.

Where can you receive help?

In Grenoble



The Health Centre

You can benefit from the very many services offered to you by the Health Centre of *Université Grenoble Alpes*. A team of health professionals is there to assure a welcome and for regular consultations and advice on preventive healthcare:

- Medical consultations with general practitioners or specialists (gynaecology, sexology; psychiatry, nutrition, addiction),
- full nursing and vaccination services,
- psychological counselling,
- medical consultations for students with disabilities (working in collaboration with the Student Disabilities Service, including the authorization of special course and examination arrangements)
- planning centre (contraception, abortion, HIV testing)
- workshops : self-confidence and awareness, group therapy, stress management, sophrology and relaxation,
- first aid training
- monitoring and aftercare in the workplace.

All these services are available without initial payment. You should make sure that you take with you:

- your student card,
- your health card (*carte vitale*) or your certificate of affiliation to Social Security and any complementary policy (*mutuelle*) or your European Health Insurance Card (*Carte Européenne d'Assurance Maladie*).

Centre de Santé du Domaine universitaire

180 rue de la Piscine
Domaine universitaire de Saint-Martin d'Hères / Gières
Tram B tramstop 'Les Taillées' and tram C tramstop 'Hector Berlioz'
Opening hours : from 8 a.m. to 5 p.m., Monday, Wednesday, Thursday and Friday; from 9 a.m. to 5 p.m. Tuesday
+33 (0)4 76 82 40 70

Centre de Santé du centre-ville

5 rue d'Arsonval
Grenoble
Tram B arrêt 'Gares'
Tram B tramstop 'Gares'
Opening hours: from 8.30 a.m. to 5 p.m. Monday, Wednesday and Thursday; from 9.30 a.m. to 5 p.m. Tuesday; and from 8.30 a.m. to 4 p.m. Friday
+33 (0)4 76 57 50 90

TO FIND OUT MORE

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

Student social services and Staff social services

Social assistants working for the CROUS social service as well as the social assistant for university personnel are there to help doctoral students to cope with difficult situations which might be encountered throughout their stay at the university. They offer the following services:

- A personalized welcome and sympathetic ear throughout your stay at the university,
- Support when you are faced with material, administrative, psychological, medical, family or university problems,
- A whole range of information and advice.

In order to meet a social assistant (and make an appointment) :

- If you are a non-salaried doctoral student (without a work contract) :

Service social des étudiants

361 allée Hector Berlioz
38 400 Saint-Martin-d'Hères
+33 (0)4 56 52 88 30

In Chambéry, Annecy and Le Bourget-du-Lac

The University Service for Preventive Medicine and Health Promotion (SUMPPS)

Le Service Universitaire de Médecine Préventive et de Promotion de la Santé (SUMPPS) offers many services to doctoral students:

- Medical consultations : personalized advice and, if need be, referral to an external general practitioner or specialist, medical certificates, specialized consultations (workshops to help to stop smoking, to achieve a balanced diet, to tackle insomnia, etc);
- Nursing care and vaccinations,
- Psychological consultations,
- Consultations for disabled students including authorization and monitoring of special study and examination arrangements as well as daily life problems; working in collaboration with the University's Mission Handicap,
- Workshops: awareness and self-confidence, sophrology and relaxation and massages for stress management,
- First-aid training,
- Social service : Counselling and support in administrative matters

Throughout the year the SUMPPS Service is also involved, through individual and collective action programs, in the constant promotion of prevention and health. All these services are proposed with no student payment involved.

Remember!

The SUMPPS is not a health centre but a preventive medicine service. Thus, you cannot declare one of its doctors as your *médecin traitant* (see next page) for Social Security purposes.

SUMPPS on the Jacob-Bellecombette campus

Building 12
+33 (0)4 79 75 85 44 ou +33 (0)4 79 75 84 67

SUMPPS on the Bourget-du-Lac campus

Chartreuse building
+33 (0)4 79 75 87 56 ou +33 (0)4 79 75 86 08

SUMPPS on the Annecy-le-Vieux campus

'Ferme du Bray' annex
+33 (0)4 50 09 24 33

Social assistance

In cases of financial hardship or personal problems, you can contact a social assistant (*assistante sociale*):

Jacob-Bellecombette
Building 12
+33 (0)4 79 75 84 68

Bourget-du-Lac
Chartreuse building
+33 (0)4 79 75 86 03

Annecy-le-Vieux
Tom Morel University Residence
+33 (0)4 50 09 53 08

TO FIND OUT MORE

www.univ-savoie.fr/medecine-preventive



Consulting a doctor

You can find the addresses of all doctors who are general practitioners (*généralistes*) in the Yellow Pages online telephone directory in France.

The fee (to be paid to the doctor) (N.B. you will get reimbursed afterwards) for a consultation with a medical general practitioner is 23 €. The fee for a consultation with a specialist doctor is higher, but varies according to the specialism.

Remember!

Certain doctors claim what are called *honoraires libres* which means that they can charge a fee which is higher than the normal one. You can ask what is the consultation fee when you make the appointment.

Registering with one specific doctor (*médecin traitant*)

Health insurance now requires the insured person to choose one particular doctor (*médecin traitant*) who is then entrusted with your overall care. Consultations with this particular doctor benefit from a higher rate of reimbursement. The application form for registering with a *médecin traitant* can be downloaded on the website www.ameli.fr. It must be completed, signed and sent off to your health insurance centre.

Consulting a specialist

It is your *médecin traitant* who will direct you towards a specialist in case of need (surgeon, dermatologist, gastro-enterologist, cardiologist, psychiatrist, etc.). You will be reimbursed more fully if you accept this referral (coordinated care) rather than take the initiative yourself in making an appointment with a specialist whom you have chosen yourself. However, certain specialists can be consulted without you passing through your *médecin traitant* (and without the reimbursement rate being reduced): this is the case for gynaecologists, ophthalmologists and dentists.

How much of the payment is reimbursed by French health insurance?

The reimbursement of medical costs by social security varies between 0% and 70% depending on the type of service rendered (consultations, medicine, lab-tests, etc.) and the category of the medicine prescribed. If you have taken out a complementary policy (a 'top-up' or *mutuelle*), a further percentage (often taking it close to 100%) will be reimbursed by this second policy.

Pharmacies

In France, the sale of medicine (*médicaments*) takes place exclusively in pharmacies. Most medicines require a doctor's prescription to obtain them and to be reimbursed by your insurance. Certain common medicines (such as paracetamol, aspirin, etc.) are on open sale, and are generally not on a prescription and therefore not reimbursed by Health Insurance. Pharmacies are open from Monday to Saturdays, generally from 9 a.m. to 7 p.m. Outside these hours (later in the evening and weekends) there are 'on-call' or 'duty' pharmacies which stay open (pharmacies de garde). Details of these out-of-regular hours pharmacies are posted on the door of all pharmacies.

WORTH KNOWING

Certain vaccinations are strongly recommended in France: Tetanus, Polio, Diphtheria. You can be vaccinated for these at one of the health centres of *Université Grenoble Alpes*.

How does the French health service operate?

Following your affiliation to a health insurance scheme (either the 'student regime' or the 'general regime' – see above, p.16) you will receive a social security number and a personal French health card (called *carte vitale*). This card is a personal one, marked with your name for your use only. It should be presented for all medical consultations.



EMERGENCY NUMBERS

- **Fire Services (Pompiers)** (fire, accidents and medical emergencies): 18 from a land telephone and 112 from a mobile phone
- **SAMU** (urgent medical help): 15
- **Anti-poison Centre** (poisoning and intoxication):
in Grenoble and Chambéry: 04 72 11 69 11
- **Toxicovigilance Centre** (intoxication): 04 76 76 56 46
- **Pharmacist on call duty**
in Grenoble: 39 15
in Chambéry: 39 15
in Annecy: 32 37
- **Hospital Centre**
Grenoble University Hospital Centre (CHU): 04 76 76 75 75
Chambéry Hospital Centre: 04 79 96 50 50
Annecy Hospital Centre: 04 50 63 63 63
- **Emergency Doctor Contact (SOS Médecins)** (emergency healthcare and home visit service):
 - in Grenoble: 04 38 701 701
 - in Chambéry: 04 79 69 46 46
 - in Annecy: 36 24

GLOSSARY OF FRENCH HEALTH INSURANCE TERMS

- **Affiliation:** denotes your membership of one particular insurance organization, or regime, administering your health dossier and making reimbursements to you.
- **Cotisation:** regular payments which you make (usually through your employer, if you are salaried) in order to benefit from the partial or total payment of medical expenses incurred through illness, accident or pregnancy/childbirth. Some of these payments are made directly by you (e.g. doctor consultation) and then reimbursed; others (e.g. major hospital expenses) are paid directly by the insurance agency.
- **Feuille de soin:** This is the document given to you by the doctor or other health professional for services rendered indicating the amount you have paid for the consultation and the nature of the medical service given. This document should be completed and signed by you and forwarded to the insurance agency or, in the case of you having a 'top-up' mutual policy, to the *mutuelle* agency to which you are affiliated (which usually deals with the percentage of social security to be paid as well as the 'top-up' element). If you have presented your *carte vitale* to the doctor or other health professional, including the pharmacist, the *feuille de soin* is usually not necessary since the sending of your details to the relevant insurance agencies will be done automatically. You will be reimbursed (to your bank account, with notification to you) according to the tariffs and rates fixed by social security and by the *mutuelle* concerned (that is, if you have a 'top-up' *mutuelle* component to your insurance).
- **Ordonnance:** in English, a medical prescription prescribed by the doctor at the end of your consultation, listing the medicine (to take to the pharmacy), lab-tests or X-rays (to be undertaken by you at a medical laboratory or radiography centre). The prescription comes in duplicate, one of which needs to be forwarded with the *feuille de soin* to social security, unless the *carte vitale* is used by the purveyor of the services.
- **Régime:** term used to designate the insurance scheme to which you are attached for social insurance purposes, depending on your doctoral status (either student or salaried).
- **Statut d'ayant droit:** a status allowing a person without health insurance to benefit from the social protection of another insured person. In order to benefit from this status, you must be able to give proof of your family link to the person who is insured and to give evidence of your own status as a resident in France (a valid residence permit).
- **Tiers-payant:** the direct payment by the *mutuelle* of part or all of the costs of certain medical procedures, undertaken when you present your *carte vitale* and *mutuelle* membership card.

RESEARCH DOCUMENTATION FACILITIES

The University Libraries in Grenoble

The *bibliothèques universitaires* (which are generally referred to by French students as the 'BU') are open to all to use on a consultation basis. The possibility of borrowing documents and benefiting from other services is reserved to those who have registered as members of the library. This registration is free upon presentation of your *Université Grenoble Alpes* student card. The university libraries also equip you with a card for photocopying. In Grenoble, two inter-institutional Services for Documentary Cooperation (SICD) are responsible for developing to the highest standards the documentary holdings necessary for all university students and researchers.



SICD1 – The Sciences University Library

The SICD1 groups together the scientific and medical libraries of the Joseph Fourier University and the *grandes écoles* of the Grenoble INP. The catalogue of their holdings, called RUGBIS, is openly accessible on the internet. The Sciences BU has a Readers Guide which is also available in English. You can pick up a copy at the Library or consult it on line: <http://fr.calameo.com/read/0000243665540f0417d56>

Bibliothèque Universitaire de Sciences

915 avenue centrale
Domaine universitaire de Saint-Martin-d'Hères / Gières
Tram stop on lines B and C 'Bibliothèques universitaires'
Opening hours: from Monday to Friday from 8.30 a.m. to 8 p.m.,
Saturday from 8.30 a.m. to 5 p.m.
<http://sicd1.ujf-grenoble.fr>

WORTH KNOWING

The University Science Library organizes upon request introductory familiarization sessions for undertaking documentary research. To take part, go straight to the welcome desk of the *BU de Sciences*.

SID 2 – University Library for the Arts, Human and Social Sciences

The SID2 incorporates the large University Library Droit-Lettres with all the departmental libraries in the Pierre-Mendès-France University (in human and social sciences) and Stendhal University (in languages, communication and literatures). About 900,000 volumes are catalogued in the common catalogue going by the name Odyssée. A large number of varied digital collections can also be consulted either on the spot or through your computer.

Bibliothèque Universitaire Droit-Lettres

1 130 avenue centrale
Domaine universitaire de Saint-Martin-d'Hères / Gières
Opening hours: from Monday to Thursday from 8 a.m. to 9.30 p.m.,
Friday from 8 a.m. to 7 p.m. and Saturday from 9 a.m. to 4 p.m.
Tram stop on lines B and C 'Bibliothèques universitaires'
<http://bibliotheques.upmf-grenoble.fr>

Other smaller and more specialized libraries are to be found in certain laboratories, schools, institutes and faculties. They all have good work space and special workrooms.

WORTH KNOWING

A 'helping-hand' for Grenoble students: 'Coup de Pouce'

If you encounter difficulties in organizing your work in certain disciplines (languages, mathematics, chemistry) volunteers from the association 'helping hand' (*coup de pouce*) are there to give you free help if you need it.

53 place St-Bruno
38 000 Grenoble
cpeg38@yahoo.fr
+33 (0)6 32 19 32 21
+33 (0)9 52 68 11 43
www.cpeg38.org

The University Libraries in Chambéry, Le Bourget-du-Lac and Annecy

The Documentation Service of the University Libraries coordinates the document provision of three university sites of the University of Savoie. It brings together the three main university libraries of Chambéry, Le Bourget-du-Lac and Annecy, together with about ten associated libraries in academic departments and laboratories.

These 'BU' are open to all and make readily available over 200,000 books, 2,000 journals printed on paper, and 50,000 electronic journals. Library membership is needed for borrowing documents and using certain services, but it is free for all students registered in a university in the whole Rhône-Alpes region.

The welcome desk in all three main libraries are there to help in all research, as well as offering training in documentary methodology for all relevant courses..

Specific training is dispensed as part of the doctoral studies programs. Go to: <http://siseo.univ-savoie.fr> and click on 'formation doctorale' and then 'les modules de formation'.

BU Jacob-Bellecombette

Languages and letters, human sciences, law, economics and management

University campus, building 15
Opening hours from Monday to Thursday from 8 a.m. to 7 p.m., Friday from 8 a.m. to 6 p.m.
Reduced hours during vacations
Access from Chambéry railway station or town centre: Bus (STAC transport system), route 2, getting off at 'Université Jacob'.

BU Le Bourget-du-Lac

Science and Technology

The BU of Le Bourget-du-Lac contains an important map collection and a specialized geological collection in karstology (*'le fonds Choppy'*).

University campus, building 17 (Hautecombe)
Opening hours from Monday to Thursday from 8 a.m. to 7 p.m., Friday from 8 a.m. to 6 p.m.
Reduced hours during vacations
Access from Chambéry railway station or town centre: Bus (STAC transport system) line 2 or 2D, getting off at 'Université Le Bourget'
From Aix-les-Bains railway station or town centre: Bus (ONDEA transport system), lines 1 and 20, getting off at 'Université Le Bourget'.

BU Annecy

Economics, management sciences

University campus, building 4 (9 rue de l'Arc-en-ciel)
Opening hours from Monday to Thursday from 8 a.m. to 7 p.m., Friday from 8 a.m. to 6 p.m.
Reduced hours during vacations
Access from Annecy railway station or town centre: Bus (SIBRA transport system), line 4, get off at 'IUT'.

A shuttle service allows documents from any one of the three university libraries to be delivered to either of the two others libraries. This can be requested on line: www.scd.univ-savoie.fr/index.php/navette

POUR EN SAVOIR +
www.scd.univ-savoie.fr



Public libraries

There are many public libraries in Grenoble and its surroundings. For more information: www.bm-grenoble.fr/598-bibliotheque-pratique-fille-menu.htm

À SAVOIR

There is an international public library (BMI, Bibliothèque Municipale Internationale) with a large choice of books and documents in foreign languages (especially in German, English, Arabic, Spanish, French, Italian and Portuguese).

Bibliothèque municipale internationale
6 place de Sfax 38000 Grenoble
www.bm-grenoble.fr

Public libraries in Chambéry: www.bm-chambery.fr/opacwebaloes/index.aspx?IdPage=545

Public libraries in Annecy:
www.annecy.fr/532-bibliotheques.htm#par568



MOVING AROUND!

Bus and trams

Public transport in town

Each town possesses its own system of public transport.



POUR EN SAVOIR +
www.tag.fr

The TAG in Grenoble

The network of public transport in Grenoble is called the TAG (*Transport de l'Agglomération Grenobloise*). Grenoble and its conurbation is well served by 25 separate bus routes and by five tramway lines. Local transport maps are available from the Espace Accueil Information on campus and from all the TAG agencies. Tickets are 'punched' (or your monthly or year pass is 'swiped' inside the bus but on the platform before getting on the tram).

Tickets and month -or year- long passes are available in all TAG agencies and also from certain commercial outlets such as newsagents and tobacconist shops (*Presse/Tabac*) and can also be bought on line: <https://tag.ticket-net.eu/accueil.do>. You can also buy tickets in any of the automatic distributors at any tram-stop. In buses, you can ask the driver.

Agence de Mobilité centre-ville

51 rue Alsace-Lorraine

How to get there: Tramline A and B stop "Alsace-Lorraine"

Agence de Mobilité Grand'place

How to get there: Tramline A, Bus routes 13, 23, 26, 32 et Transisère coachline

Get off at 'Grand'place'

For more information about the agencies' opening hours:

www.tag.fr/97-les-agences-commerciales.htm

Fares

- Ticket 1 trip: 1.60 €
- Ticket 10 trips: 13.20 €
- Ticket 30 trips: 36€
- Student travel pass rate (age 19-25 years): monthly pass: 27.10 €, year pass: 216,80 €.
- If you are a student aged 26 or over and you do not have a work contract, if you receive a CAF family allowance, you can benefit from special rates (but valid only for a year-long pass) under certain conditions. Details from the TAG agency.

WORTH KNOWING

After punching your ticket or swiping your pass, you have travelling time of up to one hour on the whole tram and bus network. The year-long pass works out financially to be the best value and allows you to go free anywhere on the whole TAG network without any limitation.

WORTH KNOWING

New in Grenoble !

The StationMobile brings together into one place access to information on all modes of transport in the conurbation (public transport but also car-sharing systems, taxis, etc.)

Agence de Mobilité StationMobile

15 boulevard Joseph Vallier

38000 Grenoble

04 76 20 36 36

www.stationmobile.fr

How to get there, tramline C, tramstop 'Vallier-Docteur Calmette' or 'Vallier-Jaurès'

The STAC in Chambéry

The public transport network in Chambéry is called the STAC (*Service des Transports de l'Agglomération Chambérienne*). This network serves Chambéry and its conurbation but also the communes of Bourget-du-Lac and of Méry.

You can buy tickets at the STAC agency or at certain commercial outlets (especially newsagents and tobacco shops) and also from the driver on the bus. Bus passes are available only at the STAC agency.

Agence STAC

23 boulevard du Musée à Chambéry

Opening times: from Monday to Friday from 9.00 a.m. to 12.00 a.m. and to 1.30 p.m. to 6 p.m. and Saturday from 8.40 a.m. to 4.30 p.m.

Fares

- If you are a student aged under 26: 16.5 € per month or 133 € per year.
- If you are a student aged 26 or over and you do not have a work contract, if you receive a CAF family allowance, you can benefit from special rates (but valid only for a year-long pass) under certain conditions. Details from the STAC agency.

The two Chambéry campuses (Jacob-Bellecombette and Le Bourget-du-Lac) are easily accessible by bus in the Chambéry conurbation.

- The Jacob-Bellecombette campus: from Chambéry railway station or the town centre, take bus route 2 of the STAC network and get off at the 'Université Jacob' stop. Bus route 2 also serves the Bourget-du-Lac campus.
- The Bourget-du-Lac campus: from Chambéry railway station or the town centre, take bus route 2 of the STAC network and get off at the 'Université le Bourget' stop. Bus route 2 also serves the Jacob-Bellecombette campus. From the Aix-les-Bains railway station or town centre, take bus route 1 of the 'Ondea' network, or route 20, getting off at the 'Université le Bourget' stop.

TO FIND OUT MORE
www.bus-stac.fr

The SIBRA in Annecy

The public transport network in Annecy is called SIBRA (Société Intercommunale des Bus de la Région Annécienne). 26 bus routes serve the whole of Annecy and its conurbation.

You can buy tickets at the SIBRA agency or at certain commercial outlets (tobacco shops, newsagents, etc.). You can buy a single ticket only by asking the driver when you get on the bus. Bus passes are available only from the Sibra agency.

Espace Sibra

Agence commerciale Sibra
21 rue de la gare - BP 202 - 74 005 Annecy Cedex
04 50 10 04 04
sibra@sibra.fr

Opening times : from 7.30 a.m. to 7 p.m. Monday to Friday and from 9 a.m. to midday on Saturday.

WORTH KNOWING

To purchase any pass (young persons, monthly, termly or annual pass) the 'Cartabus' pass is obligatory. It costs 5 € and carries your name on it with a number and photograph. It is valid for three years.

Fares

- If you are a doctoral student under 26 years of age: 22.20 € per month (student pass, proof of identity required) and 138 € per years.
- If you are a student of 26 or over, you can benefit from the youth tariff of under 26 on presentation of your student card.

The Annecy-le-Vieux campus is accessible by bus from the Annecy railway station or town centre. Take bus route 4 of the SIBRA network. There are several stops on the campus. Or take route 2, getting off at 'Resto U' or 'Campus'.

TO FIND OUT MORE
www.sibra.fr

Buses serving the whole department (outside the main town)

From Grenoble (for the whole department of the Isère)

Outside the conurbation, the 'TransIsère' network serves the whole department of the Isère. This includes access to all the ski resorts. The coach station is situated next to the railway station near the centre of Grenoble. The network also has coaches going to Chambéry and to Lyon.

From Chambéry (for the whole department of Savoie)

The company 'Belle Savoie' serves all the communes in Savoie, including access to all the ski resorts. The coach station is situated in front of the railway station near the centre of Chambéry.

From Annecy (for the whole department of Haute-Savoie)

The two companies 'Crolard' and 'Lisha' cover the whole of Haute-Savoie, including the ski resorts. They also have coaches going to Geneva in Switzerland.

Bicycle

In Grenoble

Cycling is the most economical and often the fastest way of getting around town! In total, there are 290 kilometers of special cycle track in the Grenoble conurbation. Consult the special maps of cycle tracks (available for example at the campus *Espace Accueil Information*).

Where do you get hold of a bike?

You can buy a new bike from sports shops or a second-hand bike from associations/clubs, or even rent one by the hour, by the day, by the month or by the year, as the mood (or the need!) takes you!

Renting a bike with 'Métrovélo'

Métrovélo is a service which has been set up by the 'métro' which is the authority covering the whole conurbation (the Grenoble-Alpes Métropole), making it possible to rent a bike by the hour, the day, the month or the year.

To rent a bike, all you have to do is go to one of the 'Métrovélo' agencies, either at the railway station or on the University Main Campus. Make sure you have an identity document with you. You have to deposit a guarantee of 120 € by cheque, bank card, or if necessary in cash. This deposit will not be cashed except in the event that you damage the bike which is entrusted to you.

Reduced rates are offered to students. The annual cost is 85 €.

Agences Métrovélo Grenoble centre

Place de la gare - 38 000 Grenoble

Opening times: Mondays to Fridays from 7 a.m. to 8 p.m.,

From May to October: Saturdays from 9 a.m. to midday, Sundays and official holidays from 9 a.m. to midday and from 2 p.m. to 7 p.m.

From November to March: Saturdays from 9 a.m. to midday, Sundays and official holidays from 2 p.m. to 7 p.m.

Agences Métrovélo University main campus

Tramlines B and C, tramstop 'Bibliothèques universitaires'

Opening times: Mondays to Fridays 10.30 a.m. to 1 p.m. and from 2.15 p.m. to 6.30 p.m. Closed during university vacations and official holidays.

Also available at the "Agence de Mobilité StationMobile" (see page 31).

Buying a second-hand bike

uN p'Tit véLo dAnS La Tête is an association which promotes the use of the bike in the city. It offers second-hand bikes for sale. The association also offers a members' repair workshop (*atelier*) with appropriate tools and advice at hand.

Atelier rue de Londres

5 rue de Londres - 38 000 Grenoble
+33 (0)4 76 21 46 01

Atelier du Domaine universitaire

921 rue des résidences
Domaine universitaire de Saint-Martin d'Hères-Gières
www.ptitvelo.net

In Chambéry

Vélostation serves a number of purposes:

- Leaving bikes safely,
- Renting bikes daily, monthly or even yearly.

You can also try different types of electrically-assisted bikes or various accessories (child trailer, various carrying fixtures).

If you already have a STAC bus pass, you can obtain preferential rates.

Agence Vélostation

Gare SNCF de Chambéry

Parc du Verney

+33 (0)4 79 96 34 13

contact@velostation-chambery.fr

Opening times from November to March: Monday to Friday from 8 a.m. to midday and from 2 p.m. to 7 p.m. and Saturday from 1.30 p.m. to 7 p.m.

From April to October: Monday to Friday from 9 a.m. to 7 p.m.

WORTH KNOWING: A BIKE SCHOOL

It's a long time since you have ridden a bike? Using a bike in France sounds frightening? Why not take part in a free training course to regain confidence in this way of getting around, with somebody accompanying you for your first trials and advising you on basic technique, carrying out simple repairs, etc. For further information ask at the Vélostation.

The City of Chambéry also has solutions for safe parking of bikes.

In Annecy

With Vélonécyc, the Annecy community has equipped itself with a service of urban bikes accessible to everybody and simple to use. Various types of rental are on offer, daily, weekly, monthly, yearly, with preferential rates available for adult bikes, including maintenance.

Vélonécyc

Place de la Gare - 74 000 Annecy

+33 (0)4 50 51 38 90

Opening times from Monday to Saturday: from 9 a.m. to 1 p.m. and to 2 p.m. to 6.30 p.m.

www.velonecy.com



Train

The *Société Nationale des Chemins de Fer* (SNCF) is the national public company which provides rail transport. The high-speed trains (TGV: *trains à grande vitesse*) cover long distances in very little time (Grenoble or Chambéry to Paris in three hours). To benefit from the best rates, it is advisable to buy your ticket 3 months in advance.

There are several special rail cards which allow students aged under 26 to travel at reduced rates, for example the '*ILICO liberté jeune*' (costing 20 € a year) for travelling in the Rhône-Alpes region, and the *carte 18-27* costing 50 € for travel in the whole of France. There are also special rates for families (rates starting with one child). You should ask for details at the station.

WORTH KNOWING

It is possible to travel by train at very low rates. The SNCF offer '*TGV Prem's*' tickets at very advantageous rates (eg. Paris-Grenoble/ 35 €, bought 3 months before date of travel).

TO FIND OUT MORE
www.voyage-sncf.com



WORTH KNOWING:

Think of 'combined' season tickets

You can combine several modes of transport on the same card. For further information contact your railway station, or the other transport agency depending on the other transport chosen.

Examples of combined journeys:

- The *Oura* card in Isère, combining the SNCF trains in Isère with the network TAG.
- The *Laiss'pass* in Chambéry, combining the SNCF trains in Savoie with the network STAC.

Partial subsidies for season tickets

Doctoral students having a work contract can benefit from subsidies in paying for their season tickets for their daily journey between home and place of work. Reductions may be sought when the season tickets are monthly or annual and involve combined modes of transport for daily commuting).

Cars

Car rental

All the major car rental agencies are present in France as well as more local ones. You can rent a car for a day, a weekend, a week or more. Consult the Yellow Pages.

Car-pools

The upkeep and use of a car is very expensive. Sharing the costs, through car-pool commuting schemes, is ecologically a good thing, worthwhile financially, and also a way of meeting others. Many websites exist for putting drivers in touch with others. All you need to do is to say what journeys you can offer or are looking for, with dates, times and suggested price. Then those interested can get together to sort out the details.

www.covoiturage.mobisavoie.fr

www.covoiturage.cg74.fr

www.ecovoiturage.itinisere.fr

www.blablacar.fr

Car-sharing

Cité'Lib offers cars on a 'self-service' base in Grenoble, Chambéry and Annecy. To use them, all you need to do is to register on line or through the agency. Once you have received your membership card and the access codes which you will require, you can reserve a car at any time to suit you. All you do then is to pick up the vehicle at one of the many appointed parking places for car-sharers, marked 'autopartage' and then to return it at any of these special parking places.

Your car use is invoiced to you on a monthly basis reflecting the exact amount of time and of energy consumption expressed in hours and kilometres: 2 € per hour for each journey and 0.26 to 0.48 € per kilometre depending on the category of car and type of subscription chosen.

www.citelib.com

WORTH KNOWING

Be very careful to observe traffic direction: in France, vehicles drive on the right.

In France, wearing a seat safety belt is obligatory both for the driver and all the passengers in the car, both on the front and the back seats.

Drunken driving is an offence, and so is using a mobile phone while driving.

Most French motorways are tollroads (*autoroutes à péage*), with some exceptions.

Driving Licence

You can drive in France, with full observance of the French highway code, if you have obtained your driving licence in a member state of the European Union (UE in French) or in a state of the European Economic Area (EEE in French). If you obtained your driving licence outside the European Union or the European Economic Area, then the steps to take differ according to the French visa which you have. For further information, contact the Prefecture of the department in which you are living.

www.securite-routiere.gouv.fr

Please note that driving without a valid driving licence constitutes an offence and is punishable by a fine.

Taxis

If you have to travel around town late in the evening, remember that public transport is non-existent (or very limited). But you can reserve a taxi.

Taxis can be from a whole range of vehicles, often with English-speaking drivers and the possibility of paying by bank card/credit card. If you wish to have a driver speaking English, you should request this when you make the telephone reservation. The main taxi stations are to be found in front of the railway stations of Grenoble, Chambéry and Annecy.

Tariff: about 2 € per km. with a surcharge for nights and weekends.

Taxis Radio Grenoblois (GIE)

+33 (0)4 76 54 42 54

Allo taxi Chambéry

+33 (0)4 79 69 11 12

Annecy Taxi

+33 (0)4 50 45 05 67

Plane travel

Grenoble, Chambéry and Annecy are relatively close to two international airports: Lyon-St-Exupéry and Geneva, and also close to Grenoble airport situated at St-Etienne de St-Geoirs.

There are regular coachlinks between Grenoble, Chambéry and Annecy and these airports.

Lyon-St-Exupéry International Airport

1 hour from Grenoble, 2 hours from Annecy, 1 hour 15 mins from Aix-les-Bains and 1 hour from Chambéry

www.lyonaeroports.com

Shuttle coach service from Grenoble, Annecy, Aix-les-Bains and Chambéry, refer to page 20.

Geneva International Airport

2 hours from Grenoble / 1 hour 10 mins from Chambéry / about 40 mins. from Annecy

www.gva.ch

Shuttle coach service from Grenoble, Annecy and Chambéry, refer to page 20.

Grenoble Airport

Situated at Saint-Étienne-de-Saint-Geoirs, the airport services several European destinations. You can spend a weekend in London or in Copenhagen at very competitive prices. But, be careful, certain flights are not available all year round.

www.grenoble-airport.com

Contact the compagny Actibus : +33 0(4) 76 06 48 66

Return ticket : 22 euros

Chambéry Airport

Situated about ten kilometers from Chambéry (and very close to the Bourget-du-Lac Campus) this airport serves a number of European destinations (most of which flights operate only during the ski season).

www.chambery-airport.com

All flights on arrival have connecting coach links to Chambéry. Or you can take a taxi (contact allo taxi Chambéry, above).

KEEPING IN TOUCH

Telephone

To telephone to another country from France, you must: Dial 00, then the country code and then the number of your correspondent.

WORTH KNOWING: INTERNATIONAL PRE-PAID CARDS

They are a good way of making international calls at reduced tariffs. They can be used from a fixed line, or from a phone booth or kiosk. The validity of the card is generally limited to three months from first use. You can buy them from tobacconists/newsagents.

In France there exist several telephone company operators who often offer a complete range of services covering Internet access, a fixed telephone line, a mobile (or cell) phone and television access as well.

- **A fixed line:** after choosing your operator, you will need to give your full name, date of birth, profession, a 'RIB' (*Relevé d'Identité Bancaire*) and your address. Generally you should count on between 48 hours and 8 days for your line to be in operation. If the previous occupier of your accommodation had a fixed line, try to get hold of the details and this could accelerate the process.
- **A mobile or cell-phone:** you can either take out a monthly rental contract or use pre-paid cards.

Remember!

Be care about the length of your telephone rental contract! The length of your stay might influence your choice of taking out a formula with or without a subscription. Rental agreements generally last for 12 to 24 months.

- **Phone booths:** if you do not wish to install a fixed line or to take out a contract for a mobile/cell phone, in France there is always the possibility of using *cabines téléphoniques* (public telephone kiosks, booths, etc.) which function with special telephone cards (which can be purchased in tobacconists or newsagents) or where you can use your own bank or credit card for making international or long distance calls.

Internet

In order to have an internet connection where you live, you need to take the same steps as for installing a fixed telephone line. But many places, including most university residences, will now be covered by wi-fi and have internet connection.

Internet on the Grenoble main University Campus

Monitors for free access to internet are available in the university libraries (as also in the municipal libraries) and also in the *Espace Accueil Information* and the EVE student centre (*Espace Vie Etudiante*).

Many buildings on the campus are covered by wi-fi. The access code will be given to you at the time of your administrative registration.

If you are living in CROUS accommodation, find out more about WIFI access, ask directly your residence receptionist.

Internet in Grenoble

There are many places in town where wi-fi gives you free connection: this applies to many popular open spaces, such as the Jardin de Ville, the Jardin des Plantes, the Parc Paul Mistral, place Victor Hugo, place Saint-André and place Grenette, as well as the town hall (*Hôtel de Ville*) and the municipal libraries. In these zones you will automatically access 'wifivilledegrenoble'. You can register for free and you will be sent a password by e-mail or SMS.

Internet in Chambéry

The Université Savoie Mont Blanc has strong wi-fi coverage on all its campuses. The access code will be given to you at the time of your administrative registration.

Free access to wifi is also available to all at Chambéry railway station and in many cafés and bars in town. Information about the extent of wifi coverage is available at the Chambéry tourist bureau.

Internet in Annecy

Similarly, in Annecy wifi access is available at the municipal library and in the Courier shopping centre, as well as in many bars in the town. The Annecy tourist office will give you a full list.

Postal services

The Postal services include a daily delivery. And the various post offices offer other services: selling stamps and telephone cards, sending parcels, making money transfers, recharging mobile telephones, accessing internet; and you can also open a bank account and use *La Poste* for normal banking operations.

Cost of sending a letter of up to 20 grams: 0.76 € for France and 0.95 € for anywhere in the European Economic Area.

Mandat cash: you might find it convenient to pay certain bills or fees, by the 'cash mandate' procedure, which allows you to send cash and have it delivered the next day. For this you fill in a 'mandat cash' form in the Post Office, pay in cash or by bank card the sum to be transferred and pay a small fee for the service. You will be given a receipt and a mandat cash slip which you should hand to or send to the payee.

WORTH KNOWING

If you change your address during the course of the year, you can have your mail forwarded (for a fee) for a six-month or one-year period.

If you do not have an address where you can receive mail, you can have it delivered to *La Poste* – service '*poste restante*'. The mail is generally kept for a period of two weeks dating from the day of its reception at the post office (there is a fee for this service).

KEEPING IN TOUCH WITH 'THE NEWS'

Radio

- **Radio Campus Grenoble 90.8 FM:** a student-run radio station of students' general, musical and cultural interests, covering the Grenoble conurbation.
- **France Culture 88.2 FM:** a state-radio station devoted to programs covering a wide
- **France Info 105.1 FM:** a state-radio station devoted to news.
- **France Inter 99.4 FM:** a state-radio station covering a wide range of programs of general interest.

Television

France now has several hundred television channels, of which 19 are free.

- **National French Television:** the most prominent channels are the following: TF1, France 2, France 3, M6 and Arte.
- **Télégrenoble** is a local television channel of generalist interest.



The Campus Radio Station at the EVE Student Centre, on the main campus



The local press

- **Le Dauphiné Libéré:** the local and regional daily paper on sale everywhere; international, national, regional and local news. Price: 0.90 €.
- **Le Petit Bulletin:** a weekly 'what's on' cultural paper (free) covering all local events (cinema, theatre, concerts, conferences, art and sports events, things to do, etc.) distributed in shops, cultural venues, and other outlets.
- **Gre City Local News:** a weekly free newspaper distributed at tramstops and in certain commercial outlets (bakers shops, cinema, etc.)
- **20 minutes édition Grenoble:** a free daily news sheet distributed at tramstops and in certain commercial outlets (bakers, cinema, etc.)

FINDING A JOB

A foreign student is allowed to undertake a paid work activity on a part-time basis during your study stay. You can work up to a maximum 964 hours per year, which amounts to 60% of the legal number of hours counting as full-time work in France.

Students coming from countries outside the European Union, together with students from Bulgaria and Rumania, must be in possession of a valid temporary residence permit marked 'Student' in order to be hired for employment.

Remember!

A foreign student must not work more than 964 hours per year, and, if more are worked runs the risk of having the temporary residence permit withdrawn by the Prefecture!



Personalized Help for Students at Université Grenoble Alpes

Each institution forming part of *Université Grenoble Alpes* has a range of services for students addressing questions of not only personal and academic counselling but also career orientation. Contacts with the world of work, through workshops and internships, complement counselling about your study programme and possible reorientation advice. The student information and orientation services (*Services d'Information et d'Orientation*) cover skills such as drawing up your curriculum vitae and writing application letters. You are strongly recommended to use these services before beginning the task of seeking employment, particularly at a time of a very restrictive job market, so that you can get off to the best possible start. Here are the names of the main services in this domain:

- *Espace orientation métiers emploi*: 'CELAIO' at the Joseph Fourier University
- *Service Information, Orientation, Stage/Emploi* 'CIOsup' at the Pierre-Mendès-France University
- *Service d'Information et d'Orientation* at Stendhal University
- *Espace Information Emploi* at Grenoble Institute of Technology
- *Espace Carrières* at Sciences Po Grenoble

To keep informed and to be aware of employment opportunities, consult the free newspapers, the local press, internet, etc. You should even look at the noticeboards in commercial outlets and go along to all employment forums (*salons de l'emploi*). The University itself can have jobs available for students throughout the year. Make the administration of your host institution aware of your presence!

Some ideas for finding a job

Where to find job offers?

- AFIJ Grenoble
- CROUS de Grenoble
- ADIJ, Information et Initiative Jeunesse
- CRIJ Rhône-Alpes
- Pôle Emploi

OZER - Pôle entrepreneuriat Étudiants Grenoble is an organization set up to promote the entrepreneurial spirit (through awareness raising, personal counselling and training sessions) in the institutions of higher education making up the *Université Grenoble Alpes*. It offers students the following:

- An annual forum 'oZer vos envies'
- Round Tables with the testimony of entrepreneurial creative leadership
- 'Entrepreneurship' competitions
- Training modules integrated into the majority of courses (ECTS)
- Personalized support for students with projects
- Documentary resources and student reception area

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

SPORTING ACTIVITIES

Practicing sport on the Grenoble campus

The Sports Service (SIUAPS)

Sports at *Université Grenoble Alpes* are organized by a university service that goes by the name of its acronym 'SIUAPS' (*Service Inter-Universitaire des Activités Physiques et Sportives*) which offers a broad range of sporting activities open to all. A sporting activity can be undertaken as part of a university course program or simply as a leisure activity, either at an introductory level or up to a very advanced level.

All the sporting activities: aikido, athletics, rowing, badminton, basketball, orienteering, dance, rock climbing, fencing, football, gymnastics, handball, judo, jujitsu, karate, body building, swimming, synchronized swimming, health activities, diving, rugby, skiing, snowboarding, nordic skiing, handi sports, tennis, table tennis, archery, sailing, volleyball, biking, water polo.

Registration

The Sports Service organizes 'Sports Forum' during september and january. This forum brings together representatives and displays of all the sports offered by the SIUAPS. Apart from the forums, you can also register directly for a sport with the sports representative in your host institution. For this you should acquire a 'sports card' (costing 27 €) (you will need to show your student card of *Université Grenoble Alpes* in order to obtain this).

It is also possible to carry out a sporting activity other than through this year-long registration with the *Services des Sports*. You can for example have access to the swimming pool (student admission cost is 1.50 €) or to the weights room (for which there is an annual fee). The football pitches are also free of access on the university campus (tramstop 'Hector Berlioz' on tramline C). Other facilities such as the tennis courts or beach volley courts, etc., can be reserved at the Service des Sports. For more information, you should check in at the desk in the entrance hall of the swimming pool.

Piscine universitaire
Domaine Universitaire
38 400 Saint-Martin-d'Hères



The GUC, Grenoble Universités Club

The GUC possesses its own training centre and a leisure centre which places emphasis on sporting endeavour aimed particularly at those aged 4 to 17 (open throughout the year) and also 25 sporting sections, covering more than thirty disciplines practiced, either competitively or for leisure purposes and open to all (at the school, university or general public level). With more than 8,000 members, the *Grenoble Université Club* is one of the top three university clubs in France.

www.guc.asso.fr

Campus Sports activities in Chambéry, Annecy and Le Bourget-du-lac

The SUAPS of *Université Savoie Mont Blanc* (*Service Universitaire des Activités Physiques et Sportives*) is a university-wide service for the teaching and general promotion of sporting and physical activities for students, doctoral students and all staff members of the University of Savoie. All the various activities are listed on:

<http://oxygene.univ-savoie.fr/>

How to enrol/register ?

You have to pay a membership fee of 17 €, together with a fee of 12 € for each sport chosen. You can register at any of the three campuses, at the SUAPS office:

Campus de Jacob-Bellecombette
Building 16
+33 (0)4 79 75 85 50

Campus du Bourget-du-Lac
Halle Emile Allais
+33 (0)4 79 75 70 30

Campus d'Annecy-le-Vieux
Building H, Room 130 at the IUT
+33 (0)4 50 09 24 35



Practicing Mountain Sports

No other university can boast of the close proximity of three massive mountain ranges and natural parks (the Belledonne, Chartreuse and the Vercors) and the proximity of the highest mountain peaks in the western Alps (Mont Blanc, the Vanoise range and the Ecrins). This remarkable location is unique and this means that mountain sports and winter sports play a very special role in the life of many students and staff at *Université Grenoble Alpes*. You should take advantage of this – and join in!

To discover the full range of ski resorts near the University, you should consult the appropriate tourist bureau:

- www.grenoble-tourisme.com
- www.tourisme-haute-savoie.com
- www.tourisme-savoie.com



WORTH KNOWING

Many coach companies make special offers for joint 'bus and ski pass' trips ('*bus-forfait de ski*') and this could bring you very advantageous savings!

Find out more from the tourist offices listed above.

The 'Snow School' (*Ecole de Glisse*) at *Université Grenoble Alpes*

The *Ecole de Glisse* organizes supervised ski trips with preferential and exclusive rates to some of the best French ski resorts.

www.ecole-de-glisse.com

Ecole des Sports de Montagne Universitaire de Grenoble

The Ecole des sports de montagne universitaire (ESMUG) offers several activities such as hiking, mountaineering, speleology, rock climbing, ice climbing, cross-country skiing and canyoning. If you are a member of ESMUG, you will have access to climbing wall and will be able to join in organized activities, hire gears, etc.

For more information: www.esmug.fr

The Mountain Centre (*Maison de la Montagne*)

At the *Maison de la Montagne*, you will find all sorts of information relating to activities in the great outdoors: documentation on the mountains, guides, maps, etc. As a rendez-vous for all mountain clubs, this place is the meeting place for many organizations: the *Bureau des Guides et Accompagnateurs de Grenoble*, the *Centre Régional d'Education Populaire et de Sport* and also the *Moniteurs Cyclistes Français*.

Maison de la Montagne

3 rue Raoul Blanchard - 38 000 Grenoble

Opening times : from Monday to Friday from 9.30 a.m. to 12.30 p.m. and 1 p.m. to 6 p.m.; Saturday from 10 a.m. to 1 p.m. and from 2 p.m. to 5 p.m.

+33 (0)4 76 44 67 03

www.grenoble-montagne.com

WORTH KNOWING

Why not consider the *Carte pass'montagne* available in Chambéry

If you are under 26 years old, you can obtain some really good ski-pass reductions, if you have this special card!

www.passemontagne.fr/

Festi'nordic

Here is a special way of getting involved in a truly nordic outlook on winter sports; through *Festi'nordic* you can get involved at no expense in ski de fond, ski nordique, ski joring... In the extraordinary ski resorts of Savoie Mont Blanc..

www.savoiennordique.fr

www.haute-savoie-nordic.com

GETTING INVOLVED IN STUDENT AND COMMUNITY LIFE

There are lots of associational activities going on at *Université Grenoble Alpes*.

Hundreds of groups exist in all domains: art, cinema, culture, politics, citizenship, sport, music, etc.

Espace Vie Étudiante (EVE)

On the main university campus at St-Martin-d'Hères/Gières, you will find the EVE building, a Centre for Student Life (*Espace Vie Étudiante*) where a host of student organizations have their home. Here you can come into contact with services and activities which are designed by students for other students.

www.eve-grenoble.org



Pépinière d'initiatives

The 'pépinière d'initiatives' exists to resource student association start-ups and to provide help and expertise in getting all sorts of projects off the ground. If you want to find out what association most corresponds to your interests, or can best help you to develop a particular project, then ADAM is there to help you.

For more information : www.asso-seve.org

IntEGre

IntEGre is a dynamic association of Grenoble students whose aim is to extend a warm welcome to international students, and thereby to facilitate cultural exchanges through a variety of activities, outings, and special welcome evenings and introducing international students to French life. The association is happy to organize introductory visits at the beginning of the university year for international newcomers to get to know the campus and the city of Grenoble and to take part in 'discovery' weekends.

www.integre-grenoble.org

Community Associations

There exist quite a few community associations created by students of different nationalities and backgrounds. These associations bring together those with the same cultural background who wish to share what they have in common. These associations can be of great help to you when it is a question of settling in to a new lifestyle in Grenoble. They also organize cultural, festive and sporting events, working in liaison with the IntEGre association.

CUEF welcoming service

Several activities are regularly organized during which the students are invited to discover a lot about Grenoble, its surrounding and its varied culture through mini-trips, hikes in the mountains or visit to museums. Also organized, themed evenings around French and international cuisine where you can enjoy the food and relax.

<http://cuf.u-grenoble3.fr/english-version/practical-information/cultural-activities/>

ACI , Association des Etudiants Camerounais

acigrenoble@yahoo.fr

Alain Tchana, président: 06 20 74 07 33

association-camerounaise38.org

AEM, Association des Etudiants Maliens

dem_n1@yahoo.fr

Demba Touré, secrétaire général des activités sportives et culturelles:

06 81 24 08 91

AEMI, Association des Etudiants Malgaches en Isère

totosonperle@yahoo.fr

Perle Totoson, vice-présidente: 06 61 58 37 94

Facebook: AppelEMI

AESSG, Association des Étudiants et Stagiaires Sénégalais de Grenoble

aessg38@gmail.com

www.aessg.org

AEVG, Association des Étudiants Vietnamiens de Grenoble

dungtm.pfiev@gmail.com

06 88 45 72 49

www.aevg.fr

AGIS, Association des Guinéens de l'Isère

infoagis@yahoo.fr

Ibrahima Bah, président: 07 50 49 91 80

Facebook: Guinéens de Grenoble

www.agis-grenoble.fr

ANISERE, Association des Nigériens de l'Isère

aniseregrenoble@gmail.com

Malick Boureima, président: 06 80 95 36 04

ASETIG, Association des Etudiants Ivoiriens de Grenoble

asetig@live.fr

asetig.web.free.fr

Association des Congolais de France et des Étudiants Congolais

assocongo.france@yahoo.fr

Mathieu ILUNGA KANKONDE, président: 06 71 62 51 15

Association des Étudiants Chinois

yingli159@gmail.com

Ying Li, présidente

In town

The **International House**: La Maison de l'International is a special place set up and run by the City of Grenoble for exchanges, for information and for meeting together to share international experiences. It is here that you can find out more information on all the international associations present in Grenoble.

Maison de l'International

1 rue Hector Berlioz 38000 Grenoble

Opening time: Mondays to Fridays, from 10 a.m. to 12.30 p.m. and from 2 p.m. to 6 p.m.

04 76 00 76 80

The **Maison des associations** is the place to find out more about the latest activities of associations in Grenoble. It also serves to give advice to and to train volunteers in all aspects of the role of associations in community life.

Maison des associations

6 rue Berthe de Boissieux 38000 Grenoble

Opening times: Mondays to Fridays between 8.30 a.m. and 7 p.m.

04 76 87 91 90

GETTING OUT AND ABOUT!

The Tourist Offices (*offices du tourisme*)

The multilingual staff in the cities tourist offices can provide answers to all your questions in helping you to find out about all sorts of activities, events, clubs, leisure pursuits, visits to make, sports to practice, etc. And you can come away with documentation to meet your every need and desire.

Grenoble

14 rue de la République - 38 000 Grenoble

Opening times: from Monday to Saturday from 9 a.m. to 6.30 p.m.
From May to September Sundays and holidays from 9 a.m. to 2 p.m.
From October to April, Sundays and holidays from 10 a.m. to 1 p.m.
+33 (0)4 76 42 41 41

www.grenoble-tourisme.com

Anncely

1 rue Jean-Jaurès - 74 000 Annecy

Opening times: from Monday to Saturday from 9 a.m. to 12.30 p.m.
and 1.45 p.m. to 6 p.m.,
Sunday from 9.30 a.m. to midday
+33 (0)4 50 45 00 33

www.lac-annecy.com

Chambéry

5 bis place du Palais de Justice - 73 000 Chambéry

Opening times: From September to June, Monday to Saturday 9 a.m. to 12:30 p.m. and from 2 p.m. to 6 p.m. except holidays
July and August from Monday to Saturday from 9.30 a.m. to 6.30 p.m.
and Sunday from 10 a.m. to 1 p.m.
+33 (0)4 79 33 42 47

www.chambery-tourisme.com



The MC2: the Grenoble 'Maison de la Culture'

The 'Culture Bureau' at Université Grenoble Alpes

In Grenoble, the Culture and Students Initiatives Bureau has at its main mission the promotion and support of cultural projects undertaken by students. With its office in the *Espace Accueil Information*, at the centre of the campus, its staff will be happy to inform you about:

- 'What's On' in cultural events of interest to all students: the Bureau publishes every month a little booklet called *Un Tramway nommé culture*
- Student clubs and associations for practicing the arts (e.g. choral groups, musical instrumental groups)
- 'What's On' in entertainment and cultural events off-campus and in the region.

The bureau also organizes campus visits with its many works of art and invites practicing artists to meet students.

Grenoble's cultural activities

Grenoble overflows with cultural activity and lovers of the theatre, of dance or of music can be particularly happy: there is the celebrated *Maison de la Culture* (MC2:), the Municipal Theatre of Grenoble, the *Salle Olivier Messiaen*, the *Ampérage*, the *Bobine*, the *Théâtre de poche*, the *Hexagone – Scène nationale* in Meylan, the *Rampe* in Échirolles, the *Odysée* in Eybens, and the *Maison de la musique* in Meylan...

The museums in Grenoble can boast of very rich and varied collections of works of art dating from Antiquity up to the contemporary period. Again, one can be spoilt for choice, with the *Musée de Grenoble*, the Saint-Laurent Archaeological Museum, the Dauphinois Museum, the Museum of the *Ancien évêché*, the *musée Hébert* at la Tronche, the *Magasin – Centre National d'Art Contemporain de Grenoble*, the Bastille Art Centre or the VOG *Centre d'Art Contemporain* in Fontaine.

There are two very important centres to recognize the extraordinary scientific cultural heritage of Grenoble and its region. These are the *Casemate (Centre de Culture Scientifique, Technique et Industrielle de Grenoble)* and the celebration of the region's role in the development of hydroelectricity in the *Musée Bergès de la Houille Blanche* at Villard-Bonnot.

In terms of cinema, successive 'new waves' will hold no secret for you if you become an assiduous habitué of cinemas such as the Club, the Méliès or the *Cinémathèque de Grenoble*. But on the other hand, if you want the latest movies in the latest multiplex comfort, then there is the *Pathé Chavant* and the *Pathé Échirolles*.

WORTH KNOWING

Students generally benefit from reduced admission prices upon presentation of a student card. The museums run by the Isère department (the *Ancien Evêché*, the *St. Laurent musée archéologique*, the *Musée dauphinois*, the Museum of the French Revolution at nearby Vizille) have free admission throughout the year. For the others, admission is free on the first Sunday of each month.

Site sommital du fort de la Bastille, au bord de l'Isère



TO FIND OUT MORE

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

The cultural calendar

Here are some dates to remember of events not to miss in Grenoble, Chambéry, Annecy and the region as a whole in 2015-2016.

September

- **19 and 20 September**, '*Les Journées du Patrimoine*' : national Heritage Days with special open-days with free admission to historical monuments and heritage buildings in France
- **17 to 20 September**, '*La Coupe Icare*': the 'Icarus Cup' near Grenoble: a world festival of free-flight sports (*vol libre*) at Saint-Hilaire-du-Touvet
- **17 to 23 September**, Campus en Fête
- **12 to 21 September**, *Foire de Savoie*: the Savoie Fair in Chambéry

Octobre

- **7 to 11 October**, '*La Fête de la science*': Science Festival throughout France
- **3 to 18 October**, '*Le Millésime*' in Grenoble: a wine and music festival. Initiation to winetasting and concerts of jazz and classical music
- **5 to 11 October**, '*Le Festival Rocktambule*' pop-rock music festival in Grenoble

November

- **Mid-November**, '*Les rencontres du cinéma Italien*': encounters with Italian Cinema in Grenoble
- **End November**, *Festival 'Le Tympan dans l'oeil'*: ciné-concert in Grenoble

December

- **2 to 6 December**, '*Festival international du film de montagne*': International Festival of mountain films at Autrans, near Grenoble
- **Beginning of December until Christmas**, '*Le Marché de Noël*': christmas market in Grenoble, Chambéry and Annecy

January

- **Early January**, '*Le Festival des Maudits Films*' in Grenoble
- **All month**, '*Le Mois du graphisme*': Graphics Month in Echirolles, near Grenoble
- **End January**, '*Festival des cultures tsigane*': festival of gypsy cultures in Chambéry



Place Saint-André: a traffic-free square in the centre of Grenoble



February

- **Mid-February**, '*Les enfants du rock*' in Chambéry
- **Mid-February**, '*Carnaval vénitien d'Annecy*': Venetian Carnival in Annecy

March

- **All month**, '*Le Printemps des poètes*' in Grenoble
- **Early March**, '*Une Nuit trop courte*': international festival of student short movies in Grenoble
- **Early March**, '*Concert chanson française*' in Chambéry
- **Mid-march**, '*Tour du Monde au Manège*' in Chambéry
- **Fin mars**, '*la Semaine culturelle universitaire*' in Grenoble

April

- **Mid-April**, '*Détours de Babel*': festival of world music in Grenoble
- **Mid-April**, '*Printemps du livre*': the Grenoble spring book fair

May

- **Mid-May**, '*Les Arts du récit*' throughout the Isère department
- **Mid-May**, '*La nuit des musées*' open evening in museums throughout France
- **End May**, '*Festival du premier roman*': Festival of first novels in Chambéry

June

- **End June**, '*Fort en son*': festival of fanfares in Grenoble
- **All month**, '*Festival Cir'cule*': festival Lafi-Bala (bi-annual) in Chambéry
- **Mid-June**, '*Festival international du film d'animation*' in Annecy
- **End June**, '*Narkolepsy*' festival of short movies in Grenoble

July

- **End July**, '*Cabaret frappé*': music festival in Grenoble
- **Mid-july**, '*Musilac*': music festival at Aix-les bains
- **All month**, '*Les Estivales du Château*' in Savoie

August

- **Early August**, '*Fête du lac d'Annecy*' in Annecy
- **Mid-August**, '*Annecy classic festival*' in Annecy

CULTURE SHOCK

You have left your country, your family and your friends to come and live a new experience in a foreign country. Although you no doubt prepared yourself for this experience and informed yourself about French culture and life in France before you left, you could well be feeling a certain amount of 'culture shock' and feeling a little home-sick.

It is altogether normal that, in the initial stages, you could well feel a little lost, disoriented and even bewildered by your new environment. Such emotions are an essential part of the adaptation process you are undergoing.

For your cultural adaptation to be effective, it is essential to keep an open mind and a sense of humour. You should also be prepared to accept failure and should not be afraid to make this known. Curiosity, tolerance of differences and of ambiguities, respect towards others as well as a sense of self-esteem, are all behavioural attitudes which will make your integration easier.

If a strong uneasiness should persist, then you can always contact the team at the Health Centre of the *Université Grenoble Alpes* who have set up different support groups (aiming at inculcating self-confidence, teaching stress management, cultivating awareness and communicative skills). You can also solicit the help of the team of social assistants whose role is to help students in their university and personal lives, giving them the capacity to cope with difficult situations.

Assistantes sociales: 04 56 52 88 30

Psychological Counselling: 04 76 82 40 70

Centre de Santé du Domaine universitaire

180 rue de la Piscine

Opening Hours: from 8 a.m. to 5 p.m. Mondays, Wednesdays, Thursdays and Fridays, and 9a.m. to 5 p.m. Tuesdays
04 76 82 40 70

Centre de Santé du centre-ville

5 rue d'Arsonval 38000 Grenoble

Opening Hours: from 8.30 a.m. to 5 p.m., Mondays, Wednesdays and Thursdays, from 9.30 a.m. to 5 p.m. Tuesdays, from 8.30 a.m. to 4 p.m. Fridays

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



GLOSSARY OF FRENCH ACRONYMS

The French love using acronyms (not only when writing but also when talking!) which can leave foreigners totally bewildered (even if your French is good!). Most of the following list have been used in the preceding text – and their meaning explained in English.

A

AFIJ : Association pour Faciliter l'Insertion professionnelle des Jeunes diplômés

ANRT : Association Nationale de la Recherche et de la Technologie

B

BU : Bibliothèque Universitaire

C

CAF : Caisse d'Allocations Familiales

CDD : Contrat à Durée Déterminée

CEA : Commissariat à l'Énergie Atomique et aux Énergies Alternatives

CHU : Centre Hospitalier Universitaire

CHRU : Centre Hospitalier Régional Universitaire

CIFRE : Conventions Industrielles de Formation par la Recherche

CLOUS : Centre Local des Œuvres Universitaires et Scolaires

CM : Cours Magistral

CNRS : Centre National de Recherche Scientifique

CPAM : Caisse Primaire d'Assurance Maladie

CRIJ : Centre Régional Information Jeunesse

CROUS : Centre Régional des Œuvres Universitaires et Scolaires

CUF : Centre Universitaire d'Études Françaises

D

DALF : Diplôme Approfondi de Langue Française

DELF : Diplôme d'Études en Langue Française

E

ECTS : European Credit Transfer System

EEE : Espace Économique Européen

EMBL : European Molecular Biology Laboratory

ESRF : European Synchrotron Radiation Facility

EVE : Espace Vie étudiante

F

FLE : Français Langue étrangère

G

GEG : Gaz électricité de Grenoble

GUC : Grenoble Université Club

GUIDE : Guichet Unique d'Information des Etudiants

H

HDR : Habilitation à Diriger les Recherches

I

IEP : Institut d'Études Politiques

ILL : Institut Laue Langevin

INP : Institut National Polytechnique de Grenoble

INRIA : Institut National de Recherche en Informatique et en Automatique

INSERM : Institut national de la santé et de la recherche médicale

ISSO : International Students and Scholars Office

IVG : Interruption Volontaire de Grossesse

L

LMD : Licence, Master, Doctorat

LMDE : La Mutuelle Des Etudiants

O

OFII : Office Français de l'Immigration et de l'Intégration

OMS : Office Municipal des Sports

R

RATP : Régie Autonome des Transports Parisiens

RH : Ressources Humaines

RIB : Relevé d'Identité Bancaire

RU : Restaurant Universitaire

S

SAH : Service Accueil Handicap

SIBRA : Société Intercommunale des Bus de la Région Annécienne

SICD : Services Inter-établissements de Coopération Documentaire

SMERRA : Société Mutualiste des Étudiants de la Région Rhône-Alpes

SNCF : Société Nationale des Chemins de Fer

SIUAPS : Service Inter-Universitaire des Activités Physiques et Sportives

STAC : Service des Transports de l'Agglomération Chambérienne

SUAPS : Service Universitaire des Activités Physiques et Sportives

SUMPPS : Service Universitaire de Médecine Préventive et de Promotion de la Santé

T

TAG : Transport de l'Agglomération Grenobloise

TEF : Test d'Évaluation de Français

TCF : Test de Connaissance du Français

TD : Travail Dirigé

TGV : Train Grande Vitesse

TP : Travaux Pratiques

U

UE : Union Européenne
UFR : Unité de Formation et de Recherche
UJF : Université Joseph Fourier
UMR : Unité Mixte de Recherche
UPMF : Université Pierre-Mendès-France
U3 : Université Stendhal

V

VIH : Virus de l'Immunodéficience Humaine
VLS-TS : Visa Long Séjour valant Titre de Séjour

