

# MEMENTO

## International Students & Researchers



## A Quality Welcome



#### « Welcome to France » Label



In 2020, the University of Picardie Jules Verne was awarded the « Bienvenue en France » ("Welcome to France") label. Issued by Campus France, this label guarantees you the best possible welcome to France as well as access to information and support throughout your stay at the UPJV!

The UPJV offers the following services to help you to settle in:

- A one-stop welcome office « Guichet d'Accueil », to help with administrative procedures on arrival: visa validation, social security registration, accommodation, opening a bank account etc. At the same time, you can also find out about sports and cultural activities on offer at the university. Open from the end of August until the middle of September, it's an event not to be missed!
- **The Buddy System**: this is a mentoring platform enabling local French students to help and support international students like yourself.
- **Personalized support** from the International Relations team to help with settling in.
- Help with finding accommodation thanks to our partnership with the CROUS Amiens-Picardie.
- **Regular meet-ups** between international students and local students from UPJV.
- Free French lessons (FLE) to improve your French language skills.

Before your arrival, the International Relations Department organises a series of webinars every Tuesday betwenn April and June : "Mardis de l'International" *(International Tuesdays).* 

The aim is to reassure newcomers and inform them about their future university environment.



#### « Welcome to France » Office

Direction des Relations Internationales Université de Picardie Jules Verne 11 rue des Francs Mûriers 80000 AMIENS

bienvenue@u-picardie.fr

+33 (0) 3 22 82 58 05 https://www.u-picardie.fr/



**EURAXESS CENTRE** 



In March 2021, the UPJV set up a centre for international researchers. Accredited by the EURAXESS European network, it offers personalized assistance for the preparation of your stay and your move to the university's towns and campuses.

The UPJV EURAXESS team will welcome you to our university and provide assistance throughout your stay. Our collaboration with key partners in the region will help to speed up your administrative procedures and our team will ensure you have all the information you need to prepare and enjoy a successful stay in France.

#### **UPJV EURAXESS Services**



HELP WITH PREPARING YOUR STAY

- · Welcome conditions
- Visas
- Work permits
- · Residence permits
- Departure formalities ...



#### HELP WITH YOUR MOVE

- A warm welcome
- Accommodation
- · Home insurance
- · Health cover
- Opening a bank
   account ...



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#### DAY-TO-DAY ASSISTANCE

- Social security
- Family matters

(insurance, schools)

#### HELP WITH SETTLING IN

- French lessons for all levels
- · Conversation workshops
- · Cultural outings
- · Leisure activities...



#### UPJV EURAXESS Centre

Direction des Relations Internationales Université de Picardie Jules Verne 11 rue des Francs Mûriers 80000 AMIENS

euraxess@u-picardie.fr +33 (0) 3 22 82 72 45



Created 20 years ago, the university French Language Centre was awarded the FLE Quality Label on its first application in 2019. Awarded by an inter-ministerial commission, this label guarantees you high-quality language teaching and services.

The UPJV French Language Centre fosters close working relationships between teachers and learners and guarantees high-quality supervision.

The teaching team is made up of certified FLE teachers, lecturers and UPJV associate professors, all specialized in the teaching of French as a foreign language.

#### What's on offer at the French Language Centre

The UPJV French Language Centre offers a wide range of services and activities to all incoming international students and staff:

- French language courses (some are free!)
- Tutoring assignments
- Preparation for the French test « Test de Connaissance du Français » (TCF)
- Cultural and sporting events

#### Please note!

The French Language Centre is part of the « Maison des Langues » at the university, where other languages are also taught.

For further information: mdl@u-picardie.fr



#### French Language Centre (FLE) in the « Maison des Langues »

Université de Picardie Jules Verne 10 rue des Français Libres Bâtiment E - 1<sup>er</sup> étage 80080 AMIENS

fle@u-picardie.fr +33 (0) 3 64 26 83 64 French Language Centre website

## Prepare your stay



The cost of living in France can be quite high and it is therefore important to anticipate your monthly spending, without forgetting the cost of your move there. Here's a reminder!

#### Initial costs

- □ **Travel expenses:** depending on your country and chosen mode of transport
- Accommodation deposit: 1 or 2 months' rent, cashed on handover of keys
- **Estate agency fees:** if applicable
- □ Home insurance: 20 to 110 € depending on the surface of the accommodation
- □ Registration fees: between 178 & 2 895€ depending on the level of study (excluding exchange programmes) Contribution
- □ Vie Étudiante et Campus (CVEC): 105 €

#### HELPFUL TIP!

Bills or rent to pay? A bus pass to buy? Health care costs to be reimbursed? **Open a bank account in France**!

□ Health cover: minimum 30 €



Excluding travel expenses, the cost of moving can easily amount to over 1000 €.

#### Monthly expenses

□ Rent: on average 300 € in a university residence and up to 600 € for a private rental

- □ Electricity/Gas: 30 to 60 €
- □ Telephone and internet: 10 to 50 €
- □ Public transport (bus, bike): 20 to 30 €
- □ **Food:** 300 to 400 €
- □ Other expenses (leisure activities, clothes, etc.): 100 €

**760 €** 

monthly student

#### Some advice to reduce your monthly spending...

- · Choose university halls or shared accommodation
- Eat at the university restaurant (resto'U). A full meal costs just 3,30 €
- Use food banks such as **« Agoraé »** in Amiens
- Use public transport or car-share
- · Shop in thrift stores or on second-hand clothing websites
- Show your student card in restaurants and cultural venues as student discounts are often given!



For your period of study or research in France, you will need to rent accommodation. Here are some helpful hints to help you with this:

#### Accommodation in public student halls of residence



The student halls are managed by the <u>CROUS Amiens-</u> <u>Picardie</u> (Centre Régional des Œuvres Universitaires et Scolaires), a public organization offering low-rent accommodation to students.

The UPJV International Relations office has signed an agreement with the CROUS Amiens-Picardie, guaranteeing a quota of rooms each year for international students.

To apply for a room in a university residence:

- Exchange programme students: you must fill out the accommodation request form which will be sent to you by the International Relations office.
- Individually registered students: you must book a room through the «Welcome to France » office. As places are limited, priority is given to students enrolling for a Master's degree.
- Direct application to CROUS Amiens-Picardie: international students can reserve any vacant rooms from July onwards on the following site: https://trouverunlogement.lescrous.fr/

Further information can be found in the accommodation section on our website: <u>"Accommodation" section on our website</u> !

#### Private student accommodation

The International Relations office can help you find private residences reserved for young professionals and students. These establishments offer services which are adapted to the needs of young people (laundry facilities, cafeterias, etc.)

For further information, please contact the « Welcome to France / Bienvenue en France » office for international students: bienvenue@u-picardie.fr

#### Alternative student accommodation

## Lokaviz, private student accommodation, managed by the CROUS Amiens-Picardie

The platform Lokaviz, managed by the CROUS Amiens-Picardie, lists private student accommodation. Each advert is checked by the CROUS to ensure the accommodation is suitable and the rent is reasonable.

#### **Private accommodation**

It is possible to rent student accommodation from private landlords, from an individual room to a flat-share. Some useful sites:

- Le Bon Coin
- Se loger
- ParuVendu

Some sites specialized in flat-sharing:

- Appartager
- <u>Colocatere</u>
- MyRoom
- RoomLala
- LocService
- ImmoJeune
- La carte des colocs

#### Accommodation for researchers

The UPJV EURAXESS Centre is there to help you find accommodation and can offer different solutions with the help of our partners:

- CROUS Amiens-Picardie,
- <u>CCI Amiens-Picardie</u>,

Do not hesitate to get in touch!

Please take a look at the accommodation section on the Euraxess France website:

https://www.euraxess.fr/fr

#### Information and reservations:

euraxess@u-picardie.fr





Depending on your nationality, your situation and the length of your stay, you must obtain a visa to study or carry out research in France.

#### Student VISA

#### **European student**

If you are a national of a country in the European Economic Area (EEA – countries of the European Union (EU) + Iceland, Norway, Liechtenstein) or Switzerland, you do not need a student visa to study or do an internship in France. You are free to enter France, regardless of the length of your stay.

However, you must have suitable health cover and sufficient resources to provide for yourself (and any family members if need be).

#### Non-European student (including British student)

If you are a national of a country outside of the European Economic Area (EEA –countries of the European Union (EU) + Iceland, Norway, Liechtenstein) or outside of Switzerland, you must obtain a visa in order to study, carry out research or do an internship in France.

There are different types of visas. You must apply for the visa which corresponds to your situation (studies, research or internship) and the length of your stay in France.

#### The short-stay student visa

Your stay is < or = to 90 days: you must obtain a short-stay student visa to study in France.

#### The long stay student visa

Your stay is > 90 days: you must apply for a long-stay student visa to study, carry out research or do an internship in France.

There are two types of long-stay visas:

• The « visa long séjour valant titre de séjour » (VLS-TS)

The VLS-TS allows you to stay in France for up to one year without having to apply for a residence permit. You must however validate your visa upon arrival in France.

Depending on the nature of your stay, there are 3 types of long-stay visas:

- the VLS-TS: a student visa for study at Bachelor and Master level
- the VLS: specific visas known as « passeport talent » for PhD level students and above
- the VLS-TS: an intern visa to carry out an internship in France as part of the training you are doing in your home country.

On arrival in France, you must have your « visa long séjour valant titre de séjour « (VLS-TS) validated. This can be done online: https: //administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/

• The « visa long séjour temporaire « (VLS-T)

The VLS-T allows you to stay in France for up to 1 year without having to validate your visa. It is non-renewable and does not give you the same rights as the VLS-TS.

#### Research professor visa

#### European research professor

You are a research professor and national of a country in the European Economic Area (27 countries of the European Union (EU) + Iceland, Norway, Liechtenstein and Switzerland): you do not need a visa or residence permit. Only a valid identity card or passport is required.

#### Non-European research professor (including British nationals)

You are a research professor and national of a country outside of the European Economic Area (EEA –countries of the European Union (EU) + Iceland, Norway, Liechtenstein) or outside of Switzerland and coming to a French university for the first time: you must apply for a « Visa Passeport Talent Chercheur ». For more information, contact the French consulate or embassy of your home country.



#### Do you have a question or need further information?

Visit <u>Campus France website</u> and <u>official French visa website</u> to find out about specific procedures based on your nationality and your type of stay.

The virtual assistant on the official French visa website will help you to determine the right visa for your stay in France:

https://www.france-visas.gouv.fr/assistant-visa



If you want your stay to go smoothly, even in the event of an accident or unforeseen circumstances, you must be covered by different types of insurance.

Finding out about this as early as possible is a priority!

#### Health cover



In France, it is obligatory, and free, to be registered with French social security. This will cover around 70% of healthcare costs (consultations with a doctor, medical exams...).

Depending on your status (student or employee) and your country of origin, the procedure differs.

#### You are a student

As soon as possible after your university registration, you must register with social security, except if:

- You are European and you have a European Health Insurance Card (or a provisional certificate). In this case, your healthcare costs will be reimbursed as if you were in your home country.
- You were already registered in a French higher education establishment last year. You will automatically be registered with social security.

You must register with social security if you are:

- A European student without a European Health Insurance card.
- A European student with the S1 form, obtained before your departure, from your registered health organization in your home country.
- A British or non-European student.

#### You are a PhD student or researcher

The Euraxess centre can guide you step by step through the registration process with the CPAM.

#### **Register with social security**

You can find more information on the social security website for international students:

https://etudiant-etranger.ameli.fr/#/ The site is available in French, English and Spanish.

#### Please note:

Registration with social security can be done with the help of the UPJV International Relations team at the one-stop Welcome Office « Bienvenue en France ».

#### Health cover

Health cover is not obligatory but strongly advised and, in addition to social security reimbursements, can cover up to 100% of your medical expenses.

There are many health insurance companies to choose from. The independent organization *Que choisir* can help you choose the most suitable cover for your needs, at the right price:

https://www.quechoisir.org/guided-achat-mutuelle-pour-jeunes-etetudiants-n3443/

#### Home insurance

In France, when renting accommodation, you must take out home insurance and provide a copy of the insurance certificate before moving into the property.

Home insurance covers any damage caused by the tenant or a third-party (water damage, burglary etc.) or even damage caused by bad weather or natural disasters. This is known as « rental liability » insurance.

The monthly cost is proportional to the surface area of the rented property.

The majority of insurance policies also include civil liability (excluding professional civil liability).

#### Civil liability insurance

Civil liability insurance covers any damage or injury caused to others through your own fault or negligence.

If you took out comprehensive home insurance, the civil liability insurance is already included in your contract.

If this is not the case, you can take out specific insurance known as « personal liability » insurance.

#### Repatriation assistance insurance

Repatriation assistance insurance is not obligatory but strongly advised.

In the event of a major health problem or death in France, transport costs and medical repatriation by air are covered.



## Your arrival in France

# YOUR ADMINISTRATIVE PROCEDURES

When you arrive in Amiens, you will have to finalize or start a number of administrative procedures.

The International Relations team are there to guide you step by step: contact them as soon as you arrive!

#### You are a student

Your contacts:

#### Exchange programme student

dri@u-picardie.fr

#### Individually registered students

#### bienvenue@u-picardie.fr

You can carry out all your administrative procedures at the one-stop **Welcome Office « Bienvenue en France »**, open from the end of August until the end of September each year.

## Payment of the « Contribution Vie Étudiante et de Campus (CVEC) »



This obligatory fee helps to provide social and medical support as well as cultural and sporting activities for students.

All students wishing to study in a higher education establishment must obtain, **prior to registration**, proof of payment or exemption of the CVEC (exemption applies to students on exchange programmes or under bilateral agreements).

The fee for the current university year 2024-2025 is **105 €**.

Once paid, you will be able to download your proof of payment which is required for registration at the university.

For more information: https://cvec.etudiant.gouv.fr/

#### Focus on the one-stop Welcome Office "Bienvenue en France"

From the end of August until the middle of September, the International Relations Department opens a one-stop Welcome Office for international students in Amiens.

Objective: to allow you to carry out all your administrative procedures in the one place with the help of the International Relations team and UPJV students.

- Register at the university
- Register with French social security
- Validate your visa or residence permit
- Take out health cover
- Open a bank account
- Help with other administrative procedures (application for custom housing assistance etc.)



From the middle of September onwards, the International Relations team will open the one-stop Welcome Office on each UPJV site in the region (Beauvais, Creil, Cuffies-Soissons, Laon and Saint-Quentin) to offer all our international students access to the services and help them with administrative procedures.

#### University registration

The registration procedure is detailed on our website: <u>https://www.u-picardie.fr/formation/candidater-sinscrire</u>

#### **Registration fees**

Individually registered students: non-EU international students must pay international student fees.

If you are registering for the first time for a Bachelor's degree (Licence or BUT), the fees are  $2850 \in$ . The following years, the fees will be identical to those for local students (175  $\in$ ).

Students registering on a Master's degree are partially exempt and pay the same fees as local or European students (250  $\in$ ).

Please note: Exchange programme or bilateral agreement students are not subject to these fees. The amounts mentioned above are for the academic year 2024-2025.

#### **Registering with social security**

Except in specific cases, you must register with French social security.



To register and request your health card (carte Vitale) for your medical appointments, please take a look at the following website:

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

#### Validating your visa

If you come from a non-EU country and hold a « visa long séjour valant titre de séjour (VLS- TS) »: you must validate your visa as soon as you arrive in France. This can be done online:

https://administration-etrangers-enfrance.interieur.gouv.fr/particuliers/#/

## Obtaining the VISALE guarantee for your accommodation



A financial guarantee is required to

### rent a property in France.

## If you are under 31 years old and have no physical guarantor in the EU zone:

Go to <u>https://www.visale.fr/</u> to register for a free guarantee. You will then receive a VISALE certificate which must be shown to the CROUS or your landlord.



#### If you are over 31 years old:

You will need a physical guarantor who will pay your rent if you are unable to do so.

If need be, you can find companies offering this service (for a fee) by typing « garant payant » in a search engine (for example: GarantMe)

#### Moving in to your accommodation



You have been allocated accommodation with the CROUS (and have received proof of accommodation from them):

You can pay your registration fee either online or directly with the CROUS Amiens-Picardie.

To collect your keys, go to the CROUS Amiens-Picardie with your VISALE certificate, if applicable. You will carry out an inventory of fixtures with an agent from the CROUS.

#### You are in private accommodation:

Contact the landlord and follow the same procedure.

## Request custom housing assistance (Caisse d'Allocations Familiales CAF)



As soon as you have signed your rental agreement (with the CROUS or a private landlord), you can request custom housing assistance. A form must be filled out and any requested supporting documents must be sent to the CAF:

- A double-sided copy of your national identity card, passport or birth certificate, a copy of your valid residence permit in all other cases
- Your bank details (RIB), post office account (RIP) or savings account (RICE), in your name
- Proof of rent or residence, completed, dated and signed by the landlord or the property manager
- a valid e-mail address
- your visa details
- your arrival date in France
- your address in France

#### Opening a bank account

It is strongly recommended that you open a bank account in France.

Our partner banks will be present at the one-stop Welcome Office "Bienvenue en France". With the following documents, you can open an account with them:

- A copy of your identity card / passport
- Proof of address
- A certificate of registration or admission to your course



#### You are a researcher

Our EURAXESS centre provides free and personalized assistance to researchers coming to the UPJV.

Contact our team to book an appointment: <u>euraxess@u-picardie.fr</u> Or find us at 11 rue des Francs Mûriers in Amiens!

#### Services on offer when you arrive

- Validation of your VISA

   Passeport Talent Chercheur » (non-EU)
- · Opening a bank account
- Home and civil liability insurance
- Help with accommodation
- Additional health cover
- Schooling for your child(ren)







The UPJV does its best to make you feel at home from the minute you arrive. A wide range of initiatives are in place to help, whether you're a student or a researcher.

You are a student

#### Take part in our welcome events!

These welcome events will put you at the heart of UPJV student life.

- Les semaines de pré-rentrées: to discover your new class and timetable

- Les rendez-vous de la vie étudiante: to discover the wide range of student related services available to you (takes place over one month)

- Les Journées d'Accueil des Étudiants: to meet other students and discover your new town and campus.

- La Nuit des Étudiants du Monde: to spend an amazing evening in an iconic setting with other international students.

#### Events throughout the year

The International Relations Department also organizes a series of events throughout the year to help you settle in:

- Workshops
- · Board games or bowling evenings
- · Outings to Paris, Villers-Cotterêts etc. with guided tours







#### Mentoring by a French student: the BUDDY SYSTEM



The Buddy System is a mentoring scheme: discover the UPJV and your host town with your French Buddy!

Your French mentor will help you fit in to your new environment: discovering the university and the town together, taking you on outings and cultural visits, helping you with the language etc....

#### Would you like to join the Buddy System?

As soon as you arrive at UPJV, sign up here: <u>https://buddysystem.eu/en/</u>

#### You are a researcher

To help with settling in, our EURAXESS centre is happy to offer you:

- French lessons
- Conversation workshops
- · Cultural outings
- Leisure activities...



Further information: euraxess@u-picardie.fr





### STUDENT CHECKLIST

#### Two months before leaving

- □ If need be, start the procedure for your VISA
- Look for accommodation, temporary or not

□ Find out about health cover in your home and host country

#### A week before leaving

- □ Inform the UPJV and if need be, your landlord, of your arrival date
- Pack your case with clothes for all weather
- □ Prepare all your documents:

#### **Identity documents:**

- identity card
- passport
- □ birth certificate (translation and certified copy)
- □ driving licence (if you plan on driving in France)

#### Documents relating to your studies in France:

- university registration certificate
- □ language certificate(s) (French, English etc.)
- □ previous diplomas (translation and certified copy)

#### Travel documents:

- your train or plane tickets
- your itinerary from the airport

#### Documents relating to your move:

- □ the printed accommodation reservation form
- any requested documents
- a list of contacts in France



#### **On arrival in France**

- Contact the university
- Pay the CVEC
- Register at the university
- □ Register with French social security
- Validate your VISA
- □ Request your VISALE guarantee if needed
- □ Collect the keys to your accommodation
- Open a bank account
- Request custom housing assistance from the CAF
- □ Take out home and civil liability insurance
- □ Enjoy your stay!!!



Scan or take a photo of your documents and send them to yourself by e-mail or save to the cloud. This way, you will always have easy access to them.

Don't forget your mobile phone, your healthcare documents and a bank card you can use in France; if not, bring enough cash with you for use until you can open a bank account.

#### Don't forget!

#### The International Relations team are here to help you. Contact us!

dri@u-picardie.fr bienvenue@u-picardie.fr



### **RESEARCHER CHECKLIST**

#### As soon as your mobility is confirmed

- Register on the Euraxess databse
  - Either directly on: https://www.fnak.fr/en/register/
  - □ Or by e-mail to euraxess@u-picardie.fr

Euraxess: free personalized assistance to help you every step of the way!

#### Two months before leaving

- □ If needed, start VISA procedures (you will need your welcome agreement or « convention d'accueil » from the UPJV)
- Look for accommodation, temporary or not
- Check your health cover (with our EURAXESS centre)

#### One week before leaving

- □ Inform the UPJV and if need be, your landlord, of your arrival date
- Pack your case with clothes for all weather
- □ Prepare all your documents:
  - passport or identity card for EEA nationals. Before you leave, check that your passport or identity card is valid for the entire duration of your stay in France.
  - your employment contract
  - for non-EU, EEA or the Swiss Confederation nationals: the signed welcome agreement (convention d'accueil)
  - previous diplomas
  - proof of a grant or funding of your stay from a government or organization, if applicable
  - □ university registration/acceptance certificate
  - certificate, diploma or other to justify your language skills (French, English, as appropriate)
  - proof of accommodation in France
  - □ civil status certificates for yourself and each family member (birth, marriage, divorce), even if your family is not coming to France
  - vaccination certificates, especially for children
  - children's school reports

- □ ID photos in 3,5 x 4,5 cm format (head on a clear background)
- □ private health cover certificate or national insurance certificate; European Health Insurance Card (EHIC) for European nationals
- □ any medical prescriptions (including glasses and contact lenses)
- proof of household income for the previous tax year (income tax form or recent payslips)
- customs: are you unsure as to what you can take with you to France: pets, cash, medicine, vehicle or other? <u>https://www.douane.gouv.fr/dossier/trouble-</u> free-travel-french-customs
- □ if you will be driving in France:
  - valid European or international driving licence (which will allow you to drive for one year in France)
  - □ international car insurance card
  - vehicle registration documents

#### Important!

Depending on the procedure, some documents must be translated into French by a certified translator. The French embassy and consulate in each country are free to request additional documents or proof.

Any original document shown to the consulate for your visa may be requested by customs on arrival in France. Keep these documents close at hand.

We recommend that you keep **digital copies of all your important documents** for easy access. **Prepare photocopies of all these documents** as they will be required for administrative procedures in France.

#### On arrival in France

- Contact the university
- □ Validate your visa and if need be, those of any family members
- Open a bank account
- □ Take out home and civil liability insurance
- Enjoy your stay!

Don't forget! Our EURAXESS centre is here to help!

euraxess@u-picardie.fr





#### Exchange programme students

Direction des Relations Internationales 11 rue des Francs Mûriers 80000 Amiens dri@u-picardie.fr





@UPJV - Direction des Relations Internationales

Erasmus + student: Barbara DUMEIGE barbara.dumeige@u-picardie.fr +33 (0) 3 22 82 79 91





Erasmus Mundus i-MESC student: Jamila TAMIMY jamila.tamimy@u-picardie.fr +33 (0) 3 22 82 72 51



ISEP, BCI, Asia Exchange or bilateral agreement student Mélanie ALVES melanie.alves@u-picardie.fr +33 (0) 3 22 82 58 53







Individually registered students

« Bienvenue en France » Office

**Direction des Relations Internationales** 11 rue des Francs Mûriers 80000 AMIENS

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#### **Researchers and PhD students**

EURAXESS Centre Direction des Relations Internationales 11 rue des Francs Mûriers 80000 AMIENS

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#### Centre de Français Langue Étrangère (FLE) Maison des Langues

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