

GUIDE FOR INTERNATIONAL STUDENTS

2026/2027
EDITION

IN MONTPELLIER, NÎMES
AND PERPIGNAN



<https://saiec.univ-montp3.fr/en/parrainage-international>

CONTENTS

1 PREPARING FOR YOUR ARRIVAL 4

- A. DOCUMENTS YOU MUST BRING TO FRANCE**
- B. BUDGETING**
- C. FINDING ACCOMMODATION**
 - 1. Where to look?
 - 2. Where to obtain information in Montpellier, Nîmes and Perpignan
 - 3. Temporary accommodation
 - 4. Useful information when looking for accommodation
 - 5. Once you have found your accommodation
 - 6. When you leave your accommodation

2 THE DAY YOU ARRIVE 15

- A. YOUR BUDDY WELCOMES YOU AT THE STATION OR AIRPORT**
- B. COLLECTING THE KEYS FOR A CROUS UNIVERSITY HALL OR RESIDENCE**

3 THINGS YOU NEED TO DO WHEN YOU ARRIVE 17

- A. NON-EU STUDENTS: VALIDATING YOUR VISA OR SUBMITTING YOUR FIRST RESIDENCE PERMIT APPLICATION**
- B. PAYING YOUR STUDENT AND CAMPUS SERVICES (CVEC) CONTRIBUTION**
- C. REGISTERING AT A HIGHER EDUCATION INSTITUTION**
- D. OPENING A BANK ACCOUNT**
 - 1. List of banks offering special rates for students
 - 2. Online banks
- E. HEALTH**
 - 1. Social security
 - 2. Extra cover
 - 3. CSU
 - 4. Psychological help
 - 5. Health services
 - 6. Disability
- F. SETTING UP A PHONE/INTERNET SERVICE**
- G. UTILITIES CONTRACTS**
- H. INSURANCE**
 - 1. Home insurance
 - 2. Civil liability
- I. TAXES IN FRANCE**
 - 1. Income tax

4 PRACTICAL LIVING 30

- A. TRAVEL IN MONTPELLIER, NÎMES AND PERPIGNAN**
 - 1. Public transport
 - 2. Other bus companies
 - 3. Travelling by train
 - 4. Travelling by bicycle
 - 5. Car sharing
- B. SENDING A LETTER OR PARCEL**
- C. RECYCLING IN FRANCE**
- D. LEISURE ACTIVITIES & GOING OUT**
 - 1. Discount cards
 - 2. Doing a sport
 - 3. International Buddying events
 - 4. Events not to miss in Montpellier, Nîmes and Perpignan
 - 5. Places to visit in Montpellier, Nîmes and Perpignan
 - 6. Evenings out in Montpellier, Nîmes and Perpignan
- E. EAT WELL**

5 FINDING A STUDENT JOB 50

- A. STUDENT JOBS IN THE REGION**
- B. REGULATIONS FOR NON-EU FOREIGN STUDENTS**
- C. WHERE TO FIND JOB ADVERTS**
- D. HOW TO APPLY**

6 USEFUL CONTACTS 53

- A. IN AN EMERGENCY**
- B. SOCIAL SUPPORT SERVICES**
- C. USEFUL WEBSITES**



1 PREPARING FOR YOUR ARRIVAL

A. DOCUMENTS YOU MUST BRING TO FRANCE

Before coming to France or organising your travel, you must prepare your personal documents so that you can travel without encountering problems along the way.

You must keep the following with you:

- ➔ Your **passport**
- ➔ Your **flight ticket, train ticket** or any **other travel document**
- ➔ Your **bank card**: Before setting off, check that you can use your bank card in France and check how much money you can withdraw once you are there.
- ➔ **Health insurance taken out in your own country** to cover you while you set up health cover when you arrive. Remember to check that you are covered if you have an accident in France.
- ➔ **Useful contact numbers**: You are advised to make a note of any essential numbers to call if there is a problem, for example the emergency services, your bank, a loved one, and the details of your embassy and your country's consular services in France.
- ➔ **If you are a national of a non-EU country**, you must first obtain a **visa** issued by the French consulate or embassy.
- ➔ **If you are an EU national**, remember to apply for your **European Health Insurance Card** before you travel.



GOOD TIP

Take photocopies of all your travel documents (passport, visa, etc.). Also keep a copy on your computer, e.g. in your email inbox.

B. BUDGETING

➔ Budgeting for when you arrive

ACCOMMODATION:

Renting through a rental agency:
agency fees (equivalent to 1 month's rent)
+ deposit (equivalent to 1 month's rent)
+ first rent payment

Renting from a private landlord: deposit + payment of first month's rent

If the accommodation is unfurnished: allow a budget for furniture

CVEC : €105 (unless you are exempt, see page 19)

UNIVERSITY REGISTRATION FEE: check with your establishment



➔ Monthly budget



RENT:

Crous: €225 to €426

Room in landlord's home: €400 to €550

House/flat share: from €400 to €600

Renting a studio is around €600

SUBSCRIPTION:

Electricity/gas: €30 to €50

Home insurance: €6 to €9

Supplementary health insurance (Mutual): €20 to €40

TRANSPORT:

Montpellier: free subject to compliance with applicable conditions (see page 30)

Nîmes and Perpignan: €18 (see page 31)

INTERNET AND MOBILE PHONE: €30 to €50

(telephone only from €2 to €20 depending on package)

FOOD: €300

NB : all students can benefit from the €1 meal plan served by the Crous

OTHER COSTS (leisure, clothes, outings, etc.): €100 to €200



C. FINDING ACCOMMODATION

1. Where to look

Finding accommodation before you leave is highly recommended or even essential!

Here are some useful pointers for your accommodation search:

► GUIDES AND USEFUL WEBSITES

These contain details of lots of student accommodation partners (student residences, university accommodation, private rentals, short-term accommodation, etc.) and plenty of tips and advice.

- *Trouver un logement en Occitanie* (Find accommodation in Occitanie):
<https://www.crij.org/fr/page/se-loger/guide-comment-trouver-un-logement.php>
- *Le site étudiant du gouvernement* (The government student website) :
etudiant.gouv.fr/fr/vous-loger-2025



► CROUS

Crous (Centre Régional des Œuvres Universitaires et Scolaires) **provides services and support for students through its 6 missions: scholarships and financial support, social accompagnement, housing, eating, hanging out, creating, international studies.**

The Crous offers accommodation in university halls/residences
(virtual tour at www.crous-montpellier.fr > se loger > découvrez nos sites en vidéo).

→ Admission criteria

Only students who meet the following criteria will be given accommodation in a university hall or residence:

- Registered for study on a course at least equivalent to a 1st year Master's degree, or at one of the following institutions: Grande École, preparatory class, IUT, Senior Technician Section (not private institutions).

Students must include with their application a rental bond from a person physically resident in France. If the student does not have a guarantor in France, the **Visale** scheme can be used to provide a rental bond and to finance the deposit (see page 13).

→ How to submit an application

To submit an application, you first need to create an account at:
<https://www.messervices.etudiant.gouv.fr>

You can then submit an application for Crous accommodation **from the 7th of July** at:
<https://trouverunlogement.lescrous.fr>

→ Accommodation applications

You must submit your accommodation application **within 7 days of receiving it**, along with the supporting documents required:

- photocopy of your **entire passport**
- photocopy of your **last diploma**
- photocopy of your **last school attendance certificate** (or if you do not have one, evidence of pre-registration at a higher education institution in France)
- photocopy of your **visa or residency permit**



You will receive a reply by email (you must provide an email address that will be valid throughout the academic year) once your application has been examined. The response will be based on the admission criteria. Accommodation is allocated for an academic year according to the number of places available.



PLEASE NOTE that if an accommodation has been assigned to you, but it's not yet confirmed. In order to do it, you must validate your reservation through the online reservation center as soon as possible. The reservation fee, indicated on the notification, works as an advance on your rent. The amount will be deducted from your first month's rent.

Once you have received a notification regarding your accommodation, you have to book it using your credit card:

- Connect to your personal space on www.messervices.etudiant.gouv.fr and click on *Cité'U*.
- Select Montpellier Crous (bottom of page).
- You will view the housing proposal that has been made to you.

Click on *validate* and pay for your reservation.

Select *Administrative Documents* to upload the file.

PLEASE NOTE: If you do not confirm on time, you lose the accommodation.

For more information, go to www.crous-montpellier.fr / logement / Aides au logement



PRACTICAL INFO

Crous general reception of Montpellier - Occitanie

Address: 2 rue Monteil - CS 85053 - 34093 Montpellier cedex 5
(Tramway lines 1 and 5, Boutonnet stop)

Open: Monday, Tuesday, Thursday and Friday,
with an appointment from 10 a.m. to 12 noon
and without an appointment from 1 p.m. to 4 p.m.
Closed Wednesdays.

► USEFUL WEBSITES

Lokaviz: Crous has set up the online Lokaviz platform for putting students in contact with private landlords.
www.lokaviz.fr

Adele.org is an accommodation website listing all private student accommodation offers: www.adele.org

Immojeune is a website specialised in finding student accommodation:
www.immojeune.com

Studylease is a website for finding student accommodation online:
www.studylease.com

LOCService is a website listing individual and flat/house share accommodation offers:
<https://www.locservice.fr/herault-34/logement-etudiant-montpellier.html>

Flat/house share websites:
www.lacartedescolocs.com
www.appartager.com



'Intergenerational' accommodation:

www.ensemble2generations.fr

www.cohabilis.org

The principle behind this type of accommodation is solidarity and mutual support.

It gives students access to lower cost accommodation (sometimes free, depending on the terms) and means that elderly people have company.

Other websites:

www.seloger.com

www.leboncoin.fr

www.paruvendu.fr

<https://www.studapart.com/en>

2. Where to obtain accommodation information

There are lots of organisations and schemes that help students find long-term accommodation:



IN MONTPELLIER

• HELP IN HOUSING SEARCHING - PHARE

PHARE is a contact point for international students looking for accommodation. Multilingual students are on hand to help students find accommodation with private landlords.

The service is only open in September and October, Monday to Friday from 9 a.m. to 4 p.m.

at the **International Students Office (SAIEC)**: 8 rue de l'École Normale - 34090 Montpellier

Contact: phare@univ-montp3.fr

Further information on: <https://saiec.univ-montp3.fr/en/home>

• ESPACE LOGEMENT ÉTUDIANT

Advisers give individual support to students, with more than 2,000 advertisements, updated daily.

There are stands present so you can complete most of your administrative formalities in one place: CAF, TaM, MEP, Crédit Agricole, Orange, etc.

Open from July to mid-September

at **Montpellier Town Hall**: 1 place Georges Frêche - 34000 Montpellier

• LE CRIJ (REGIONAL YOUTH INFORMATION CENTRE)

CRIJ is a service for young people that provides information in many different areas, including accommodation. Advisers are also available at the centre to help you with finding accommodation.

Address: Domaine départemental Pierresvives - 907 rue du Professeur Blayac - 34080 Montpellier

Contact: +33 (0)4 67 04 36 66

<https://www.crij.org>

• ESPACE MONTPELLIER JEUNESSE

This service provides assistance and information about what you need to do, particularly in the case of accommodation. Information meetings are held two Tuesdays a month.

Address: 1 place Francis Ponge - 34000 Montpellier

Contact: +33 (0)4 34 46 68 28

www.montpellier.fr/470-service-jeunesse-infos-pratiques.htm

• BOUTIQUE LOGEMENT JEUNES DE MONTPELLIER

The **Boutique Logement Jeunes de Montpellier** helps young people aged 18 to 30 with finding accommodation.

Open Monday to Saturday

Address: 1 bis rue de la vielle - 34000 Montpellier

Contact: +33 (0)4 99 61 46 65

<https://www.habitat-jeunes-montpellier.org/boutique-logement/>



IN NÎMES

• ESPACE HABITAT JEUNE

This is a reception, information and guidance service open to young people aged 16 to 30.

Open Monday to Friday from 11.30 a.m. to 4.30 p.m.

Address: 11 rue des greffes - 30000 Nîmes

Contact: +33 (0)4 66 40 16 43 - +33 (0)6 95 41 30 50

www.habitatjeunes30.fr

• LE RÉSEAU DE LOGEMENT UNIVERSITÉ DE NÎMES (University of Nîmes Accommodation network)

The University of Nîmes has a platform where its students can look for accommodation or a flat/house share.

<https://unimes.immojeune.com/>



IN PERPIGNAN

• INFO JEUNES 66

INFO JEUNES 66 has a youth accommodation service.

Address: 97 rue Maréchal Foch - 66000 Perpignan

Contact: +33 (0)4 68 34 56 56 - contact@infojeunes66.fr

www.infojeunes66.fr



3. Temporary accommodation

If you arrive in Montpellier without any accommodation, there are places where you can stay for a few days while you look for more permanent accommodation:

► YOUTH HOSTELS



IN MONTPELLIER

There is a website with multiples Youth Hostels in Montpellier :
<https://www.aubergesdejeunesse.com/France/Montpellier>



IN NÎMES

Auberge de jeunesse la Cigale

Address: 257 chemin de l'auberge de jeunesse - 30900 Nîmes
Contact: +33 (0)4 66 68 03 20 - nimes@hifrance.org



IN PERPIGNAN

Perpignan Hostel

Address: 3 allée Marc Pierre - 66000 Perpignan
Night + breakfast + sheets = €25,45
Contact: +33 (0)4 68 51 16 02- contact@perpignan-hostel.com
<https://perpignan-hostel.com/>

► PRIVATE RENTED ACCOMMODATION

Short-term lets with private landlords are also advertised on the websites www.airbnb.fr

► ASSOCIATION ACCUEIL EN FAMILLE

This type of accommodation gives you somewhere to stay while you look for an accommodation that suits you. It means you have a room, amenities (washing machine, kitchen, etc.), and a postal address. With this accommodation, you pay weekly. This means you can leave your host family at the end of the week if you have found another accommodation.



IN MONTPELLIER

Accueil en famille à Montpellier: <http://accueilenfamille.free.fr/AEF-francais/Accueil.html>
Contact: +33 (0)4 67 56 73 87 - accueilenfamille@free.fr

4. Useful information when looking for accommodation

► 8 ESSENTIAL TIPS!

- **Set a budget** for your rent, taking account of location and size of accommodation and your everyday costs (shopping, transport, leisure, etc.)
- **Prepare several rental documentation files:** When you're looking for accommodation, you need to be reactive. To put luck on your side, prepare several rental documentation files and take one with you to each viewing. If you like the accommodation, you can submit it on the day.
- **Choose the location of your accommodation wisely:** Looking for accommodation near your college or university or your everyday activities is usually recommended, to reduce travel time.
- **Consider renting furnished accommodation:** furnished accommodation means you have a minimum amount of equipment such as a bed, a cooker, a fridge, a table, etc.
- **Choose a student residence:** these residences are reserved for students and offer useful features: close to campus, furnished, good value, on-site café or laundrette, etc.
- **Consider sharing:** flat or house shares have many advantages, particularly that you can share not only the cost of rent but also internet and food costs.
- **Do not pay any money until the tenancy agreement has been signed.** The deposit is 1 month's rent excluding charges (for furnished accommodation it can be as much as 2 months' rent excluding charges, but never more than that). It is paid when the tenancy agreement is signed.
- **Rental bond:** To obtain accommodation, you also need to provide a rental bond. This is a document signed by a person who lives and works in France. This person acts as your guarantor by agreeing to pay any rent that you fail to pay.
You can also ask for the Visale guarantee (see page 13).

► LIST OF DOCUMENTS TO GO IN YOUR RENTAL DOCUMENTATION FILE

- ➔ Photocopy of your **identity document** (passport or residence permit)
- ➔ Your **student card** or **school attendance certificate**
- ➔ Evidence of your address dated **within the last three months** if you are already a tenant
- ➔ Your **bank details**

If you have a guarantor, you also need to provide:

- ➔ Their **last three pay slips** and **employer's reference**
- ➔ Evidence of their address dated **within the last three months**
- ➔ Their **identity document**
- ➔ Their **last tax statement**





WARNING! LANDLORDS ARE NOT ALLOWED TO ASK YOU FOR THE FOLLOWING DOCUMENTS:

- A social insurance card
- A certificate stating that you do not have any loans
- An employer's reference
- A reference from your previous landlord
- A direct debit authorisation
- A certificate showing your marital status
- A cheque to reserve the accommodation (never hand over money before signing the tenancy agreement)
- A personal medical file
- A bank statement
- Demanding a deposit is also prohibited if the rent is paid more than 2 months in advance.

► GUARANTOR

The guarantor is another person who can pay your rent if you fail to pay it. That person must therefore have enough income to cover their own costs and your rent.

I don't have a guarantor, what should I do?

If you don't have a guarantor and you are aged between 18 and 30, you can use the **VISALE** bond scheme. VISALE is a bond put up for tenants by Action Logement, which pays the rent and rental charges for a person's principal residence if they fail to pay. This bond is **free of charge** and provides reassurance for future landlords. Landlords can still choose whether or not to accept tenants using the VISALE scheme. There is only an obligation to accept this bond automatically in the case of Crous accommodation.

To apply for it, students from outside the EU must be in possession of a **long-stay visa (VLS TS) marked 'student' or 'talent passport'**.

Students with a short-stay visa cannot apply for the bond.

Students from EU Member States must have a student card and a valid passport.

→ You can apply online at www.visale.fr

You should obtain your VISALE 'visa' (approval) within 48 hours; it is valid for 6 months.

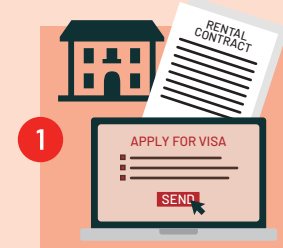
Once you have found your accommodation and obtained your VISALE 'visa', your landlord has 30 days to activate the VISALE bond.



WARNING! DO NOT CONFUSE YOUR VISA WITH THE VISALE 'VISA' (APPROVAL); THEY ARE TWO DIFFERENT DOCUMENTS.

Your visa is applied to your passport by the consular authorities and enables you to come and study in France, whereas the VISALE 'visa' is a downloadable document that means you have a guarantor for your future accommodation.

→ How do I obtain a VISA?



Apply for a visa before signing your rental contract

- Create your personal space.
- Fill in your information and upload your supporting documents.
- Validate your application online.
- You can track the progress of your application at any time.



Obtain your visa

- After verification, Action Logement issues you with a certified visa.
- You receive an email or text telling you it is ready.
- Download it from your personal space.
- Make a note of the validity period of the visa, and the amount of rent guaranteed.



Submit your visa to your future landlord

- Your landlord checks via their personal space that your visa is genuine.
- They apply for the Visale rental bond online, and by accepting the contract, they get a free, secure guarantee.
- You can both sign the rental contract with complete peace of mind

5. Once you have found your accommodation

Congratulations! But there are still some things you need to do:

► HOME INSURANCE

As soon as you find accommodation and sign the tenancy agreement, you must take out home insurance for your accommodation (see page 30).

► CHECK-IN INVENTORY

The day the keys are handed over, you must carry out an inventory check of the accommodation with your landlord or letting agency. This is a complete description of the accommodation. It is important to record and describe all visible damage (holes in walls, cracked tiles, etc.) and to keep this document safely until you leave the property.

► SIGNING THE TENANCY AGREEMENT

Once the check-in inventory has been carried out, you can sign the tenancy agreement in two copies and collect your keys. Don't be afraid to ask the landlord or letting agency for receipts for the rent you have paid each month. These receipts prove that you have paid your rent and they may be requested for certain administrative formalities, such as banking, insurance, etc.

Check the names and addresses of the landlord shown in the tenancy agreement, and the notice period for termination.

► UTILITIES

Once you have signed the tenancy agreement, you can start to move in and to sign up for utilities in your name, such as electricity, gas and internet (see page 29). Sometimes utilities are already included in the rent, if you are living in a student hall/residence or you are renting a furnished room in a private house.

6. When you leave your accommodation

If you want to leave your accommodation, there are certain things you must do:

► NOTICE

The request to terminate your tenancy agreement is done by sending a registered letter with acknowledgement of receipt to your landlord. In Nîmes and Perpignan the notice must be given 3 months before leaving. As for Montpellier and its neighbouring districts, which are areas of high demand (zones tendues), the notice is only 1 month.

► CHECK-OUT INVENTORY

This document is filled in with the landlord on the day you leave your accommodation. You must leave your accommodation in the state it was in when you arrived. It will therefore be compared with the check-in inventory to see whether the landlord can give back your deposit. The landlord may not give back your deposit if the property has not been well looked after. **If the check-in and check-out inventories are identical, the landlord must return your deposit within one month.**

► TERMINATION OF UTILITIES CONTRACTS

Before you leave your accommodation, you must terminate certain utilities contracts such as electricity, gas, internet and your home insurance (this should be done by registered letter with acknowledgement of receipt, enclosing a copy of your check-out inventory). Also remember to report the fact that you are moving out to CAF and change the address on your residence permit.

At Montpellier, you can be helped in your administrative formalities concerning the CAF and the accommodation at the **Welcome desk for international students and researchers (SAIEC)**:

<https://saiec.univ-montp3.fr/en>

Opening hours on our website.

Address: 8 rue de l'École Normale - 34090 Montpellier

Get there on Tramway lines 1 and 5, Stade Philippiès stop

Contact: +33 (0)4 67 41 67 87 - saiec@umpv.fr



2 THE DAY YOU ARRIVE

A. YOUR BUDDY WELCOMES YOU AT THE STATION OR AIRPORT

Welcome to Montpellier!

You will have been able to communicate with your buddy by email before your arrival.

They will be responsible for welcoming you at the station or airport on the day of your arrival and accompanying you to your accommodation.

If your buddy is not available on the day you arrive, contact the scheme representative as soon as possible at filleul.international@umpv.fr so that another buddy can be there instead.

There is a buddy group on social media so buddies can help each other out where necessary, particularly if a buddy cannot be physically present on the day their buddy partner arrives.

► BUDDYING CHARTER

The buddy makes a commitment to:

- Communicate with their buddy partner before they arrive
- Welcome their buddy partner at the station or airport and accompany them to their accommodation (when possible)
- Help them with certain administrative formalities if they wish (setting up a phone contract, opening a bank account, etc.) and ask for help from the International Buddying team if necessary
- Have a bit of free time when your mentoree arrives
- Be a good listener, capable of empathy, and able to build trust

The buddy partner makes a commitment to:

- Ask for as much help as they need from their buddy, without abusing the scheme and in order to obtain advice or an opinion, help and support.



WARNING

Under no circumstances should buddies:

- Accommodate their buddy partner or do their shopping or any activity other than those set out in the above commitments.
- Give references or personal documents to their buddy partner

Under no circumstances should buddy partners:

- Ask for money or personal documents from their buddy (evidence of address, identity document, bank details, payslip, etc.).

DOING SO WILL RESULT IN EXPULSION FROM THE SCHEME

B. COLLECTING THE KEYS FOR A CROUS UNIVERSITY HALL OR RESIDENCE

To proceed with the assesement of the accommodation and then collection your keys, you **absolutely need to take an appointment exclusively online, through the website mentioned in the mail you will receive** once you have sent the complete accommodation application to your assigned hall.

The Crous general reception is open from 9 am to 4 pm
Address: 2 rue Monteil - 34093 Montpellier
Get there on Tramway lines 1 and 5, Boutonnet stop
Further information on: international@crous-montpellier.fr



3 THINGS YOU NEED TO DO WHEN YOU ARRIVE

A. NON-EU STUDENTS: VALIDATING YOUR VISA OR SUBMITTING YOUR FIRST RESIDENCE PERMIT APPLICATION

You are a student from a country outside the European Economic Area (EEA) and you have come to France with a long-stay student visa. When you arrive, there are certain formalities you must complete to validate your visa.

► VALIDATE YOUR LONG-STAY VISA

If you have a **long-stay student 'D' visa marked 'R311-3 6'**, you must complete the online formalities on an Interior Ministry website to validate your visa within 3 months of your arrival in France. This regularises your stay in France.

To do this, you need:

- ➔ Your **email address**
- ➔ The **information on your visa**
- ➔ The **date you entered France**
- ➔ The **address** where you are living in France
- ➔ Your **bank card** for online payment of the fee for the issue of a residence permit (see the portal for other payment methods).

Go to the website:
<https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

A telephone number and email address are available in case you need any help with the process:

Tel.: **0806 001 620**
E-mail: dgef-support@interieur.gouv.fr

Once you have paid the fee, make sure you **store the confirmation that your visa has been validated in a safe place**; it shows your foreign resident number.



MINISTÈRE DE L'INTÉRIEUR

Confirmation de la validation de l'enregistrement de votre visa long séjour valant titre de séjour

NOM Prénom
Adresse

Référence (numéro d'enregistrement dans l'application de gestion des dossiers des ressortissants étrangers en France, à rappeler dans toute correspondance) : **99.....**

Le/./20.., vous avez validé votre visa de long séjour valant titre de séjour et payé la taxe perçue au titre de la délivrance d'un premier titre de séjour :

Motif : **ETUDIANT/PASSEPORT TALENT...**
Référence réglementaire : **CESEDA R311...**
Montant de la taxe : €

Suite à cette démarche, les données à caractère personnel suivantes ont été enregistrées dans l'application de gestion des dossiers des ressortissants étrangers en France sous le numéro cité en référence :

Nom(s) :
Prénom(s) :
Sexe : ..
Adresse en France :

Passeport n° : Visa n° : Date de naissance :/../..
Ville de naissance : Pays de naissance :
Nationalité : Situation familiale :

► SUBMITTING YOUR FIRST RESIDENCE PERMIT APPLICATION

If you have obtained one of the following visas, you must submit **your first residence permit**.
To do this, **an appointment must be requested on the website:** <https://www.herault.gouv.fr/Demarches/Demarches-etrangers-titres-de-sejour/Prendre-un-rendez-vous-Etrangers-en-situation-reguliere>

The **Welcome Office for International Students & Researchers team (SAIEC)** is here to answer your questions and help you with your application, **upon appointment**.

- Long-stay student 'D' visa with **Algerian nationality**, long-stay **visitor** 'D' visa marked '**resident's card to be applied for**': you must submit your first application for a residence permit **within two months of arriving in France and before your visa expires**.
- Long-stay **Minor in Education** 'D' visa, you must submit your first application for a residence permit **in the two months before your 18th birthday and before your visa expires**.

Find all the details about residence permit applications on our website:
<https://saiec.univ-montp3.fr/en>



HÉRAULT (34) – IN MONTPELLIER

You can submit an application by appointment at the:

The Welcome Office for International Students & Researchers

Address: 8 rue de l'École Normale – 34090 Montpellier (Tramway lines 1 and 5, Phillippidès stop)
Contact: +33 (0)4 67 41 67 87 - saiec@umpv.fr
Open all year. For more informations, check our website.

To make an appointment: <https://saiec.univ-montp3.fr/en>

Visas & Residence Permit' section – 'First residence permit application'. It tells you everything you need to do and gives a list of the supporting documents you need to take to your appointment.



GARD (30) – IN NÎMES

International Office of the University of Nîmes offers you a personalised support:

International Office

Office located in the courtyard of the Vauban site
Opening hours: Monday to Friday 8.30 am – 12.30 pm / 1.30 pm – 4.30 pm
or by appointment: +33 (0)4 66 36 45 83 - international@unimes.fr



PYRÉNÉES ORIENTALES (66) – IN PERPIGNAN

International Welcome Desk

Address: Bâtiment A – ground floor (main entrance of the UPVD – 52 avenue Paul Alduy)
Contact: +33 (0)4 30 19 81 29 - welcomedesk@univ-perp.fr
From September to November, the International Welcome Desk is open every day from 9.30 am to 12.30 pm and from 1.30 pm to 5 pm
From December 1, the office is open from 1.30 pm to 5 pm, Tuesday to Thursday.

More information and appointments: <https://welcome.univ-perp.fr/>

B. PAYING YOUR STUDENT AND CAMPUS SERVICES (CVEC) CONTRIBUTION

Since the start of the 2018 academic year, all students doing their first course at a higher education institution have been required to obtain a certificate showing that they have paid their student and campus services (CVEC) contribution. This fee contributes to support and social welfare, health, culture and sport services for students. You can find the details of how this tax is used on the Crous website or the universities website.

The contribution is **€105** and must be paid **before you register** for your course.
If you are registering for several courses, you will only pay this contribution once.

► EXEMPTION FROM CVEC

Some students do not have to pay the CVEC, in particular:

- Students on an **international exchange in France** (via programmes such as Erasmus): the student is spending a short period of time in France during the academic year under an agreement between their home institution and a higher education institution in France.
- Students on **bursaries**
- Students who are **refugees**
- Students who are **registered asylum-seekers** and have the right to stay in France
- Students **registered for a BTS course, accounting training, continuous professional development** (work/study and professional training contract), etc.

► HOW TO PAY

The contribution should be paid online.
Before you register you must:

- 1 Go to the website: <http://cvec.etudiant.gouv.fr>
- 2 Say which city you are studying in and pay the CVEC
- 3 You will then receive a certificate enabling you to prove to your institution that you have paid the CVEC or you are exempt



WARNING

This certificate is a **mandatory document** that enables the institution to check that you have paid your CVEC. It cannot process your registration without the certificate.

If you are exempt from paying the CVEC, you must obtain an **exemption certificate** from the CVEC online payment website. When you register at your university, you must present this certificate.

C. REGISTERING AT A HIGHER EDUCATION INSTITUTION

Your buddy can help you out if you experience difficulties during registration.

► LIST OF DOCUMENTS YOU WILL NEED ON THE DAY OF YOUR REGISTRATION

- ➔ Your **original passport** and a photocopy of your passport showing your student visa (non-EEA) or residence permit
- ➔ The **registration form**, duly completed
- ➔ Your **CVEC payment or exemption certificate**
- ➔ The **acceptance letter or email** from the higher education institution where you are registering
- ➔ Your **original birth certificate translated into French** and a photocopy
- ➔ **If you are starting an undergraduate course (L1): original of the qualification** required for university admission in your country accompanied by a translation by a consular service or by sworn translator and a photocopy
- ➔ **For all other levels of study:** in addition to your **baccalauréat**, the **original of the diploma** required for admission by equivalence with an official translation and a photocopy

If you want more information about your course and the documents to be supplied, contact **the international relations service of your future institution**.

You can find the contact details of the various services in the guide 'Étudier à Montpellier, Nîmes, Perpignan' [Studying in Montpellier, Nîmes or Perpignan]:
<https://saiec.univ-montp3.fr/fr/les-guides>

GOOD TO KNOW

Warning! Some types of course do not make you eligible for a 'student' residence permit:

- Distance learning/online courses
- Continuous professional development

If you are coming to study at a private institution for several years, check that it will award you a diploma recognised by the French government.

D. OPENING A BANK ACCOUNT

Opening a bank account is one of the very first things you need to do on your arrival in France. Opening a bank account means that you can receive money (wages, a bursary, etc.) and pay your bills (electricity, telephone, rent, etc.).

When you open your account, the bank will give you a **credit card** and a document showing your **bank account details known as an RIB** (*relevé d'identité bancaire*), which you need to make or receive some payments. The RIB will enable you to register with the medical insurance fund CPAM (Caisse Primaire d'Assurance Maladie) so you can claim back any medical costs.

For information, opening a bank account from abroad is often prohibited and the majority of French banks refuse to open a bank account for persons coming for a short stay.

► LIST OF DOCUMENTS YOU NEED TO OPEN A BANK ACCOUNT:

- ➔ A valid **identity document**
- ➔ **Evidence of your address**
- ➔ A **course attendance certificate**
- ➔ A minimum sum of money may be needed to open your account (between €15 and €50 depending on the bank)

1. List of banks offering special rates for students

You should **compare different banks' offers**; their charges for ATM cards, international bank transfers and cash withdrawals abroad can vary significantly from one bank to another.

Here are some examples of bank charges:

• BANQUE POPULAIRE DU SUD

The **Campus Branch in Montpellier** offers a **referral program** for all new customers: €50 is given to every new customer.

18-24 age group offer: €3.50/month: 1 account + 1 international Visa card + online banking

26-28 age group offer: €5.50/month: 1 account + 1 international Visa card + online banking

Address: **34 avenue Émile Diacon** (Tram Line 1, Université des Sciences et des Lettres stop) and **737 route de Mende** (Tram Lines 1 and 5, St Éloi stop / Line 5, Université Paul Valéry stop)

Bilingual advisors are specially trained to meet the needs of international students.

• LA BANQUE POSTALE

Offer for 16-29-year olds: €2.60/month and the first six months free:

- An account and a bank card
- Fee-free payments anywhere abroad
- Mobile payment via Apple Pay and Samsung Pay.

• LCL

Special offer for students: €1/month (in the first year)

- international bank card that can be used anywhere in the world + contactless payment.

There are a number of LCL branches and they all offer the same services.



2. Online banks

There are a range of online banks offering cheaper services than the traditional banks. However, the conditions for opening an account if you are a student are quite difficult to meet. Generally, they do not accept people opening their first bank account and sometimes, they have income conditions.

Two examples of online banks that may be of interest are:

• NICKEL

This is an alternative French banking service open to everyone; it is not conditional upon income and does not offer overdrafts or credit.
The concept? 1 account, 1 card, 1 RIB for €25/year.

To open an account, simply fill in the online form and collect the card and RIB from a retail outlet (generally a tobacconist).
<https://nickel.eu/en-fr>

• REVOLUT

The basic offer is free and allows you to access an account, a virtual card, and a RIB.
www.revolut.com

E. HEALTH

1. Social security

In France, joining the social security scheme is **free of charge but mandatory** for all French and non-EU foreign students.

It enables you to **claim back 70% of your medical costs**.

If you are an EU national

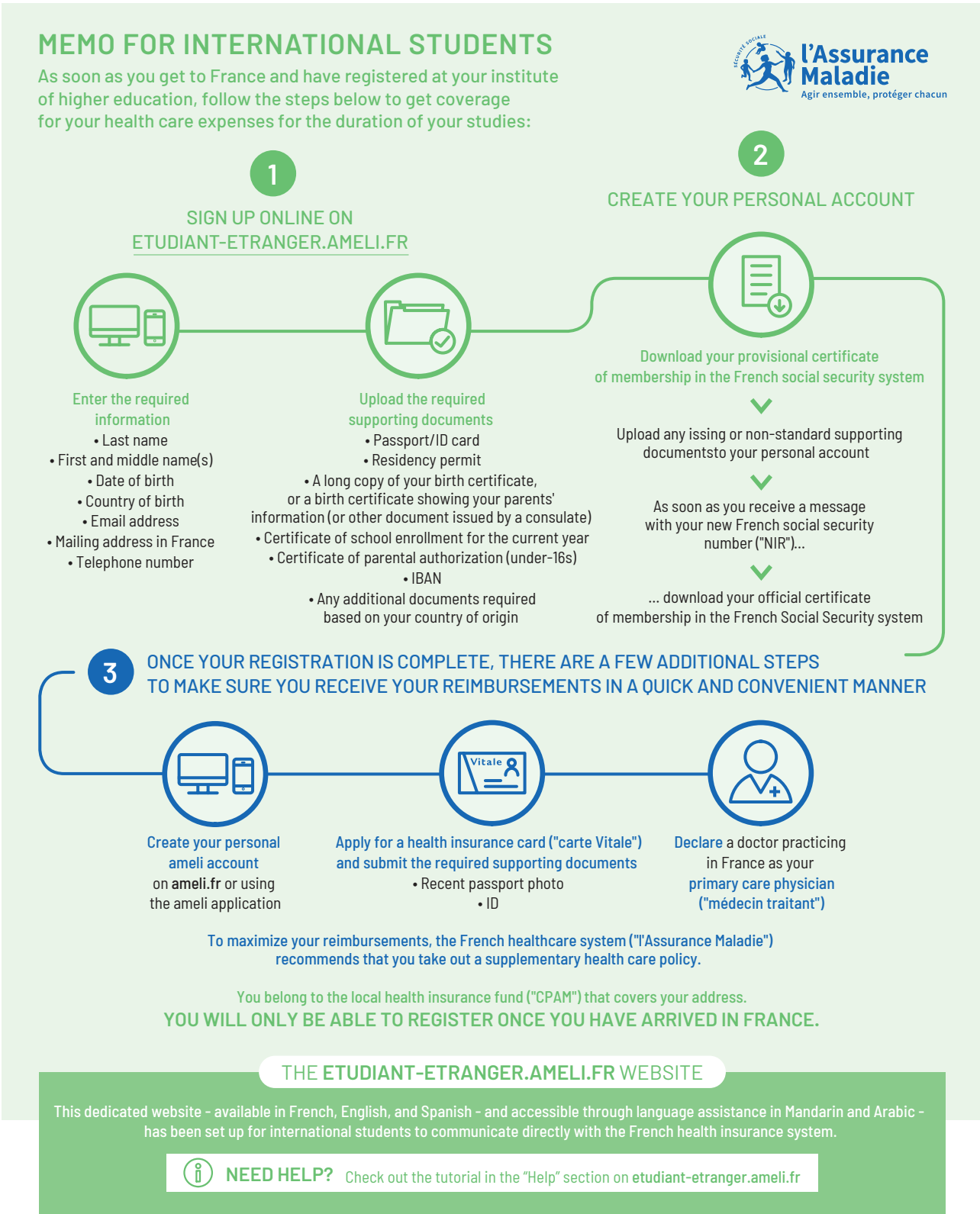
- You do not need to join the French social security scheme if you have a **European Health Insurance Card (EHIC)** or a temporary certificate.
The card makes it easier if you need to see a doctor or go to hospital. You will either not have to pay any costs or you will be reimbursed when you return home, depending which country you are from. It is free of charge and you apply for it from your country's health insurance fund. The card is valid for one year.
- If you do not have an EHIC card, you must join the social security scheme.



► HOW TO JOIN

Register on the website <https://etudiant-etranger.ameli.fr> in 3 steps:

- 1 When you register, you will receive a **temporary certificate** showing your provisional social security number.
- 2 To obtain your **permanent scheme membership certificate**, you need to resubmit the documents in your file.
- 3 You can then open an account on www.ameli.fr and **apply for your Vitale card!**



2. Extra cover

Social security reimburses 70% of your medical costs but **you still have to pay 30%!**

You do not have to sign up to a mutual fund but because medical costs in France are very high, we recommend that you join a fund so you can claim back the full amount.

Find out more from the traditional student funds, insurance companies or even your bank. It is worth obtaining several quotations to compare because prices and options vary from one fund to another.

These are the two mutual funds used most often by students:

- **HEYME:** www.heyme.care
- **LMDE:** www.lmde.fr

Check if you can pretend to the CSS (Complémentaire Santé Solidaire). This supplemental health insurance can take over part of or the entire fees of your health insurance contribution. More informations: <https://www.complementaire-sante-solidaire.gouv.fr/>



GOOD TO KNOW

Santé Publique France produces leaflets in 15 languages explaining the French medical insurance system, your rights and the procedures to follow: <http://inpes.santepubliquefrance.fr/collections/livrets-bilingues.asp>

3. University health service (CSU)

If you don't know which doctor or specialist to go to, the University Health Service (CSU) has made it easier for all students in Montpellier to access healthcare.

It enables **all students** to:

- Consult general practitioners, specialists (gynaecologists) psychologists and psychiatrists.
- Enjoy **100% coverage of costs (no upfront fees to pay)** on presentation of their student card, Vitale (healthcare) card and evidence of extra medical insurance).
- Access a **treatment pathway adapted to their specific needs** (need for medical advice, psychological support, guidance with finding the right help, links with social workers, etc.).



INFOS PRATIQUES

Monday to Friday, from 10 am to 2 pm and 3 pm to 6.30 pm
By appointment only: +33 (0)4 11 28 19 79 - centredesoins@umontpellier.fr
8 rue de l'École Normale - 34090 Montpellier (Tramway lines 1 and 5, Stade Phillippides stop)
www.csu-montpellier.fr

4. Psychological help

There is other ways to get access to a psychological help. In Occitanie, there are numerous associations which proposed a free support for the students.

More informations: <https://www.etudiant.gouv.fr/fr/besoin-d-une-aide-psychologique-1297>

Moreover, the Crous of Montpellier - Occitanie works in close collaboration with different structures in order to offer to students free psychological consultations in the Crous local site, within dedicated reception areas or online. You can take an appointment on this website: www.crous-montpellier.fr

5. Health services

There are teams of doctors, nurses and social workers distributed across the universities. Contact your university to see them.

- **University of Nîmes** health service: sumpps@unimes.fr
- **Paul Valéry Montpellier 3 University** health service: secretariat.medecine@univ-montp3.fr
- **University of Perpignan** health service: ssu@univ-perp.fr

6. Disability

There are support schemes available for students with disabilities at the higher education establishments in Montpellier, Nîmes and Perpignan.

Get in touch with the contact person or visit each university's website for more information.

- **Université de Montpellier:** handicap@umontpellier.fr
- **Université Paul Valéry Montpellier 3:** handi.etudes@univ-montp3.fr
- **Université de Nîmes:** handicap@unimes.fr
- **Université de Perpignan Via Domitia:** baeh@univ-perp.fr
- **L'institut Agro/Montpellier SupAgro:** elisabeth.mutel@supagro.fr (campus de Montpellier) et david.kumurdjian@supagro.fr (campus de Florac)

Crous also has around a hundred accommodation units specially adapted for people with disabilities.

Further information: www.crous-montpellier.fr > Action sociale - santé > Handicap

In this section, students with reduced mobility can fill in an application for adapted accommodation, in which they give details of the adaptations they need. Crous can then offer them the most appropriate accommodation. Applications can be made throughout the year.



F. SETTING UP A PHONE/INTERNET SERVICE

In France, telephone numbers have 10 digits.

To call France from abroad, you need to dial:
00 + 33 + the number of the person you are calling without the first zero

To call abroad from France, you need to dial:
00 + country code + number of the person you are calling

There are lots of telephone companies in France.
Most offer complete packages:

- Mobile phone
- Landline
- Internet
- Television

Depending on how long you are staying, you need to check the length of contract.
Choose a package that suits you (pay-as-you-go or contract).
Contracts generally last for **12 to 24 months**.

► WHICH PACKAGE SHOULD I CHOOSE?

The main operators in France are **SFR, ORANGE, BOUYGUES** and **FREE**.
Each operator has sub-branches that offer special rates for students and pay-as-you-go.

Don't hesitate to use an online package comparator:
<https://www.quechoisir.org/comparateur-forfait-mobile-n43896/>

► LIST OF DOCUMENTS YOU NEED TO SET UP A PHONE SERVICE

- ➔ **Proof of identity:** national identity card from an EU country (both sides), or valid foreign passport in Latin characters (or accompanied by a French translation certified by the Prefecture) or valid resident's card or residence permit
- ➔ **Evidence of your address of residence** in France (latest electricity, gas or water bill)
- ➔ For direct debits: an **RIB** or a **SEPA Direct Debit mandate** (for Europeans)



G. UTILITIES CONTRACTS

As soon as you move in, you must sign up for electricity, gas and water contracts **unless these are included in your rent**.

If you are living in CROUS accommodation, most of the time you don't have to do anything because all the costs are included in the rent. But check anyway, sometimes some fees stay at your expense (electricity).

Before you move into your accommodation and the check-in inventory is performed, there are some questions you should ask your landlord or the letting agency:

- **Is the property heated by gas or electricity?**
- **Is the cost of water included in the rent?**
- **Were the old meters cut off after the previous tenant left?** As a precaution, take readings from the water, electricity and/or gas meters when you move in.
- **Who were the previous energy suppliers?** Using the same suppliers as the previous tenant makes administration easier.

► CHOOSING ENERGY SUPPLIERS

There are currently around twenty electricity and gas suppliers in France.

The website www.energie-info.fr compares national gas and electricity prices so you can use it to explore in detail the offers of different suppliers.

Énergie-info has a telephone helpline for consumers: advisers are available on **0 800 112 212** (freephone service available Monday to Friday from 8.30 am to 6 pm) to answer any questions and explain what to do.

Further information on: <https://www.service-public.fr/particuliers/vosdroits/F18116>

► ENERGY-SAVING TIPS

The cheapest energy is the energy you do not use. So **the easiest way to cut your energy bills is to save energy!** Remember to turn off lights and electrical devices when you leave the room, set the temperature at a sensible level and turn off the heating when you go out, take shorter showers and don't leave taps dripping...

Find out about the **system of the peak and off-peak hours** so as to better handle your consumption.



H. INSURANCE

In France, home insurance and civil liability insurance are mandatory.

Insurance companies but also some banks and student unions offer this type of insurance. Find out more from your reference organisation before you buy.

1. Home insurance

Whether you are living in university accommodation or renting a furnished or unfurnished property, buying a home insurance policy is mandatory. Landlords almost always require it.

Insurers offer various packages at different prices, but you must insure against the following as a minimum:

- Fire
- Water damage
- Theft
- Glass breakage, etc.

On average, the price of home insurance for young people is between €6 and €15 / month. Examples of insurers you can turn to: Banque Postale, MAE, AXA...

2. Civil liability

This insurance covers you **for any injury you might cause to a third party.**

We recommend that you take out civil liability insurance from the same insurer as your home insurance to avoid extra administrative hassle.

Sometimes civil liability is included in multirisk home insurance policies.

I. TAXES IN FRANCE

1. Income tax

► AS A FOREIGN STUDENT, DO I HAVE TO DECLARE MY INCOME?

In France, some income has to be declared and other income does not.

If you declare income, it doesn't necessarily mean that you will have to pay tax on that income.



CAUTION

Even if you don't have to pay tax, you still have to complete a tax return so that you can obtain a non-taxation notice.

► HOW TO COMPLETE A TAX RETURN

To complete a tax return, you first need to apply for a **tax number** from your local public finance office (individual tax service) at the counter or using a form available in the 'Contact' area of the website www.impots.gouv.fr > 'Vous êtes particulier' > 'Votre demande concerne l'accès à votre espace particulier' > 'Je n'ai pas de numéro fiscal'. Once you have created an account, you can use the **online tax return service**.

Each year, remember to visit www.impots.gouv.fr in April to find out the exact dates for submitting online or paper tax returns. When you submit a tax return online you can also opt to receive your tax statement electronically.

Since January 2019, income tax has been deducted at source, i.e. direct from your pay.

→ I have to declare

- The income from my student job if I was aged 26 or older on January 1st of the specific year.
- Income from my student job if I was under 26 years old on January 1st of the year concerned and my student income exceeds the exemption ceiling applicable to that tax year (for the year 2025, this ceiling was €5,405).
- Study bursaries granted for specific work or research.
- Ex gratia (goodwill) payments received during an internship or pay received under an apprenticeship contract if and only if the amount was more than €21,622 for 2025.
- Any income received under a professional training or qualification contract.
- The income of non-resident students and interns in medicine or pharmacy.

→ I do not need to declare

- Means-tested bursaries.
- Ex gratia (goodwill) payments received during an internship if they did not exceed €21,622 for 2025.
- The income from my student job if I was aged under 26 on January 1st of the specific year and I did not earn more than the applicable exemption ceiling of €5,405 for 2025 income.
- Pay for work-study (apprenticeship contracts), if and only if the amount is no more than €21,622 for 2025.
- Compensation paid for a civic service.
- Compensation paid for volunteering.

Further information: Vous êtes étudiant ? www.impots.gouv.fr

4 PRACTICAL LIVING

A. GETTING AROUND IN THE REGION

1. Public transport



IN MONTPELLIER: TAM

TaM manages all public transports in Montpellier and its metropolis. That means, the TAM is implants in Montpellier and its 30 municipalities. TaM includes 5 tramway lines et 40 bus lines.



GOOD TO KNOW

Since December 21th 2023, every residents of the Metropolis « Montpellier Méditerranée Métropole » have access to free public transports.

Ask for the free public transport pass « Pass Gratuité »

How can I have access to every publics transports ?

- ➔ You can download the app « **MTicket** » and do directly your demand on your smartphone by following the instructions.
- ➔ You can go to a mobility space / travel centers « **Espace Mobilité** », where advisor will welcome you and help you treat your procedure relate to the mobility free pass.
Note: You can take an appointment on the following link: www.tam-rendezvous.com, to avoid queueing on site.

What documents to I need to upload or bring to obtain my free mobility pass « Pass Gratuité » ?

- ➔ A **proof of residency** to attest your living residency in Montpellier and its Metropolis (you can have more info on the TAM website).
- ➔ An **ID picture** (If you do your procedure in a mobility space « Espace Mobilité », your picture can be take for free directly).

Practical Info

Free public transport pass « **Pass Gratuité** » are available, more than a year, until the birthday date of the applicant.

You can find the network map of the public transport and its differents schedules in the places of TaM or on their website: www.tam-voyages.com

There is also an app on smartphone that you can download on App Store or Google Play calling « **TaM** »: where you can track schedules in real time to facilitate your travels !

There are **3 travel centres** offering the same services:

- « **Espace Mobilité** » Centre-Comédie - Place Francis Ponge (tram station: Comédie)
Only by appointment: Monday to Friday from 7.30 am to 7 pm and Saturday from 9 am to 5 pm
- « **Espace Mobilité** » Maguelone - 27 rue Maguelone (tram station: Gare Saint-Roch)
Only by appointment: Monday to Friday from 9 am to 5 pm
- « **Espace Mobilité** » Mosson - Rte de Lodève (tram station: Mosson) - Tel: +33 (0)4 67 22 87 87
Monday to Friday from 9 am to 4.15 pm



IN NIMES: TANGO

TANGO runs transport in the Nîmes area.

Buses serve the city until 9 p.m. and a tram/bus line until 10 p.m.

Travel card

The '**Pass Études**' is available for students, costing €18/month or €160/year. Otherwise, the cost of a ticket (valid for 60 minutes) is €1.60 (price for 1 paper ticket) or €1,30 (price for 1 digital ticket).

You can buy tickets from the driver when you board the bus or at TANGO shops. You also can download the application « **MTicket Tango** » available on App Store et Google Play.

Practical info

Tango Shop: 13 rue Régale - 30000 Nîmes (Bus station Esplanade T1) - Tel: 0 970 818 638
Open Monday to Friday from 9 am to 12.30 pm and 2.30 pm to 6 pm, every Saturday from 10 am to 1.15 pm
www.tangobus.fr



IN PERPIGNAN: SANKEO

You can buy a travel card, find a route, timetables and prices for the SANKEO network online: www.sankeo.com

Practical info

SANKEO Office: 20 quai Sadi Carnot - 66000 Perpignan - Tel: 0 800 800 370
Monday to Friday from 7.30 am to 7 pm and Saturday from 9 am to 7 pm



2. Other bus companies

- **HÉRAULT TRANSPORT** : www.herault-transport.fr

The département's buses enable you to travel **throughout the département** on 68 scheduled services.

There are a number of bus companies that run services between French and other European cities:

- **BLABLACAR**: blablacar.fr/bus
- **FLIXBUS**: www.flixbus.fr
In Montpellier, the Flixbus stop is at the Sabines tram stop (line 2).
- **REGIONAL BUSES AT €1**: <https://lio.laregion.fr/Qu-est-ce-que-liO>

3. Travelling by train

SNCF is the only railway company in France and runs all French train services.

In France, the train is a very popular mode of transport for travel to other French cities or neighbouring countries such as Spain, Italy, Switzerland, etc.

► TRAIN TRAVEL FOR LESS

Train tickets in France can be very expensive, especially during school holidays, but there are some low-cost ticket types available:

• AvantagIO' ticket

If you want to explore the lovely Occitanie region, SNCF offers **€1 tickets** on all TER (Transport Express Régional) services for travel throughout the region.

You can buy these tickets up to 3 weeks before you travel, but there are a limited number available.

<https://www.ter.sncf.com/occitanie/tarifs-cartes/petits-prix>

With the Occitanie district, it's also possible to travel for €1 every first weekend of every month with the regional train network liO (except in July and August).

<https://www.ter.sncf.com/occitanie/tarifs-cartes/bons-plans/premier-week-end-un-euro>

• System +=0

For the ones who are ages between 12 et 26 years old, there is a system, a way, to make small economy on your frequent travels as your study place, your work place or your hobbies places.

To be part of this offer, you can download the smartphone app **FAIRTIQ Rouge**.

<https://www.ter.sncf.com/occitanie/tarifs-cartes/billets-cartes-moins-26-ans/plus-egal-zero>

GOOD TO KNOW

Since two years from now, the Occitanie and the SNCF propose for the summer holiday, between July and August, to every youngers age less than 27 years olds, to travel with their TER liO in the region, for un euro on every lines until the end of the offer.

• OUIGO

SNCF offers low-cost train tickets from €10 for travel from Montpellier to several major French cities (Paris, Lyon, Bordeaux, etc.)

Ouigo tickets are only sold online: www.ouigo.com

CAREFUL! MONTPELLIER HAS 2 STATIONS:

- Gare Saint Roch in the city centre, just 200m from Place de la Comédie. Tram lines 1, 2, 3, 4 and several bus services stop at Gare Saint Roch, making it easy to get to different areas of Montpellier.
- Gare Montpellier Sud de France outside the city. Tram line 1 stops at both stations : Gare Saint-Roch and Gare Montpellier Sud de France.

4. Travelling by bicycle

► RENTING A BICYCLE

The public transport companies in Montpellier, Nîmes and Perpignan also offer self-service bicycle hire.



IN MONTPELLIER

Velomagg' Service

Since the implementation of free public transports :

- You can have access to the Velomagg Service through your application **M'ticket**.

- You can also rent a bike for €0.50 per hour.

- It's also possible to ask for a free service extension Velomagg for €10 per an.

To have access to this option, you have to ask in of the travel centers or in the online shop and show an IBAN.



IN NÎMES

You do not have to have a TANGO travel card.

Prices are per day and 3 types of bicycle are available:

€3 per day for a road or folding bicycle and €7.50 per day for an electric bicycle.

Further information: **TANGO bicycle centre**: +33 (0)7 63 32 74 63 - <https://portail.cykleo.fr/velotango>



IN PERPIGNAN

Velo Sankéo Service

In Perpignan, the rental of free-service city bike is not per hours or per days but can be done on several months, from 1 month minimum.

So, it's possible to rent a Sankéo electric city bike: €30 for 1 month, €85 for 3 months or €300 for 12 months.

► BUYING A BICYCLE

You can find second-hand bicycles on the Boncoin website: www.leboncoin.fr

If you want to buy a new bike, you can go in major sports stores, such as Décathlon or Intersport... and in the many specialist stores in town (which also offer second-hand bikes).

REPAIRS FOR LESS - IN MONTPELLIER

The Vieux Biclou association, a self-repair workshop, offers tools for repairing your bicycle, cycling lessons, and an introductory course in bicycle mechanics given by experienced mechanics. Association members can buy second-hand bicycles, subject to availability.

One of their workshops is on the science faculty campus.

Website: <https://vieuxbiclou.org/>

5. Car sharing

Car sharing is now a very widely-used means of transport in France. Car sharing consists of giving a lift in your car to other people doing the same journey as you. It enables you to share and therefore reduce your transport costs (fuel, tolls, etc.), cut road traffic and meet new people. Car sharing enables you to travel anywhere in France but also abroad.

Klaxit: Montpellier Méditerranée Métropole funds a daily car sharing service that includes all of its 31 districts. The great thing about this service is: Free rides for the passengers and a financial reward for the drivers. To take advantage of this service, all you have to do is register for free in the mobile application: www.klaxit.com

Blablacar is the most widely-used car sharing website in France: www.blablacar.fr
You can also download the Blablacar app to your smartphone.



C. RECYCLING IN FRANCE

In France, we use a colour code system on our rubbish bins to make recycling easier: **yellow for recyclable waste, green for glass, blue for newspapers/magazines, brown or grey for ordinary non-recyclable waste...**



GOOD TO KNOW

Medicines should be handed in at a pharmacy because they contain hazardous substances.

Recycling guides

Montpellier: <https://www.montpellier3m.fr/dechets>

Nîmes: <https://www.nimes-metropole.fr/quotidien/dechets-menagers/collecte.html>

Perpignan: <https://perpignanmediterraneemetropole.fr/les-dechets/mes-jours-de-collecte/>

There is a 'Guide du tri' recycling guide app for smartphone so that you can be sure of what to recycle in which colour bin, and receive personalised tips. In the 'Mon Quartier' section, you can find your location to see the nearest recycling points and find out what you can recycle there.

B. SENDING A LETTER OR PARCEL

1. La Poste

La Poste operates the postal service for letters in France. It also offers other services such as:

- Parcel post
- Sale of stamps and prepaid envelopes
- Mobile telephone services
- Bank account opening and management
- Cash transfers (Mandat cash)

To find your nearest post office:
<https://www.laposte.fr/particulier/outils/trouver-un-bureau-de-poste>



2. Collection points

You can send and receive parcels through other lower cost delivery services such as **Mondial Relay** (www.mondialrelay.fr) and **Chronopost** (www.chronopost.fr).

Collection points for this are available in supermarkets, newsagents, dry cleaners, florists, shops, etc., with more flexible opening hours. You can find your nearest collection point on their websites.



D. LEISURE ACTIVITIES & GOING OUT

1. Discount cards

There are plenty of cards that give you reduced rates on leisure activities (cinema, concerts, festivals, theatre, museums, etc.) and sports and amusements (swimming pools, bowling, ice skating, etc.).

To obtain the various discount cards, we advise that you take:

- An **identity document**
- **Evidence of your address** in your own name (electricity, gas or phone bill)
- An **identity photo**
- Your **student card** for the current year



IN MONTPELLIER

• YOOT

Yoot is an online ticket office run by Crous **for all students**, enabling you to access a wide variety of cultural events at exceptional prices. Sign up online at www.yoot.fr for only €9. Buy tickets for shows, concerts and festivals at between €5 and €10, and cinema tickets for €3.90!



GOOD TO KNOW

The International Buddying scheme offers free membership to all buddies in the scheme! If you are still living in Montpellier next year and you want to be a buddy, you will be given free membership.

• PASS'MÉTROPOLE

A **free card** offering numerous discounts on sport, culture and leisure activities: discount for the Antigone Olympic swimming pool, the Galilée Planetarium, the CGR cinema in Lattes, Laser Tag, some theatres, some concert venues, etc.

Available at **all town halls in the Montpellier metropolitan area**: www.montpellier3m.fr/passmetropole

• MOONPASS

Only for people aged 30 and under, the MoonPass is an unlimited access card to concerts and shows of the **Opera Orchestre National Montpellier** (excluding regional concerts, and shows by their cultural partners: Arabesques, Montpellier Danse, etc.). MoonPass / 3 months: €20 / 6 months: €36 / 1 year: €60.

www.opera-orchestre-montpellier.fr > Guide pratique > Billetterie

• MONTPELLIER SPORTS CARD

This gives you access to more than 50 different sports disciplines run by the city's sports coaches and sports associations for only €5. In addition to the usual documents, you will be asked for a medical certificate dated within the last 3 months and a civil liability insurance certificate.

Available at all **'Maisons pour Tous'** venues, the **Sport department in Montpellier Town Hall** (1, place Georges Frêche) and the **Espace Montpellier Jeunesse** (1 place Francis Ponge): www.montpellier.fr/484-carte-montpellier-sports.htm

• YOUTH SUMMER CARD

For young people under 29 years of age living in Montpellier only.

For €25, more than 30 reductions and activities on offer between June and September: 2 cinema tickets, 1 entry to the Serre Amazonienne glasshouse, 1 hour's climbing, 1 Olympic swimming pool entry, 1 seat at a Montpellier HSC football match...

The cards are on sale from 1 June at all **'Maisons pour Tous'**, at the **Tourist Office** (30 allée de Lattre de Tassigny) or at the **Espace Montpellier Jeunesse** (1 place Francis Ponge):

www.montpellier.fr/actions/competences/jeunesse/dispositifs-de-soutien-la-jeunesse/carte-ete-jeunes



IN NÎMES

• CAMPUS CULTURE CARD

Scheme giving access to cultural activities at preferential rates for students in Nîmes. On sale from 15 October to 1 June – Price: €7

Available from **'L'Accueil Jeunesse'**

12 rue de la Trésorerie – Nîmes – +33 (0)4 66 27 76 86

Only on Wednesday to 9 am to 12.30 pm and to 1.30 pm to 5 pm.

<http://orloj.nimes.fr>



IN PERPIGNAN

• PASS'CULTURE UPVD

The Pass'Culture costs €10/year or €5/year for students with CROUS bursaries.

You can buy tickets for shows, concerts or festivals at the online ticket office for between €5 and €10.

Official shop on the **main UPVD campus** (next to Cafétéria l'Aquarium)

52 avenue Paul Alduy – 66860 Perpignan – +33 (0)4 68 66 17 93 – pass-culture@univ-perp.fr

Further information: <https://www.univ-perp.fr/vie-de-campus/culture/passculture>



2. Getting involved in sports

Each university has a **university sports service (SUAPS, Service Universitaire des Activités Physiques et Sportives)**, which offers all students the opportunity to do a physical activity during the academic year. The SUAPS offers a wide range of sports activities. Prices and registration procedures vary at the different institutions, but the prices are still very attractive! You can even gain ECTS credits by getting involved in a sport at university, earning you extra points or bonuses at the end of the semester. Find out more from your university!

Furthermore, in addition to the multiple activities and sports equipment offered within its résidence halls, the Crous offers all the students in the region the possibility to play sports wherever it's located. In fact, fitness check-ups, costumized coaching through Whatsapp, online fitness courses, bodybuilding videos, running outlings pr even challenges are organized throughout de year by experimented students. For more info: <https://www.crous-montpellier.fr/category/sortir-bouger-creer/>

There are also low-cost gyms available.



WARNING!

You often have to sign up for a minimum of 12 months, so make sure you choose the right membership for your length of stay in France.

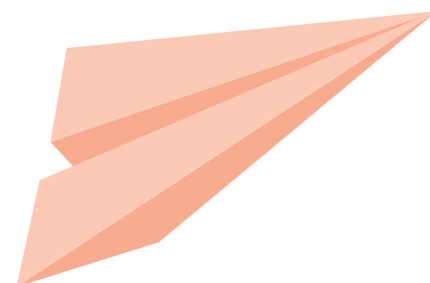


3. International buddying events

► OUR CULTURAL PARTNERS

Every year, **we offer free tickets to the Montpellier Danse and Domaine d'O shows** to buddies!

Buddy partners can also go along if they go with their buddy (subject to ticket availability). Find out more from your buddy!



4. Events not to be missed



IN MONTPELLIER

With almost 80,000 students (including 10,000 international students), Montpellier is the **5th best student city in France**, drawn to the city by its excellent quality of life, lively social and cultural scene, etc.

Lots of internationally-renowned events take place in Montpellier and the surrounding area every year:

• SEPTEMBER: INTERNATIONAL GUITAR FESTIVAL

3 weeks of blues, world music, funk, etc. with over 60 concerts and more than 200 international musicians at numerous venues.

• SEPTEMBER: ARABESQUES

Created on 2006 by the association UNI'SONS, the Arabesques festival promotes the visibility of the Arab artists. It is the most important festival in Europe dedicated to the Arabic art. The festival proposes a multi-field programme: music, theatre, tale, cinema, dance, calligraphy.

• OCTOBER: CINEMED

The international Mediterranean film festival. The programme includes more than 200 film showings and numerous famous guests (actors, producers, etc.), interviews, exhibitions, etc.

• NOVEMBER: CŒUR DE VILLE EN LUMIÈRE

For 3 days, the façades of the city's most stunning historical buildings are brought to life with light shows and music.

• DECEMBER: LES HIVERNALES

A Christmas market with a hundred local storekeepers and artisans, who invite you to discover and taste the regional products.

• MARCH: I LOVE TECHNO EUROPE

Held in the Montpellier exhibition centre (in Pérols), this festival brings together many of the greatest DJs from the world and European scene.

• END OF MAY: LE FISE

Europe's biggest extreme sports competition. Competitors from all 4 corners of the globe meet and compete in the Rives du Lez quarter: BMX, skateboard, rollerblade, wakeboard, mountain bike, etc. Le FISE is free and attracts more than 550,000 spectators over 5 days!

• JUNE: LE PRINTEMPS DES COMÉDIENS - DOMAINE D'O

Considered to be one of the biggest national theatre events, this festival of live performances attracts more than 45,000 spectators each year.

• JUNE: LIVING ARCHITECTURES FESTIVAL

Go on a free tour of Montpellier's historic centre and admire original creations and ephemeral contemporary installations in the courtyards of some of the city's townhouses.



• JUNE/JULY: MONTPELLIER DANCE FESTIVAL

In late June and early July, the greatest choreographers and 300 dance companies from all over the world come to Montpellier for this festival of contemporary dance. The programme includes: unforgettable creations, dance classes, free performances, etc.

• JULY: RADIO FRANCE OCCITANIE MONTPELLIER FESTIVAL

This festival offers symphonic and lyrical concerts at the Opéra, jazz concerts and more. 90% of the music performances are free.

• JULY: TOHU BOHU

This festival of electronic music is held as part of the Radio France Festival. It is free of charge and runs for 3 days in the area outside Montpellier town hall.



GOOD TO KNOW

You can find details of all of Montpellier's flagship events and an events calendar on the Tourist Office website: www.montpellier-tourisme.fr

Remember that you can buy tickets with student discount for all these events on yoot.fr



IN NÎMES

Throughout the year Nîmes, a sun-soaked city in southern France, offers a succession of events, festivals, exhibitions and shows with something for everyone to enjoy. Festival Flamenco, Festival of Biography, Roman Games, Férias and Jeudis de Nîmes are all unmissable events that have become classics of the Nîmes calendar.

Events not to miss in Nîmes:

• SEPTEMBER: FERIA DES VENDANGES

On a more local scale than its big sister at Pentecost, the Feria des Vendanges is an equally enjoyable time for celebration, with its concerts, corridas and other events.

• DECEMBER: THÉÂTRE D'IMAGES SUR LES MONUMENTS

In Nîmes, the magic of Christmas is expressed in large format on the city's monuments (Amphitheatre or Maison Carrée, Clock Tower, etc.) in spectacular projections of images. Fairytale shows, enchanted forests, festive walks, every year a different programme is designed to enchant children and adults alike. Delicious smells waft everywhere from chalets selling food, and the streets and boulevards twinkle with fairy lights.

• JANUARY: FESTIVAL FLAMENCO

Set up in 1989, the festival invites the public to experience the intensity of flamenco culture through concerts, dance classes, talks, meetings, readings, etc.

• JANUARY: FESTIVAL OF BIOGRAPHY

More than a hundred authors attend this festival which, for three days, puts the spotlight on a literary genre gaining increasing recognition. At this now major event, 30,000 visitors come to meet the writers signing their books. Talks, literary cafés, and classroom presentations complete the programme.

• MARCH: BRITISH SCREEN FESTIVAL

This inter-generational festival supported by the City is aimed at everyone, from amateurs to film buffs. The wide range of films screened, encompassing both old and recent films, enables everyone to get a taste of British culture and aims to make its cinema more accessible. Rare and heritage films are brought out to share with the public of Nîmes.

• APRIL/MAY: ROMAN WEEKEND

Games and events in the city: With a big Roman parade, gladiator fighting, chariot racing in the Amphitheatre, and equestrian games, Nîmes brings its Roman past back to life in a two-day festival combining history and live entertainment.

• MAY/JUNE: THE FERIA DE PENTECÔTE

A highlight of the year in which the city takes on an international vibe, the Feria de Pentecôte runs day and night for almost a week. Fans of bullfighting can enjoy seeing the greatest bullfighters and some prestigious breeders here; local traditions suffused with both Provence and Spain mingle with contemporary music; there is partying in the bodegas and in the streets, to the sound of peñas; families and friends dine together on gardianne (beef stew) and paella. Costumed processions and abrivados fill the streets.

• JUNE TO AUGUST

During the summer, nights in the city are livened up by a wide range of arts: music, cinema, dance, water and light shows, etc. Audiences of all levels of appreciation can enjoy a programme that gets richer every year.

THE FESTIVAL OF NÎMES IN THE AMPHITHEATRE: Since 1997, the Festival of Nîmes has taken over the Amphitheatre every summer with a diverse range of contemporary music. From French chanson to metal, from major international stars to new discoveries, Nîmes welcomes the legends of music... in concerts in a unique setting.

LES JEUDIS DE NÎMES: every Thursday in July and August, from 6pm, themed markets and concerts take place in squares in the city centre.

UN RÉALISATEUR DANS LA VILLE: free open-air screenings of several films by a single director, in the Jardins de la Fontaine.





IN PERPIGNAN

Ideally situated between the Mediterranean and the Pyrenees, Perpignan is a dynamic tourist city offering a wide range of cultural events all year round. Music, photography, literature... there's something to suit all tastes!

Events not to miss in Perpignan:

• SEPTEMBER: VISA POUR L'IMAGE

This international photojournalism festival offers a selection of the best photojournalism from all over the world. All the exhibitions and the six evenings of screenings are free of charge, and the festival takes place in iconic locations around the city.

• DECEMBER/JANUARY: NOËL BY CANET

From mid-December to early January, the town of Canet-en-Roussillon invites you to share the magic of Christmas. In the ramblas, taste gourmet foods and have a drink with friends around Christmas chalets offering concerts, street performances, theatre, etc.

• MAY: PYRENEAN BIKE WEEK

An American culture event with custom bike, American cars, many concerts, bar, restaurant, stand...

• JUNE: INTERNATIONAL ART BOOK AND FILM FESTIVAL

An annual event, this festival aims to promote and disseminate the best books and documentaries on art produced each year throughout the world.

• JUNE: LES FEUX DE LA SAINT JEAN

A traditional Catalan festival, Les Feux de la Saint Jean is celebrated every year on the evening of 23 June. A torch is lit on the summit of the Canigou mountain and the flame is carried by a messenger through the département's towns and villages to light bonfires. The festivities and dancing can then begin.

• JUNE: IDA Y VUELTA

Set up by the Casa Musicale association more than 20 years ago, the Ida y vuelta festival highlights local emerging artists. Free of charge and open to all, it is a major event of local cultural life.

• JULY: LIVE IN THE CAMPO

Perpignan's iconic venue, the Campo Santo hosts its open-air festival each year with a daring, high-quality programme across five unique evenings.

• JULY: LES DÉFERLANTES

With more than 70,000 attendees each year, this music festival offers an eclectic, multi-generational programme in an exceptional setting, the Château de d'Aubiry in Céret.

• JULY: FÉRIA DE CÉRET

A much-loved event for fans of bullfighting and celebration, each year the Féria de Céret welcomes thousands of people who come to enjoy its festive ambiance and the many events organised around the corridas.

• JULY/AUGUST: LES JEUDIS DE PERPIGNAN

Every Thursday throughout the summer, from 6 pm to 11.30 pm, Perpignan city centre turns into a street festival offering a combination of music, theatre, circus arts, parades and brass bands. These free evening performances offer a different way to discover the city's historic and architectural heritage.

• AUGUST: DESERTIVAL

Organised by the association "Les Catalans du Désert", Désertival is a humanitarian music festival, the proceeds of which are used to fund projects that benefit children in France and abroad.

• AUGUST: FÊTES DE LA SAINT-VINCENT

On 16 August 1701, the relics of the patron saint of Collioure were taken to the chapel on the island of Saint Vincent. The town of Collioure has paid homage to him ever since. The event includes a procession at sea in Catalan boats, watersports games, concerts and street bands, dances, sardanes, street theatre, etc.



5. Places to visit



IN MONTPELLIER

• HISTORIC MONUMENTS

Wandering through the streets of the city centre is the best way to explore Montpellier and its historic heritage: from the stunning Place de la Comédie to St Pierre Cathedral, the Arc de Triomphe and Place du Peyrou... Enjoy strolls and green spaces? We recommend a walk round Montpellier University's Jardin des Plantes (botanical garden).

• FABRE MUSEUM

This museum has more than 700 works on display (paintings, sculptures, drawings), including a few masterpieces. It is situated in Montpellier city centre, near the Esplanade Charles de Gaulle.

• MUSEUM AND CONSERVATORY OF ANATOMY

Situated in Montpellier's old medicine faculty, it displays nearly 5,600 anatomical parts and wax models (related to anthropology, malformations, pathologies, skeletons, etc.). In 2004, the collections of Montpellier's Conservatory of Anatomy were classed as a historic monument!

• ART GALLERIES

Espace Saint-Ravy: right in the historic centre of Montpellier in an ancient monument, this exhibition hall shows works of art and installations by local artists.

Pavillon Populaire: this exhibition space on Esplanade Charles de Gaulle, right in the city centre, specialises in photographic art.

• LA PANACÉE

This contemporary art centre is popular for its year-round programme and its many free temporary exhibitions. La Panacée has a trendy café renowned for its seasonal menus at very affordable prices (3 courses for less than €20).

• MO.CO. HÔTEL DES COLLECTIONS

MO.CO. Hôtel des collections is the main entity of the Contemporary Montpellier. Opened on June 2019 in the former Hôtel Moncalm, it takes the place of leading cultural platform. Without any permanent collection, this place is dedicated to the display of private and public collections from all over the world.

• LA HALLE TROPISME

On the site of an old army college near Parc Montcalm, this 4,000 m² hall is a creative space used for all types of cultural activity. It is open to the public with a year-round programme of events including pop-up architecture, live performances, visual arts, food, music, fashion... (Tram 5 - Cité Créative stop)

• MARCHÉ DU LEZ

The Marché du Lez offers shops, antiques stalls, produce stalls, restaurants, food trucks, street art, startups, pop-up bars, events and more. It's a focus for creative initiatives facilitating a new way of living: responsible, local, innovative and contemporary. The Marché is based in former industrial and agricultural premises (Tram 3 - Pablo Picasso stop).



IN NÎMES

• HISTORIC MONUMENTS

A former Roman settlement, Nîmes has preserved a vast array of monuments for two thousand years. This important heritage from the time of Caesar Augustus, in the Empire's early years, is exceptionally well preserved and has had a remarkable influence on the city's architecture through the centuries until the present day, giving it a unique beauty. The famous Amphitheatre of Nîmes, the Maison Carrée, the cathedral of Notre Dame and Saint Castor, the temple of Diane, and the particular style of the city's townhouses... take a walk through the historic centre to explore the wealth of heritage in Nîmes!

• MUSÉE DE LA ROMANITÉ

Much more than a Gallo-Roman museum, the Musée de la Romanité, a museum of archaeology, illustrates the Romanisation process of the area through the centuries. A Musée de France establishment, it is the most important museum in Gard and one of the most popular museums in Occitania.

• CARRÉ D'ART

With nearly 500 works of art, the Carré d'Art's collection offers a panorama of contemporary artistic creation from the 1960s to the present day. Every year, temporary international exhibitions are hosted on the gallery's second floor. With libraries, a mediatheque and a contemporary art museum on the same site, it is very similar to the Centre Pompidou.

• NATURAL HISTORY MUSEUM

The Museum of Nîmes, the leading museum in Languedoc, covers all fields of the natural sciences and some sectors of the human sciences. While it undergoes an extensive renovation, only three themes are on show to the public: prehistory, ethnography in the 1930s and zoology. Its temporary exhibitions, the Nîmes planetarium and the many scientific workshops it offers make it a centre for the region's scientific culture.

• MUSÉE DES BEAUX-ARTS

The Musée des Beaux-Arts presents French, Flemish, Dutch and Italian paintings. Its 3,600 works of art include a collection of 16th and 17th century Italian art and a lovely collection of 19th century French art.

• ODÉON/THÉÂTRE DE NÎMES

In 1993, the Odéon, a former cinema from the 1950s, joined the Théâtre de Nîmes, which hosts a wide range of events throughout the season...

• COMÉDIE DE NÎMES

The Comédie de Nîmes is a welcoming 50-seat café-theatre a short distance from the Amphitheatre. It puts on shows for adults and children.



IN PERPIGNAN

• HISTORIC MONUMENTS

Perpignan, former capital of the Kingdom of Majorca, has a rich and important historic and architectural heritage. Stroll through the city centre's colourful streets and explore its most iconic monuments, like the Castillet, the Palace of the Kings of Majorca, and the Campo Santo. Many buildings are classed as historic monuments.

• "A CENT MÈTRES DU CENTRE DU MONDE" CONTEMPORARY ART CENTRE

The Centre is just 100 metres from Perpignan station, the iconic location of the Dali universe. In a restored former warehouse, century-old wooden beams contrast with contemporary glass and metal. The Centre aims to showcase artists from very different backgrounds, whether local, national or international.

• MUSÉE HYANCINTHE RIGAUD

The Musée Hyacinthe Rigaud art gallery is situated in two townhouses in the city centre. The collections on display reveal Perpignan's history from the 15th to the 20th century. Temporary exhibitions showcase artists with links to Perpignan, such as Pablo Picasso and Aristide Maillol.

• INTERNATIONAL PHOTOJOURNALISM CENTRE (CIP)

The CIP conserves and exhibits work by photojournalists, witnesses to world history and agents of freedom of expression. Its vocation is to defend, promote and develop the photojournalism professions.

• HALLES VAUBAN

The real "gourmet heart" of the city, the Halles Vauban are a welcoming place showcasing world cuisines in a food court, with stalls where you can do your shopping or buy your dinner!

• EL MEDIATOR

This is the concert hall of the L'Archipel theatre in the city centre. Throughout the year, El Médiator offers a wide range of concerts, with a very eclectic programme to please all music lovers.

6. Evenings out



IN MONTPELLIER

The Écusson quarter (city centre) is bursting with bars and venues offering student nights out! Most clubs and nightspots are outside the city centre.

Your buddy will be delighted to show you where they like to spend evenings out (restaurants, bars, concert venues, theatres, etc.), so ask them!

You can also contact:

- **BDE (Bureau des étudiants)** or the **student associations** at your institution to find out about upcoming student evening events. They are often the main organisers of these events.
- **Social networks** and mainly **Instagram** are still the best way of finding out about different events in the region.



GOOD TO KNOW

There is a night bus, Amigo, which provides safe transport for anyone going out for the evening. This bus covers all routes between Montpellier and the clubs/nightspots. See the TaM website for Amigo timetables and routes.



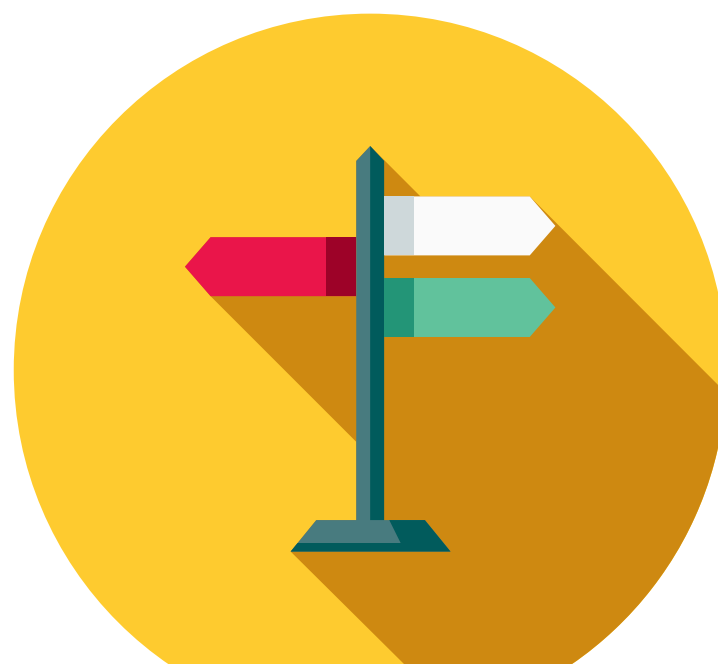
IN NÎMES

Nîmes is a lively student city! By day, stroll in the city's parks or relax at a pavement café. For the evenings, there are plenty of bars in the city centre and along Boulevard Victor Hugo. Why not ask your buddy partner to show you round their favourite haunts in Nîmes!



IN PERPIGNAN

From Thursday evenings, Perpignan city centre offers a dynamic nightlife. In Avenue du Maréchal Leclerc and around the Place de la République, you can enjoy a wide variety of restaurants and bars.



E. EAT WELL

► THE CROUS UNIVERSITY RESTAURANTS AND CAFETERIAS MONTPELLIER-OCCITANIE

A varied and balanced offer.

Located in the heart of your place of study, the 6 restaurants, 9 brasseries, 21 university cafeterias and 14 partnered restaurants offer you a range of services adapted to your needs. Crous meals cost 1 euro for all students. You will find organic products, short circuits and a vegetarian offer every day!

Locate the restore points on: www.crous-montpellier.fr/restauration/

► PREFER FRESH FOOD OVER READY-MADE MEALS!

To have good food at low prices, you have to think fresh! The cities of Montpellier, Nîmes and Perpignan are full of markets and small local grocery stores.

You can also think of the (AMAP) which it is the voluntary link that allows members to buy quality and local products after signing a contract with each farmer and handing the corresponding cheques to the product referent who gives them to the farmer month after month.



► SOLIDARITY GROCERY STORES

There are several student grocery stores. You can find food and non-food products at very low prices:



IN MONTPELLIER

• The “solidarity counter” of the Crous de Montpellier-Occitanie

Distribution of food parcels every Wednesday afternoon, from 2 pm to 6 pm, at the Triolet housing estate (cité Triolet)

In partnership with the students of the “Maison Associative Solidaire Étudiants Territoriale” (MASET) and the “Restos du Cœur”.

• At La Ruche de Paul Va'

In general, distribution is every Thursday afternoon in Building I between 2-5 pm. But their schedules can vary, so don't hesitate to check their facebook page.

Managed by the student association “Especiariá” and the “Secours Populaire”.



IN NÎMES

• Solidaribus

The solidarity grocery of the Secours populaire “Solidaribus” will be present on Thursdays from 2 p.m. to 5 p.m., alternating between the University of Nîmes' Vauban campus and the Saint-Césaire student residence.

The Solidaribus is both a mobile solidarity grocery store and a place to welcome and listen to students in difficulty.



IN PERPIGNAN

• The Solidarity Factory of the UPVD

The solidarity grocery store is open from Monday to Friday from 4 pm to 7 pm. The address is: 2 rue Jean Sabrazès in Perpignan (line 8, bretonneau stop).

The grocery store is accessible on file according to the rest to live per day (remains to live = income - expenses / number of people in the household).

To offer services or to read the student file for the solidarity grocery store. Contact: epiceriesolidaire@solidariteinternationale.org

► ANTI-WASTE APPS

To deal with the problem of food waste, there are applications listing the shops that sell the unsold items of the day. **Very reduced prices and anti-gaspi gesture guaranteed!**

5 FINDING A STUDENT JOB

A. STUDENT JOBS IN THE REGION

Montpellier, Nîmes and Perpignan have booming **hotel, catering, culture and tourism sectors**.

There is also plenty of demand for care workers, people to help with homework, seasonal workers, childminders, youth workers, receptionists, street marketing, etc.

There are loads of opportunities for work when you're a student!

B. REGULATIONS FOR NON-EU FOREIGN STUDENTS

International students with a residence permit are permitted to work for up to **60% of the annual legal working time**, i.e. for 964 hours per year. This period starts when your permit is issued or your VLS-TS is validated online.

You can engage in any type of paid employment without a work permit.

However, your employer must declare your job to the Prefecture where you live or to the one that issued your permit.

► SPECIAL RULES FOR ALGERIAN STUDENTS

You must apply for a Provisional Work Permit before starting work.

This permit should be asked on the ANEF website:

<https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

You can then work for 50% of the annual legal working time in the branch in question.



C. WHERE TO FIND JOB ADVERTS

► FROM DIFFERENT ORGANISATIONS

- Crous Emploi - Jobaviz: www.jobaviz.fr

Jobaviz is a national student job website run by Crous. It lists many job vacancies, particularly those offered by Crous itself (reception in halls, dishwashing or serving in cafés, administrative assistant, etc.).

The Jobaviz website also has job descriptions for different sectors of activity.

By reading these, you can find out what types of job you are interested in and prepare a better application.

- CRIJ: <https://www.crij.org/fr/annonces/emploi/job.php>

'Trouver un job en Occitanie' [Find a job in Occitanie] guide:

<https://www.crij.org/fr/page/travailler/guide-trouver-un-job.php>

- Espace Montpellier jeunesse:

<https://www.montpellier.fr/territoire/lieux-equipements/espace-montpellier-jeunesse>

Espace Montpellier Jeunesse welcomes and provides guidance and information for young people aged 12 to 29.

It's also a friendly space where young people have self-service access to cyberspace with computers and wifi, printer and photocopier.

► USEFUL WEBSITES

- L'Étudiant: <https://jobs-stages.letudiant.fr/>

- Indeed: <https://www.indeed.fr/Emplois-Job-Etudiant>

- Studen Job: <https://www.studentjob.fr/job-etudiant/montpellier>

- Emploi LR: www.emploiir.com



D. HOW TO APPLY

1. Help with preparing your cv

Your CV should be clear and concise, and show why you are suitable for the post being advertised.
It should fit on a single page.

There are many online platforms to help you prepare your CV, such as:

<https://www.doyoubuzz.com/fr/>
https://www.canva.com/fr_fr/creer/cv/

ONISEP also offers an online tool to help draft your CV and export it to PDF:

<https://reso-avenirs.onisep.fr/decouverte-du-monde-professionnel-des-secteurs-et-metiers/le-stage-de-seconde/rediger-un-cv-et-une-lettre-de-motivation-pour-candidater>

2. Covering letter

This **complements your CV** and should make the employer want to invite you for an interview.
It should **explain why you are applying** and how you would be suitable for the job.
It should be **outgoing and tailored to the application**.

A few tips for setting out your letter:

- Introduction: reminder of the job you are applying for and the context
- Presentation: summary of your experience and education
- Suitability: in what ways you match the profile of the employee sought and what you will bring to the job
- Conclusion: offer to come for interview and closing salutation

Get a friend to read it through for you so that they can **pick up any spelling mistakes**.



6 USEFUL CONTACTS

A. IN AN EMERGENCY



WITH THESE **EMERGENCY NUMBERS**
YOU CAN CONTACT THE EMERGENCY SERVICES FREE OF CHARGE,
24 HOURS A DAY:

- 112

European emergency number
if you have been in an accident or witnessed an accident in an EU country
- 15

SAMU (medical emergency response service)
to call for medical assistance in a life-threatening emergency,
or for referral to a round-the-clock healthcare organisation
- 17

Police Secours
to report an offence requiring an immediate police response
- 18

Sapeurs-pompiers
to report a dangerous situation or accident involving people
or property and seek a rapid response
- 114

Emergency number for people
who are deaf or hard of hearing
- 36 24

SOS Médecins (€0.12/min)
- 32 37

Duty pharmacy (€0.34/min)
- 04 91 75 25 25 or 04 61 49 33 33

Poison control centre

B. SOCIAL SUPPORT SERVICES

► CROUS SOCIAL SERVICE

On Crous premises and the university campuses (Montpellier, Nîmes and Perpignan), twelve social workers are on hand to assist students, regardless of their course type. They can listen and give advice to direct students to the various social support services available.

Welcome desk opens from 9 am to 4 pm.

You can make an appointment at www.crous-montpellier.fr > Crous > Comment contacter le Crous ?

► FREE COUNSELLING IN MONTPELLIER

- **Crous:** www.crous-montpellier.fr

- **Maison des adolescents – Hérault 34:** <https://mda34.org/>

- **University Care Centre:**

The University Care Centre also provides psychological and psychiatric support in collaboration with the CHU.

The centre welcomes students on appointment from Monday to Friday

from 10 am to 2 pm and from 3 pm to 6.30pm.

8 rue de l'École Normale – 34090 Montpellier

More information:

<https://www.umontpellier.fr/en/campus/sante-social-et-handicap/centre-de-soins-universitaire>

C. USEFUL WEBSITES

- **Information regarding student life in France:** www.etudiant.gouv.fr

- **Crous procedures:** www.messervices.etudiant.gouv.fr/envole/

- **Campus France:** www.campusfrance.org

- **France Diplomatie:** www.diplomatie.gouv.fr



SAIEC

SERVICE
ACCUEIL INTERNATIONAL
ÉTUDIANTS - CHERCHEURS



UNIVERSITÉ DE
MONTPELLIER

