

# THE PRACTICAL HANDBOOK





# PRACTICAL INFORMATION FOR YOUR STAY



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# 1. VISA

Depending on the length of your studies and your nationality, you may need a [visa](#) to study in France.

## ○ If you are from an EU country

A valid identity card or passport is all you need to study in France.

## ○ If you are not from the EU

Visit the website [France-Visa](#) to check if you need a visa. Most of the time, if you study in France for a period of four months to one year, you will get a **long-stay visa valid as a residence permit** named [VLS-TS](#). It must be validated upon your [arrival in France](#).

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**Important:** As soon as you arrive in France and within the first 3 months, you must validate your VLS-TS on this [official website](#).

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With a VLS-TS, you are allowed to work part-time in France (*see p. 8*).



## 2. HEALTH

Before your arrival in France, you are required to send the following documents at [studyabroad@reseau-cd.fr](mailto:studyabroad@reseau-cd.fr)

- A copy of your International Health Insurance Certificate for repatriation, civil liability and extra medical cost.
- A declaration of International Insurance completed and signed (the Exchange & Study Abroad Department emailed it to you).
- **EU students:** a valid copy of your European Health Insurance Card
- **Non-EU students:** you must register for the French Health Scheme (named *Sécurité Sociale*). This can be done upon your arrival. It is mandatory but free. Please register at [etudiant-etranger.ameli.fr](http://etudiant-etranger.ameli.fr) (English website) and send us your registration certificate.

**Important:** Please note that these documents are mandatory. You will not be able to get your Student card if you did not provide them.



### The French National Health Scheme

In France, the National Health Scheme (named *Sécurité Sociale*) reimburses your medical expenses if you are ill, injured or hospitalized.

#### When to apply for *Sécurité Sociale*?

Upon your arrival in France, and after receiving your school registration certificate.

#### How to apply for *Sécurité Sociale*?

To complete your registration online, you will have to upload several [official documents](#) and a bank account statement - IBAN (you **do not need** to have a French bank account).



Watch this video about the procedure to [register for \*Sécurité Sociale\*](#)



Watch this [video](#) to know everything you need about the Assurance Maladie.

Watch this [video](#) to know how does the Assurance Maladie (health insurance) work in France.

### 3. ACCOMMODATION

#### Short-term accommodation

For your first nights, we recommend you to book a hotel or Airbnb. Then, take the time to visit several options before choosing your long-term accommodation.

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**Important:** To avoid scams, we strongly recommend you to visit the flat **before** signing the lease. **Do not pay anything** before signing the lease. If the landlord is a private owner, always ask for his/her personal information (name, surname, phone number and ID number). Be extra careful if the monthly rent is lower than market price.

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#### Long-term accommodation

Below is a list of websites offering housing in the cities where our campuses are located. The rent depends on where you live, type of housing and surface area. You can also find more information on [Campus France](#) website.

[My Studapart](#) is a dedicated platform for student accommodation. It provides a list of housing (individual flat or flatshares) located in private student residences close to our campuses. Available in **French**, **English** and **Chinese**, it is a very easy tool which offers a technical assistance 6/7 days. All our international students are eligible to the Studapart guarantee (which replaces a guarantor) over the entire duration of their stay.

[Housing Anywhere](#) provides a list of housing (studios, apartments, private room, shared room) available for rent or sublet. Offers come from students who rent their rooms, private landlords, host families, housing operators (agencies, residences...).

[Woomies](#) provides **flatsharing** and connects the users to find **roommates**.

[LivinFrance](#) provides accommodation and services for exchange students looking for a **roommate**. No guarantor is required. If you take a pack "Livin-France", you will have access to services such as check-in inventory, legal advice, maintenance reactivity 72h.

#### What is VISALE?

Most of the time, having a French guarantor (who commits to paying the rent in case the student faces financial difficulties) is necessary to sign a lease. VISALE is a **free rental deposit**, which cover students for the duration of the lease. It is accessible to all international students (Europeans or holders of a visa VLS-TS). The VISALE subscription must be done before the signature of the lease.

#### How to register?

Watch this video for more information about [Visale's](#) procedures.



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**Tips :** If you do not have a French guarantor, it is also possible to pay your rent in advance for several months. In this case, please do ask for an official payment receipt.

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**Tips:** you may be eligible for the [French housing allowance](#)

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## 4. TRANSPORTATION

1



By plane    Airport Lyon Saint-Exupéry (LYS)

Several options from/to the [airport](#):

- The [Rhonexpress](#) at 10€ (12-25 yo) one way  
(itinerary: Rhonexpress shuttle + metro A)
- Bus 47 offered by [TCL](#) at 1,90€ the ticket per hour  
(itinerary: bus 47 + tram 3 + metro A)

By train    Lyon Part Dieu – Lyon Perrache

2



Lyon is 2 hours from Paris, Marseille or Geneva by train.

Prices may vary according to time, day, route, etc.  
More information on [en.oui.sncf](https://en.oui.sncf) and [www.ouigo.com](https://www.ouigo.com)

By car    Lyon City center

3



[BlaBlaCar](#) is a carpooling platform for local, regional and national trips.  
The rates vary according to the journey.

Public transport    TCL

4



The [Transport en Commun Lyonnais](#) (TCL) *public transport of Lyon* offer bus, tram and metro services for 1.90€ per hour.  
Subscriptions are 32.50€ per month for under 25s and students

By bicycle    Vélo'v

5



It is also possible to travel around the city by [bicycle](#) for 1.80€ per journey and 4€ per 24 hours.  
A subscription is available for 16.50€ for those under 25yo.

## 5. COST OF LIVING IN FRANCE

A baguette



1€

A meal in a  
local restaurant



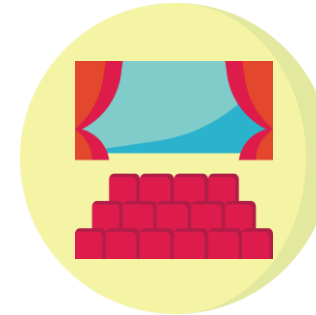
10-20€

A coffee



2€

A cinema ticket



7.50€ to 9.50€

A metro ticket  
A monthly pass



1.90€  
35€ to 70€

A check up with a GP



25€

**Important:** Prices may vary from city to city. The [cost of living](#) is higher in Paris.



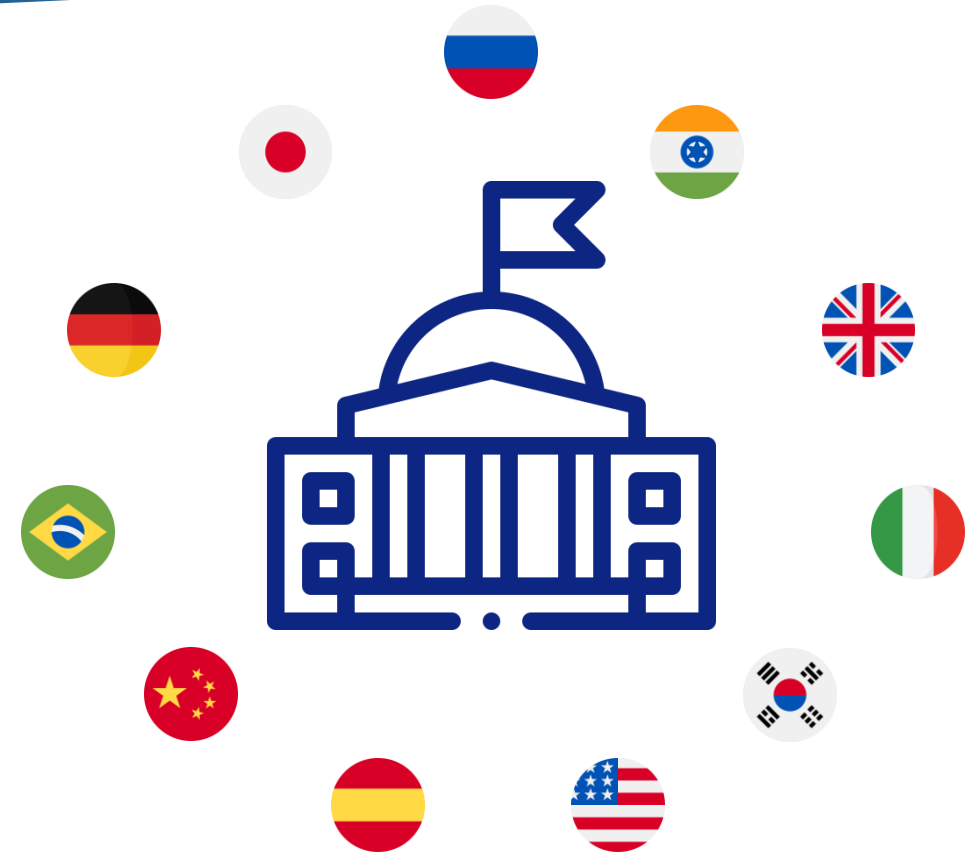
## 6. MOBILE PHONE PROVIDERS

Upon your arrival, the first thing you would surely need is a SIM card and an internet connection on your cell phone. To begin with, you can get one of the pre-paid cards. Then, you can choose to subscribe to one of the major French providers such as Orange, Free Mobile, SFR or Bouygues Telecom. Before subscribing, we recommend you to compare prices and conditions on a [price comparison](#) website *(in French)*.

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**Tips:** Check out carefully prices as well as their terms & conditions before subscribing.

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## 7. EMBASSIES AND CONSULATES

Embassies and consulates are useful in the event of various difficulties (repatriation, financial difficulties, illness, accident, etc.). In case of loss or theft of documents (passport, national identity card or driving licence) they will be able to provide you certificates.

Check out this [list of embassies and consulates](#) to find their contacts *(in French)*.



## 8. BANKING

International students are allowed to get a [French bank account](#). It can be very handy in your day-to-day life.

Having an account in a French bank avoids paying charges and fees from your home country bank. You'll also get a chequebook from a French bank which is very useful to make payments – including your rent.

Three documents are needed to open a bank account: identification, proof of residence and an attestation of enrolment or a student card.



To know more about the procedure, watch this [video](#).

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**Tips:** Make sure you arrive with a sufficient amount of cash (euros) for your first current expenditures in case your bank card is not accepted.

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If needed, your family or friends can send you money from your country via Western Union.



**LA POSTE**

## 9. POST OFFICE

In France, you'll notice that you need to use post office to mail most of official documents. The French postal service company is called "La Poste".

Click [here](#) to know more about their services (*in French*). Opening hours vary between post offices.



## 10. JOBS

If you have a student visa VLS-TS, you will be able to [work part-time](#) in France (up to 20 hours/ week).

To find a job, the **best option** is to print your resume (with your contact details) and go directly to nearby restaurants, hotels, small shops to apply. When visiting, leave your resume so that they can contact you later.

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**Tips:** It is easier to find a job if you speak French.

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## 11. SOCIAL LIFE

Several international student organisations offer networking possibilities as well as various activities to discover France.

- [ESN](#) (*International Exchange Erasmus Student Network*). With a presence in 34 cities, ESN organises events to welcome international students living in France. If you register for the [Buddy System](#), you will have the opportunity to get a French sponsor. A sponsor is a student who volunteers to help foreign students when they arrive in France. They may help you to complete your first administrative procedures, to meet other students and become familiar with French culture.
- [AVE](#) welcomes all new inhabitants, French or foreign, for meetings, events, advice and help in order to make their integration as smooth as possible.



## 12. DISCOVER FRANCE AND EUROPE



To travel cheaply, from city to city, you can register on the website “BlaBlaCar” and choose a car driver.

CARPOOL: [BlaBlaCar](#)

Buses allow you to travel very cheaply. Most of them provide you an internet access.

BUSES: [BlaBlaBus](#), [Flixbus](#)



The very well-developed rail network offers a convenient way to travel city to city or across France. “Oui Go” trains are the cheapest you can find.

TRAINS: [Oui SNCF](#)

Flights provide quick connections between major cities, some at a very cheap price. You can also travel to neighbour countries easily.

FLIGHTS: [Air France](#), [Easy Jet](#), [Ryanair](#)



**Tips:** You can also consult [Omio](#) to compare prices and find the cheapest transport.

## 13. IN CASE OF EMERGENCY



EMERGENCIES	NUMBERS
Medical emergency (SAMU)	15
Firefighter	18
Police	17
Exchange & study abroad office	+33 4 72 85 17 95

**Important:** Call 112 for an English-speaking emergency service.