TO WELCOME YOU

There are several different systems and services for welcoming you and helping you in your administrative procedures when you arrive:

Discover the reception facilities in Metz: www.campusfrance.org/Metz

- Accueil Info Etudiants et Chercheurs (Students and Researchers Information Centre): www.univ-lorraine.fr
  Direction des relations internationales et européennes (International and European Relations Office), Campus du Saulcy - Maison Alfred Grosser - 57000 Metz
  Bus 2 or U (towards the University) – Sérot station - 03 87 54 77 77
  Mondays to Fridays, from 9:30 am to 12:30 pm and 01:30 pm to 4:00 pm
  drie-info-contact@univ-lorraine.fr - drie-euraxess-contact@univ-lorraine.fr
  Services provided by the Prefecture. Information on everyday life.

Two services are available for welcoming you in all the Universities and Higher Education Colleges:
The International Relations Service: reception and guidance office
The Educational Service: inscription and administrative procedures office

TRAVEL

Public transport in and around Metz:
- Tram and bus services in Metz: http://lemet.fr
  0 800 00 29 38 (toll free from a landline in France)
- Cycle rentals: lemet.fr/velomet/
- Regional express trains: www.ter.sncf.com/lorraine

FINDING ACCOMMODATION

For several days
- Metz Youth hostel: www.ajmetz.fr
  1 Allée de Metz - 03 87 30 44 02
- Association Carrefour - www.carrefour-metz.asso.fr
  6 rue Marchant Metz - 03 87 75 07 26
- Hotels, apartment hotels, furnished apartments, guest houses: www.tourisme-metz.com

For longer periods
- The CLOUS – Centre Local des Œuvres Universitaires et Scolaires (Local Centre for University or College Activities): www.crous-lorraine.fr - Ile du Saulcy - 57000 Metz - 03 87 31 61 61

More accommodation solutions in private homes, intergenerational accommodation and flat-sharing, both short and long duration, available on the Campus France website: www.campusfrance/logement.org

- Ask for the CLE! You need a guarantor? The “Caution locative étudiante” (Student Rental Guarantee) guaranteed by the state makes it easier for students to find accommodation when they have no personal guarantor: www.lokaviz.fr
- La Caisse des Allocations Familiales CAF (French family allowance fund) can evaluate your rights to APL (Personal Accommodation Assistance)
  0810 29 29 29: www.caf.fr
- If you need accommodation suitable for disabled persons, contact the CROUS Social Service or visit the student services office in your educational establishment.
- Home insurance: A tenant's risk guarantee is compulsory. A home insurance contract can be drawn up with your bank or a private insurer and on-line subscriptions are often possible: www.mgel.fr/assurances/mrh.php www.lmde.com/assurances - www.assistance-etudiants.com – www.assurances-etudiants.com

YOUR BANK ACCOUNT

If you are staying in France for over 3 months, we strongly recommend you to open a bank account. A large number of traditional and on-line banks are available.
Opening a bank account is a right: www.service-public.fr/particuliers/vosdroits

RESIDENCE PERMIT

  Direction Territoriale de l’OFII - 2 Rue Lafayette à Metz
  03 87 66 64 98 – metz@ofii.fr
- You have just arrived in France with a VLS-TS long-stay students' visa. You must validate it at the OFII within three months of your arrival in France.
- Algerian students, you must make an initial application for a residence permit directly at Prefecture Services.
• **Renewing a residence permit:** the application for renewal must be made at least 2 months before the date of expiry of your existing permit.

Make an appointment directly with the Centre d’Accueil Info Étudiants et Chercheurs (Students and Researchers Information Centre) Mondays to Fridays, from 9:30 am to 12:30 pm and 1:30 pm to 4:00 pm
- 03 87 54 77 77
- drie-info-contact@univ-lorraine.fr - drie-euraxess-contact@univ-lorraine.fr

For more information on your rights and duties, visit: www.service-public.fr/particuliers/vosdroits/N110

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**UNIVERSITY INSCRIPTION**

You possess a letter of pre-inscription. Take care! This does not mean that you are already registered! You must validate your inscription with the admissions service of your establishment when you arrive.

- French Government grant holders: you are exempted from paying inscription fees at the university as well as the subscription to the students’ social security scheme.
- French Government scholarship holders over 28 years old managed by Campus France: you are automatically affiliated to the Campus France Insurance Scheme including civil liability.

**HEALTH INSURANCE AND MEDICAL CARE**

Affiliation to a health insurance scheme is compulsory. You will find all necessary details on: www.campusfrance.org/fr/page/le-systeme-de-sante

- **Service Universitaire de Médecine Préventive et de Promotion de la Santé (SUMPPS = University Preventive Medicine and Health Promotion Service)**
  - www.univ-lorraine.fr/santesocial
  - SUMPPS Saulcy: Ile du Saulcy - 57012 Metz cedex 01 - 03.87.31.50.35
  - SUMPPS Bridoux: Campus Bridoux - rue du Général Delestraint - 57070 Metz
  - Bus 11 - Claude Bernard station - 03 87 37 86 65

Consultations free-of-charge. Personal advice, questions of health: a team of doctors, nurses and social workers is present to help you complete your studies under the best possible conditions.

**LANGUAGE COURSES**

French Foreign Language Centres (FLE) and universities offer French courses for all levels throughout the year.

Look for the formula that suits you best: www.coursdete.campusfrance.org

**SOCIAL AND CULTURAL LIFE**

You will find a large number of activities at reduced prices for students in your city or your establishment. Here are some examples:

- **Associations:** Cultural and sports events or even social actions. There are many student associations: www.ixesn.fr - www.animafac.net
  - Also contact the student associations of your University or College.

- **Employment and internship:**

- **Culture:** The city of Metz proposes a large number of cultural activities: theatre, museums, cinema and other activities. Take the time you need for getting all the information you require: http://metz.fr/agenda
  - Tourism Office: www.tourisme-metz.com

- **Sport and leisure:** Colleges and Universities can offer special access to sports activities. University Department of Physical activity and sport (SUAPS): http://sport.univ-lorraine.fr/fr/suaps-le-sport-loisir-pour-tous

- **Main annual events**
  - **Étudiant dans ma ville (Students in the city)** - September: meeting and festivities
  - **Introduction** - September: beginning of the academic year festival at Lorraine University
  - **La Nuit Européenne des Chercheurs (The Researchers' European Night)** - September: www.univ-lorraine.fr/nuitdeschercheurs
  - **Le livre à Metz (Books in Metz)** - May: www.lelivreametz.com
  - **Les Journées du Patrimoine (National Heritage Days)** - September:
    - www.journeesdupatrimoine.fr
  - **La Semaine de la Francophonie (The Francophonie Week)** - March:
    - www.education.gouv.fr/francophonie
  - **La Nuit Européenne des Musées (The European Museum Night)** - May:
    - www.nuitdesmusees.fr
  - **La Fête de la Musique (The Music Festival)** - June 21st:

**SOCIAL NETWORKS**

- **Campus France is present on social networks for giving you information on news and events throughout France.**
  - www.facebookcampusfrance.fr
  - www.twitter.campusfrance.fr

- **Join the www.francealumni.fr social network straight away**
  - Exchange with students on the same course as you.
  - Take part in theme discussion groups.
  - Benefit from cultural outings just as soon as you arrive in France.
  - Consult employment offers and courses.

**EMERGENCY NUMBERS**

- **SAMU** No. 15* Emergency medical help services.
- **Police emergency** No. 17* Violence, thefts and burglaries.
- **Fire-brigade** No. 18* Fires, gas leaks, water damage, natural catastrophes and road accidents.
- **Poison control centre** No. 05 61 77 74 47 Intoxication by food, medication, chemicals (may be caused by a gas) or natural products (may be caused by a plant or an animal).
- **European emergency number** No. 112* Situations requiring an ambulance, the fire-brigade or the police. Available free-of-charge throughout the European Union from fixed or cellular phones. This number does not replace national emergency numbers.
  * Free-call numbers