CAMPUS FRANCE wishes you welcome and offers you some practical information for making your stay in Metz as easy as possible.

WELCOME TO METZ

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 Étudiants et Chercheurs (Students and Researchers Information Centre):
  Bus METTIS B (towards the Université-Saulcy) – Saulcy station – Bus METTIS A (towards the Woippy St-Eloy) – Square du Luxembourg station
  03 72 74 05 14 – Mondays to Fridays, from 9:00 am to 12:00 pm and 01:30 pm to 4:00 pm
  drie-accueil-metz-contact@univ-lorraine.fr (for students) – drie-euraxess-contact@univ-lorraine.fr (for PhD students and researchers) – Services provided by the Prefecture. Information on everyday life.

Two services are available for welcoming you in all the Universities and Higher Education Schools:

The International Relations Service:
reception and guidance office

The Educational Service:
inscription and administrative procedures office

You can also consult the website etudiant.gouv.fr

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

- 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
- CAF: La Caisse des Allocations Familiales (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.fr/services/assurance-et-banque/offres-assurances
  www.assistance-etudiants.com
  www.assurances-etudiants.com

RECHAINING

PUBLIC TRANSPORT IN AND AROUND METZ:

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

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 – Guichet Unique Étudiant – 09 69 39 19 09

More accommodation solutions in private homes, intergenerational accommodation and flat-sharing, both short and long duration, available on the Campus France website: http://www.campusfrance.org/fr/page/trouver-un-logement%20%20

- Hotel services
- Limousines
- Car rental services
- Postal services
- Culture
- Shopping
- Sport
- Food
- Weinberg
- CAMPUS FRANCE wants you to enjoy your stay in Metz.
OPENING A BANK ACCOUNT IS A RIGHT:
www.service-public.fr/particuliers/vosdroits

A large number of traditional and online banks are strongly recommend you to open a bank account.
If you are staying in France for over 3 months, we recommend you to open a bank account.

RENETING 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.

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/santessocial
- SUMPPS Saucy: Ile du Saucy
- Bâtiment Simone Veil RDC – 57012 Metz cedex 01
- SUMPPS Bridoux: Campus Bridoux
- rue du Général Delestraint – 57070 Metz
- Bus METTIS B – Provence station
- or Bus METTIS A – Provence station – Bus 14
- Arrêt Provence – 03 72 74 05 40
- 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.

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.campusfrance.org/fr/page/apprendre-le-francais-en-france

Université de Lorraine : welcome.univ-lorraine.fr/fr/formations/cours-de-francais and defl-nancy.jimdo.com

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.iesen.fr
- www.animafac.net
- Also contact the student associations of your University or College
- Employment and internship: www.netvibes.com
- www.jobaviz.fr
- www.letudiant.fr
- www.cidj.com

- SUMPPS Bridoux: Campus Bridoux
- 28 rue de la Grange aux Belles 75010 PARIS – 01 40 40 58 58 – www.campusfrance.org

- CAMPUS FRANCE, 28 rue de la Grange aux Belles 75010 PARIS – 01 40 40 58 58 – www.campusfrance.org