Campus France will guide you through your first steps in France and exploring Amiens, your new home.

WELCOME TO AMIENS
Several programmes are available in your town to help you find your feet when you arrive. These programmes, involving a wide range of partners, will help you with your administrative procedures and guide you upon arrival.

- Arriving at the Université de Picardie - Jules Verne (UPJV)

UPJV provides a Welcome Desk for international students from 29 August to 29 September, open Monday to Thursday from 9:30 to 12:30 and from 13:30 to 16:00 (closed on Fridays).

Address: 1 rue des Louvels, 80000 Amiens.

The Welcome Desk will also be available on UPJV’s various off-campus locations.

Contact: bienvenue@u-picardie.fr and 03 22 82 58 05

Address of the Direction des Relations Internationales (DRI - International Relations Office):

11 rue desFrancs Mûriers, 80000 Amiens

Contact: 03 22 82 72 51 or u-picardie.fr

For more information: www.u-picardie.fr/international

The Welcome Desk, which has been set up by numerous partners (in particular the City of Amiens, the Hauts-de-France Region and the CROUS) aims to help students who have moved to Amiens from abroad either as free movers or as part of an exchange programme, and provides support with administrative procedures and residence permits, as well as information about accommodation, health insurance, CAF (welfare) procedures, opening a bank account and more...

- Buddy System

You can be assisted by a local student in Amiens! With the ESN Amiens Association (Erasmus Student Network), the Buddy System can meet you and help you in all your procedures. For more information, contact the Welcome Desk:

http://www.euraxess.fr/fr

Making you feel at home is a major concern for all French higher education institutions! The Welcome to France label is awarded to institutions that fulfill exacting criteria in the way they take care of their international students.

- National Services

Students and researchers can contact the Welcome Desk at UPJV for practical and administrative information concerning your stay in Amiens. You can also contact the following services:

- students: www.etudiant.gouv.fr
- doctoral students, researchers: http://www.euraxess.fr/fr
- accommodation: 11 rue des Francs Mûriers, 80000 Amiens
- health insurance: http://www.campusfrance.org > Getting organized > Healthcare
- CAF (Caisse des Allocations Familiales) can check your eligibility: 32 30 or www.caf.fr
- If you need a guarantor to secure your lodging, you can contact the Welcome Desk at UPJV for practical and administrative information concerning your stay in Amiens.

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ACCOMMODATION

Finding somewhere to live is not always easy. Rents are often high, and landlords require financial guarantees (such as a deposit). Nevertheless, there is a wide range of accommodation on offer: halls of residence that are exclusively reserved for students and managed by the CROUS, student halls and private lodgings, rooms in private homes, flatshares...

The main thing is to start preparing for this as early as possible, before leaving your home country.

- Accommodation in off-campus locations

For more information, contact the Welcome Desk at UPJV for practical and administrative information concerning your stay in Amiens. You can also contact the following services:

- students: www.etudiant.gouv.fr
- doctoral students, researchers: http://www.euraxess.fr/fr
- accommodation: 11 rue des Francs Mûriers, 80000 Amiens
- health insurance: http://www.campusfrance.org > Getting organized > Healthcare
- CAF (Caisse des Allocations Familiales) can check your eligibility: 32 30 or www.caf.fr
- If you need a guarantor to secure your lodging, you can contact the Welcome Desk at UPJV for practical and administrative information concerning your stay in Amiens.

- Allocation pour le logement

http://www.campusfrance.org > Getting organized > Housing

If you want to file an application for APL funds (Aide Personnalisée au Logement, or personalized housing aid), CAF (Caisse des Allocations Familiales) can check your eligibility: 32 30 or www.caf.fr.

- If you need housing adapted to your special needs

Contact the CROUS Social Services which will take action with your institution. Some establishments have specialized services for students with disabilities (assistance for housing, and also transportation and tuition).

At University of Picardie - Jules Verne, contact the Service for Special-Needs Students: www.u-picardie.fr > Université > Handicap

GETTING AROUND AMIENS

There are many ways to get to Amiens: By train from the Paris Gare du Nord station (1 hour 15 minutes) or from Paris Charles de Gaulle airport by way of the Hauts Picardie TGV train station. Travel to Amiens by bus or ride-sharing is also possible.

Trains: https://www.oui.sncf.fr
Bus: https://www.flixbus.fr/voyages-car
Ride-sharing: https://www.blablacar.fr

If you arrive at the Beauvais airport, take the Keolis Beaumais-Amiens bus (1 hour and 15 minutes). In the city, use the Ametis network and its 17 bus lines (operates every day including holidays): https://www.ametis.fr/

For greater independence, use rental bikes:

- The Ametis bus network is completed with a bicycle service for both short- and long-term rentals, Buscyclette: https://www.ametis.fr/buscyclette/
- the local Velam network, bikes are available in 26 docking stations: http://www.velam.amiens.fr

For travel within the region, take the regional trains: https://www.ter.sncf.com/highland-france
Buses are also an option for low-cost travel: https://fr.ouibus.com/ or https://www.flixbus.fr/
The CROUS, at your service everywhere
Do you need any help and/or advice, somewhere to eat or to live, a job – or do you just want to find out all there is to know about student life? Then the CROUS is what you need!
The CROUS (Centre Régional des Étudiants Universitaires et Ecoliers – Regional Centre of University and School Services) has branches in all major French university towns.
It manages university halls of residence and canteens, allows you to meet social workers, and offers cultural activities and job opportunities.

**FIRST THINGS FIRST / **

**ENROLLMENT IN YOUR INSTITUTION**

- **CVEC**
  Before you can enroll in your institution, you must download proof of payment of the Contribution Vie Étudiante et de Campus (CVEC) – the student and campus life contribution fee.
  - Log in at: https://cvec.etudiant.gouv.fr/
  - For additional information and special cases:
    https://www.campusfrance.org > Getting Organized > CVEC

- **Confirm Registration**
  Take note! Even if you have a pre-registration letter, you are not officially enrolled.
  You must confirm your enrollment with the institution’s Service de la Scolarité (Admissions) as soon as you arrive.

**RESIDENCE PERMITS**

WHAT YOU NEED TO KNOW

- If you have Algerian citizenship or you are a student holding a “concours” visa or a visa bearing the mention “carte à solliciter dans les deux mois” (“card to be requested within two months”): your request for a residence permit must be carried out at the Préfecture.
- If you hold a “mineur scolarisé” (“minor in education”) visa and you have since attained your majority, you must request a residence permit directly on the ANEF website or at the préfecture of your place of residence within the two months following your attaining the age of legal majority: https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/

Please refer to the following tutorial for help with this procedure: https://www.youtube.com/watch?v=itGa_yqNB04

- Your institution’s student support services can assist you in case of any difficulties.
  To find out more about your rights and obligations: https://www.service-public.fr/particuliers/vosdroits/N110

**OPENING A BANK ACCOUNT**

If you stay in France for more than 3 months, it will be much-easier day-to-day if you open a bank account, online or in one of the bank agencies located in Amiens.
In France, opening a bank account is a right:
www.service-public.fr > Argent > Comptes bancaires> Droit au compte

**ACCESSING HEALTHCARE**

Accessing healthcare in France is almost free, but you must be insured. You must therefore be registered with the national health insurance programme.

Please go to the https://etudiant-etranger.ameli.fr website to register, understand your rights and to carry out the requisite procedures.

Learn more:
https://www.campusfrance.org > Getting Organized > Health

As a student, you can also take advantage of the university medical services. That’s the case for University of Picardie which has a Service de Santé Universitaire (SSU), or university health services.

In these health services where consultations are free, you’ll be greeted by a team of medical professionals who can give you a health check-up and personalized advice in terms of health and prevention.
Address: SSU, Chemin du Thil, 80000 Amiens. Contact: 03 22 82 72 33 or ssu@u-picardie.fr Hours: Monday to Thursday, 8:30am to 5pm, Friday 8:30am to 4pm. Site: https://etudiants.u-picardie.fr > Santé

In Amiens, there is also a multidisciplinary health care center, Espace Santé Maurice Ravel, where students can drop in with no appointments.
Address: 1 bis rue Maurice Ravel, 80000 Amiens. Hours: by appointment. Contact: 03 22 08 87 40 Site: http://www.chu-amiens.fr > Patients visiteurs > Services et contacts > Espace Santé Maurice Ravel Consultations de spécialités du CHUAP

**TAKING OUT COMPLEMENTARY HEALTH INSURANCE (“MUTUELLE”)**

We recommend you take out complementary health insurance in order to cover the totality of your healthcare costs, which are not all covered by the compulsory and free national health insurance programme.
Please note: options and levels of insurance vary from one insurer to another. In order to choose the complementary insurance that is best adapted to your situation and your budget, you can access more information on a student “mutuelles” price comparison website.

**HOUSING INSURANCE**

In France, housing insurance is mandatory. You can sign up for housing insurance called “garantie risques locatifs” - rental risk guarantee - at your bank or a private insurance company. Online subscription is often possible.

**LEARNING FRENCH**

Learning French is an opportunity that’s not to be missed! Find what works best for you:
- by consulting the Campus France site or the Français Langue Etrangère (FLE) - French as a foreign language - centers and universities which offer courses at all levels year-round: http://ecolesdete.campusfrance.org
- by asking in your institution, at city hall, or in your host city’s Maisons des Associations - community centers.

**FINDING A JOB OR WORK EXPERIENCE PLACEMENT**

It is important that you have sufficient financial resources to come and study in France.

Working in France as a foreign student is possible within limits, namely for a maximum duration of 964 hours per year. This can therefore only be a way of earning supplementary funds.
Please note: to work in France, if you are not a citizen of the European Union, you must hold a valid student residence permit.

To help you find a job or work experience placement, 3 addresses:
- the CRJ des Hauts-de-France (Centre Régional d’Information Jeunesse), the regional youth information center has a platform of job and internship offers: http://www.crij-hdf.fr
- the Amiens-Métropole site publishes want ads: https://www.amiens.fr > Vivre à Amiens > Emploi
- the Jobaviz website, run by the CROUS, can help you find a student job compatible with your studies: http://www.jobaviz.fr

**EMERGENCY NUMBERS**

SAMU: Call 15 Emergency Medical Services
Police emergency: Call 17 in the event of violence, theft, robbery.
Fire Department: Call 18 in the event of fire, gas leak, water damage, natural catastrophe, or traffic accident.
Call 112: European emergency services number that’s accessible from anywhere in the European Union in addition to the French numbers above.
GOING OUT IN AMIENS /

TAKE UP A SPORT
• Your school or university may offer privileged access to different sports activities: Université de Picardie - Jules Verne offers sports activities for all students: https://etudiants.u-picardie.fr > Sport
• In the city of Amiens and its metropolitan area, you will also find a complete selection of sports and recreation. For more information:
  - https://www.amiens.fr > Vivre à Amiens > Sport
  - http://www.osam.fr/

BE ACTIVE
Attend cultural and sporting events, or join a social or community group, through one of the numerous local or national student clubs and associations. To learn more, check with your school (Service de la vie étudiante or Campus Life services) or visit the following sites: www.animafac.net or www.letudiant.fr

In Amiens, ESN, an association which welcomes international students, greets foreign students and helps them settle in:
You can also take a look at AGORA, the Amiens Métropole directory of associations
https://www.maam.fr/annuaire > Répertoires thématiques

CULTURE AND NIGHTLIFE
• Amiens offers numerous opportunities for cultural events or partying. Theaters, museums, movie theaters, dance, and music are on the program and most of the time, at reduced cost for students: https://www.amiens.fr > Vivre à Amiens > Culture Patrimoine
• At Université de Picardie - Jules Verne, the Service Culture develops partnerships with the city’s other cultural structures to add to its programming and to offer students the best rates: https://etudiants.u-picardie.fr > Culture
• The university’s Maison des Langues (Languages Center) and the ESN association organize a languages café every Wednesday night: https://www.u-picardie.fr > services communs > mdl

For entertainment or to pick up some culture, you can choose from:
• around 15 movie theaters (student rates, rewards card) including 2 art film houses, the Orson Welles and the Ciné Saint-Leu.
• 2 major museums, reduced rates for students: The Musée de Picardie and the Maison Jules Verne.
• 6 large performance halls for concerts, theater, dance, and opera: https://www.amiens.fr > Vivre à Amiens > Les événements.
• About ten bookshops including an institution, the Librairie Martelle, and two used-book stores which buy and sell, Chapeau Melon et Piles de Livres and the Librairie Aéatoire.
• The Amiens Métropole area offers a network of 28 libraries including the Louis Aragon library: https://www.amiens.fr > Vivre à Amiens > Culture Patrimoine > Lire
• In Amiens, for going out or staying abreast of events, read the major regional daily newspaper, Le Courrier Picard, available in newsstands or on the Internet: http://www.courrier-picard.fr/
You can also read JDA, the Amiens-Metropole weekly information paper: https://www.amiens.fr > JDA

TOP ATTRACTIONS /

Amiens Métropole was awarded the label Pays d’Art et d’Histoire (Art and History Region) in 2015.
• The Jules Verne house, home of an important French author of the 19th century, and a precursor in science fiction literature.
• Notre Dame cathedral, the largest gothic building in France.
• The Saint-Leu neighborhood and its canals which earned Amiens the name, “Little Venice of the North”.
• The Picardie Museum, with a large collection dating from prehistoric times to today.
• The Hortillonnages, for outings on small boats in the canals at the heart of flower and vegetable gardens.
• The Perret Tower, an example of modern 20th century architecture.
• The Amiens Zoo, near the city center.
To learn (and see) more, consult the Tourist Office website: http://www.amiens-tourisme.com > La culturelle > Les incontournables

IMPORTANT ANNUEL EVENTS /

In 2020, Amiens is the European youth capital, Amiens for Youth. Follow events and news:
- On Facebook: https://www.facebook.com/AmiensforYouth/
- On Twitter: https://twitter.com/amiensforyouth

MARCH
• Safran’umeriques, the digital arts and new technologies festival (live entertainment, virtual immersions, and concerts, most often free).

APRIL
• Rédéire de Printemps, a huge flea market, the most important after Lille’s, also organized in October.

JUNE
• Fête de la Musique with Music everywhere in town (free concerts).
• La Rue est à Amiens, an international festival for street art.
• On a Marché sur la Bulle, the Amiens graphic novel rendez-vous.
  • market on the Hortillonnages waterways (traditional market).

JULY
• Festival Art, Ville et Paysages (Art, City, and Landscapes Festival), sculptures and graphic design in the Hortillonnages.

AUGUST
• French “ballon au poing” championships, a typical Amiens-region team sport.

To stay informed and attuned to others and the world, to share and dialogue with students, follow social media where Campus France has an especially strong presence!
Don’t forget to join the France Alumni network. Take part in discussion groups on various subjects, take advantage of cultural outings, and consult job and internship offers.
AMIENS, ADMINISTRATIVE CAPITAL OF SOMME, one of the 5 departments which make up the Hauts-de-France Region

Amiens Metropolitan area: 180,000 residents
Amiens city: 134,000 residents
2nd CITY IN THE REGION, European Youth Capital in 2020

HAUTS-DE-FRANCE REGION, 5th FRENCH REGION in terms of hosting foreign students (21,000 international students)

Université de Picardie - Jules Verne:
24,000 students
including 15% international students
35 research centers, 2 doctoral schools

AMIENS RANKED AMONG FRENCH CITIES WHERE IT’S GOOD TO LIVE AND STUDY (awarded by L’Etudiant magazine) WITH A GOOD SCORE FOR THE QUALITY OF STUDENT LIFE

Most of the information presented in the Campus France City Information Sheets concerns all international students regardless of their institution.

In France, in each of the host cities, most foreign students study at universities. Accordingly, the City Information Sheets attach great importance to them without overlooking the other higher education institutions even if it is not possible to list them all here with their specific information.

For more information on the institutions’ welcomes and orientations:
https://www.campusfrance.org/fr/recherche/categorie/hauts-de-france-555