Campus France will guide you through your first steps in France and exploring Grenoble, your new home.
YOUR ARRIVAL IN GRENOBLE /

◆ A personalized welcome for an international audience

Université Grenoble Alpes has created a dedicated service to assist in preparing your arrival, your installation and to answer any questions you may have over the course of your stay: The International Students & Scholars Office - ISSO.

Located at the heart of the campus, in the iCampus - Welcome Center, the Service Accueil International-ISSO (International Welcome Service) is the one-stop open year-round to assist you with specifically:

• Your housing search;
• Validation of your visa or obtaining your residence permit, assistance in putting together your application;
• Administrative procedures for health insurance, opening a bank account, day-to-day life and more.

Address: Service Accueil International – ISSO, 1025 avenue centrale, Domaine universitaire, 38402 Saint-Martin-d’Hères.
Hours: Year-round, Monday to Friday, 9am to 5pm.
Contact: https://international.univ-grenoble-alpes.fr/fr/acces-rapides/contact/

Learn more:
- Consult: https://international.univ-grenoble-alpes.fr/fr/etudiant/
- Download the Guide pratique des étudiants internationaux, the handbook for international students at Université Grenoble Alpes, from the site home page: https://international.univ-grenoble-alpes.fr > Espace d’accueil > Guides et fiches pratiques > Le guide pratique des étudiants internationaux

◆ Welcome and orientation for researchers and doctoral students

Researchers and doctoral students receive specific support from the Service Accueil International - ISSO, an affiliate of the Euraxess Service Centers network.

Researchers can consult the dedicated pages on the ISSO site:
- Doctoral candidates: https://international.univ-grenoble-alpes.fr/fr/doctorant/
- Researchers: https://international.univ-grenoble-alpes.fr/fr/chercheur/

◆ Buddy System

You can be assisted by a local student in Grenoble!
Some university departments have put in place specific buddy systems. You can be put in contact with a local student who can provide personalized assistance for registration or show you around campus and town. Your International Relations contact will follow up with you directly if you are eligible.

The student association IntEGre (International Etudiants Grenoble) also has a buddy system open to all. https://www.integre-grenoble.org/

◆ Welcome and orientation in the institutions

Depending on the institution, two information services are available: The Service des Relations Internationales (international relations) and the Service de Scolarité (Admissions).

Regardless of your institution, please consult the Campus France website for orientation. The site presents a series of Information Sheets covering the different higher learning institutions: https://www.campusfrance.org > Students > Documentary resources > Practical information for students and researchers > Reception arrangements in institutions

If you cannot find your school in this list, then go directly to their website.

◆ National Services

- students: www.etudiant.gouv.fr
- doctoral students, researchers: http://www.euraxess.fr/fr

HOUSING IN GRENOBLE /

In Grenoble, there are numerous solutions for finding lodging: Student-only accommodation managed by CROUS, student and private residences, and housing in private homes.

What’s most important is to take care of this as early as possible, before your arrival.

• Université Grenoble Alpes international information portal provides advice on finding accommodation: https://international.univ-grenoble-alpes.fr > Etudiant > Logement
The CRIJ (Centre Régional d’Information Jeunesse), the regional youth information center for Rhône - Alpes publishes classified ads: https://www.info-jeunes.fr > Vie quotidienne/ Logement/ Santé > Trouver et financer son logement

Doctoral students and researchers should contact the ISSO housing center (pôle logement): scholarhousing@univ-grenoble-alpes.fr

A FEW TIPS

► Short-term housing:

- Youth Hostel for the greater Grenoble area, located in a natural setting, 10 minutes from the city center.
  Address: 10 avenue du Grésivaudan, 38130 Echirolles.
  Contact: 04 76 09 33 52.
  Site: https://www.hifrance.org > Grenoble

- Other types of residences with hotel services:
  - use the search engine on the Grenoble Visitor Center Tourist Information Center website, which includes all types of accommodations: https://www.grenoble-tourisme.com > Où dormir
  - you can also visit the Grenoble Hotel Info site: https://hotelgrenoble.info/

► Long-term housing

- The Grenoble Alpes CROUS (Centre Régional des Œuvres Universitaires) for student housing.
  Address: Service aux étudiants (bourses, logement, service social) 351 allée Berlioz, Domaine Universitaire, 38400 Saint-Martin-d’Hères.
  Contact: 0 970 150 096 (local call).
  Site: http://www.crous-grenoble.fr/
  The website Trouver un logement: https://trouverunlogement.lescrous.fr/

On campus, the CROUS also manages all low-cost food services (university restaurants, cafeterias, food-trucks, etc.).

- Private Housing Platforms
  Some of the institutions in Grenoble are members of Studapart, a private housing platform: https://www.studapart.com
  Other offers for student lodging, managed by private organisms, are also available in Grenoble.
  For example, visit:
  - https://www.adele.org
  - https://www.immojeune.com
  - https://housinganywhere.com
  - There is also a site managed by the CROUS, Lokaviz, which includes a listing of student accommodation in private homes: https://www.lokaviz.fr/

- Shared Leases: Consult La Carte des Colocs, a national site for shared leases that’s free and simple to use: https://www.lacartedescolocs.fr/

- Other solutions available on the Campus France site: www.campusfrance.org > Getting Organized > Accommodation

GETTING AROUND GRENOBLE

Getting to Grenoble:
- you can first arrive in Paris and then take the train for Grenoble (3 hours by TGV, the high-speed train): https://www.oui.sncf/
- you can also take a flight to Lyon and then take a direct bus to Grenoble (1-hour trip).
  Learn more: https://fr.ouibus.com/trajets/lyon-aeroport-saint-exupery-grenoble

For information on getting to and around Grenoble, consult the International Welcome Desk - Université Grenoble Alpes ISSO: https://international.univ-grenoble-alpes.fr/fr/ > Etudier > Comment venir

For getting around the city and surrounding area, use the public transportation (bus and tramway) network managed by Tag for transportation in Grenoble: https://www.tag.fr/

There are Auvergne Rhône-Alpes regional trains for getting around the region: https://www.ter.sncf.com/auvergne-rhone-alpes

Buses are also an option for low-cost travel: https://fr.ouibus.com/ or https://www.flixbus.fr/

And the Transisère bus for travel within the Department and specifically to get to the ski resorts: https://www.transisere.fr/

For ride-sharing, refer to the collaborative websites, for example:
- national: https://www.blablacar.fr

For greater independence, rent a bike with MétroVélo, the bicycle rental service for the City of Grenoble: http://www.metrovelo.fr > Louer un vélo
If you need a guarantor to secure your lodging
Visale is a new and free guarantor system: www.visale.fr

If you want to apply for the APL (Aide Personnalisée au Logement - personalized housing aid)
The CAF (Caisse des Allocations Familiales - family allowances fund) can check your eligibility:
08 10 29 29 29 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 of the campuses provide special assistance, including Université de Grenoble Alpes which has a dedicated service for students with disabilities: https://handicap.univ-grenoble-alpes.fr/

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 Etudiante et de Campus (CVEC) – the student and campus life contribution fee.
- Connect to 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 PERMIT (TITRE DE SÉJOUR)

GOOD TO KNOW
• If you have arrived in France with a VLS-TS long-term student visa: you must validate it online upon your arrival and imperatively within the first three months of your stay (in France) on the ANEF (Administration numérique pour les étrangers en France) website: https://administration-etrangers-en-france.interieur.gouv.fr
• If you are an Algerian national or a student with a "Concours" (tests) visa or a visa with the indication "Carte à solliciter dans les deux mois" (Residency permit is to be requested within 2 months of entry): your residency permit application has to be made at the Prefecture.
• If you hold a “mineur scolarisé” (enrolled minor) visa and you attained the age of majority, you have to request for a “Titre de séjour” online on the ANEF website or at the prefecture where you live within 2 months following your majority.

Take note: To renew your student residency permit “Titre de séjour” (VLS-TS), your request must be done during the 3rd month before the expiration date of your current “Titre de séjour” (permit) on the website: https://administration-etrangers-en-france.interieur.gouv.fr
This tutorial will help you:
https://www.youtube.com/watch?v=j_smuJ3fliw&list=PLpm2evF1qaJe-oq0a-LMIKujAihwAtVEy&index=16

To find out more about rights and obligations:
The reception services of your establishment can guide you in the event of difficulties.
www.service-public.fr > Etranger > Titre de séjour et document de circulation (Foreigners > Resident Card and Travel Document)
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 110 bank agencies located in Grenoble.

In France, opening a bank account is a right: www.service-public.fr > Argent > Comptes bancaires > Droit au compte

HEALTHCARE

In France, receiving medical treatment is practically free but you have to be insured. Accordingly, signing up for medical insurance is mandatory.

As a student, you can also take advantage of the university medical services. In these health centers where consultations are free, you will be greeted by a team of doctors and nurses who can give personalized advice about health and prevention.

That’s the case with Université Grenoble Alpes which has a Centre de Santé Universitaire, a university health center for its students. There are two locations:
- Centre de Santé - Saint-Martin-d’Hères campus
  Address and phone: 180 rue de la Piscine, 38400 Saint-Martin d’Hères, 04 76 82 40 70.
- Centre de Santé in the Grenoble city center
  Address and phone: 10, rue Vassieux en Vercors, 38000 Grenoble, 04 76 82 76 88.

Learn more: https://international.univ-grenoble-alpes.fr > Etudiant > Santé > Soins médicaux

ADDITIONAL HEALTH INSURANCE

You can also sign up for top-up insurance which will cover all health expenses not covered by the free and compulsory health insurance. Take note: The plans and coverage levels differ from one company to another. To choose a top-up insurance policy which meets your needs and your budget, you can compare student health insurance plans on the Internet.

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.

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.
For more information on emergency and medical services, and on-duty pharmacies in Grenoble:
https://international.univ-grenoble-alpes.fr/ > Etudiant > Santé > Numéros d’urgence

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 Maison des Associations - community centers.

FINDING A JOB OR AN INTERNSHIP

3 addresses:
• the Centre Régional d'Information Jeunesse (Info Jeunes Rhônes-Alpes), the regional youth information center, has a site with classified ads:
  https://www.info-jeunes.fr > Emploi/Job > Trouver un emploi/job
• the dedicated site for Université Grenoble Alpes international students. There are specific pages which address how international students can find a job: https://international.univ-grenoble-alpes.fr > Etudiant > Vie pratique > Trouver un job
• the Jobaviz website, run by the CROUS, can help you find a student job compatible with your studies: https://www.jobaviz.fr/

Login to the site: https://etudiant-étranger.ameli.fr site to register, to understand your eligibility and benefits, and to take the necessary steps.
THINGS TO DO IN GRENOBLE /

TAKE UP A SPORT

In your institution, contact the Service des Sports for free access to sports facilities.

• At Université Grenoble Alpes, there are several Services des Sports including the SUAPS which offer a wide range of activities to include skiing and discounted ski passes:
https://international.univ-grenoble-alpes.fr > Etudiant > Culture et loisirs > Sport

• In Grenoble, you can also find a sports activity among the sports disciplines offered by the city, at the site: http://www.grenoble.fr > Vie quotidienne > Démarches et services > Culture, Sports et Loisirs > Activités sportives
For mountain sports, visit the dedicated site: http://www.grenoble-montagne.com/

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, Student Services) or visit the following sites: www.animafac.net or www.letudiant.fr

• At Université Grenoble Alpes there are numerous associations for international students. In particular, IntEGre which organizes different activities such as excursions, parties, and visits to cultural and historical sites. At the start of each semester, they also organize welcome and orientation events: https://www.integre-grenoble.org or https://fr-fr.facebook.com/Association.IntEGre/

- To learn more about student associations and clubs in Grenoble: https://international.univ-grenoble-alpes.fr > Etudiant > Culture et loisirs > Vie associative

GAINING CULTURE AND PARTYING

• Grenoble offers many ways to cultivate yourself or party. Movies, concerts, theater, exhibitions, and festivals are on the program and most of the time, at reduced cost for students.
Learn more:
- Grenoble city site:
https://www.grenoble.fr/thematique/149/659-equipements-culturels.htm

- the Grenoble Tourist Information Center:
https://www.grenoble-tourisme.com > A Découvrir > Culture et Histoire

• At Université Grenoble Alpes, the Service Culture offers cultural programming, workshops and courses open to all students:
https://culture.univ-grenoble-alpes.fr/

• For entertainment or to pick up some culture, you can choose from:
- 10 multiplex movie theaters, (student rates, rewards program), including three art-house theaters, the Club, the Nef, and the Méliès, as well as the Grenoble Film Library.
- 15 museums, including the Museum located in the botanical gardens with 2,800m² of exhibitions on natural heritage (free admission for under 26).
- thirty-something performance halls (Grenoble and suburbs) including the Maison de la Culture (MC2) created for the 1968 Olympic Winter Games.
- around twenty book shops, including Librairie Arthaud, a historic venue, and Librairie Gibert (buy and sell used books).
- a network of 12 municipal libraries:
https://www.bm-grenoble.fr/

- In Grenoble, for going out or staying abreast of events, read the leading regional daily paper, Le Dauphiné Libéré, available in newsstands or on the Internet:
https://www.ledauphine.com/isere-sud/grenoble
You can also check out the cultural agenda at the Grenoble Tourist Information Center:
https://www.grenoble-tourisme.com > A Faire > Sortir

In 2017, Grenoble was awarded the label “Ville d’art et d’histoire”, a city of art and history.

• The Grenoble cable car, the first urban cable car in France, to discover the city and its valley.

• The historic neighborhood with its pedestrian district and Notre-Dame cathedral built in the Middle Ages.

• The Saint-Laurent pedestrian bridge with its view of the Isère and Grenoble’s historic center.

• Place Grenette, the link between the historic city center and the new city with its summer terraces and winter Christmas market.

• The Stendhal Museum, to visit the apartment where the great French author, Stendhal, spent his youth.
• The contemporary architecture of the Grenoble Museum, one of the most prestigious in France.
• The pleasure of snow sports in the surrounding mountains! You can enjoy many sports around Grenoble such as sledding, snowshoeing, downhill skiing, and cross-country skiing in resorts just 20 minutes away by public transport.

To learn (and see) more:
https://www.grenoble-tourisme.com > A Découvrir

IMPORTANT ANNUAL EVENTS /

FEBRUARY
• Experimenta, an arts and science biennial blending the arts, science and technology.

MARCH
• Les Détours de Babel, the nomadic music festival: music from around the world, jazz, new music (reduced admission fees).

APRIL
• Grenoble-Ville, a foot race which runs from Grenoble to Vizille, birthplace of the French Revolution, and follows the Napoleon Route.

MAY
• The Nuit Européenne des Musées (European Museum Night), an occasion to visit museums differently (and for free).
• Pint of Science, a European initiative for learning about research in atypical venues.

JUNE
• Fête de la Musique with music everywhere in town (free concerts).
• Grenoble Street Art Fest, the European street art festival in all its shapes and diversity.

JULY
• Short Film Festival, outdoors, in the beautiful Place Saint-André.
• Cabaret Frappé, under the big top in the City Garden with free contemporary music concerts.

SEPTEMBER
• Les Journées du Patrimoine (heritage days), free visits of cultural venues.
• Coupe Icare, a hang-gliding festival over the Grésivaudan valley. Not to be missed!

OCTOBER
• Fête de la Science, a science festival with workshops, conferences and visits in the university laboratories and beyond.

NOVEMBER
• Rencontres du Cinéma de Montagne, a week of movies centered on mountains and mountain sports.

DECEMBER
• Christmas Market in the center city squares.

Learn (and see) more:
https://www.grenoble-tourisme.com > A Découvrir > Evénements et Agenda > Les Grands Événements

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.
THINGS TO KNOW

Grenoble:

160,000 residents

3rd LARGEST CITY IN THE AUVERGNE RHÔNE-ALPES REGION

1st public research hub after Paris
13 national and international research centers
250 start-ups created in 10 years

GRENOBLE, SEAT OF THE ISÈRE DEPARTMENT, one of 12 departments which make up the Auvergne Rhône-Alpes Region.

AUVERGNE RHÔNE-ALPES REGION, 2nd FRENCH REGION in terms of hosting foreign students (42,000 international students)

Université Grenoble Alpes

60,000 students

including 9,000 foreign students of 180 different nationalities, 80 research laboratories,
47% of the doctoral students are international

GRENOBLE: 3 NOBEL PRIZES IN PHYSICS, 2 NOBEL PRIZES IN CHEMISTRY, 1 TURING AWARD (THE ONLY ONE IN FRANCE)

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/auvergne-rhone-alpes-553

GRENNOBLE, 5th AMONG FRENCH CITIES WHERE IT’S GREAT TO LIVE AND STUDY (awarded by L’Etudiant magazine)

CAMPUS FRANCE AUVERGNE RHÔNE-ALPES
35 rue Raulin (Office 304) - 69007 Lyon
By appointment only, Monday to Friday, 9am to 12pm and 2pm to 5pm
Contact: 04 81 88 00 40 and for appointments: grenoble@campusfrance.org

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