

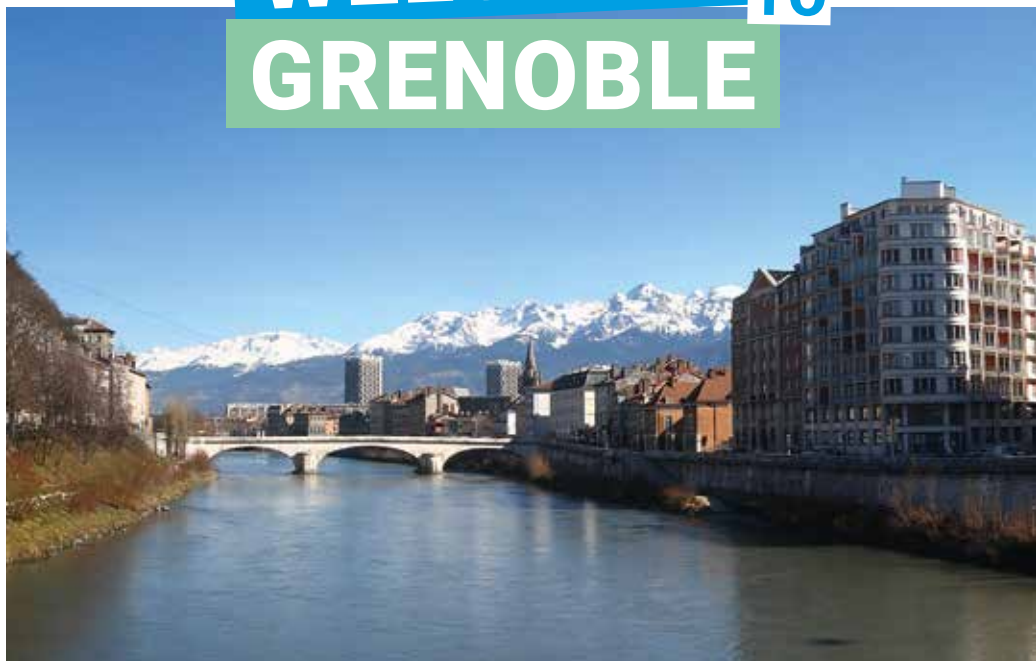


## DISCOVER YOUR CITY



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

# WELCOME TO GRENOBLE





## 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:** The ISSO welcome space is located in the new MUSE building on the Saint-Martin-d'Hères campus, 80 allée Ampère, 38 402 St Martin d'Hères. Tram B & C - Arrêt Gabriel Fauré – MUSE.

**Hours:** all year round, from Monday to Friday, from 9 am to 12 pm.

#### **Contact:**

- for student accommodation: [studenthousing@univ-grenoble-alpes.fr](mailto:studenthousing@univ-grenoble-alpes.fr)
- for any other matter: [isso@univ-grenoble-alpes.fr](mailto:isso@univ-grenoble-alpes.fr)

#### **Learn more:**

- please visit the **international student portal**: <https://international.univ-grenoble-alpes.fr/>

- 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>

> Votre séjour à l'UGA > Les étapes de votre séjour  
> Guides

### ♦ 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**.

#### **Contact:**

- Accommodation for doctoral students and researchers: [scholarhousing@univ-grenoble-alpes.fr](mailto:scholarhousing@univ-grenoble-alpes.fr)
- For any other matter: [isso@univ-grenoble-alpes.fr](mailto:isso@univ-grenoble-alpes.fr)

### ♦ Buddy System

**You can be assisted by a local student in Grenoble!**

You have two options:

- You can sign up for the buddy system:

<https://buddysystem.eu/fr/>

- You can get in touch with the IntEGre (International Etudiants Grenoble) student association, which also manages a buddy programme that is 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](http://www.etudiant.gouv.fr)

- doctoral students, researchers: <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 fulfil exacting criteria in the way they take care of their international students.



## 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.**

• **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) Auvergne - Rhône - Alpes publishes classified ads and can advise you.  
Website: <https://www.info-jeunes.fr/>  
Facebook: <https://www.facebook.com/crij.auvergnerrhonealpes/>

## 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/>

### • 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://www.location-etudiant.fr>

- <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](http://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>Commentvenir>



**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:

- local: <http://covoituragecaesug.com/campus/> and <http://www.covoiturage38.com/>  
- 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](http://www.visale.fr)

### ♦ If you want to apply for the APL (Aide Personnalisation au Logement - personalized housing aid)

The CAF (Caisse des Allocations Familiales - family allowances fund) can check your eligibility:  
32 30 or [www.caf.fr](http://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/>

#### 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 Œuvres Universitaires et Scolaires - 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 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 PERMITS

#### WHAT YOU NEED TO KNOW

- If you have just arrived in France on a long-term VLS-TS student visa: you must **validate it online as soon as you arrive in France**, on the ANEF (Administration numérique pour les Etrangers en France - Digital Administration for Foreigners in France) website. This validation must be carried out within the three months following your arrival: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

- 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 note: if you wish to renew your residence permit or VLS-TS, you must make your request during the third month preceding the date of end of validity of your current residence permit, on the following website: <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=-iGha\\_yqN04](https://www.youtube.com/watch?v=-iGha_yqN04)

- 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>



## PRACTICAL INFORMATION /

### 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 Grenoble.**

In France, opening a bank account is a right:  
[www.service-public.fr](http://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.** 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://centre-sante.univ-grenoble-alpes.fr/>

### 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.

### 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 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 **Centre Régional d'Information Jeunesse de Grenoble** (Info Jeunes Auvergne - Rhône-Alpes) and its website, which publishes classified ads: <https://www.info-jeunes.fr>
- 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>  
> Votre séjour à l'UGA > Budget
- the **Jobaviz website, run by the CROUS**, can help you find a student job compatible with your studies: <https://www.jobaviz.fr/>



## THINGS TO DO IN GRENOBLE /

### TAKE UP A SPORT

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

- **Université Grenoble Alpes and its partners** have a large number of sports facilities at their disposal, and can offer you numerous activities: <https://international.univ-grenoble-alpes.fr> > Votre séjour à l'UGA > Au quotidien > Intégration et loisirs
- **In Grenoble**, you can also find a sports activity among the sports disciplines offered by the city, at the site: <https://www.grenoble.fr> > Vie quotidienne > Culture, sports et loisirs

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](http://www.animafac.net) or [www.letudiant.fr](http://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 find out more about student associations at the university and in Grenoble: <https://international.univ-grenoble-alpes.fr> > Votre séjour à l'UGA > Au quotidien > Intégration et loisirs

### CULTURE AND NIGHTLIFE

- 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 2,800m<sup>2</sup> 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



## TOP ATTRACTIONS /

**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

- **Journées d'intégration des étudiants internationaux**, organised by Université Grenoble Alpes : <https://international.univ-grenoble-alpes.fr> > Actualités > Agenda

- 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 Evénements



**& SHARE  
PARTICIPATE**

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-Alpes Metropolitan Area:

**433,000** residents

**3<sup>RD</sup> LARGEST CITY IN THE AUVERGNE RHÔNE-ALPES REGION**

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

## AUVERGNE RHÔNE-ALPES REGION,

**2<sup>nd</sup> FRENCH  
REGION**

in terms of hosting  
foreign students  
(48,500 international  
students)

## Université Grenoble Alpes

**60,000**

**students**

including **10,000** foreign students of **160**  
different nationalities, **30%** of masters courses  
taught in English, **2,900** doctoral students,  
**47%** of which are international students.



**GRENOBLE, 8<sup>th</sup> AMONG FRENCH CITIES** (out of 46)  
**WHERE IT'S GREAT TO LIVE AND STUDY** (awarded by L'Étudiant magazine)

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>

### 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](mailto:grenoble@campusfrance.org)

### CAMPUS FRANCE

28 rue de la Grange aux Belles, 75010 PARIS - 01 40 40 58 58 - [www.campusfrance.org](http://www.campusfrance.org)