THINGS TO KNOW

Metz Metropolitan area: 230,000 residents including 23,000 students
City of Metz: 120,000 residents
3rd city in the region

METZ, CAPITAL OF THE MOSELLE DEPARTMENT, one of the 10 departments in the Grand Est region

GRAND-EST REGION, 4th FRENCH REGION IN TERMS OF HOSTING foreign students (28,000 international students)

Université de Lorraine in Metz 17,000 students including 15% international students

METZ, IS RANKED AS ONE OF THE GOOD FRENCH CITIES FOR LIFESTYLE AND STUDYING (L’Étudiant magazine ranking)

EXPLORING MY CITY

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

WELCOME TO METZ

CAMPUS FRANCE IN NANCY
Université de Lorraine - 34 cours Leopold, 54052 Nancy Cedex
Contact: 03 72 74 09 09

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

◆ A Welcome Desk for international students

On the Metz campus of the Université de Lorraine, the Welcome Desk is your one-stop-shop for all administrative procedures. Residence permits available here with a service provided by the Préfecture de Metz. You will also find all the information you need about student life in Lorraine. Dedicated personnel are available to help you for two months.

Your Higher Learning Institution

Depending on the institution, school, or university, two information services are available:
- International Relations Department (welcome and orientation office)
- the Admissions Department (enrollment and administrative procedures office)

National Services

- Students: www.etudiant.gouv.fr
- doctoral students, researchers: http://www.euraxess.fr/fr
- euaxess-contact@univ-lorraine.fr
- For all your practical questions contact: drie-accueil-metz-contact@univ-lorraine.fr
- Address and phone number: 1 allée de Metz-Plage, 57000 Metz, 03 87 30 44 02. Site: http://www.gmetz.fr/
- The Auberge de Jeunesse de l’Association Carrefour, youth hostel in the city center also proposes other accommodation solutions. Address and phone number: 6 rue Marchant, 57000 Metz, 03 87 75 07 26. Site: http://www.carrefour-metz.asso.org > auberge de jeunesse
- For other types of temporary residences, use the Metz Visitor Center site’s search engine: http://www.tourisme-metz.com > où dormir ? > hôtels

Housing in Metz /

In Metz, there are numerous solutions for finding lodging: the housing park reserved for students and 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.

- The site of the University of Lorraine offers you:
  - information and advice for finding accommodations in Metz: http://welcome.univ-lorraine.fr > accueil des étudiants et chercheurs internationaux > accueil des étudiants internationaux > préparer > Accommodation
  - a list of student housing: http://welcome.univ-lorraine.fr > accueil des étudiants et chercheurs internationaux > accueil des étudiants internationaux > préparer > Accommodation
  - The CRUJ (Centre Régional d’Information Jeunesse) de Moselle, Jeunes en Grand Est, publishes classified ads: http://www.jeunesenlorraine.org > petites annonces > logement > consulter les annonces
  - The Boutique Logement du CLAJ (Comité pour le Logement Autonome des Jeunes) also has a classified ad site: http://www.boutique-logement.fr/

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- • Long-term housing
  - The Lorraine CROUS (Centre Régional des Œuvres Universitaires - Regional Center for University Services) for student housing.
    - Address: CROUS de Metz, Guichet unique étudiants, île du Sauly 57000 Metz.
    - Hours: From Monday to Friday from 8am to 8.30pm and Saturday from 9am to 12pm. Closed Wednesdays afternoon.
    - Contact: 03 83 91 89 38
    - Site: http://www.crous-lorraine.fr/
    - On campus, the CROUS is also responsible for all low-cost food services (university restaurant, cafeterias, food-trucks, etc.).
    - Private Housing Platforms
      - Metz higher education institutions, and particularly the Université de Lorraine are members of Studapart, a private accommodation platform: https://www.studapart.com > rechercher par ville > Metz
      - Other offers for student lodging, managed by private organizations, are also available in Metz.
      - For example, visit:
        - https://www.adole.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 accommodations in private homes: https://www.lkoviz.fr/
      - Shared Leases: Check La carte des colocas, a national site for shared leases that’s free and simple to use: https://www.lacartedescolocs.fr/

A FEW TIPS

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- • Other services available on the Campus France site: www.campusfrance.org > s’organiser > logement (> Getting organised > Accommodation)
- • 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) is available to assess your rights: 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 establishments have specialized services for special-needs students (housing assistance and also transportation and tuition).
  - At the University of Lorraine, there is a special system for accompanying students with disabilities, regardless of their type of disability, with training and places of study: http://handicap.univ-lorraine.fr

GETTING AROUND METZ

The easiest way to get to Metz from Paris is to take the train. 1hr30mins by TGV high-speed train: https://www.sncf.com/
To get to the Welcome Desk from Metz station: take the bus (line A, Square du Luxembourg stop, or line B, Saulcy stop)
For getting around the city and suburbs, use the public transportation (bus and tramway) network managed by Mettis for transportation in Metz: https://kemet.fr/
There are Grand-Est regional trains for getting around the region: https://www.tgv.sncf.com/grand-est
Coaches are also an option for low-cost travel: https://fr.ouibus.com/ or https://www.flixbus.fr/
For carpooling, check collaborative sites such as https://www.blablacar.fr/ride-sharing/metz
For greater independence, rent a bike with Indigo Weel, the Metz bike-share system: https://www.indigoweel.com/
ENROLLMENT IN YOUR INSTITUTION

- CVEC
It is mandatory that you download proof of payment of the Contribution Vie Etudiante et de Campus (CVEC) — the student and campus life contribution fee before you can enroll in your institution.
- Connect to https://cvec.etudiant.gouv.fr/
- For additional information and special cases: https://www.campusfrance.org > s’organiser > CVEC
- Confirm Registration
Take note! Even if you have a pre-registration letter, you are not officially enrolled.
You must validate your enrollment with the institution’s Service de la Scolarité (Admissions) as soon as you arrive.

RESIDENCE PERMIT

- Information
  - At the Welcome Desk
  From early September to end October, for residence permits, international students are welcome at the Students Welcome Desk.
  Address: Campus du Saulcy, Maison Alfred Grosser, 57000 Metz.
  Hours: Monday to Thursday, 9:00pm to 4:00pm and 1:30pm to 5pm, and Fridays, 9am to 12:15pm.
  For more information:
  - on the first applications for a temporary residence permit: http://welcome.univ-lorraine.fr > accueil des étudiants et chercheurs internationaux > arrive en Lorraine > premières demandes de titre de séjour temporaires
  - on the renewal of a residence permit: http://welcome.univ-lorraine.fr > accueil des étudiants et chercheurs internationaux > accueil des étudiants internationaux > arriver en Lorraine > renouvellement de titre de séjour
  - At the Préfecture de la Moselle (Metz) - by appointment only. Make appointments at the Université de Lorraine.
    Address: 9 Place de la Préfecture, 57000 Metz.
    Contact: 03 87 34 87 34
  or pref-dii-webmestre@moselle.gouv.fr
  Site: http://www.moselle.gouv.fr > Démarches administratives > Particuliers > Etrangers - Compléments locaux
  - Learn more about your rights and obligations: www.service-public.fr > Etranger > Titre de séjour et document de circulation

GOOD TO KNOW

- If you arrive in France with a VLS-TS long-term student visa: you must validate it online within three months of arrival: https://administration-etrangers-en-france.interieur.gouv.fr
- If you are an Algerian national: depending on your campus, your residence permit application is made at the Préfecture or with the Service des Relations Internationales at your campus.
  Take note: to renew your residence permit, you must apply within two months prior to its expiry.

EVERYDAY LIFE /

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 90 bank agencies located in Metz.

In France, opening a bank account is a right: www.service-public.fr > Argent > Comptes bancaires > Droit au compte (> Finances > Bank Accounts > Right to Open an Account)

HEALTH CARE
In France, receiving medical treatment is practically free but you must be insured. As a result, signing up for medical insurance is mandatory.

Learn more: https://www.campusfrance.org > S’organiser > Santé
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.

This is the case for the Université of Lorraine which has a health and prevention service: Service Universitaire de Médecine Préventive et de Promotion de la Santé (SUMPPS):
- SUMPPS-Metz Saulcy, Ile du Saulcy, bâtiment Simone Veil, 57000 Metz.
  Hours: Monday to Friday, 8am to 12:30pm in 17. Contact: 03 72 74 05 42
- SUMPPS-Metz Bridoux, Campus Bridoux, rue du Général Delestraint, 57000 Metz.
  Hours: Monday, Wednesday and Friday 9am to 12pm.
  Site: http://www.univ-lorraine.fr/santesocial

Learn more about your rights and obligations: www.service-public.fr > Etranger > Titre de séjour et document de circulation

INSURE YOUR HOME
In France, housing insurance is mandatory.
The “garantie risques locatifs” - rental risk guarantee - is housing insurance which you can subscribe with your bank or a private insurance company. Online subscription is also often possible. To learn more, consult notably: https://www.mgel.fr > assurances > assurance logement
www.assistance-etudiants.com
www.assurances-etudiants.com

LEARNING FRENCH
Learning French is an opportunity to be seized! 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://ecolesete.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:
- Jobs and internships: the Platine portal of the University of Lorraine gives advice and tools for finding a job or internships: http://platine.univ-lorraine.fr
- the Centre Régional d’Information Jeunesse de Lorraine (Jeunes en Grand-Est) has a classified ad site: http://www.jeunesenlorraine.org
  > petites annonces > jobs
- Student jobs: find a student job that’s compatible with your studies on the CROUS Jobaviz site: https://www.jobaviz.fr/
THINGS TO DO IN METZ /

PLAYING A SPORT
- In your school, you may also have free access to sports facilities. Contact your Sports Department. At the University of Lorraine, the Sports Service (SUAPS) offers 70 supervised activities: http://sport.univ-lorraine.fr > le SUAPS
- In Metz, you can also find a sports activity among the sports disciplines offered by the city: https://metz.fr > Découvrir et partager > Sport

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
- The Maison de l’Étudiant At the University of Lorraine, the Maison de l’Étudiant (student union) is a place for meeting up with other students and where the student associations are located: http://www.univ-lorraine.fr > Vie des Campus > Maison des Étudiants > Maison de l’étudiant de Metz

GAINING CULTURE AND PARTYING
- Metz offers many ways to cultivate yourself or party. Movie theaters, concerts, theaters, operas, museums, exhibitions, and festivals are on the program and most of the time, at reduced cost for students: https://metz.fr > Découvrir et partager > Culture > Lieux Culturels
- At University of Lorraine, the Culture and Initiatives Department develops an ambitious cultural strategy for all students: https://www.univ-lorraine.fr > Culture-S
- For entertainment or to pick up some culture, in Metz, there are:
  - 5 multiplex movie theaters in Metz and its suburbs, (student rates, rewards program) including an art-house theater, the Klub.
  - 8 museums including the Centre Pompidou-Metz, associated with the Centre Pompidou de Paris-Beaubourg, a contemporary architectural masterpiece: https://www.centrepompidou-metz.fr/

- about 10 venues including the Opéra-Théâtre of the city of Metz, one of the oldest French opera houses in a beautiful 18th-century building.
- about 15 bookshops including a historical institution Hisler-Even, created in 1880.
- a network of 6 municipal libraries: http://bm.metz.fr > Accueil
- In Metz, for going out or staying abreast of events, read the leading regional daily paper, le Républicain Lorrain, available in newsstands or on the internet: https://www.republicain-lorrain.fr > Metz ville.
  You can also check out the cultural agenda of the Mulhouse Visitor Center: http://www.tourisme-metz.com > Que faire ?

MUST-SEE PLACES /

Metz has been labelled Ville d’art et d’histoire for its art and history since 2011.
- Place Saint-Louis, built on the old city walls with arcades and café terraces.
- Porte des Allemands, a medieval gateway, vestige of the old city walls.
- Saint-Étienne cathedral is a remarkable Gothic church with one of the highest naves in France and stunning stained-glass windows.
- The Musée de la Cour d’Or: located in a former convent with collections about the history of Metz and the region.
- The Centre Pompidou-Metz: a contemporary creation in every way.
- The harbour on the lake in the center of the city.
- Ports and gardens (Esplanade, Parc de la Seille): Metz is one of the greenest cities in France!
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- Parks and gardens (Esplanade, Parc de la Seille): Metz is one of the greenest cities in France.

IMPORTANT ANNUAL EVENTS /

APRIL
- Journées des Arts et de la Culture (JACES). Art and Culture Days to highlight cultural and artistic accomplishments in higher learning.
- Journées Européennes des Métiers d’Art, open workshops, schools, heritage and creation sites.

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: music everywhere in town (free concerts).

JULY - AUGUST
- Les Constellations de Metz, a 12-week event with over 400 free artistic events: concerts, events, digital installations, spectacular projections, exhibitions etc.
- Metz Plage, a real sandy beach by the water.

SEPTEMBER
- Préambule: the festival to mark the beginning of the academic year at Université de Lorraine
- Étudiant dans ma ville, an event organised by students for students.
  - The Journées du Patrimoine (heritage festival), offering free admission to sites of cultural heritage, some of which are only open to the public for this event.
  - The Montgolfiades, a major aerostat festival which attracts thousands of enthusiasts.

OCTOBER
- Fête de la Science in the University laboratories.
- Metz Marathon when athletes and beginners of all ages run through the city.

DECEMBER
- Christmas and Saint-Nicolas market in several venues and districts in the city.
  Learn more: http://www.tourisme-metz.com > Découvrir > Les grands événements > Noël à Metz

To stay informed, actively listen to others and the world, and share and dialogue with students, follow social media where Campus France has an especially strong presence! Remember to sign up on the France alumni network to take part in discussion groups on various subjects, take advantage of cultural outings, and consult job and internship offers.