



DISCOVER YOUR CITY



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

WELCOME **TO**
METZ





YOUR ARRIVAL IN METZ /

- ♦ **Accueil International, the international welcome desk, is open year-round for all Université de Lorraine students**

At Université de Lorraine, on the Saulcy Campus in Metz, Accueil International is a one-stop information and welcome desk. The desk staff will give you information on day-to-day life and administrative procedures before, during, and at the end of your stay.

It is the place to go for carrying out many of the required procedures, which can be completed on the spot. These include applications for residence permits, in partnership with the Prefecture of Moselle.

In addition, a Welcome Desk is provided all year round on the premises of the Direction des Relations internationales et européennes, to support you via video conference, email or telephone, in order to assist you with online procedures (CVEC, validation of your visa, signing up for French social security, applying for a residence permit, applying for housing benefit etc.).

Address:

Campus du Saulcy, Maison Alfred Grosser, 57000 Metz. Bus B (direction Cité U), "Campus Saulcy" stop.

Hours: Monday to Friday, 9am to 12pm and 1:30pm to 4pm.

Contact: 03 72 74 05 14

or drie-accueil-metz-contact@univ-lorraine.fr

You can also make an appointment:

<http://rdv.univ-lorraine.fr/international/>

To find out more, please visit the Université de Lorraine's dedicated website: <http://welcome.univ-lorraine.fr> in French, English and German, which includes a wide range of information.

- ♦ **Welcome and orientation for researchers and doctoral students**

At Université de Lorraine, researchers can use the Euraxess network. For all your practical questions contact: 03 72 74 05 01 or drie-euraxess-contact@univ-lorraine.fr

Website: <http://welcome.univ-lorraine.fr> > accueil des étudiants et chercheurs internationaux > accueil des chercheurs internationaux

La Maison du Doctorat (MDD) in Metz assists international doctoral students.

Address: Campus Saulcy,
Maison de l'Université - Ground floor
Ile du Saulcy - BP 80794, 57012 Metz Cedex 1

♦ **Buddy System**

There are two systems:

- you can be supported by a student from the student association "Comme un poisson dans l'eau".

Website: <http://commeunpoisson.assoc.free.fr/>

Contact: commeunpoissondansleau.metz@gmail.com

- you can also find a student to help and support you during your stay through the ESN (Erasmus Student Network) association and the Buddy System connected to the ESN Nancy: <https://buddysystem.eu/fr/>

♦ **Welcome services at other institutions**

If you are enrolled in another 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>



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.

- **The Université de Lorraine site** 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 possible student housing: <http://welcome.univ-lorraine.fr> > accueil des étudiants et chercheurs internationaux > accueil des étudiants internationaux > préparer > logement > à Metz
- **The CRIJ** (Centre Régional d'Information Jeunesse) **de Moselle, Jeunes en Grand Est**, the regional youth information center publishes classified ads: <http://www.jeunesenlorraine.org> > petites annonces > logement > consulter les annonces
- **The local committee for independent youth housing** (Comité pour le Logement Autonome des Jeunes) also has a classified ad site: <http://www.boutique-logement.fr/>

A FEW TIPS

♦ Short-term housing

- **The Metz youth hostel**, near the city center and Université de Lorraine.
Address and phone: 1 allée de Metz-Plage, 57000 Metz, 03 87 30 44 02.
Site: <http://www.ajmetz.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.fr> > auberge de jeunesse
- **For other types of temporary residences, use the Metz Tourist Office site's search engine:**
<http://www.tourisme-metz.com> > où dormir ? > hôtels

♦ 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 - a one-stop desk for students, Île du Saulcy 57000 Metz.
Hours: Monday to Friday, 8am to 8.30pm and Saturday 9am to 12pm. Closed Wednesday afternoon.
Contact: 03 83 91 89 38
Site: <http://www.crous-lorraine.fr/>
The website Trouver un logement: <https://trouverunlogement.lescrous.fr/>
- **Private Housing Platforms**
- Metz higher education institutions, and specifically

Université de Lorraine are members of **Studapart**, a private accommodation platform: <https://www.studapart.com> > rechercher par ville > Metz

- Université de Lorraine is also a member of **Housing Anywhere**: <https://housinganywhere.com/> and it has also partnered with **Just Like Home**, a self-managed solidarity student residence: www.justlikehome.net
- Other offers for student lodging, managed by private organisms, are also available in Metz.

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 accommodations in private homes: <https://www.lokaviz.fr/>

• **Shared Leases**: Check *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 METZ



The easiest way to get to Metz from Paris is to take the train: 1hr30mins by TGV high-speed train: <https://www.oui.sncf/>
To get to the Welcome Desk from Metz station: take the bus (line A, Square du Luxembourg stop, or line B, Saulcy stop) or walk for 20 minutes via the city center.



For getting around the city and suburbs, use the public transportation (bus) network managed by Mettis for transportation in Metz: <https://lemet.fr/>

There are Grand-Est regional trains for getting around the region: <https://www.ter.sncf.com/grand-est>
Buses are also an option for low-cost travel: <https://fr.ouibus.com/> or <https://www.flixbus.fr/>



For ride-sharing, check collaborative sites such as <https://www.blablacar.fr/>



For greater independence, **rent a bike** with **Indigo Weel**, the Metz bike-share system: <https://www.indigoweel.com/>

◆ If you need a guarantor to secure your lodging

Visale is a new and free guarantor system:
www.visale.fr

◆ 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 Université de Lorraine, there is a special system for accompanying special-needs students, regardless of their disability, course of study and place of study: <http://handicap.univ-lorraine.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/#/>

The following tutorial can help you with this procedure: <https://www.campusfrance.org/en/tutorials-to-help-international-students-in-their-application-process>

• 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 Metz.**

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. 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 Université de Lorraine which has a Service de Santé étudiante (SSE), or Student Health Service, on two sites:

- **SSE-Metz Saulcy**, Ile du Saulcy, bâtiment Building Simone Veil, 57000 Metz.
Hours: Monday to Friday, 8am to 5pm.
Contact: 03 72 74 05 40

- **SSE-Metz Bridoux**, Campus Bridoux, rue du Général Delestraint, 57000 Metz.
Hours: Monday, Wednesday and Friday 9am to 12pm.
Contact: 03 72 74 05 42
Site: <https://www.univ-lorraine.fr/welcome/le-sse-service-de-sante-etudiante/>

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.

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:

<https://ecoledete.campusfrance.org/#/main>

- 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 **Université de Lorraine Career Center** gives advice and tools for finding a job or internships: <https://www.univ-lorraine.fr/orientation-insertion-professionnelle/stage-emploi/> and <https://connect.jobteaser.com/>
- the **Centre Régional d'Information Jeunesse de Lorraine** (Jeunes en Grand-Est), the regional youth information center posts classified ads on its site: <http://www.crijlorraine.org/fr/petites-annonces.html>
- the **Jobaviz website**, run by the CROUS, can help you find a student job compatible with your studies: <http://www.jobaviz.fr>



THINGS TO DO IN METZ /

TAKE UP A SPORT

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

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

CULTURE AND NIGHTLIFE

- 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 Université de Lorraine**, the Direction de la vie universitaire et de la culture develops an ambitious cultural strategy for all students: <https://www.univ-lorraine.fr> > Culture-S

For entertainment or to pick up some culture, you can choose from:

- 5 multiplex movie theaters in Metz and surrounding area, (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 performance centers including the Opéra-Théâtre - Metz Métropole, 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 multimedia 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 ?



TOP ATTRACTIONS /

Metz was awarded the label Ville d'Art et d'Histoire - city of art and history - in 2011, and Ville Créative, a UNESCO ranking for its promotion of music since 2019.

- 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 marina on the lake in the center of the city.
- Parks and gardens (Esplanade, Parc de la Seille): Metz is one of the greenest cities in France !

To learn (and see) more, consult the Tourist Office website:

<http://www.tourisme-metz.com> > Découvrir



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 venues.

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

- **Welcome Days** for international students (organised at the start of each semester in Nancy and in Metz).
- **Préambule: the festival to mark the beginning of the academic year at Université de Lorraine.**
- **Étudiant dans ma ville, an event organized by students for students.**
- The Journées du Patrimoine (heritage days), offering free admission to cultural sites, 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, pro and non, young and not-so-young run through the city.

NOVEMBER

- **Échanges Gourmands**, organized by CROUS de Lorraine to share a meal with residents of Metz or the surrounding area in their home:
<https://www.crous-lorraine.fr> > International > Échanges gourmands

DECEMBER

- Christmas and Saint-Nicolas market in several venues and neighborhoods in the city.

Learn more:

<http://www.tourisme-metz.com> > Découvrir > Les grands évènements > Noël à Metz



**& 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

Metz Metropolitan area:

230,000 residents
including **23,000** students

City of Metz:

120,000 residents
3th 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 (31,000
international students)

**Université
de Lorraine in Metz**



17,500 students
including **15%** international students

METZ, RANKED AMONG 44 FRENCH CITIES AS A GREAT PLACE TO LIVE AND STUDY (awarded by L'Étudiant magazine ranking).

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/grand-est-551>

CAMPUS FRANCE IN NANCY

Université de Lorraine - 34 cours Leopold, 54052 Nancy Cedex
Contact: 03 52 79 01 35

CAMPUS FRANCE

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