



**DISCOVER
YOUR CITY**



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

**WELCOME TO
MONTPELLIER**





YOUR ARRIVAL IN MONTPELLIER /

- ♦ A major and centralized international welcome desk for university and partner students

In Montpellier, the Service d'Accueil International Étudiants/Chercheurs (SAIEC), or international students and researchers welcome desk will assist you in your administrative and practical matters regardless of your university (Université de Montpellier, Université Paul-Valéry Montpellier 3, Université de Nîmes, Université de Perpignan - Via Domitia).

SAIEC is a year-round multi-service welcome platform manned by a multilingual team of students.

SAIEC can assist you in different ways:

- A personalized road map, *E-international welcome Desk solution* presents in a few clicks the steps to follow before your arrival and for setting up once you've arrived!

Access the road map:

<https://www.saiec.fr/>

- A one-stop information desk for all your procedures (students and researchers): residence permit, CAF (housing benefits), CPAM (health insurance)
- An international buddy system (Montpellier, Nîmes and Perpignan)
- The EURAXESS Occitanie Service Center for international doctoral students and researchers

Address: Accueil International Étudiants/Chercheurs (SAIEC), 8 rue de l'École Normale, 34090 Montpellier.

Hours: open all year round, Monday to Friday from 9 am to 4 pm.

Getting there: Tramway line 1, stop: Stade Phillipidès.

Contact/Information: 04 67 41 67 87.



Learn more:

-Download the practical guide *Étudier à Montpellier, Nîmes et Perpignan*, available in French and in English

<https://www.saiec.fr> >

Home > Guide 'Study in LR'
- Consult the international welcome desk site:

www.saiec.fr

♦ International Buddy System

In Montpellier, you can be assisted by a local student! The universities in Montpellier, Nîmes and Perpignan as well as the Montpellier-Occitanie CROUS propose a free and personalized buddy system for international students. Local French or foreign student volunteers welcome you and provide you with personalized assistance: <https://www.parrainage-international.fr>

♦ Welcome and orientation for doctoral students and researchers

The Occitanie Est EURAXESS Centre de Services offers a personalized assistance for doctoral students, researchers and their families:

www.euraxess-lr.fr

♦ Welcome and Orientation in the Institutions

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 and regional services

- students: www.etudiant.gouv.fr

- doctoral students and researchers:

www.euraxess-lr.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 Montpellier-Occitanie CROUS and the universities of Montpellier have set up a system to support international students in finding accommodation: PHARE. This system is available on the SAIEC

premises throughout the year.

Learn more: www.saiec.fr > Le PHARE

The CRIJ (Centre Régional d'Information Jeunesse), the youth information center for the Occitanie Region, publishes a guide for better housing in the region: <https://www.crij.org> > Se loger > Guide logement Occitanie

A FEW TIPS

♦ Short-term housing

• **For temporary accommodation,** please consult the Montpellier Tourist Office's search engine, which lists all tourist residences: <https://www.montpellier-tourisme.fr/> > Accommodation > Tourist Residences

♦ Long-term housing

• **CROUS student housing for Montpellier - Occitanie**

2 rue Monteil, 34000 Montpellier.

Access: Tramway line 1, stop: Boutonnet.

Hours: Monday to Friday, 9am to 4pm.

The international student service is open: Monday, Tuesday, Thursday and Friday from 10am to 12pm by appointment only, and Friday from 1pm to 4pm without appointment.

Contact: 04 73 34 64 14.

Website: <http://www.crous-montpellier.fr/>

The website *Trouver un logement*:

<https://trouverunlogement.lescrous.fr/>

• **Private Housing Platforms:** some of the private institutions in Montpellier are members of Studapart, a private housing platform: www.studapart.com
Find other private housing by visiting, for example, the following sites:

- <https://www.adele.org>

- <https://www.location-etudiant.fr> > Montpellier

- <https://www.immojeune.com>

- <https://housinganywhere.com/fr/>

• 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:** 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

♦ 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

GETTING AROUND MONTPELLIER



If you arrive at **Montpellier-Méditerranée airport**, see the website for information about how to get to your destination: <https://www.montpellier.aeroport.fr> > accès > en transports publics



In town and the surrounding areas, use the Tisséo public transportation network (bus and tramway), day and night: <http://www.tam-voyages.com/>



There are regional trains for getting around the region: www.ter.sncf.com/occitanie
Throughout Occitanie, the SNCF and the Region offer low-cost tickets for travel on local train lines: <https://www.ter.sncf.com/occitanie/tarifs-cartes/petits-prix>
Buses are also an option for low-cost travel: <https://www.blablacar.fr/bus> or <https://www.flixbus.fr/>



For car-sharing, please use the services provided by Montpellier Méditerranée Métropole, which has launched a day-to-day car-sharing service across all of its 31 municipalities. This offers free trips for passengers and financial compensation for drivers. To use this new service, please sign up for free on the app: www.klaxit.com



And for greater independence, use the free bikes available in 50 spots around the town: <http://www.tam-voyages.com> > s'informer > Vélomag

♦ 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 (grants for accommodation, but also for transport and tuition):

- at Université de Montpellier, Service Handiversité :

<https://www.umontpellier.fr/campus/handicap>

- at Université Paul Valéry Montpellier 3, Mission handicap: <https://www.univ-montp3.fr> > Université > Handicap

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.

- 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 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 Montpellier.**

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.**

Login to the
<https://etudiant-etranger.ameli.fr> site to register, to understand your eligibility and benefits, and to take the necessary steps.

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 services where consultations are free, you'll be greeted by a team of doctors, nurses, and social workers who can give personalized advice in terms of health and prevention.

This is the case:

- at Université de Montpellier, which has a Service de Santé étudiante (SSE), or Student Health Service, with several branches throughout the city: <https://www.umontpellier.fr/campus/sante-social-et-handicap>

- at Université Paul Valéry Montpellier 3 which also offers an SSE:
<https://www.univ-montp3.fr/fr/vie-de-campus/sante>

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.

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.

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://ecolesdete.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, you have several options:

- the CRIJ d'Occitanie (Centre Régional d'Information Jeunesse) provides you with a platform listing job and work placement opportunities for all young people:
<https://www.crij.org/fr/>

- the **CROUS jobs étudiants' Jobaviz website** to find a student job that is compatible with your course of study: <http://www.jobaviz.fr>
- the **Forum Entreprises Triolet**, which is organised in Montpellier by several institutions, facilitates connections between companies and students, in particular so that the latter can find a work placement or a job: <https://forum-entreprises-universite.edu.umontpellier.fr/>
- the **national website**: <https://www.1jeune1solution.gouv.fr/emplois>



THINGS TO DO IN MONTPELLIER /

PLAYING A SPORT

In your institution, contact the Service des Sports for free access to sports facilities or visit the Université de Montpellier website:

- the Université de Montpellier website:

<https://www.umontpellier.fr/campus/sport>

- the Université Paul Valéry Montpellier 3 website:

<https://www.univ-montp3.fr/en/> > Campus Life >

Sport and Physical Activities

Montpellier also has a comprehensive range of sports and recreational facilities, with 50 supervised activities accessible with the Montpellier Sports pass: <https://www.montpellier.fr/484-carte-montpellier-sports.htm>

Montpellier has a **recycled sports material shop**:

<https://lezpritrequipe.org/contact/>

Address: 465 avenue Jean Mermoz, 34000 Montpellier.

Opening Times (to donate and purchase): from Wednesday to Saturday, from 1 pm to 6 pm.

Contact: contact@lezpritrequipe.org and 04 11 93 79 73.

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.

Contact the Service de la vie étudiante (Student life service) or consult the clubs and association pages on the Université de Montpellier website: <https://www.umontpellier.fr> > campus > vie associative

You can also consult the national sites:

www.animafac.net or www.letudiant.fr

In Montpellier, the Erasmus Student Network is very active and provides an orientation service for international students: <http://montpellier.ixesn.fr/>

CULTURE AND NIGHTLIFE

Montpellier offers many ways to cultivate yourself or party. Theaters, movie theaters, concerts, museums, exhibitions, and festivals are on the program and

most of the time, at reduced cost for students:

<https://www.montpellier.fr> > Actions > l'essentiel de la culture

• The town of Montpellier organizes *themed cafés* for public discussion and debate on a variety of subjects: <https://www.montpellier.fr> > rechercher "Cafés à thèmes"

• At Université de Montpellier, the art and culture service offers access for students to contemporary culture activities:

<https://www.umontpellier.fr/campus/art-et-culture>

Université Paul-Valéry Montpellier 3 also has a Cultural Center. Take a look at their site:

<http://ccu.univ-montp3.fr/>

The Montpellier CROUS has created a Pass'culture, the **Yoot**, which gives students access to shows at very reduced rates: <https://yoot.fr/>

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

- 8 multiplex theaters (town city and surrounding area) including two arthouse theaters, Diagonal and Utopia (students rates and rewards cards).

- ten major museums with reduced rates for students including MOCO – Panacée, the new multi-site contemporary arts museum: <https://www.moco.art/fr>.

- 30 venues for shows, theater and opera.

- approximately 20 bookshops including a major institution, the Sauramps bookshop You can also buy and sell used books at Librairie Gibert.

- 15 multimedia libraries in 7 neighborhoods in Montpellier and 8 outlying towns:

<https://mediatheques.montpellier3m.fr>

In Montpellier, for going out or staying abreast of events, please refer to:

- Le Midi Libre, the major regional daily newspaper, which is available at newsagents' or online:

<https://www.midi Libre.fr> > montpellier

- the Gazette de Montpellier for inside information on Montpellier and its surrounding region:

<https://www.lagazettedemontpellier.fr/>

- the very comprehensive calendar published on the website of the Montpellier Tourist Office

<https://www.montpellier-tourisme.fr> > Agenda



TOP ATTRACTIONS /

• Place de la Comédie: Montpellier's central square and hub of the town.

• The Fabre museum: One of Europe's most beautiful museums.

• The Peyrou promenade: A royal square with a triumphal arch and aqueduct, examples of classical architecture.

- Medieval streets and alleys with beautiful manor houses.
- Saint-Pierre cathedral: A stunning example of Gothic meridional architecture.
- Jardin des Plantes: A royal garden created in the 16th century, and now managed by Université de Montpellier.
- The beaches, just 10km from the town center, are easy to get to by public transport or bike!

Learn (and see) more:

<https://www.montpellier-tourisme.fr/>



IMPORTANT ANNUAL EVENTS /

MAY

- The FISE, Festival International des Sports Extrêmes, the international extreme sports festival and the biggest competition of its type in Europe (free).
- The Comédie du Livre, a free book and reading festival, meetings with authors, debates and workshops.
- European Museum Night, another way to discover museums, and for free.

JUNE

- Le Printemps des Comédiens, a major theatre festival that brings the whole world to Montpellier.
- Fête de la Musique with music everywhere in town (free concerts).
- Festival des Architectures Vives, ephemeral contemporary architecture in the old town center.

JULY

- Montpellier Dance Festival: 300 companies from around the world dance for 10 days (many free shows).
- Festival Radio France Occitanie Montpellier: hundreds of concerts with varying themes including classical, electronic and jazz music for several weeks.

AUGUST

- The Estivales: Every Friday, festive events for discovery of local products and food, arts and crafts, conferences.

SEPTEMBER

- **MUSE, an one-day student orientation event organised by Université de Montpellier and the Grandes Écoles.**
- **European Researchers Night where researchers meet the general public.**

- The Internationales de la Guitare, an international guitar festival with concerts and meetings with artists.

- Journées du Patrimoine (heritage days), free visits of cultural venues.

- Annual solidarity flea market for household goods organised by the student association Mouvement Circulaire Étudiant:

<https://www.facebook.com/p/Mouvement-Circulaire-Etudiant-100081797503160/>

OCTOBER

- **Fête de la Science in the Université laboratories.**

- Foire internationale de Montpellier: for 11 days, the Parc des Expositions is transformed into a vast pop-up department store bringing together all the world's nations.

- Cinémed, an international festival of Mediterranean films with 200 shown from around the Mediterranean region.

NOVEMBER

- Cœur de Ville en lumières, a dreamlike show to celebrate winter.

Learn more:

<https://www.montpellier-tourisme.fr/> > Agenda > Les événements phares



**& 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

Montpellier:

299,000 residents

50% of the population is under 34 years of age

THE 7th LARGEST CITY IN FRANCE.
Over 5 million tourists every year

MONTPELLIER, CAPITAL OF THE HÉRAULT

department and 1 of the 4 major towns in the Occitanie region, with Toulouse, Perpignan and Nîmes

OCCITANIE REGION,

3RD FRENCH REGION

in terms of hosting foreign students (over 34,000 international students)



Montpellier:

70,000 students

including **15%** international students



MONTPELLIER WAS RANKED 3th BEST CITY IN FRANCE (OUT OF 46) WHERE IT'S GOOD 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/occitanie-552>

CAMPUS FRANCE MONTPELLIER

87 avenue Jacques Cartier, 34000 Montpellier
Place de l'Europe station

By appointment 9am to 12pm and 2pm to 3:30pm.
Contact: montpellier@campusfrance.org

CAMPUS FRANCE

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