

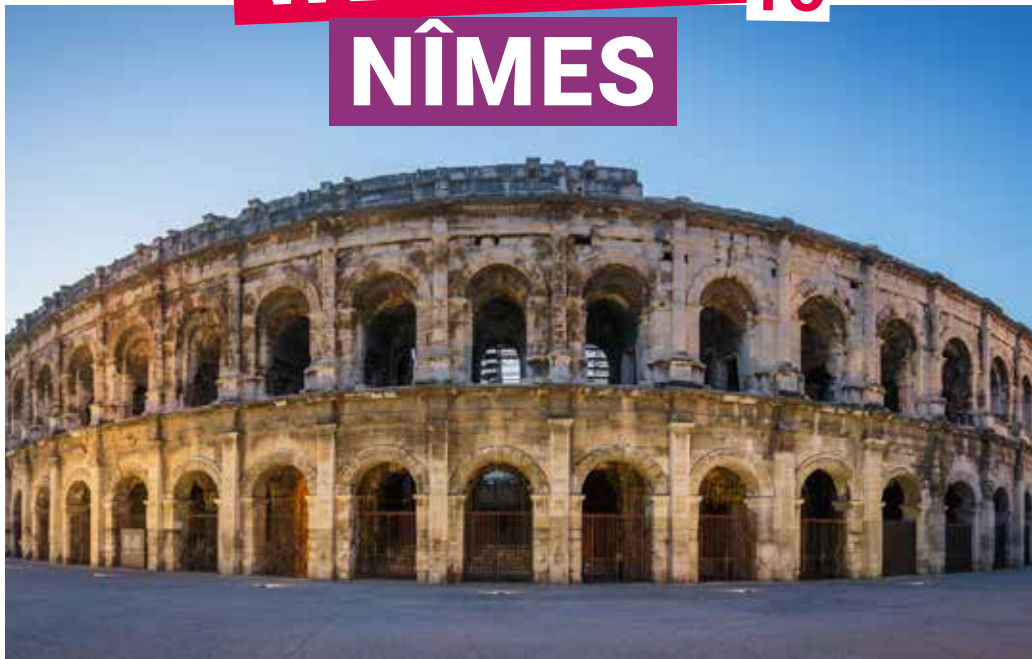


DISCOVER  
YOUR CITY



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

**WELCOME TO**  
**NÎMES**





## YOUR ARRIVAL IN NÎMES /

### ◆ An International Welcome Desk for the university students (in Montpellier)

**The town of Nîmes is 60km from Montpellier which has an International Welcome Desk for students and researchers - Service d'Accueil International Etudiants/Chercheurs (SAIEC).**

**The SAIEC 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.**

In Nîmes, the **Service des Relations internationales** offers you personalised support

**Address:** Cour intérieure du site Vauban, rue du Dr Georges Salan - 30000 Nîmes.

**Reception:** from Monday to Friday 8:30 am – 12:30 pm and 1:30 pm – 4:30 pm or by appointment.

**Contact:** 04 66 36 45 83 or [international@unimes.fr](mailto:international@unimes.fr)  
A **Welcome Week** for all international students, including administrative registration at the university, a visit of the latter, and cultural excursions, is organised at the start of the academic year.

#### **Further support is available:**

- A **personalized road map**, the *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://languedoc-roussillon-universites.fr/saiec>

- An **international buddy system** (Montpellier, Nîmes and Perpignan);

#### **- Euraxess researchers service**

**Address:** Accueil International Étudiants/Chercheurs (SAIEC), 8 rue de l'École Normale, 34000 Montpellier.

**Hours:** open year-round, Monday, Tuesday and Thursday from 9 am to 12 pm, by appointment

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

**Contact/Information:** 04 67 41 67 87

- Assistance with administrative procedures bilingual French-English: [saiec@univ-montp3.fr](mailto:saiec@univ-montp3.fr)

#### **To find out more, please visit:**

- les pages International de l'université de Nîmes : <https://www.unimes.fr> > International > Venir étudier à Nîmes



- the **practical guide to "Studying in Montpellier, Nîmes and Perpignan"** available in French and in English: <https://languedoc-roussillon-universites.fr/saiec> > Guide

- the **international welcome desk site:** [www.saiec.fr](http://www.saiec.fr)

### ◆ Buddy System

You can be assisted by a "buddy" in Nîmes! 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 free and personalized assistance for doctoral students, researchers and their families: [www.euraxess-lr.fr](http://www.euraxess-lr.fr)

### ◆ Your Higher Learning Institution

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](http://www.etudiant.gouv.fr)

- doctoral students, researchers and their families:

<http://www.euraxess.fr/fr>

- doctoral students, researchers:

[www.euraxess.fr](http://www.euraxess.fr) or [www.euraxess-lr.fr](http://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 in the region 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](http://www.saiec.fr) > LE PHARE.

The CRIJ d'Occitanie (Centre Régional d'Information Jeunesse), the youth information network also publishes a guide to help students find accommodations in the region: <https://www.crij.org>  
> Se loger > Guide logement Occitanie

### A FEW TIPS

#### ◆ Short-term housing

• **Nîmes La Cigale Youth Hostel**  
near the town center.  
257 Chemin de l'Auberge de Jeunesse.  
Contact: 04 66 68 03 20.  
Site: <https://www.hifrance.org>

#### • Other types of residences with hotel services:

See the list of accommodations on the Nîmes Tourist Office site:  
<https://www.nimes-tourisme.com> > préparer mon séjour > hébergements

#### ◆ Long-term housing

• **CROUS student housing for Montpellier - Occitanie, local office in Nîmes.**  
CROUS, Antenne de Nîmes, Cité Universitaire,  
1 rue Matisse, 30000 Nîmes.  
Hours: Monday to Friday, 8:30am to 12pm and 1pm to 4pm.  
Contact: 04 66 64 18 61 or [cu.nimes@crous-montpellier.fr](mailto:cu.nimes@crous-montpellier.fr)  
Website *Trouver un logement*:  
<https://trouverunlogement.lescrous.fr/>

#### • Private Housing Platforms:

The **Université de Nîmes private accommodations** platform where students can find ads:  
<https://unimes.immojeune.com/>  
Other sites for example:  
- <https://www.adele.org>  
- <https://www.immojeune.com>  
- <https://www.location-etudiant.fr/>  
- <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/>

## GETTING AROUND NÎMES



If you arrive at **Montpellier-Méditerranée airport**, there is a shuttle between **Montpellier-Méditerranée airport** and the **Montpellier-Saint-Roch station** in the city center. At the station there are trains for Nîmes.

If you arrive at the **Nîmes airport**, there is a **shuttle service** between Nîmes airport and the town center of Nîmes.



You can arrive directly by train to Nîmes from **Paris (less than 3 hours)**. Take note! There are **two train stations**, one in the city center and the other (Nîmes - Pont du Gard) which is located 14 km from the city: <https://www.sncf.com/fr> > offres-voyageurs > nimes-pont-du-gard-avantages-nouvelle-gare



The **Tango public bus service** is available for getting around town and surrounding area: <http://www.tangobus.fr> > se déplacer (student pass (Pass Etudes) at discount rate).



There are regional trains for getting around the region: [www.ter.sncf.com/occitanie](http://www.ter.sncf.com/occitanie)  
**The SNCF and the Region have put €1 tickets in place for local travel in Occitanie**:  
<https://www.ter.sncf.com> > tarifs et abonnements > EVASIO' 1€

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



For **ride-sharing**, refer to the collaborative websites:  
- local: <http://covoiturage.gard.fr/>  
- national: <https://www.blablacar.fr/>



And for more independence, there is the **Tango bike rental service**: <http://www.tangobus.fr> > se déplacer > VéloTANGO

## 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.

• Other solutions available on the Campus France site : [www.campusfrance.org](http://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](http://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](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 establishments have specialized services for students with disabilities (assistance for housing, and also transportation and tuition).

Université de Nîmes has a Cellule Handicap to provide assistance to students with a disability: <https://www.unimes.fr> > Vie de campus > Handicap

## ◆ 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>



## 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



## 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 Nîmes.**

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 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 for Université de Nîmes which has a health and prevention service: Service Universitaire de Médecine Préventive et de Promotion de la Santé (SUMPPS).**

Site Vauban, rue du Dr Georges Salan, Building D, 1<sup>st</sup> floor.

Hours: Every day except Wednesday 8:15am to 12pm and 1:15pm to 5pm.

Contact: 04 66 36 45 30 or [sumpps@unimes.fr](mailto:sumpss@unimes.fr)

Site: <https://www.unimes.fr> > Vie de campus > Santé

### 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.

### 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.

### 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:** The 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:

<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, here are a few options:

- CRIJ d'Occitanie (Centre Régional d'Information Jeunesse), the regional youth information center has a platform for job and internship offers available for young people: <https://www.crij.org/fr/>

- **The CROUS Jobaviz site** to find a student job that's compatible with your studies: <http://www.jobaviz.fr/>

- **The City of Nîmes official website** publishes a guide, Job'Etud, to find a seasonal job: <https://www.nimes.fr> > Enfance/jeunesse > Jeunesse > Travailler

### 1 appointment:

• **The Forum Entreprises Triolet**, organised by several institutions in Montpellier, facilitates meetings between students and companies for internships and jobs: <https://forum-entreprises-triolet.edu.umontpellier.fr/>



## THINGS TO DO IN NÎMES /

### TAKE UP A SPORT

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

• The Université de Nîmes proposes about 20 free supervised activities: <https://www.unimes.fr> > Vie de campus > Sport à Unîmes

• In Nîmes, you will find a diverse choice of sports facilities or city recreation centers: <http://www.nimes.fr> > Sports > Le sport à Nîmes

### 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.

#### Learn more:

- contact the Service de la Vie Étudiante office in your institution or consult the clubs and associations pages on the Université de Nîmes website: <https://www.unimes.fr> > Vie de campus > associations étudiantes

- consult the national sites: [www.animafac.net](http://www.animafac.net) or [www.letudiant.fr](http://www.letudiant.fr)

**The Erasmus Student Network association (ESN), based in Montpellier, near Nîmes, is a very active association which provides an orientation service for international students.**

Learn more: <https://www.facebook.com/esnmtp/>

## CULTURE AND NIGHTLIFE

Nîmes 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: <http://www.nimes.fr> > Culture > La culture à Nîmes

• At Université de Nîmes, the Mission Culturelle organizes and sponsors cultural events: <https://www.unimes.fr> > Vie de campus > Vie culturelle

• The City of Nîmes has created a **Campus Culture pass** which gives students discounts for cultural activities: <https://www.nimes.fr> / > demandes > loisirs, culture, conservatoire

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

- 4 multiplex cinemas, (student rates, rewards card) including an arthouse theater: the Semaphore.

- 5 major museums, including the brand new Musée de la Romanité which presents Roman civilization.

- many venues including the Paloma, a current international music scene.

- approx. 15 bookshops, including an institution, the Goyard bookshop in the old town center.

- 4 multimedia libraries (including the beautiful Carré d'Art Jean Bousquet multimedia library) and a travelling multimedia bus, the Médiabus: <http://www.nimes.fr> > Culture > Le réseau des bibliothèques de Nîmes > Nos bibliothèques

In Nîmes, for going out and staying abreast of current events,

- **the major daily newspaper, Le Midi Libre**, available at newsstands or online:

<https://www.midilibre.fr> > nîmes

- the **Gazette de Nîmes**, weekly magazine for general information: <http://www.lagazettedenimes.fr/>

You can also check out the cultural agenda of the Nîmes Visitor Center:

<https://www.nimes-tourisme.com/fr> > A voir à faire > Sorties Loisirs



## TOP ATTRACTIONS /

**Nîmes was awarded the Ville d'Art and History, art and history label in 1986.**

• The Nîmes arena, the city's emblematic monument, is the best conserved Roman amphitheatre in the world.

• La Maison Carrée, is the best preserved of Roman temples.

- The Musée de la Romanité: open since 2018, with contemporary architecture and historical archaeological collections.
- The Carré d'Art Jean Bousquet: a contemporary art museum opposite the Maison Carrée.
- The Fontaine gardens which were created in the 18<sup>th</sup> century, and overlook the Magne tower.
- Place aux Herbes, the square in the heart of the city at the foot of the cathedral.
- The Pont du Gard, 20km from Nîmes, built in the 1<sup>st</sup> century CE, a spectacular aqueduct, classed the UNESCO world heritage list.

**For more information, consult the Nîmes Tourist Office website:**

<https://www.nimes-tourisme.com/fr> > A voir à faire > Lieux à découvrir

- Rendez-vous aux Jardins: free activities and entertainment in the Jardins de la Fontaine.

## JULY - AUGUST

- Thursdays evenings in Nîmes: all summer, themed markets and concerts in the city center squares.
- Les Nuits de Nemaus, for a journey back in time in the Roman arenas (image projections, sound and light, live equestrian show).

## SEPTEMBER

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

## OCTOBER

- **International student reception ceremony:** The town welcomes all their new international students!
- **Fête de la Science in the university laboratories.**
- Nîmes Métropole Jazz Festival with jazz concerts in Nîmes and the surrounding area (special student rates).

**For more information, see the City of Nîmes website:**

<http://www.nimes.fr> > Découvrir Nîmes > Événements incontournables



## IMPORTANT ANNUAL EVENTS /

### JANUARY

- Flamenco Festival with flamenco concerts, conferences, presentations and more (special student rates).

### APRIL

- Roman weekend activities and entertainment in the town: Parades, gladiator battles and cart races in the Arena!

### MAY

- European Museum Night: another way to discover museums, and for free.
- Feria de Pentecôte, for bullfighting enthusiasts.

### JUNE

- Fête de la Musique, music everywhere in town (free concerts).



**& 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

**Greater Nîmes:**

**255,000** residents

**3<sup>rd</sup>** largest city of the Occitanie region, after Toulouse and Montpellier

**City of Nîmes:**

**150,000** residents

**NÎMES** IS THE CAPITAL OF THE GARD, one of the **13** departments of the vast French Occitanie region, stretching from the Mediterranean Sea to the Pyrénées



**16,000**

students in Nîmes and the Gard

including **5,300** at Université de Nîmes including 600 international students of 70 different nationalities

**NÎMES, 22** CENTURIES OF HISTORY, **300** days of sunshine per year...

**OCCITANIE REGION, 3<sup>rd</sup>** FRENCH REGION for hosting foreign students (34,000 international students).

**Nîmes, RANKED AMONG FRENCH CITIES AS A GREAT PLACE 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 only 9am to 12pm and 2pm to 3.30pm.  
Contact: [montpellier@campusfrance.org](mailto:montpellier@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)