



DISCOVER
YOUR CITY



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

WELCOME TO
ORLÉANS





YOUR ARRIVAL IN ORLÉANS /

◆ A Guichet Unique, a one-stop welcome desk for international students enrolled at the University

Throughout September, the Welcome Desk at Université d'Orléans is a centralized, one-stop service for international students who have just arrived on campus. On site, student mentors and staff from the Direction des Relations Internationales are available to welcome all international students.

As soon as you arrive at Université d'Orléans, you should head to the Welcome Desk to take advantage of the various services:

- assistance for administrative procedures: university enrollment, residence permit;
- accommodation, insurance, health;
- campus and cultural life, associations, transportation.

Address: Guichet Unique, Amphithéâtres des Sciences, rue de Saint Amand, 45100 Orléans.

Hours: from 26 August to 20 September 2024, Monday to Friday from 9am to 4:30pm.

Contact: 02 38 41 71 71 (switchboard) or programsabroad@univ-orleans.fr

Learn more:

- see pages providing information for international students (bilingual French/English website):

<https://www.univ-orleans.fr> > International > Venir étudier à l'université d'Orléans

Download the **Welcome Book**, Université d'Orléans handbook at: <https://www.univ-orleans.fr> >

International > Venir étudier à l'université d'Orléans > Choisir l'Université d'Orléans

◆ Welcome and orientation for researchers and doctoral students

At Université d'Orléans, researchers and doctoral students are welcomed at the Euraxess Service Center.

Address: Centre de services Euraxess,

1 rue Dupanloup, 45000 Orléans,

Contact: centredemobilite@univ-orleans.fr or 02 38 21 14 94.

Website: <http://www.univ-orleans.fr/fr/univ> >

International > Venir à l'université > Centre de services Euraxess

◆ Buddy System

You can be supported by a buddy in Orléans!

You have two options:

- through the Orléans ESN association (Erasmus Student Network), which aims to provide a first port of call for all international students. It organises events and can support you with some of your administrative procedures. This association offers a buddy system that allows you to get in touch with a student registered at Université d'Orléans before your arrival.

For more information:

please visit the association's Facebook page

<https://www.facebook.com/esnorleans> or send an

email: esnorleans@gmail.com

- through the ÔPE platform, a student sponsorship platform organised by the City of Orléans:

<https://ope.orleans.fr/>

◆ 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 la 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.

Year-round at Université d'Orléans, the Direction des Relations Internationales oversees administrative relationships with international students.

Address: DRI, rue de Chartres, Bâtiment Omega, 45000 Orléans.

◆ 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 d'Orléans Welcome Book** provides information and advice for finding accommodations: <https://www.univ-orleans.fr> > International > Venir étudier à l'université d'Orléans > Choisir l'Université d'Orléans
- **The Centre-Val de Loire CRIJ (Centre Régional d'Information Jeunesse)** offers several pages on accommodation: <https://crijinfo.fr/category/vie-pratique/logement/>

A FEW TIPS

◆ Short-term housing:

- **The Auberge de Jeunesse d'Orléans (youth hostel)** is located in a park, near the university campus. Address: 2 rue Winston Churchill, 45100 Orléans La Source. Contact: 02 38 53 60 06. Learn more: <http://www.auberges-de-jeunesse.com> > Pré réserver > zone 2 Nord Ouest > Orléans
- **The Etoile site**, a public orientation site in the Centre-Val de Loire region, established an e-housing platform to help in finding temporary housing: <http://www.etoile.regioncentre.fr/GIP/accueiletoile/accueil-elogement>
- **For other types of temporary residences, use the Orléans Tourist Office site's search engine:** <https://www.tourisme-orleansmetropole.com> > Séjourner > Hébergements

◆ Long-term housing

- **Orléans-Tours CROUS** (Centre Régional des Œuvres Universitaires - Regional Center for University Services) for **student housing**. Address: Maison de l'Étudiant, Hall du Forum, 2 rue de Tours, 45100 Orléans. Hours: Monday to Friday, 9am to 12pm and 1pm to 4:30pm. Contact: +33 (0)2 38 24 27 21 (number for foreign students). CROUS website: <http://www.crous-orleans-tours.fr/>

The website *Trouver un logement*: <https://trouverunlogement.lescrous.fr/>

• Private Housing Platforms

Other offers for student lodging, managed by private organisms, are also available in Orléans. For example, visit:

- the **Studapart** platform of private student accommodations. One business school (ESCEM) in Orléans is affiliated with Studapart: <https://www.studapart.com>
- other **specialist sites**: <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**: consult *La Carte des Colocs*, a national site for shared leases that's free and simple to use: <https://www.lacartedescolocs.fr/>



GETTING AROUND ORLÉANS



The easiest way to get to Orléans from Paris is to take the train: 1hr by TGV high-speed train: <https://www.oui.sncf/>
Take note: Trains arriving from the Gare d'Austerlitz in Paris arrive at one of two stations in Orléans: Orléans and Les Aubrais. **The easiest way to get to the Welcome Desk is to get off at Les Aubrais station, then travel by Tram, line A to the Universitaire .**



You can also take a shuttle bus to Orléans if you fly into either Roissy-Charles de Gaulle or Orly airport in Paris. For example, consult the site <https://www.manavette-orleans.fr/>



For getting around the city and suburbs, use the public transportation (metro, bus and tramway) network, managed by TAO for transportation in Orléans: <https://www.reseau-tao.fr>
For travelling within the region, take the Centre-Val de Loire regional trains: <https://www.ter.sncf.com/centre-val-de-loire>
Buses are also an option for low-cost travel: <https://fr.ouibus.com/> or <https://www.flixbus.fr/>



For ride-sharing, consult the collaborative site <https://www.blablacar.fr/ride-sharing/orleans/>



For greater independence, rent a bike with **Vélo+**, the bike-share system: www.agglo-veloplus.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

◆ For accommodations adapted to your special needs

Contact the CROUS Service Social which will work with your host institution.

Some establishments have specialized services for students with disabilities (assistance for housing, and also transportation and tuition).

At Université d'Orléans, Passerelle Handicap, is a support service for students with disabilities: <https://www.univ-orleans.fr> > vie des campus > santé ét

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.



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>



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 Orléans.**

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)

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 at Université d'Orléans which has a Service de Santé étudiante (SSE), or Student Health Service:

<https://www.univ-orleans.fr> > vie des campus > santé et accompagnement

Address: 9 rue de Tours, 45000 Orléans.

Hours: Monday to Thursday from 8:30am to 5pm and Friday from 8:30am to 4pm.

Contact: 02 38 41 71 79 or sante@univ-orleans.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.

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 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 AN INTERNSHIP

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, 2 addresses:

- the Centre - Val de Loire CRIJ provides advice for finding a job: <http://crijinfo.fr> > Emploi, job
- 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 ORLÉANS /

TAKE UP A SPORT

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

At **Université d'Orléans**, the Department of Sports and Physical Expression or SUAPSE (Service Universitaire des Activités Physiques Sportives et d'Expressions) offers students a range of activities which are available to all participants, from beginner to expert: <https://www.univ-orleans.fr> > vie des campus > vie sportive

The **City of Orléans** also offers various sports activities: <http://www.orleans-metropole.fr> > Découvrir et sortir > Activités sportives

CULTURE AND NIGHTLIFE

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 following sites: www.animafac.net or www.letudiant.fr

Around 100 student associations ensure that campus life is never dull at the Université d'Orléans, including several international associations: <https://www.univ-orleans.fr> > Vie des campus > Vie associative étudiante

GAINING CULTURE AND PARTYING

- Orléans offers many ways to cultivate yourself or party. Movie theaters, concerts, theaters, museums, exhibitions, and festivals are on the program and most of the time, at reduced cost for students: <http://www.orleans-metropole.fr> > Découvrir et sortir > Spectacles et Cinéma
- **The Cultural Service at Université d'Orléans** organizes a number of cultural activities for students and schedules events at the Bouillon venue. In a central location on campus, the Bouillon features

two distinct spaces, capable of hosting various concerts and shows: <https://www.univ-orleans.fr/fr/culture>

- **For entertainment or to pick up some culture**, in Orléans, there are:
 - 5 multiplex movie theaters (student rates, rewards card) including an arthouse theater, les Carmes.
 - 7 major museums, including a science-focused museum dedicated to the French writer Charles Péguy, who was born in Orléans.
- **Students qualify for free entry to the municipal museums in Orléans.**
 - 9 theater and concert venues, including the Bouillon, cultural center at the Université d'Orléans.
 - around fifteen bookshops, including a particularly venerable institution, the Librairie Nouvelle d'Orléans, Europe's oldest bookshop, which was established in 1545!
 - a network of six municipal multimedia libraries and 5 specialized libraries: <http://www.orleans-metropole.fr> > Découvrir et sortir > Bibliothèques - Archives

In Orléans, for going out or staying abreast of events, read **the regional daily paper, La République du Centre**, available in newsstands or on the Internet: <https://www.larep.fr>
You can also check out the agenda on the Orléans Métropole site: <http://sortir.orleans-metropole.fr/>



TOP ATTRACTIONS /

Orléans obtained the "City of Art and History" label in 2009.

- Place du Martroi, right in the city center, features an equestrian statue of Joan of Arc.
- Rue Royale, lined with arcades, this shopping street, dates back to the 18th century.
- The Sainte-Croix Cathedral, one of the finest examples of Gothic art.
- The Musée des Beaux-Arts, one of France's oldest and most interesting museums.
- The Maison de Jeanne d'Arc (actually the home of Jacques Boucher, where France's famous heroine stayed in 1429).
- Orléans Museum of Biodiversity and the Environment, a scientific institution presenting the major challenges faced by the environment (due to reopen end 2019).

- The Parc floral de la Source, a 35-hectare landscaped garden for park-lovers and walkers.
- Bike trails on the banks of the Loire: <https://www.loireavelo.fr/> and visits to the nearby Loire castles, all on the UNESCO heritage list (Chambord, Blois, Amboise, Cheverny).

Learn (and see) more:

<https://www.tourisme-orleansmetropole.com/> > Découvrir



IMPORTANT ANNUAL EVENTS /

APRIL

- Les Voix d'Orléans - these themed debates bring together major French-speaking intellectuals in a series of events celebrating the French-language.

MAY

- **Pint of Science**, a European initiative for learning about research in atypical venues.
- The Nuit Européenne des Musées (European Museum Night), an occasion to visit museums differently (and for free).
- Joan of Arc Festival, annual festival celebrating the liberation of the city by Joan of Arc (street parades).

JUNE

- Fête de la Musique: Music everywhere in town (free concerts).
- Vélotour, unearth the hidden gems of Orléans by bike.

JULY - AUGUST

- Summer events: The City of Orléans organizes over 200 free events in the Loire region.

SEPTEMBER

- **Integration Week** (late August/early September) for all international students, organised by the Université d'Orléans.
- **Happy Campus Day**, event organized at the end of September by the Université d'Orléans to welcome students and celebrate the start of the academic year: <https://www.univ-orleans.fr/fr/univ/vie-des-campus/happy-campus-day>.
- Les Journées du Patrimoine (heritage days), free visits of cultural venues.
- Rentrée en fête, over 500 associations come together in the city center to mark the start of the academic year: sports, leisure, culture, humanitarian, health, social.
- Loire Festival, Europe's largest inland boating event (every two years).

OCTOBER

- **World Students' Night**, evening celebration featuring guided tours of the city, events and entertainment by student associations.
- **Fête de la Science** in the University laboratories.



& 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!

*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.*



THINGS TO KNOW

Orléans Metropolitan area:

290,000 residents

Orléans:

115,000 residents

ORLÉANS,

ORLÉANS, ADMINISTRATIVE CAPITAL OF THE LOIRET DEPARTMENT, one of the six departments that form the Centre-Val de Loire Region, of which Orléans is also the capital

CENTRE-VAL DE LOIRE REGION,

A MAJOR HOST REGION for foreign students in France (7,000 international students)

Université d'Orléans:

20,000 students

including **15%** international students

25 research units

5 doctoral schools

450 doctoral students



ORLÉANS, RANKED 7^e AMONG 46 FRENCH CITIES 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/centre-val-loire-639>

CAMPUS FRANCE

28 rue de la Grange aux Belles, 75010 PARIS - 01 40 40 58 58 - www.campusfrance.org/W