Campus France will guide you through your first steps in France and exploring Pau, your new home.
At Université de Pau et des Pays de l’Adour (UPPA), the Direction des Relations Internationales is tasked with greeting and advising international students.

An International Welcome Desk was put in place for all international students, doctoral students, or researchers.

**Address:** Direction des Relations Internationales, International Welcome Desk, Domaine Universitaire, 64000 Pau.

**Hours:** Monday to Thursday, 1:30pm to 4:30pm, Tuesday to Friday 9am to 12pm.

**Email contact:** welcome@univ-pau.fr

**Learn more:**
- Consult the University international pages: https://ri.univ-pau.fr/fr/international-welcome-desk.html
- Download the Guide d’Accueil des Relations Internationales, the trilingual International Relations Welcome Guide, on the international portal home page.

**Buddy System**

You can be assisted by a local student in Pau!

Thanks to ESN Pau-Bayonne, welcome services for foreign students and an annual buddy system are organized at Université de Pau et des Pays de l’Adour.

**Learn more:**
- https://ri.univ-pau.fr > Venir à l’université > Aides à l’intégration > Associations

**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:**

http://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.

At Université de Pau, you must contact the Direction des Relations Internationales (05 59 40 70 54).

**National Services**
- students: www.etudiant.gouv.fr
- doctoral students, researchers: http://www.euraxess.fr/fr

**HOUSING IN PAU /**

There are numerous solutions for housing in Pau: Student-only accommodations managed by CROUS, student housing and private residences, and rooms in private homes.

Most important is to take care of this as early as possible and before your arrival.

- **The City of Pau site** offers several tips:
  http://www.pau.fr > Futur habitant > taper Logement étudiant

- **The Nouvelle-Aquitaine CRIJ**, Centre Régional d’Information Jeunesse, the regional youth information center publishes a housing handbook, the Guide Trouver un Logement (choose the Pyrénées-Atlantiques version): http://logements.pourlesjeunes.com/

- **The Habitat Jeunes Pau-Pyrénées association** has social housing for young persons who meet certain conditions:
  http://www.habitat-jeunes-pau-asso.fr/

**A FEW TIPS**

- **Short-term housing:**
  - **the Pau youth hostel** located near the city center.
    Address: Résidence Michel Hounau, 30 ter rue Michel Hounau, ins 64000 Pau, 05 59 11 05 05.
    Site: https://www.hifrance.org > Auberge de jeunesse > Pau
  
  - **Other types of residences with hotel services:**
    Check out the Pau Tourist Office site which has a list of low-cost housing: https://www.pau-pyrenees.com > préparer son séjour > où dormir

- **Long-term housing**
  - **CLOUS student housing, the Pau CLOUS**, Centre Local des Œuvres Universitaires, (8 residences in Pau).
    The Pau CLOUS is a branch office of the Bordeaux CROUS.
    Address: services administratifs et accueil du public, 7 rue Saint John Perse, 64000 Pau.
    Hours: Monday to Friday, 9am to 12pm and 1:30pm to 4:30pm.
Contact: 05 59 30 89 00 or accueil.clous-pau@crous-bordeaux.fr
Bordeaux CROUS site: http://www.crous-bordeaux.fr/
The website Trouver un logement: https://trouverunlogement.lescrous.fr/

On campus, the CROUS also manages all low-cost food services (university restaurants, cafeterias, food-trucks, etc.).

• Private Housing Platforms
  - Université de Pau et des Pays de l’Adour as well as the other Pau institutions (ESC Pau Business School) are members of Studapart, a platform specialized in private housing for students: https://www.studapart.com/fr/logement-etudiant-pau
  - Other offers for student lodging, managed by private organisms, are also available in Pau. Try these sites: https://www.location-etudiant.fr
  https://www.immojeune.com
  https://housinganywhere.com

• There is also a Lokaviz, site managed by CROUS, 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: 08.10.29.29.29 or www.caf.fr

For accommodations adapted to your special needs,
Contact the CROUS Service Social which will work with your host institution.
Some institutions have specialized services for special-needs students (housing assistance and also transportation and tuition).

At Université de Pau, contact the Mission Handicap: https://organisation.univ-pau.fr > Engagements > Accompagner les étudiants en situation de handicap

GETTING AROUND

Before your arrival, consult the Université de Pau’s practical information sheet which will guide you based on where arrive: https://www.univ-pau.fr > International > International Welcome desk

For getting around the city and suburbs, use the public transportation network managed by Idelis for transportation in Pau: http://www.reseau-idelis.com

There are regional trains for getting around the Nouvelle-Aquitaine region: https://www.ter.sncf.com/nouvelle-aquitaine
Buses are also an option for low-cost travel: https://fr.ouibus.com/ or https://www.flixbus.fr/

For ride-sharing see the collaborative site: https://www.blablacar.fr

For greater independence, rent a bike with IDEcycle the bicycle rental service for the Pau urban area: http://www.reseau-idelis.com
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 PERMIT (TITRE DE SÉJOUR)

◆ Information
- At the International Welcome Desk, Université de Pau’s student and international researchers welcome office.
  Address: International Welcome Desk, Domaine Universitaire, 64000 Pau.
  Hours: Monday and Thursday, 1:30pm to 4:30pm; Tuesday and Friday, 9am to 12pm.
  Contact: preferably by email welcome@univ-pau.fr or 05 59 40 70 54.
- At the Service des Relations Internationales (international relations) if you are enrolled in other institutions.
- At the Pyrenees-Atlantiques Prefecture (Pau).
  Address and phone number: 2, rue Maréchal Joffre, 64000 Pau, 05 59 98 24 24.
  Hours: by appointment (July 1 to December 31), Monday, Wednesday, and Friday 9am to 12pm and 1:30pm to 4pm, Tuesday and Thursday 9am to 12pm.
  To make an appointment: http://www.pyrenees-atlantiques.gouv.fr > Prendre un rendez vous
- Learn more about your rights and obligations: www.service-public.fr > Etranger > Titre de séjour et document de circulation

GOOD TO KNOW

- If you arrive in France with a VLS-TS long-term student visa: You must validate it online within three months of arrival: https://administration-etrangers-en-france.interieur.gouv.fr
- If you are an Algerian national or a student with a “concours” (tests) visa or a “mineur scolarisé” (enrolled minor) visa or a visa with the indication “carte à solliciter dans les deux mois” (residence permit to be requested within 2 months of entry): Depending on your campus, your residence permit application is made at the Préfecture or with the Service des Relations Internationales at your campus.
  Take note: To renew your residence permit, you must apply within two months prior to its expiration date.

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 70 bank agencies located in Pau.

In France, opening a bank account is a right: www.service-public.fr > Argent > Comptes bancaires > Droit au compte

HEALTHCARE

In France, receiving medical treatment is practically free but you must be insured. Accordingly, signing up for medical insurance is mandatory.

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 of Pau which has a health and prevention service: Service Universitaire de Médecine Préventive et de Promotion de la Santé (SUMPPS)

Address: SUMPPS, Résidence Clé des Champs, 2 rue Audrey Benghozi, 64000 Pau.
Contact: 05 59 40 79 01 or medecine.preventive@univ-pau.fr
Site: https://www.univ-pau.fr > Organisation > Vie étudiante> SUMPPS

ADDITIONAL HEALTH INSURANCE
You can also sign up for top-up insurance which will cover all health expenses not covered by the free and compulsory health insurance.

Take note: The plans and coverage levels differ from one company to another. To choose a top-up insurance policy which meets your needs and your budget, you can compare student health insurance plans on the Internet.

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 asking in your institution, at city hall, or in your host city’s Maison des Associations - community centers.

FINDING A JOB OR AN INTERNSHIP

2 addresses:
• The CRIJ (Centre Régional d’Information Jeunesse) de Nouvelle-Aquitaine CRIJ, the regional youth information center has a platform for classified ads: http://www2.info-jeune.net/petites-annonces.html
• The CROUS Jobaviz site, to find a student job that’s compatible with your studies: http://www.jobaviz.fr/

THINGS TO DO IN PAU /

TAKE UP A SPORT
• In your institution, contact the Service des Sports for free access to sports facilities.
• At Université de Pau, the Sports Service (SUAPS) offers numerous activities: https://sport.univ-pau.fr/fr/activites-proposees.html
• In Pau, you can also find a sports activity from among the numerous sports facilities managed by the city: https://www.pau.fr/categorie/sports

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) or visit the following sites: www.animafac.net or www.letudiant.fr
• At Université de Pau, numerous student associations are active in very different areas (environment, art, science, international outreach): https://www.univ-pau.fr > Vie de l’UPPA > Associations
• Several of the Université de Pau’s associations also unite students of the world based on origin: https://www.univ-pau.fr > Vie de l’UPPA > Associations > Annuaire thématique > Associations étudiantes du monde
• ESN (Erasmus Student Network), the association which welcomes international students is also present in Pau: https://www.facebook.com/esnpau/
GAINING CULTURE AND PARTYING

Pau 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: https://www.pau.fr/categorie/culture-et-patrimoine

• For entertainment or to pick up some culture, you can choose from:
  - 3 multiplex movie theaters (student rates, rewards card) including an arthouse theater, Le Méliès.
  - 4 major museums including the National Pau Castle Museum, one of the most visited in France (student rates in the municipal museums).
  - 7 performance halls, including la Centrifugeuse, managed by the Université de Pau cultural office, able to host concerts, dance, theater, and circus: http://www.lacentrifugeuse.com/
  - a dozen book shops, including an institution, the Tonnet Librairie, founded in 1797! One of the oldest independent book shops in France.
  - an important network of 10 free multimedia libraries, set up in the Pau-Pyrenees urban area: https://mediatheques.agglo-pau.fr/

• In Pau, for going out or staying abreast of events, read the leading regional daily papers, La République des Pyrénées and Sud-Ouest, available in newsstands or on the Internet:
  - http://www.larepubliquedespyrenees.fr/
  - https://www.sudouest.fr > Pau

• You can also check out the agenda on the Pau Tourist Office site: http://www.pau-pyrenees.com > Touriste > Sorties et compagnie > Agenda

TOP ATTRACTIONS /

The city of Pau was awarded the label "Ville d'Art et d'Histoire" - city of art and history - in 2011.

• The Pau castle, birthplace to French king Henry IV with the tortoise shell which is said to have served as a cradle!
• Boulevard des Pyrenees, overlooking the terraced gardens which link the high city and the low city, with a magnificent view of the Pyrenees mountain range.
• The Pau cable car, a hundred-year old (but restored) system for free access to the train station and boulevard des Pyrenees.
• The Trespoey neighborhood, a 19th century bourgeois English neighborhood with sumptuous villas surrounded by parks.
• The Bernadotte museum: Born in Pau, Field Marshall Bernadotte was King of Sweden in 1818.
• The Fine Arts Museum, big name painters and local artists.
• Beaumont Park, an English-style park with its music gazebo and lake.
• The Tour of Giants, an open-air work dedicated to the Tour of France bike race which conveys Pau's desire to become the Capital of the Tour of France!

For more information, consult the Pau Tourist Office website: https://www.pau-pyrenees.com/
IMPORTANT ANNUAL EVENTS /

FEBRUARY
• Biarnés Carnaval, or the Béarn Carnaval, a large and popular regional celebration.

MAY
• The Nuit Européenne des Musées (European Museum Night), an occasion to visit museums differently (and for free).
• Urban Session, festival of hip-hop dance and urban cultures.

JUNE
• Fête de la Musique: Music everywhere in town (free concerts).

JULY - AUGUST
• Summer in Pau Festival, free concerts with leading French singers.
• Hestiv’Ôc, a festival of musics and cultures of the South.
• Summer at the movies (un été au ciné), twenty movies projected under the open skies by Le Méliès theater.

SEPTEMBER
• L’université en fête! on the University of Pau and Pays de l’Adour campus, a major festive day for all students.
• Les Journées du Patrimoine (heritage days), free visits of cultural venues.

OCTOBER
• Fête de la Science in the University laboratories.
• Festival Accès(s), electronic and digital technology in art in all its shapes (student rates).

NOVEMBER
• Les Idées Mènent le Monde, free literary meetings bringing together writers, philosophers, artists, journalists, and researchers for three days.

DECEMBER
• Courses de la Paix, to run through Pau’s illuminated streets.
Learn more: http://www.pau.fr > Habitant > Menu > À Pau en un clic or http://www.pau-pyrenees.com > Touriste > Sorties et compagnie > Agenda

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 to take part in discussion groups on various subjects, take advantage of cultural outings, and consult job and internship offers.

& SHARE
PARTICIPATE
Pau:

80,000 residents

5th LARGEST CITY IN THE NOUVELLE AQUITAINE REGION

Université de Pau et des Pays de l'Adour:

13,500 students

including 14% international students

21 research units, 500 researchers

2 doctoral schools

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/nouvelle-aquitaine-554

PAU, RANKED 21st AMONG FRENCH UNIVERSITY TOWNS WHERE IT’S GOOD TO LIVE AND STUDY (awarded by L’Etudiant magazine)

PAU, CAPITAL CITY OF THE PYRÉNÉES ATLANTIQUES DEPARTMENT, one of 12 departments which make up the large Nouvelle-Aquitaine Region, stretching from the Atlantic to the Pyrenées.