

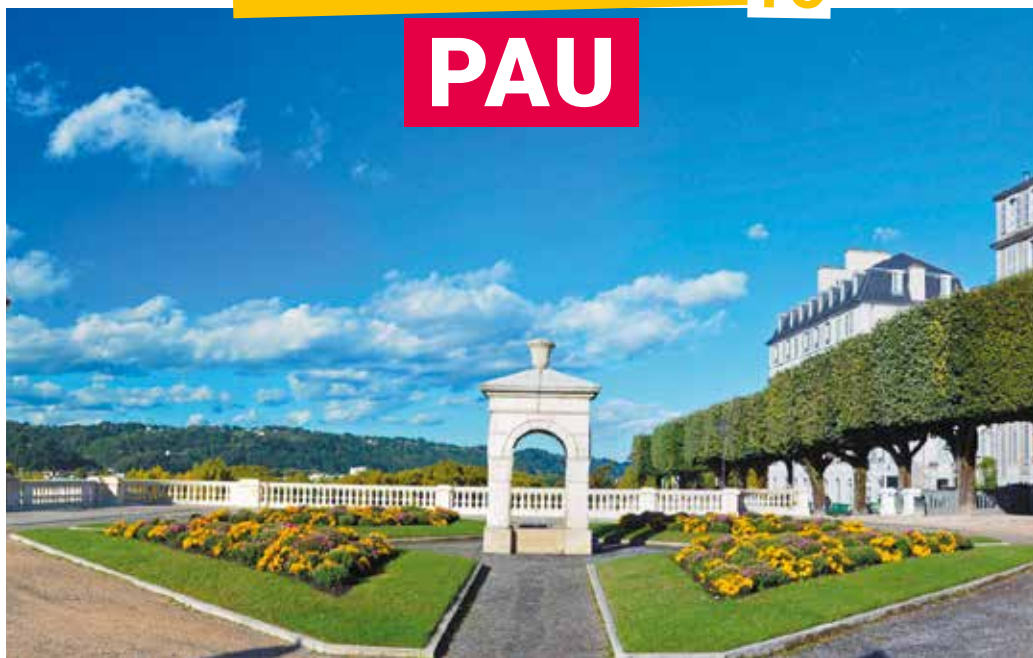


## DISCOVER YOUR CITY



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

# WELCOME TO PAU





## ARRIVING IN PAU /

### ♦ An International Welcome Desk for the university students

**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.**

**UPPA combines the IAE Pau-Bayonne university management school, the IUT des Pays de l'Adour and the IUT de Bayonne et du Pays Basque, and two engineering schools, the ENSGTI and the ISA BTP.**

**Address:** Direction des Relations Internationales, avenue de l'université, 64000 Pau.

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

- The International Welcome Desk, located at the same address, can also see you by appointment: [welcome@univ-pau.fr](mailto: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  
- <http://www.ixesn.fr>

The Pau-Bayonne ESN also offers a Buddy System, a programme that connects exchange students with local students in order to promote their integration into the university.

For more information, please visit: <https://buddysystem.eu>

### ♦ 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.

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

### ♦ National Services

- students: [www.etudiant.gouv.fr](http://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 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 Pyrenees-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](mailto:accueil.clous-pau@crous-bordeaux.fr) (Bordeaux CROUS site):

<http://www.crous-bordeaux.fr/>

The website *Trouver un logement*:

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

### • 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](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)

### ♦ 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

## 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.

## GETTING AROUND PAU



**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>



## 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/#/>

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>



## 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 Pau.**

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 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 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

## 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:

<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:**

**To help you** with your search for a job that can be combined with your studies, please visit the CROUS Jobaviz website: <https://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](http://www.animafac.net) or [www.letudiant.fr](http://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/>

## CULTURE AND NIGHTLIFE

• 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.la-centrifugeuse.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 a 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 Trespoei neighborhood, a 19<sup>th</sup> 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

- **Welcome Week for International Students**, late August/early September, for students on exchange programmes: [incoming-students@univ-pau.fr](mailto:incoming-students@univ-pau.fr)
- **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



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





## THINGS TO KNOW

**Pau:**

**80,000** residents

**5<sup>th</sup>** LARGEST CITY IN THE  
NOUVELLE AQUITAINE REGION

**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

**NOUVELLE-  
AQUITAINE  
REGION,**

**6<sup>th</sup>** FRENCH  
REGION

in terms of hosting  
foreign students  
(20,000 international  
students)

**Université de Pau et des  
Pays de l'Adour:**

**13,500** students



including **2,000** international students  
**19** research units, **600** researchers  
**2** doctoral schools

**PAU, RANKED AMONG 46 FRENCH UNIVERSITY TOWNS WHERE IT'S GOOD  
TO LIVE AND STUDY** (awarded by L'Etudiant 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/nouvelle-aquitaine-554>

**CAMPUS FRANCE IN TOULOUSE**

41 allées Jules Guesde - CS61321 - 31013 Toulouse Cedex 06 - [toulouse@campusfrance.org](mailto:toulouse@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)