



**DISCOVER
YOUR CITY**



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

**WELCOME TO
PERPIGNAN**





YOUR ARRIVAL IN PERPIGNAN /

♦ An International Welcome Desk for students at the university

Université de Perpignan has set up an International Welcome Desk to support international students and researchers when they arrive.

Its main aim is to inform, guide and support international students, doctoral students and researchers with regard to their administrative procedures. The International Welcome Desk has a dedicated space where you can receive help with your online procedures, and also offers an information centre.

Address: the International Welcome Desk is located in the Bâtiment A (A Building), on the ground floor, at the main entrance to the Université de Perpignan campus Via Domitia, 52 avenue Paul Alduy, 66000 Perpignan.

Access: bus lines A and C, stop: Campus.

Hours: Monday to Friday from 9am to 5pm (until December), then Monday, Tuesday and Thursday in the mornings only.

Contact: <https://welcome.univ-perp.fr>

(to book an appointment online) or 04 30 19 81 29 and welcomedesk@univ-perp.fr.

Learn more:

Download the **Étudier à Montpellier, Nîmes et Perpignan guide**, a practical guide to studying in Montpellier, Nîmes and Perpignan, available in French and in English: <https://www.saiec.fr/>

- please visit the dedicated website: <https://welcome.univ-perp.fr> and the international pages on the UPVD website: <https://www.univ-perp.fr/>

- follow the **International UPVD Facebook page:** <https://www.facebook.com/internationalupvd>

♦ Service d'Accueil International Étudiants/ Chercheurs (SAIEC), the international students/ researchers welcome desk, in Montpellier

The Montpellier SAIEC located at 150 km from Perpignan can also work with you on your administrative and practical procedures regardless of your university (Université de Montpellier, Université Paul-Valéry Montpellier 3, Université de Nîmes, Université de Perpignan - Via Domitia).

Different types of assistance are available including a personalized road map, *E-International Welcome Desk solution* on www.saiec.fr which presents all the steps to follow before your arrival and for setting up

once you've arrived in just a few clicks!

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

Hours: open all year round on Monday, Tuesday and Thursday from 9 am to 12 pm, by appointment.

Contact/Information: 04 67 41 67 87.

♦ Buddy System

You can be assisted by a local student, a free international buddy system put in place in Perpignan!

Your mentor, a French or international UPVD student will contact you before your arrival, greet you at the train station or airport and accompany you to your residence. They can also help you with any other administrative procedures if required.

Learn more: <http://www.parrainage-international.fr/>

Contact: parrainage@univ-perp.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

- doctorants, chercheurs et leurs familles: www.euraxess-lr.fr

- doctoral students, researchers: www.euraxess-lr.fr or www.euraxess.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.

Learn more:

- on the **Centre Info Jeunes des Pyrénées Orientales** website ("Se loger" section): <https://www.infojeunes66.fr/>

Address: Bureau Information Jeunesse 66, 97 rue Maréchal Foch, 66000 Perpignan.

Contact: 04 68 34 56 56 or contact@infojeunes66.fr

- through the **CRIJ d'Occitanie** (Centre Régional d'Information Jeunesse), which provides a guide to help you find accommodation in the region: <https://www.crij.org> > Se loger > Guide logement Occitanie

A FEW TIPS

♦ Short-term housing:

• **Youth hostel** near the city center and train station.
Address: 3 Allée Marc Pierre, Parc de la Pépinière, 66000 Perpignan.

Contact: 04 68 34 63 32.

Website: <https://www.hifrance.org> > Perpignan

• **Other types of residences:** See the Perpignan Tourist Office website:
<https://www.perpignantourisme.com> > séjourner > résidences hôtelières

♦ Long-term housing:

• **Perpignan CLOUS student housing (Centre Local des Œuvres Universitaires):**

Address: 54 avenue Paul Alduy, 66000 Perpignan.

Hours: Monday to Friday, 9am to 12pm and 1:30 pm to 4:30pm.

Contact: 04 68 50 99 62 or clous.perpignan@crous-montpellier.fr

The Montpellier CROUS which the Perpignan CROUS is part of: <http://www.crous-montpellier.fr/>

The website *Trouver un logement*:

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

• **Private residences:** see the following sites for example:

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

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

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

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

• There is also a **site managed by the CROUS, Lokaviz**, which includes a listing of **student accommodation 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:** <https://www.campusfrance.org> > S'organiser > Logement

• **Visale provides a free service for students needing a guarantor to secure housing:**
www.visale.fr

♦ **If you want to make an application for public housing funding (the APL "Aide Personnalisée au Logement")**

The CAF (Caisse des Allocations Familiales) can check your eligibility: 32 30 or www.caf.fr



GETTING AROUND PERPIGNAN



If you arrive at Perpignan airport, take the Sankeo urban transportation network for direct access to the city center. If your plane arrives after 8:30pm, you can reserve a shuttle to get downtown:

<https://www.aeroport-perpignan.com/reseau-bus-sankeo.html>



For getting around the city and surrounding area, the public transport system (buses and shuttles) has day, and some night, services with reduced youth fares:

<https://www.sankeo.com/index.php>



There are regional trains for getting around the region: 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€

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, use the free AlterEco bike service which offers classic and electric bikes:

<https://www.sankeo.com/556-Velo.html>

♦ For accommodation 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 Perpignan, the Bureau d'Accueil des Etudiants Handicapés (BAEH) assists special-needs students: <https://www.univ-perp.fr/formation/accompagnement-a-la-reussite/etudiants-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.



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/#/>

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 Perpignan.**

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.**

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'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 the Université de Perpignan Via Domitia which has a Service de Santé étudiante (SSE), or Student Health Service.

Address: Building H of the UPVD,
52 avenue Paul Alduy, 66000 Perpignan.

Hours: Monday to Friday, from 8:30am to 5pm, except on Friday afternoons.

Contact: appointments must be made by telephone, 04 68 66 21 16 or 07 88 41 10 56 (except from 12:30pm to 1:15pm).

Learn more:

<https://www.univ-perp.fr/vie-de-campus/sante-social>

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 to be seized! 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 **Perpignan Centre Info Jeunes** ("Travailler" section): <https://www.infojeunes66.fr/>
- the **CRIJ d'Occitanie** (Centre Régional d'Information Jeunesse), with its platform offering job and work placements opportunities for all young people: <https://www.crij.org/fr/>
- the **CROUS Jobaviz** website to find a student job that is compatible with your studies: <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-triolet.edu.umontpellier.fr/>



THINGS TO DO IN PERPIGNAN /

TAKE UP A SPORT

Your university or school provides a range of free sports activities. Contact the sports department or see the Université de Perpignan website: <https://www.univ-perp.fr/> > Vie étudiante > Sport

In Perpignan, you will find a diverse and complete choice of municipal facilities for sports and recreation: <http://www.mairie-perpignan.fr/fr/sport>

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:

- Ask for more information in your institution (Service de la vie étudiante) or see the Université de Perpignan website: <https://www.univ-perp.fr/> > Vie étudiante > Vie associative
- visit the national sites: www.animafac.net or www.letudiant.fr

CULTURE AND NIGHTLIFE

Perpignan offers many ways to cultivate yourself or party. Theaters, movie theaters, concerts, exhibitions, and festivals are on the program and most of the time, at reduced cost for students. Université de Perpignan has created a Pass'Culture which gives access to cultural activities at reduced rates.

Learn more: <https://www.univ-perp.fr/> > Vie étudiante > Culture > Pass culture

You can also consult the agenda of cultural activities - often free - organized by Université de Perpignan Service Culture:

<https://www.univ-perp.fr/> > Vie étudiante > Culture

For entertainment or to pick up some culture, in Perpignan, there are:

- 4 multiplex movie theaters including Le Castillet, an arthouse theater (student rates and rewards cards).
- 10 top museums (reduced rates for students).
- 9 performance halls for shows, theater and dance.
- around 10 bookshops, including an institution, the Torcatis bookshop, right in the center of town. You can also buy and sell used books at Librairie Cajelice.
- a large network of public libraries and media libraries organized by the central Perpignan media library: <http://mediatheques.perpignanmediterraneemetropole.fr/in/fr/>

In Perpignan, for going out or staying abreast of events, read **the leading regional daily paper, L'Indépendant**, available in newsstands or on the Internet : <https://www.lindependant.fr/>

You can also check out the agenda on the Perpignan Tourist Office site: <https://www.perpignantourisme.com> > sortir



TOP ATTRACTIONS /

- The Castillet: the old city gatehouse with Moorish architecture, a symbol of the city of Perpignan.
- The Palais des Rois de Majorque: A fortified palace and one of its kind in France, now used as a venue for artistic events.
- Campo Santo: Beautiful religious architecture with the Saint-Jean cathedral and cloisters.
- The Loge de Mer: A Gothic and medieval building with a café in the city center!
- The Hyacinthe Rigaud fine arts museum in a former 18th century mansion.
- Miranda gardens spread along the old city walls.
- Contemporary Art Center, 100 meters from the train station. The center of the world according to the painter Salvador Dalí!
- The village of Collioure: 30km from Perpignan with beaches and a world-famous clock tower.

Learn (and see) more:

<https://www.perpignantourisme.com/>



IMPORTANT ANNUAL EVENTS /

MARCH-APRIL

- Festival of Sacred Music (concerts with reduced rates).

MAY

- European Museum Night: another way to discover Perpignan's 4 major museums, and for free.

JUNE

- Festival Ida y Vuelta: a free urban music and culture festival for the general public with rap, hip-hop, rock and reggae.
- Fête de la Musique: Music everywhere in town (free concerts).
- Fête de la Saint-Jean: A large traditional festival with free activities and entertainment in the city center.

JULY - AUGUST

- Thursdays in Perpignan: Every Thursday a free street art festival takes place in the squares of the city center.
- Les déferlantes, music festival at Château de Valmy in Argelès-sur-mer.
- Musicales de Perpignan: A series of contemporary Catalan music concerts, often free.

SEPTEMBER

- Festival Visa pour l'Image: A important event focusing on photojournalism with exhibitions, projections and conferences.
- Journées du Patrimoine (heritage days) free visits of cultural venues.

OCTOBER

- **Journée Internationale de l'Université de Perpignan, this international day is organized by the university and its local partners.**
- **Fête de la Science in the Université de Perpignan laboratories.**
- The Troadades Médiévales: A medieval market with troubadours and street entertainers.

NOVEMBER

- Foire Saint-Martin: A popular traditional event.
- Festival Aujourd'hui Musiques: Contemporary musical creation festival.

Learn more:

<https://www.mairie-perpignan.fr/fr> > culture > grands rendez-vous annuels



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

PERPIGNAN,
CAPITAL OF THE
PYRÉNÉES-ORIENTALES
one of the **13** departments
of the vast French Occitanie
region, stretching from the
Mediterranean to the
Pyrénées

PERPIGNAN, capital of the French
Catalonia region. Perpignan, one of the
regions' 4 major university towns with
Toulouse, Montpellier and Nîmes

1350: the King of Aragon founded the
first **Université de Perpignan,**

1979: the Perpignan campus became an
autonomous university

Perpignan:

120,000 residents 

10,000 students

including **20%** international
students

Université de Perpignan:

9,500 student 

350 doctoral
students

16% in a joint-supervision
international thesis

17 laboratories **2** doctoral
schools

OCCITANIE REGION, 3rd French region in terms
of hosting foreign students (34,000 international students)

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

Open by appointment only: 9am to 12pm and 2pm to 3:30pm

Contact: montpellier@campusfrance.org

CAMPUS FRANCE

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