

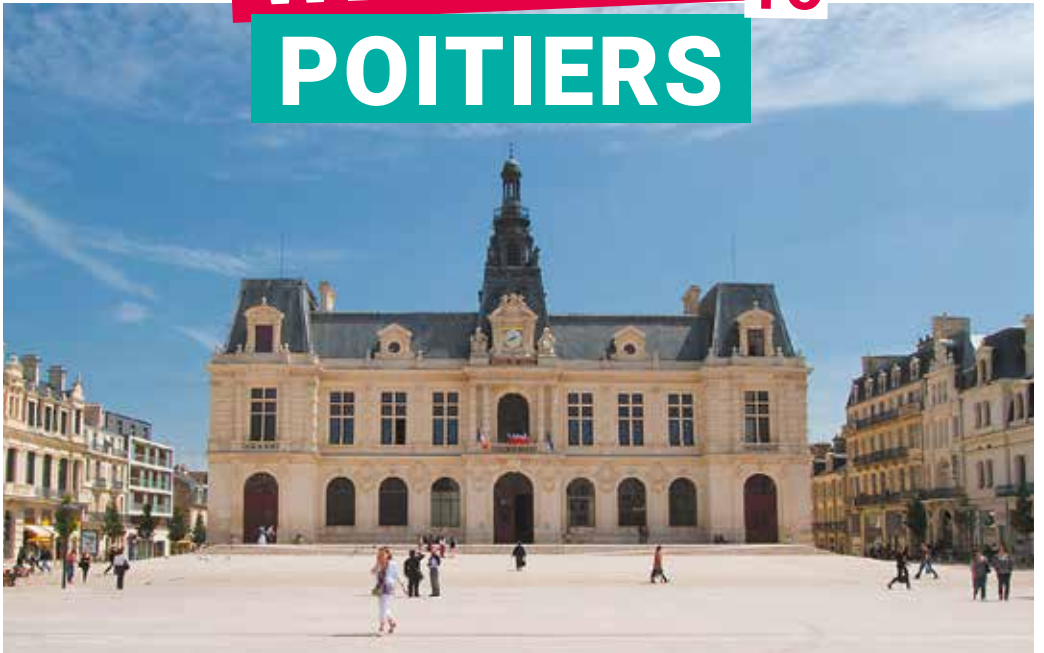


DISCOVER
YOUR CITY



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

WELCOME TO
POITIERS





YOUR ARRIVAL IN POITIERS /

◆ The One-Stop Desk for international students

On arrival, go to the international students desk at Université de Poitiers.

The Communauté Urbaine de Grand Poitiers, Université de Poitiers, CROUS and other associations and cultural services are available to welcome you and assist you with:

- residence permits,
- the application for public housing funding with the Caisse d'Allocations Familiales (CAF)
- sports, culture, health,
- special activities for international students.

Welcome Desk partners:

- the ISAE-ENSMA, École Nationale Supérieure de Mécanique et d'Aérotechnique, Poitiers Futuroscope,
- Sciences Po Poitiers,
- l'École européenne supérieure de l'image.

Address: Université de Poitiers, Direction des relations Internationales, Guichet accueil des étudiants internationaux, Hôtel Chaboureau (Building E 11), 49 place Charles de Gaulle, 86000 Poitiers.

Getting there: Bus number 0, 1, 3, 11, 12, 15, 16, 17, 21, Notre-Dame stop.

Hours: Monday to Friday, 9am to 12:30pm and from 2:00pm to 5:00pm.

International students and doctoral students can receive support with administrative formalities and information about university life through our drop-in service or by appointment.

Contact for international students up to masters level: +33 (0)5 49 45 30 87 or accueil.international@univ-poitiers.fr

Contact for international researchers and doctoral students: 05 49 45 42 64 or ri@univ-poitiers.fr

At the start of the 2023 academic year, a welcome desk for international students will be available from 28 August to 25 September, from Monday to Friday, from 10 am to 7 pm, at the Centre de conférences de Grand Poitiers, 58 boulevard du Grand Cerf in Poitiers, in the Poitiers train station.



For more information:

- download the **Welcome Guide** for international students (French/English):

<https://www.univ-poitiers.fr>

> s'ouvrir à l'international

> venir à l'Université de Poitiers > guide

- see the site: <https://www.univ-poitiers.fr> > s'ouvrir à l'international > venir à l'Université de Poitiers

◆ Welcome and Orientation for Researchers

Researchers and doctoral students may go to their One-Stop Desk at the Euraxess service center at Université de Poitiers.

◆ Buddy System

You can be assisted by a local student in Poitiers!

Two possibilities:

- **Université de Poitiers** has a buddy support system for international students that lasts a semester: <http://mdl.univ-poitiers.fr> > étudiants > parrainage
- **The ESN** (Erasmus Student Network) association of Poitiers also proposes a Buddy System: <http://poitiers.ixesn.fr/buddy-system>

◆ Your Higher Learning Institution

Regardless of your institution in Poitiers, 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.

Contacts in Poitiers:

- At the University, the Service des Relations Internationales personnel has local correspondants in each UFR, school or institute:

<https://www.univ-poitiers.fr/choisir-luniversite/organisation/annuaire-des-services/#contacts> or ri@univ-poitiers.fr

. at the ISAE-ENSMA: international@ensma.fr

. at Sciences Po Poitiers: thomas.defaye@sciencespo.fr

. at the Ecole Européenne Supérieure de l'Image: c.martin@eesi.eu

◆ 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 **CRIJ** (Centre Régional d'Information Jeunesse) Poitou-Charentes provides exhaustive information on accommodation in the region on its local website, Jeune à Poitiers: <https://www.jeuneapoitiers.fr> > me loger

A FEW TIPS

◆ Short-term housing

• **The Auberge de Jeunesse de Poitiers, a youth hostel** in a park.

Address: 1 allée Roger Tagault, 86000 Poitiers.

Contact: 05 49 30 09 70 or poitiers@fuaj.org

Site: <http://www.fuaj.org>

• For **inexpensive hotels** close to the station and city center, see the Poitiers Tourism Office web site (multilingual) which lists all possible housing solutions:

<http://www.ot-poitiers.fr/> or send an email to accueil.international@univ-poitiers.fr

◆ Long-term housing

• **The Poitiers CROUS** (Centre Régional des Œuvres Universitaires - Regional Center for University Services) for **student housing**.

Address: 13 rue Théodore Lefebvre (Building A7), 86000 Poitiers.

Hours: Monday to Thursday, 10am to 12:30pm and 1:30pm to 4:30pm, and Fridays, 10am to 12:30pm.

Contact: 05 35 37 17 05.

Website: <http://www.crous-poitiers.fr/>

Website *Trouver un logement*:

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

• Private Housing Platforms:

Other offers for student lodging, managed by private organisms, are also available in Poitiers:

For example, visit:

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

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

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

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

- <https://www.studapart.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/>

• **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

GETTING AROUND POITIERS



Getting to Poitiers from:

- Roissy-Charles-de-Gaulle airport, take a direct TGV Atlantique high-speed train to Poitiers (2hr30mins).

- Orly airport, take the shuttle to Montparnasse station in Paris then a direct TGV high-speed train to Poitiers city center (1hr30mins).

- Bordeaux airport, take the shuttle to the Saint-Jean station in Bordeaux then a direct TGV high-speed train to Poitiers.

- Paris take a TGV high-speed train at Montparnasse station: <https://www.oui.sncf/>



The Vitalis public bus service is available for getting around **the town and surrounding area**:

<https://www.vitalis-poitiers.fr/>

There are regional trains for getting around the Nouvelle-Aquitaine region:

<https://www.ter.sncf.com/nouvelle-aquitaine>

Don't forget the bus for low-cost travelling:

<https://fr.ouiibus.com/>

or <https://www.flixbus.fr/>



For ride-sharing, refer to the collaborative websites, for example: <https://www.blablacar.fr>



For greater independence, rent a bike with **Cap sur le vélo**, the bicycle rental service for Grand Poitiers: [> déplacements > vélos](https://www.grandpoitiers.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).

At the Université de Poitiers, a **welcome service for disabled students** will work with you to meet our special needs: <http://www.univ-poitiers.fr> > Trouver une formation > Se faire conseiller > Etudier en situation de handicap

Contact: accueil.handicap@univ-poitiers.fr

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> > s'organiser > 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

- 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 Poitiers.**

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 de Poitiers which has a health center, the Service de Santé Universitaire (SSU).

Address: 4 allée Jean Monnet (Building C4), 86000 Poitiers.

Hours: Monday to Thursday, 8:30am to 5:30pm and Fridays, 8:30am to 4:30pm.

Contact: 05 49 45 33 54.

See the site for important multilingual medical advice: <http://ssu.univ-poitiers.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.

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.

To help you find a job or work experience placement, 2 addresses:

- the Nouvelle Aquitaine CRIJ (Centre Régional d'Information Jeunesse, regional youth information center) has a platform for finding jobs and internships:

<http://jobs.pourlesjeunes.com/index.php?nosso=1>

- 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 POITIERS /

TAKE UP A SPORT

• In your school or university, contact the Service des Sports for free access to sports facilities.

At Université de Poitiers, the Service universitaire des activités physiques et sportives offers many free sports and fitness activities:

<http://suaps.univ-poitiers.fr/>

• **At Poitiers**, the municipal services of the Communauté Urbaine provide a range of facilities:

<https://www.grandpoitiers.fr/> > sports

> le guide pratique du 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.

In September in Poitiers, a month-long service, the Mois d'Accueil (MA) is organized for meeting representatives of local institutions, associations and residents. A whole month for helping you to discover the city and campuses!

For more information:

- contact your school (Service de la vie étudiante) for information. **See the list of all the associations** at Université de Poitiers:

<https://www.univ-poitiers.fr/> > Vivre les campus

> Vie associative et initiatives étudiantes

- go to the **Maison des Étudiants** at Université de Poitiers a gathering place open to services for all students:

<http://mde.univ-poitiers.fr/> > présentation > maison des étudiants

- visit the national sites: www.animafac.net or

www.letudiant.fr

- At Université de Poitiers, the Service des Relations internationales, organizes a regular *International Café* to facilitate exchanges between French and international students.

Contact: ri@univ-poitiers.fr

CULTURE AND NIGHTLIFE

Poitiers offers many ways to cultivate yourself or party. Theaters, museums, movie theaters, exhibitions, and festivals are on the program and most of the time, at reduced cost for students:

<http://www.ot-poitiers.fr/> > sites culturels

In Poitiers, the free **Carte Culture pass** provides special discounts for students aged 16 to 26 ans:

<http://www.carteculture.org/>

Also see the guide of free activities provided by the

cultural service of Université de Poitiers:

<https://www.univ-poitiers.fr> > vivre les campus

> culture

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

- 5 large movie theaters in the city and surroundings including 2 arthouse theaters, the CAP Castille and the Dietrich (student rates and loyalty cards).

- 5 museums in the Poitiers area, including the Miroir, a cultural venue open to all types of visual expression (student discounts).

- about a dozen venues including the TAP (Théâtre auditorium de Poitiers), a national stage:

<https://www.tap-poitiers.com/>

- about 15 bookshops including Belle Aventure and Gibert for buying and selling second-hand books.

- a network of 5 public multimedia libraries headed by the major François Mitterrand media library:

<http://www.bm-poitiers.fr/>

- Espace Mendès France, a scientific exchange venue for debating about scientific subjects:

<https://emf.fr/>

For going out and staying abreast of current events in Poitiers, **read the leading regional daily paper, la Nouvelle République**, available in newsstands or online:

<https://www.lanouvellerepublique.fr/poitiers>

You can also check out the agenda on the Poitiers Visitor Center site:

<http://www.ot-poitiers.fr/> > sortir > agenda



TOP ATTRACTIONS /

Poitiers, Roman capital has been labelled for its art and history, Ville d'art et d'histoire, since 1985.

• The panorama des Dunes, accessible by bus or on foot for the amazing view over the historical city center.

• The Salle des Pas-Perdus in the former palace of the Counts of Poitiers and Dukes of Aquitaine, one of the most remarkable architectural works.

• Notre-Dame-la-Grande church: a beautiful example of Roman art.

• Saint-Hilaire-le-Grand church listed by UNESCO world heritage on the Way of Saint James.

• The Grand'Rue, a historical street lined with half-timbered houses and mansions.

• Musée Sainte-Croix, a vast concrete and glass building with one of the largest collection of sculptures by Camille Claudel (free admission for students).

- Blossac park, a green lung in the city center and one of France's most beautiful parks.
- The Futuroscope, a fun technological and scientific theme park just 10 km from Poitiers. Take the no.1 Vitalis bus line.

For more information, consult the Tourism Office website: <http://www.ot-poitiers.fr/> > découvrir > histoire de Poitiers



IMPORTANT ANNUAL EVENTS /

FEBRUARY

- Poitiers Geek Festival: All the geek communities get together in Poitiers for a 2-day event of celebrations and exchange.

MARCH

- **Printemps de la Recherche** (Spring Research Festival), to discover the research laboratories of the University and to have conversations with the researchers.
- **Printemps de l'Europe**: a springtime debate about Europe with the CRIJ.
- Bruits de langues, literary meetings organized by the cultural association of the faculty of Arts.

APRIL

- Festival A Corps contemporary artistic representations around visions of the human body.
- Gamers assembly, video game and electronic sports conferences, performances, competitions and tournaments.
- Arts and Culture Days in Higher Education.

MAY

- European Night of Museums - free activities and entertainment at the Sainte-Croix de Poitiers museum.
- Poitiers-Futuroscope Marathon for running enthusiasts.

JUNE

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

JULY - AUGUST

- Poitiers during the summer: A vast program of cultural entertainment and activities for all in different venues throughout the city.

SEPTEMBER

- **The Mois d'Accueil des étudiants in Poitiers**, a whole month for exploring the city with activities and entertainment, parties, forums, exhibitions and concerts as well as an **International Welcome Day**, on 16 September, with a picnic on the Ilot Tison, a place to stroll and take part in various activities.
- **European Researchers Night**.
- Journées du Patrimoine (heritage days), free visits of cultural venues.

OCTOBER

- **Students of the World Night, a big welcome night for international students in Poitiers**.
- **Fête de la Science** in the University laboratories.
- **Poit'étrangers**, an operation organised in cooperation with the mairie de Poitiers, which allows Poitevin families to welcome international students in order to share a congenial moment and to discover the local culture.

NOVEMBER

- **An evening for meeting international researchers and professor-researchers organized in partnership** with the city of Poitiers.
- For more information, see the City of Poitiers website: <https://www.poitiers.fr/index.php>

DECEMBER

- **Rencontre Poit'étrangers Noël**, a friendly gathering for international students who are in Poitiers at this time of year and families with a shared meal.



& 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 Poitiers:
195,000 residents

City of Poitiers:
90,000 residents

Cheapest CITY FOR
STUDENTS in France according to a student association.

POITIERS, CAPITAL OF
THE VIENNE DEPARTMENT,
one of the 12 departments in the
Nouvelle Aquitaine region

1431: Université de Poitiers was
created. The university belongs to
the Groupe de Coïmbra, a network of
40 of the oldest universities in
Europe

**NOUVELLE-
AQUITAINE
REGION,**
6th FRENCH
REGION
in terms of hosting
foreign students
(25,000 international
students)

Université de Poitiers:
30,000 students

including **4,300** international
students from 137 different countries

1,000 doctoral students
of 63 different nationalities

**It is one of the highest international student
populations in France!**



POITIERS RANKED 11^E OUT OF 46 FRENCH CITIES WHERE'S IT 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/nouvelle-aquitaine-554>

CAMPUS FRANCE

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