



DISCOVER YOUR CITY



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

WELCOME TO LE HAVRE





YOUR ARRIVAL IN LE HAVRE /

♦ Welcome services at Université Le Havre Normandie a small, local university.

The Welcome One-Stop Desk for international students

Université Le Havre Normandie created a one-stop information desk which simplifies arrival for international students.

Student mentors and staff from the Service des Relations Internationales (International Relations) and from the Direction de la Formation, de la Scolarité et de la Vie Etudiante (Admissions and Student Services) will be available to assist international students: enrollment at the university, residence permits, CAF, accommodation, insurance, health, campus life, associations, cultural activities, transport, etc.

Address: Reception of the Maison de l'étudiant, 50 rue Jean-Jacques Rousseau, 76600 Le Havre.

Hours: Thursdays from 12pm to 4pm from 19 September to 24 October. Student assistants will answer international students' questions.

Contacts:

- Service des Relations Internationales (SRI):
02 32 74 42 88 or sri@univ-lehavre.fr
- Training, Admissions & Student Services (Direction de la Formation, de la Scolarité et de la Vie Etudiante - DFSVE):
Scolarité (Admissions) 02 32 74 40 01 or
scolarite-centrale@univ-lehavre.fr
Vie étudiante (Student Services) 02 32 74 40 14 or
vie-etudiante@univ-lehavre.fr

Learn more:

- check the **University web pages for international students:**

<https://www.univ-lehavre.fr> > International
- Please visit the Campus Le Havre-Normandie website: <https://www.campus-lehavre-normandie.fr/fr>
<https://www.univ-lehavre.fr> > International
> Venir étudier > Accueil à l'université

♦ Buddy System

A Buddy system is available to assist you at Université du Havre. **Mon Buddy@Le Havre** is a platform for pairing international students with students from Le Havre Normandie to facilitate friendship and exchange:

<https://buddysystem.eu/fr/>

♦ Welcome and orientation in other institutions

Several "grandes écoles" are also located in Le Havre: Sciences Po Europe-Asie, IFP, INSA, ENSM, EM Normandie, IFEN, ESADHaR and INSPE. Regardless of your host institution in Le Havre, please consult the Campus France website for orientation. The site presents a series of **Information Sheets covering the different higher learning institutions in France:** <https://www.campusfrance.org>
> Students > Documentary resources > Practical information for students and researchers
Plus d'information:

<http://www.campus-lehavre-normandie.fr/#guide>

If you cannot find your school in this list, then go directly to their website.

♦ National services and web sites

- 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.

• Please visit the accommodation section of the **Campus Le Havre-Normandie website:**
<https://www.campus-lehavre-normandie.fr/fr/se-loger>

• **Le Havre city** website includes a section on student accommodation (advice and points of contact):
<https://www.lehavre.fr> > Pratique et démarches > Etudier au Havre

• **The CRIJ** (Centre Régional d'Information Jeunesse), the youth information center for Normandy provides information about accommodation on its website: <http://www.crijnormandie.fr> > Logement.

A FEW TIPS

♦ Short-term housing:

- Emergency Accommodation: <https://logementjeunes.lehavremetro.fr/>
- Short-term Accommodation on the Office de tourisme website: <https://www.lehavre-etretat-tourisme.com/dormir/reserver-en-ligne/>
- TILIT (short-term rentals): <https://tilit.services/>

♦ Long-term housing

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

Address: CROUS du Havre, 117 rue Casimir Delavigne, 76600 Le Havre.

Hours: Monday to Friday, 8:30am to 12:30pm and 1:30pm to 4:15pm.

Contact: 02 35 19 74 74 or

resid-villebasse@crous-normandie.fr

Normandie CROUS website:

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

The website Trouver un logement:

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

• Privately-owned accommodation

The ALHOET association offers high-quality student accommodation (around 1,500 residential units):

www.ahloet.fr

The *Partageons un Havre* association offers intergenerational home-sharing options:

Contact: 09 79 71 48 98

or contact@partageonsunhavre.org

KAPS groups offer "Kolokations à Projets Solidaires" flatshares, at low rents in exchange for some form of volunteering within the local community.

Website: rejoins.afev.org/kaps/

Contact: 06 28 98 01 83 or lehavre@afev.org

La Carte des Colocs is a website listing flat-shares throughout France. A free and user-friendly website for finding a shared lease, flat or house-share:

www.lacartedescolocs.fr/

Other offers for student lodging, managed by private organisms, are also available in Le Havre. Try these **sites**:

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

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

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

- <https://housinganywhere.com>

• There is also **Lokaviz**, a site **managed by CROUS**, which includes a **listing of student accommodations in private homes**: <https://www.lokaviz.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 apply for the APL (Aide Personnalisée au Logement -personalized housing aid)

GETTING AROUND IN LE HAVRE



When travelling to **Le Havre from Paris**, take the train (2 hours on average):

<https://www.oui.sncf>

You can walk to the university from the station (5 minutes).



For travelling in and around town, you can use public transport (buses, tramway and funicular railway, by day and night) operated by the **LiA** network, which oversees public transport in Le Havre:

<https://www.transports-lia.fr/>

In Le Havre, **Mobi'Fil** is an on-demand transport service for people with reduced mobility: www.transports-lia.fr



For travelling within the region:

- regional trains, run by LER (la Lézarde Express Régionale), serve various places in the local area: <https://www.transports-lia.fr/> > Les services LiA > TER Lézarde Express.

- TER trains in the Normandy region:

<https://www.ter.sncf.com/normandie>

- buses for cost-effective travel:

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



For ride-sharing, refer to the collaborative websites

- national website: <https://www.blablacar.fr/>

- regional website: www.covoiturage76.net.



For a bit more independence, you can rent a **free bike** through Le Havre's rental bike system **LiAvélos**:

<https://www.transports-lia.fr> > Les services LiA > LiAvélos.

You can also use LIME scooters by downloading the app: <https://limebike.app.link/LimeWebsiteAppDownloadMM>

The CAF (Caisse des Allocations Familiales - family allowances fund) is available to determine 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 institutions have specialized services for special-needs students (housing assistance and also transportation and tuition).

At Université du Havre, Service Handicap has been set up to provide appropriate support (accessibility, accommodation, transport) for special-need students: <https://www.univ-lehavre.fr> > Campus > 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 Le Havre.**

In France, opening a bank account is a right: <https://www.service-public.fr> > Argent > Comptes bancaires (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 services where consultations are free, you'll be greeted by a team of doctors and nurses who can give personalized advice in terms of health and prevention.

This is the case at Université Le Havre Normandie, where a Service de Santé étudiante (SSE), or Student Health Service, is available at two sites: <https://www.univ-lehavre.fr> > Campus, rubrique Santé.

Address:

- for students at the University: Lebon / ISEL Site, Science & Techniques Building, 25 rue Philippe Lebon, 76600 Le Havre.

Hours: Monday to Friday, 8:45am to 5pm.

Contact: 02 32 74 42 21 / 22

- there is also a medical center for IUT students.

Contact: 02 32 74 47 09.

For students registered in other institutions in the city, please visit the health section of the Campus Le Havre-Normandie website: <https://www.campus-lehavre-normandie.fr/fr/se-soigner>

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

<https://ecoledete.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, useful websites:

- **The CRIJ** (Centre Régional d'Information Jeunesse) Normandie provides a guide to jobs and work placements on its website: <http://www.crijnormandie.fr> > Jobs, alternance, stage
- **The Maison de l'Étudiant** and the Service de la Vie étudiante of Université du Havre offer student jobs connected to the City's services. The Maison de l'Étudiant also houses the Service Universitaire d'Insertion et d'Orientation (SUIO), which can support you in your search for work placements. Address and phone number: Maison de l'Étudiant, 50 rue Jean-Jacques Rousseau, 76 600 Le Havre, 02 32 74 40 00.
- **The Jobaviz website, run by the CROUS**, can help you find a student job that's compatible with your studies: <https://www.jobaviz.fr/>



THINGS TO DO IN LE HAVRE /

TAKE UP A SPORT

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

At Université Le Normandie, the Service Universitaire d'Activités Physiques et Sportives (SUAPS) offers students a range of sporting activities, irrespective of ability: <https://www.univ-lehavre.fr> > Campus > Sport.

In Le Havre, you can also take part in a variety of sports, including a large number of water sports. The city has set up a website highlighting local sports and activities **"Le Havre en Forme"**: <https://lehavreenforme.fr/>

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:

- contact your school (Service de la vie étudiante) for information;
- check the Student Guide: <http://www.campus-lehavre-normandie.fr/#guide>
- consult the national sites: www.animafac.net or www.letudiant.fr

In Le Havre, a number of student associations ensure that campus life is never dull, including several associations for international students. The majority of associations are part of the **Federation of Student associations (Fed'LH)**: <http://fedlh.fr/>

At the **Maison de l'Étudiant**, Le Havre's Youth and Student Services (service jeunesse et vie étudiante) can accompany you in undertaking tutored or innovative projects.

Address and contact: Maison de l'Étudiant, 50 rue Jean Jacques Rousseau, 76600 Le Havre, 02 32 74 40 00.

CULTURE AND NIGHTLIFE

Movie theaters, concerts, theater, exhibitions, and festivals are on the program and most of the time, at reduced cost for students.

The following information sources are worth checking:

- the going out section of the Campus Le Havre-Normandie website: <https://www.campus-lehavre-normandie.fr/fr/sorties>
- the Services Culturels and/or the Bureau de l'Étudiant in your host institution.
- the Cultural Service run by CROUS Normandie: www.crous-normandie.fr/culture
- the calendar published on the Le Havre city website: <https://www.lehavre.fr> > Que faire au Havre > Agenda.
- The website run by the city of Le Havre lists cultural venues and activities offering student rates: www.lehavre.fr > Pratique et démarches > Action sociale, culture, sports, loisirs > Tous les lieux culturels.
- the Tourist Office agenda: <https://www.lehavretourisme.com/fr> > Agenda.
- the major daily newspaper, Paris-Normandie, available at news stands or online: <https://www.paris-normandie.fr/>

The Maison de l'Étudiant, which houses the university's Service culturel, actively contributes to cultural life in Le Havre, offering a wide variety of activities and excursions.

Twitter: <https://twitter.com/servcultureluh>

Facebook: <https://www.facebook.com/servicecultureluniversiteduhavre/>

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

- 4 multiplex movie theaters (student rates, rewards card) including an arthouse movie theater, Le Sirius.
- 7 major museums, including a science museum, the **Natural history museum** with palaeontological, zoological and archaeological collections: <http://www.museum-lehavre.fr/>
- Museums in Le Havre are free for visitors aged under 26 and free for all visitors on the first Saturday of the month:** <https://www.lehavre.fr> > Pratiques et démarches > Culture, sports loisir > Musées, patrimoine et histoire.
- a dozen theater and concert venues, including Le Volcan which is one of France's most important theaters: <https://www.levolcan.com/>
- around ten bookshops, including La Galerne, an independent bookstore that is well-known throughout Normandy.
- a network of 8 municipal multimedia libraries: the main multimedia library, spanning two sites in the town center, 6 local libraries and 1 'bibliobus' (mobile library): <http://lireauhavre.fr/>



TOP ATTRACTIONS /

Le Havre was awarded the label Pays d'Art et d'Histoire (Art and History Region) in 2019. Since 2005, a number of remarkable sites in Le Havre have been listed as World Heritage sites by UNESCO.

- Le Havre port, spanning nearly 19 miles.
- The town center, which was rebuilt by Auguste Perret after the second world war.
- Maison du Patrimoine, the heritage house, a space dedicated to rebuilding Le Havre for listing as a UNESCO heritage site (guided theme visits).
- The André Malraux museum of modern art (MuMa), with its contemporary collections, including works by Raoul Dufy, who came from Le Havre.
- Abbaye de Graville, a masterpiece of Romanesque art.
- St-Roch square and the hanging gardens, which show the town's commitment to the environment through its "Le Havre Nature" label.
- The beaches of Le Havre and Sainte-Adresse, a stone's throw from the town center for relaxing and water-sports!

To find out (and see) more, please visit:

- the Office de Tourisme website:

<https://www.lehavretourisme.com/fr>

- the Le Havre Seine Métropole, Pays d'Art et d'Histoire website:

<https://www.lehavreseine-patrimoine.fr/>

• European Museum Night offers an opportunity to discover museums and other cultural sites in a new light!

JUNE

- Fête de la Musique: Music everywhere in town (free concerts).
- Fête du Cirque, a festival of circus arts and street performance (free shows and entertainment).
- Un Été au Havre, summer in Le Havre through September: Major artists transform the city into an enormous playground for expressing their art in public spaces

JULY - AUGUST

- Week-End de la Glisse, dedicated to freestyle sports.
- Hello Birds, a get-away to discover Normandy: Musical, sports, and tasting experiences.
- Un Été au Havre, a festive summer cultural program teeming with lively activities.
- Les Nuits suspendues, an open-air festival dedicated to music from around the world.
- La Fête de la Mer, a traditional festival which honors those who work with the sea (events and concerts).

SEPTEMBER

- Les Journées Européennes du Patrimoine (European Heritage Days), free visits of cultural venues.
- Vélotour, use pedal power to discover heritage sites in Le Havre.
- Les Nuits du Tourisme: museums, historic buildings and nature sites open their doors in the evening.
- Sur les Epaules des Géants, scientific event.
- Forum des associations.

OCTOBER

- **Campus Back to School Day**, student integration day with cultural, sporting and fun challenges for students.
- **Welcome Night**, student integration party.
- **Science festival**, to explore local research laboratories.
- Ouest Park Festival, contemporary music festival (free admission on one day).
- The Transat Jacques Vabre (every two years), sailing race between Le Havre and Salvador de Bahia in Brazil.

NOVEMBER

- **The World Student Night.**
- The Salon Réinventif, showing how to reuse and recycle for a sustainable day-to-day life.



IMPORTANT ANNUAL EVENTS /

JANUARY

- Le Goût des Autres Festival, a literary and cultural event with meetings, debate and entertainment.

MARCH

- **Les Voiles étudiantes**, crews from French universities and Grandes Ecoles compete in a sailing competition.
- Forum Jobs d'été, the Summer Jobs Forum.

MAY

- **Pint of Science**, a European initiative for learning about research in atypical venues.



**& 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

LE HAVRE,
SOUS-PRÉFECTURE
OF THE
SEINE-MARITIME
DEPARTMENT, one of
5 departments in the
Normandy region

LE HAVRE SEINE METROPOLITAN AREA

275,000 residents

CITY OF LE HAVRE

172,000 students

Normandy's largest town in terms of both area and population, France's second largest port (after Marseille)

NORMANDY REGION, A MAJOR HOST REGION

FOREIGN STUDENTS
IN FRANCE (10,000
INTERNATIONAL
STUDENTS)

Université Le Havre Normandie

8,000 students, including
20% international students, 12 research
laboratories, 230 doctoral students

Le Havre, **13,700** students,
200 higher education courses, 1 university
and 8 Grandes Ecoles (Sciences Po Europe-
Asie, INSA, ENSM, EM Normandie, IFP, IFEN,
INSPE, ESADHaR)

LE HAVRE, RANKED AMONG 46 FRENCH CITIES AS A GREAT
PLACE 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/normandie-462>

CAMPUS FRANCE

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