



DISCOVER
YOUR CITY



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

WELCOME TO
VALENCIENNES





YOUR ARRIVAL IN VALENCIENNES /

♦ A Maison des Services aux Etudiants for Université Polytechnique Hauts-de-France students

In Valenciennes, the new Université Polytechnique Hauts-de-France was created through the merger of several schools. This new institution is expanding its outreach to attract international students. The Maison des Services aux Etudiants (MSE) is there to greet and assist you on your arrival.

In partnership with 3E, a mutual support association for foreign students, people arriving in France for the first time can receive support for their administrative procedures: <https://www.linkedin.com/in/association-entraide-etudiants-etrangers-663021260/?originalSubdomain=fr>

- download the Aube Sup 2024 Guide, edited by the Conseil départemental de l'Aube: <https://www.aube.fr/>
> Guides pratiques

> Éducation, formation

- Refer to the Étudier à Troyes website, the portal for higher education: <http://etudieratroyes.fr/>

Address: Service Commun pour les Études et la Vie Etudiante (SCEVE), Maison des services à l'étudiant, at the entrance A to the Mont-Houy campus in Aulnoy-lez-Valenciennes, 59300 Valenciennes.

Hours: from 8 am to 5:30 pm without interruption.

Access: by tram, the main station Campus Mont-Houy. Contact: 03 27 51 12 34 / 03 27 51 10 12 or international_in@uphf.fr

Learn more:

- see the International pages on the university website: <https://www.uphf.fr/inscription-administrative-vous-etes-etudiant-etranger>

- see the Student U-Guide: <https://www.uphf.fr/sites/default/files/media/2022-02/u-guide.pdf>

♦ Welcome and orientation for researchers and doctoral students

Université Polytechnique Hauts-de-France welcomes international researchers and doctoral students every year:

Contact: recherche@uphf.fr

Site: <https://www.uphf.fr/recherche-luphf>

The Doc'Up association works with doctoral students when they arrive and over the course of their stay in Valenciennes. You'll find them on social media: https://twitter.com/docup_uphf and <https://www.facebook.com/DocUP.UPHF/>

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♦ Buddy System

You can be assisted by a local student in Valenciennes!

The ESN (Erasmus Student Network) organizes the Buddy System with students from Valenciennes.

Learn more:

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

- <https://www.facebook.com/esnvalenciennes/>

♦ Welcome and orientation in other 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 Polytechnique Hauts-de-France,

the university's SCEVE (Service Commun pour les Etudes et la Vie Etudiante - Common Office for Studies and Student Life) and its Bureau de la Vie Etudiante (Student Life Office) will support you with your initial administrative procedures.

Address and contact (see opposite page).

♦ 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.

Learn more:

- check the **Logement** page of the **Université**

Polytechnique Hauts-de-France website:

<https://www.uphf.fr/vie-campus/pratique/logement-etudiants>

- download the **Housing Guide** published by the **Centre Régional d'Information Jeunesse (CRIJ) des Hauts-de-France**, the regional youth information center:

<http://www.crij-hdf.fr> > nos publications > guide du logement

- **The Point Information Jeunesse (PIJ)**, the youth information desk in Valenciennes can advise and help you in your search.

Address: Espace jeunesse famille,

12 rue Louis-Cellier, 59300 Valenciennes

Contact: 03 27 22 43 50 or pj@ville-valenciennes.fr

Hours: Monday to Friday, 8:30am to 6pm.

A FEW TIPS

♦ Short-term housing:

There is no youth hostel in Valenciennes. Some hotels propose accommodations at a **reasonable price for a few nights**. See the **Valenciennes Tourist Office** website:

<https://www.tourismevalenciennes.fr> > sejourner

♦ Long-term housing

- **Student housing run by the CROUS** (Centre Régional des Œuvres Universitaires) in Lille Nord - Pas-de-Calais, which includes Valenciennes.

Contacts:

- Phone: 02 30 06 02 49 from 9am to 5pm.

- email: service.international@crous-lille.fr

You can also find the contact information for the four student CROUS residences in Valenciennes on the Université Polytechnique Hauts-de-France

website: <http://www.uphf.fr> > campus > logement

CROUS Lille Nord – Pas-de-Calais website:

<https://www.crous-lille.fr>

The website *Trouver un logement*:

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

• Private Housing Platforms

Université Polytechnique Hauts-de-France has put in place a housing service which uses the **Studapart platform** to help you find accommodation:

<https://uphf.studapart.com/fr/>

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

<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/>

• **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 provides a free service for students who need a co-signer (guarantor) to secure housing: 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

♦ For accommodations with disabled access,

Contact the CROUS Service Social which will take action with the University.

Université Polytechnique Hauts-de-France has a **Relais Handicap** service to assist students with special needs.

Learn more: <https://www.uphf.fr> > campus > mission handicap

GETTING AROUND VALENCIENNES



Valenciennes is located:

- 2 hours from Paris - Charles de Gaulle airport by TGV high-speed train ;

- 30 minutes from Lille airport by car or 1 hour by train(<https://www.oui.sncf/>).



If you arrive by train, take a look at the following website for directions to get to the Université Polytechnique campus:

<https://www.uphf.fr> > campus > transport



For travelling in town and the surrounding area, use the Transville public transportation network (bus and tramway):

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



A new night bus is now available for your nocturnal outings.

There are regional trains for getting around the region:

<https://www.ter.sncf.com/hauts-de-france>

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

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

For ride-sharing, refer to the collaborative websites:

- regional website

<https://www.passpasscovoiturage.fr/>

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

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 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 Polytechnique Hauts-de-France which has a Service de Santé étudiante (SSE), or Student Health Centre.

Address: Maison des Services à l'Étudiant, Campus Mont-Houy.

Hours: Monday to Friday, 9am to 5pm.

Contact (medical secretary): 03 27 51 10 45.

Emergencies: 03 27 51 10 51.

Site: <https://www.uphf.fr/vie-campus/bien-vivre/centresante>

TAKING OUT COMPLEMENTARY HEALTH INSURANCE ("MUTUELLE")

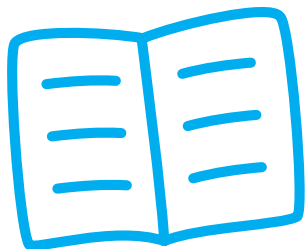
We recommend you take out complementary health insurance in order to cover the totality of your healthcare costs, which are not all covered by the compulsory and free national health insurance programme.

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://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 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, 3 addresses:

- **The Centre Régional d'Information Jeunesse (CRIJ) for Hauts-de-France, the youth information service, provides a job and internship platform:** <http://www.crij-hdf.fr/>

- **the Jobaviz website, run by the CROUS, can help you find a student job that's compatible with your studies:** <https://www.jobaviz.fr>

- Students enrolled at Université Polytechnique Hauts-de-France can consult the **Bureau d'Aide à l'Insertion Professionnelle (BAIP) for orientation and advice:** stage-emploi@uphf.fr. Check out the **UPH PRO'fil** app too: <https://profil.univ-valenciennes.fr/>



THINGS TO DO IN VALENCIENNES /

TAKE UP A SPORT

• You also have access to free sports activities in your school or university. Ask the Service des sports of your school for more information or check the **Université Polytechnique Hauts-de-France** website which offers about 30 activities:

<https://www.uphf.fr/vie-campus/vie-universitaire/universite-sportive>

• **The city of Valenciennes** also offers many sports activities: <https://www.valenciennes.fr> > découvrir la ville > ses loisirs sportifs

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 information at in your institution's Service de la vie étudiante or see the club and **association section** on the Université Polytechnique Hauts-de-France website: <https://www.uphf.fr> > vie associative et engagement de l'étudiant

- consult the national sites: www.animafac.net or www.letudiant.fr

• **Valenciennes has an ESN office (Erasmus Student Network) for international students:**

<https://www.facebook.com/esnvalenciennes/>

CULTURE AND NIGHTLIFE

• Valenciennes offers many ways to cultivate yourself or party: movie theaters, concerts, theaters, operas, museums, exhibitions, and festivals are on the program and most of the time, at reduced cost for students: <https://www.valenciennes.fr> > découvrir la ville > son patrimoine, sa culture

• You can also consult the pages of the university's Service culturel (Cultural Service): Polytechnique Hauts-de-France :

<https://www.uphf.fr/vie-campus/vie-universitaire/culture>

• **In Valenciennes, for entertainment or to pick up some culture**, you can choose from:

- 1 large multiplex theater (student discount).

- 1 fine arts museum (student discount):

<https://valenciennesmusee.valenciennes.fr/>

- 4 performance centers including Le Phénix, an important national theater.

- 5 large bookshops, including Le Furet du Nord, a renown chain of bookshops based in the Hauts-de-France region.

- 1 large multimedia library, the Simone Veil library, in a listed historical building and the Université Polytechnique Hauts-de-France libraries.

For more information, see the city of Valenciennes website: <https://www.valenciennes.fr/>

• For information on going out or for staying abreast of events, check out **La Voix du Nord, the major regional daily** available in newstands or on line (free on the Université Polytechnique Hauts-de-France internet service):

<http://www.lavoixdunord.fr>

• You can also check out the cultural agenda of the Valenciennes Tourist Office:

<https://www.tourismevalenciennes.fr> > agenda



TOP ATTRACTIONS /

• The fine arts museum with collections by the sculptor Carpeaux and the painter Watteau, both native to Valenciennes (student discount).

• The Square Watteau with a fountain topped by a sculpture by Carpeaux representing Watteau!

• Place d'Armes and the town hall.

• The Anzin theater with its Art deco facade.

• The Basilique Notre-Dame du Saint-Cordon - an example of northern France Gothic Revival architecture.

• L'H du Siège - an original artistic venue (admission free).

• The Valigloo ice skating rink with futuristic architecture.

• The Etang du Vignoble - a lagoon with a water sports center close to the city center.

• The Parc de la Rhônelle - a large beautifully arranged English garden.

• Hainaut stadium for League 2 matches

• Former Hainaut hospital, a historic monument of the 18th century which was renovated as a hotel.

Learn (and see) more

See the Valenciennes Tourist Office website:

<https://www.tourismevalenciennes.fr/>



IMPORTANT ANNUAL EVENTS /

MARCH

- Festival Nord de Rire - a comedy festival with local Hauts-de-France talent (student discount).
- Festival 2 Cinéma de Valenciennes, a movie festival with both fiction and documentaries.

APRIL

- Les Foulées Valenciennes - a race through the city which attracts 3,500 runners.

MARCH

- Festival2 Valenciennes - a fiction and documentary film festival.

MAY

- The Nuit Européenne des Musées (European Museum Night): The fine arts museum opens with entertainment and tours (admission free).
- Festival Embarquement Immédiat - Baroque music festival and entertainment around the Valenciennes area.

JUNE

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

JULY - AUGUST

- Traditional and free concerts on July 14.
- Nos Quartiers d'Été - a summer festival with free concerts, activities and shows.

SEPTEMBER

- **The JAE (Journées d'accueil des étudiants - Student Welcome Days)** of Université Polytechnique Hauts-de-France de Valenciennes: <https://www.facebook.com/uphfofficiel/>
- Journées du Patrimoine (heritage days), free visits of cultural sites.
- Valenciennes Vélotour, to discover the city in a novel way and enter exceptional sites by bike!

OCTOBER

- **La Nuit des Etudiants du Monde (The International Student Night)** organized by the university and ESN association.
- **Fête de la science** in the University laboratories.
- Festival Scènes Sonores with contemporary music concerts (student discount).
- Valenciennes Urban Trail, a 10-kilometer tour which takes you from the Place d'Armes to the city's emblematic public venues.

NOVEMBER

- Salon de la Bande Dessinée - comic book festival with activities and exhibitions (student discount).



& 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

Valenciennes Metropolitan area:

195,000 residents

13,000 students

City of Valenciennes:

43,000 residents

15,000 students

VALENCIENNES,

10th LARGEST CITY IN
THE HAUTS-DE-FRANCE
REGION AND

6th LARGEST CITY IN
THE NORD DEPARTMENT.

HAUTS-DE- FRANCE REGION,

5th FRENCH
REGION

in terms of hosting
foreign students
(25,000 international
students)

Université Polytechnique des Hauts-de-France:

14,500
students including

1,700 international students,
5 campuses, 4 major research
laboratories, 250 doctoral students



**VALENCIENNES, RANKED AMONG FRENCH UNIVERSITY TOWNS
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/hauts-de-france-555>

CAMPUS FRANCE

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