

Guide – Moving to France

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What documents should I bring with me ?

☐ Identity documents

- ID Card
- Passport
- Birth Certificate
- Driver's License
 - If you wish to drive in France, you will need an official translation of your license into French. This can be done in France by a certified translator.
- Medical Documents → Bring with you any medical documents you deem useful (e.g., vaccinations, X-rays, prescriptions, etc.).

☐ Documents related to your studies in France

- Proof of enrollment at your French institution
- Language level certificate(s) (DELTA, IELTS, TOEFL, etc.)
- Diplomas (Attestat, Bachelor's, Master's)
- Academic transcripts (all years)
- If you have, all translations of your documents (diplomas, transcripts, birth certificate, etc.)

☐ Documents related to your trip

- Your plane/train/bus tickets (printed)
- Your itinerary from the airport

☐ Documents related to your accommodation

- Your accommodation reservation
- Documents required for moving into your accommodation, if necessary



- ❖ You can take photos of your important documents
- ❖ Save them in your cloud or email inbox (draft). You can then retrieve them at any time if necessary.
- ❖ Do not put any important documents in your suitcase at check-in; keep all your documents with you in your carry-on suitcase.



I need a translation

If you need a translation, you can contact a translator approved by the Cour d’Appel.

You can find the list on this [website](#).

1. Choose the city you want (for example, Montpellier).

Montpellier
[Accéder à la page Experts du site de la Cour d'Appel de Montpellier](#)

2. Click on the document titled “Liste des experts”. It may have a different title depending on the city.


Experts Judiciaire - Liste

3. Translators are always listed under the letter "H" in the document.

H-01.09	Langues slaves, baltes, finno-ougriennes et caucasiennes.	<u>425</u>
H-01.09.01	Arménien.	<u>425</u>

4. Contact the translator.



The Armenian Embassy in France also offers translation, legalization and notarization services for certain documents.

How to validate my visa online ?

The first thing you must do upon your arrival in France is to validate your VLS-TS visa (Long Stay Visa Valid as Residence Permit) on the [ANEF website](#). You have three months to validate it, otherwise you will be illegally in France.

For the "Regulatory Reference" question, you must select R. 431-16 13.

For the Talent Passport – Researcher, you must select R. 431-16 10°.

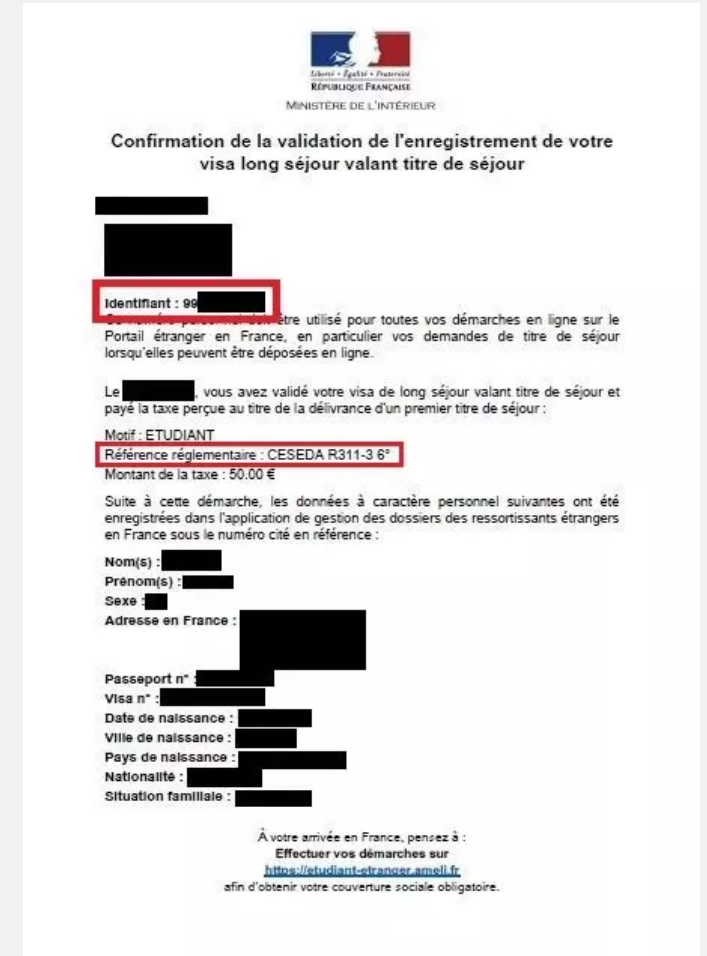


[How to validate your visa?](#)
[ANEF Q&A](#)

You will receive your "**Confirmation de la validation de l'enregistrement de votre visa long séjour valant titre de séjour**" in your account.

Your **foreign national number or ID number** is indicated at the top of the document in the format **99XXXXXXXXX**. It is used to log into your ANEF account.

A **medical examination** must be carried out within four months of your arrival with the health department of your higher education institution (SEE).



Logo of the French Republic and the Ministry of the Interior.

Confirmation de la validation de l'enregistrement de votre visa long séjour valant titre de séjour

Identifiant : 99XXXXXXXXX

Le 99XXXXXXXXX, vous avez validé votre visa de long séjour valant titre de séjour et payé la taxe perçue au titre de la délivrance d'un premier titre de séjour :

Motif : ETUDIANT

Référence réglementaire : CESEDA R311-3 6°

Montant de la taxe : 50,00 €

Suite à cette démarche, les données à caractère personnel suivantes ont été enregistrées dans l'application de gestion des dossiers des ressortissants étrangers en France sous le numéro cité en référence :

Nom(s) : [REDACTED]
Prénom(s) : [REDACTED]
Sexe : [REDACTED]
Adresse en France : [REDACTED]
Passport n° : [REDACTED]
Visa n° : [REDACTED]
Date de naissance : [REDACTED]
Ville de naissance : [REDACTED]
Pays de naissance : [REDACTED]
Nationalité : [REDACTED]
Situation familiale : [REDACTED]

À votre arrivée en France, pensez à :
Effectuer vos démarches sur <https://etudiant-etranger.ameli.fr>
afin d'obtenir votre couverture sociale obligatoire.

Visa Mineur scolarisé

Within two months of your 18th birthday, you must apply for your first residence permit directly to your prefecture (book an appointment online or by email).

You will receive a receipt for your first application, which will be valid for six months. **This receipt will not allow you to travel outside of France.**

Passeport Talent - Chercheur

For a stay of less than 12 months, you are issued a visa that serves as a residence permit, called a VLS-TS (Talent-Researcher Passport). It is valid for one year. Within three months of your arrival in France, you must validate your visa online on [ANEF website](#).

For a stay of 12 months or more, you are initially issued a simple "Talent-Researcher Passport" visa. It is valid for three months and does not serve as a residence permit. Within two months of your arrival in France, you must apply for your multi-year residence permit with the "Talent-Researcher Passport" on the [ANEF website](#). It is valid for the same duration as the hosting agreement, up to a maximum of four years.



[Passeport Talent – Chercheur](#)
[EURAXESS centers](#)

How to open a bank account ?

You will need the following documents :

- **A piece of ID**
- **Proof of address**
- **A school certificate or student card**

Compare offers from different banks. The costs of cards, international transfers, and cash withdrawals abroad can vary significantly from one bank to another.

You can also sign up for an **online bank** (Revolut, N26, Boursobank, HelloBank, Fortuneo, etc.)



[Open a bank account](#)

Register to the social security

International students must register for social security upon arrival in France via this [website](#).

You will need to present the following documents to obtain your provisional rights. You will receive a waiting identification number (NIA) to prove that your identity is currently being verified :

- **School certificate** (*certificat de scolarité*)
- **Passport**
- **Your visa (VLS-TS)**

You will need to add the following documents to your application once you have received them :

- **Your original birth certificate + its certified translation into French**
- **Confirmation of validation of your VLS-TS**
- **Your French bank's RIB**



Video [How to register for social security](#)

Video [How does the Assurance Maladie works](#)

Video [All you need to know about Assurance Maladie](#)

[Assurance maladie Q&A](#)

[Help Assurance Maladie](#)

[Health insurance for international students](#)



How to create an account on Ameli (National Health Service) ?

With a carte vitale

- Go to <https://assure.ameli.fr> and prepare your bank details (the one you already sent) and your *carte vitale*, then click on “Create an account”.
- Enter the requested information and confirm the creation of your account by clicking on the link received by email.

Without a carte vitale

- Contact your *Caisse Primaire d’Assurance Maladie* (CPAM) at 3646, with your bank account details (RIB).
- An advisor will send you a code by text message to log into your account.

How to receive your carte vitale ?

Upon receiving your *carte vitale* application form, you have two options :

From your Ameli account

- Go to your Ameli account, under “My procedures/Order a carte vitale”.
- Upload your photo and ID, both scanned.

By mail

- Copy of your passport.
- Affix your photo to the printed form you received.
- Send these two documents using the enclosed envelope.

MEMO FOR INTERNATIONAL STUDENTS

As soon as you get to France and have registered at your institute of higher education, follow the steps below to get coverage for your health care expenses for the duration of your studies:



THE ETUDIANT-ETRANGER.AMELI.FR WEBSITE

To get French health insurance coverage, all new international students need to sign up online on: etudiant-etranger.ameli.fr



This dedicated website - available in French, English, and Spanish - and accessible through language assistance in Mandarin and Arabic - has been set up for international students to communicate directly with the French health insurance system.



NEED HELP?

Check out the tutorial in the "Help" section on etudiant-etranger.ameli.fr

3

ONCE YOUR REGISTRATION IS COMPLETE, THERE ARE A FEW ADDITIONAL STEPS TO MAKE SURE YOU RECEIVE YOUR REIMBURSEMENTS IN A QUICK AND CONVENIENT MANNER.



Create your personal **ameli** account on ameli.fr or using the ameli application



Apply for a health insurance card ("carte Vitale") and submit the required supporting documents

- Recent passport photo
- ID



Declare a doctor practicing in France as your primary care physician ("médecin traitant")

To maximize your reimbursements, the French healthcare system ("l'Assurance Maladie") recommends that you take out a supplementary health care policy.

You belong to the local health insurance fund ("CPAM") that covers your address.
YOU WILL ONLY BE ABLE TO REGISTER ONCE YOU HAVE ARRIVED IN FRANCE.

What is a *médecin traitant* (primary care physician) ?

They are responsible for coordinating your medical care. They are your first point of contact for your health. They will refer you to a specialist if necessary. By consulting your primary care physician, you are included in the care pathway and are better reimbursed.

Why is it important to have a *médecin traitant* ?

If you do not have a *médecin traitant* / primary care physician, you will not be reimbursed as much by the social security because you will be outside the approved health care pathway (30% instead of 70%).

How to choose your *médecin traitant* ?

You can book an appointment on Doctolib (website and mobile app). You can filter by language if, for example, you prefer a doctor who speaks English.

How to declare your primary care physician ?

If you have a Carte Vitale (health insurance card): you can ask your doctor to send the “*déclaration du médecin traitant*” themselves.

If you don't yet have a Carte Vitale (health insurance card): you will need to mail your “*déclaration du médecin traitant*” form, which your doctor will have given you, to your *Caisse Primaire d'Assurance Maladie* (CPAM).



What is a *médecin conventionné* / Social security approved physician ?

When making an appointment with a doctor, be sure to check if they are covered by the social security system and for which sector, as the reimbursement by social security will vary.

Social security approved sector 1 (*conventionné secteur 1*) : The doctor applies the social security rates (€30 for a standard consultation), with no excess fees.

Social security approved sector 2 (*conventionnée secteur 2*) : The doctor applies their own rates. Any excess fees (*dépassements d'honoraires*) will therefore be paid by you or reimbursed by your private health insurance, if you have one (check the reimbursement percentages provided by your health insurance company – see the presentation on the *mutuelle* / private health insurance).

Not approved by Social security or sector 3: You are practically not reimbursed by social security (0,61 euros). The consultation will therefore be paid by you.



Dépassements d'honoraires / Excess fees correspond to the practice by a doctor of a rate higher than the conventional rate set by social security, resulting in an additional financial burden for the patient.

What does the Social Security reimburse ?

Social Security reimburses **70% of the basic reimbursement rate (BR).**

- ❖ For a typical doctor's consultation, the rate is set at €30.
- ❖ Social Security will reimburse 70% of this amount, or €21.
- ❖ From this, the patient's contribution of €2 is deducted.
- ❖ You will therefore receive €19 reimbursement from Social Security.

If you wish to be reimbursed for the remainder, you will need to subscribe to a private health insurance (*mutuelle*).



How to get reimbursed by the Social Security ?

If you have a Carte Vitale (health insurance card) : you will be reimbursed directly; you don't need to do anything.

If you don't yet have a Carte Vitale (health insurance card) : after payment, your doctor will provide you with a treatment form (*feuille de soins*) that you must send to your CPAM (completed and signed). You will then receive the reimbursement in your bank account.

Additionally, if you have a private health insurance :

- If electronic transmission is activated, your health insurance will generally be notified automatically and will process the reimbursement within 2 to 7 days after the Social Security reimbursement.
- If you have chosen not to activate electronic transmission, you will need to send to your health insurance company the CPAM reimbursement statement, along with the original supporting documents (invoices, payment certificates, etc.).
- For care not covered by the CPAM, you must send the paid invoice directly to your health insurance company via their website or by mail.



Without a prescription, medications or other medical expenses are not reimbursed.



If you want to consult a specialist (e.g. dermatologist) you must first have a prescription from your primary care physician, except for the dentist, gynecologist and ophthalmologist.

La mutuelle – Private health insurance

As you have understood, if you wish to be more reimbursed for your medical expenses, you will have to subscribe to a private health insurance.

You can subscribe to the private health insurance of your choice or a health insurance specialized for students such as [LMDE](#), [Smeno](#), [SMERRA](#), [HEYME](#), etc.

Reimbursements vary depending on the contract and the health insurance chosen. They reimburse, in part or in full, expenses not covered by the social security. Therefore, check carefully what is reimbursed by your health insurance and at what rate.

The reimbursement is expressed as a percentage of the agreed rate by Social Security :

100% BR : Covers only the rate decided by the social security

200% BR or more : Can cover excess fees



Exemple

- ❖ Your consultation with a dermatologist costs 70 euros.
- ❖ The reimbursement base (BR) for this type of consultation is 23 euros. The Social security therefore reimburses 70% of 23 euros = 16 euros (-2 euros payable by the patient).
- ❖ If your health insurance company reimburses 100% of the BR, it will reimburse you for the rest, which is 7 euros.
- ❖ If it reimburses you at 200%, ticket modérateur (7 euros) + 23 euros.
- ❖ If it reimburses you at 300%, ticket modérateur (7 euros) + 46 euros (2 x 23 euros).

[La sécu](#) (sécurité sociale) : La sécurité sociale or Social security is a public institution which brings together various organizations responsible for protecting citizens against social risks (illness, disability, old age, death, etc.).

[Assurance maladie](#) (Ameli) : Within Social Security, l'Assurance Maladie manages the health branch.

[Carte vitale](#) : Your Carte Vitale contains all the information necessary to reimburse your healthcare costs. By presenting it to your doctor, you can receive an automatic reimbursement within one week, without the need to send a treatment form.

[Médecin traitant](#) : Le médecin traitant or primary healthcare professional is responsible for coordinating all of a patient's care, ensuring medical monitoring, centralizing the opinions of other professionals and managing the care pathway within the French healthcare system.

[Feuille de soins](#) : La feuille de soins / The treatment form is an official document, whether in paper or electronic format, used to justify medical expenses to the Social Security. It serves as proof that a medical procedure has been performed and allows reimbursement of expenses.

[Ordonnance](#) : L'ordonnance or medical prescription is mandatory to obtain certain medications and treatments and to be reimbursed.

[Ticket modérateur](#) : Le ticket modérateur is the portion of health expenses that remains after reimbursement by Social Security. This amount is to be paid by the patient.

[Tiers payant](#) : Le tiers payant / Third-party payment is a system that allows the insured to avoid paying healthcare costs upfront, with the healthcare professional being paid directly by the social security.

[Dépassement d'honoraires](#) : Excess fees correspond to the practice by a doctor of a rate higher than the conventional rate set by social security, resulting in an additional financial burden for the patient.

[Hors parcours](#) : Being outside the care pathway means consulting a doctor without first going through your primary care physician, which results in a reduction in the reimbursement rate by Social Security, generally from 70% to 30%, and can also limit the coverage by your health insurance company.

[Parcours de soin](#) : The care pathway is the set of medical care you receive for an illness or health problem.

[CPAM](#) : La CPAM (Caisse Primaire d'Assurance Maladie / Primary Health Insurance Fund) is a private law organization responsible for providing a public service mission within the framework of the French healthcare system. It acts as a local intermediary between the public and the national health service.

Emergency numbers

112 is the European emergency number

15 is the number for the SAMU (Emergency Medical Assistance Service)

18 is the number for the Fire Brigade

36 24 is an emergency number if you need a doctor to come to your home if you are too ill to move. This is a service that is available 7 days a week, 24 hours a day.

Les Services universitaires de santé étudiante (SSE)

Your university will most likely have a *Service universitaire de santé étudiante* (SEE) that is there to **help you with any medical or preventative questions**. If you have **endometriosis or a disability** and need adjustments to your schedule, the SEE should be your first point of contact. They can also help you find the right medical support (**psychological support, sexual health, etc.**). If you're unsure who to turn to for a medical question, you can contact them.

Le SAMU : The SAMU (Emergency Medical Assistance Service) is a public service responsible for responding to medical emergencies by providing transport to the hospital by ambulance and first care.

Les Urgences : Les urgences (emergency rooms) are specialized services that provide immediate care at the hospital.

Pharmacie de garde : La pharmacie de garde / The on-call pharmacy provides continuous service outside normal opening hours, including Sundays, public holidays and nights, to ensure access to medication.

European Health Insurance Card - Carte européenne d'assurance maladie (CEAM)

La CEAM is an individual card, free of charge and valid for up to 2 years, allowing you to benefit from public healthcare when traveling in the EU, Switzerland, Liechtenstein, Iceland and Norway.



[Order your CEAM](#)

Contraception, screening, abortion, etc.

[Planning familial](#)

[Question sexualité](#)

[Sécurité Sociale](#)



Need to talk or see a psychologist

Contact your [SEE](#)

Contact your [BAPU](#) (Bureau d'aide psychologique universitaire - University Psychological Support Office)

[Santé Psy Etudiant](#)

Associations APASO, ACCA, Nightline, etc. Some offer sessions in English.

Home insurance

By purchasing home insurance, at least for rental risks (the minimum required), you will be covered against damage resulting from fire, explosion, or water.

Home insurance is mandatory before signing a rental agreement.

You can subscribe to insurance companies ([ADH](#), [MACIF](#), [SMENO](#), [AXA](#), [MAAF](#), [MAE](#), [Direct Assurance](#), etc.) or ask your bank.

Many insurance companies combine health insurance, liability insurance, and home insurance.

Use online comparison tools like [lelynx.fr](#) or [selectra.info](#) to compare different offers and choose the one that best suits you.



[Insure your accommodation](#)



Guarantee Visale ou GarantMe

The Visale guarantee is free and available to **students aged 18 to 30**. However, you will need to have already obtained your **visa to apply for it**. You must get their certificate before signing your lease.

If you are **over 30 or your landlord does not accept the Visale** guarantee, you can use the Garantme guarantee (for a fee).



[Visale](#) or [Garantme](#)

You are moving

Remember to indicate your change of address (electricity, mail, etc.)



[Tips when moving](#)

Internet and telephone package

Here are some internet and phone providers: Bouygues, SFR, Orange, Free, etc.

Most providers offer combined internet box and phone plan deals. **Use a comparison tool to compare offers.**

VISALE.
CONNECTE EMPLOI ET LOGEMENT

Garantme



Gas or electricity subscription

If you're renting an apartment in the private housing market, it's up to you to take out an electricity and/or gas subscription. There are several energy suppliers in France : some are long-standing providers (EDF, ENGIE), while others have emerged more recently since the market opened up to competition (Direct Energie, Total Spring, Eni, Planète Oui, etc.). **Don't hesitate to compare their offers.**

It's recommended to sign up for your electricity subscription two weeks before moving in.

You will need the following documents :

- ❖ Your move-in date
- ❖ Your bank details (RIB) to set up your monthly payment plan
- ❖ The name of the previous tenant, the meter registration number, or the PRM and/or PCE number of the new home
- ❖ The electricity and gas meter readings, unless it is equipped with smart meters (Linky). In this case, the readings are transmitted automatically.



Talk with your landlord, they will be able to answer your questions.

Water subscription

In the vast majority of cases, you won't need to sign up for a subscription. Your water bill is included in your rental utilities.

Housing lexicon

[Le contrat de location ou Bail](#) : Contractual document establishing the responsibilities of the lessor and the lessee.

[Le garant](#) : Person committed to paying the rent in the event of default by the tenant.

[Le dépôt de garantie ou Caution](#) : Amount requested upon entering the accommodation to cover any damage, often equivalent to one month's rent (refundable upon departure under certain conditions).

[Assurance Habitation](#) : Insurance to be taken out with a bank or an insurance company to be covered in the event of water damage, fire, theft, etc.

[Le préavis](#) : Notice period that must be observed to permanently leave your accommodation (1 to 3 months).

[Les charges](#) : Charges / Utilities are expenses owed by the tenant, but initially paid by the landlord (or real estate agency). The landlord (or real estate agency) is reimbursed for these expenses by the tenant.

[Etat des lieux d'entrée](#) : This is a document that describes the condition of the property and its amenities upon the tenant's moving in. It is attached to the lease and must be completed when the tenant receives the keys to the property. You must keep a copy of this document.

[Etat des lieux de sortie](#) : This is a document that describes the condition of the property and its amenities when the tenant leaves the property for good. It must be completed when the keys of the property are handed over to the landlord or their representative. You must keep a copy of this document.

Apply for APL (Financial assistance for housing)

As a foreign student, you can apply for [APL](#) (Financial Assistance for Housing) from the CAF (French Housing Fund) if your accommodation is subsidized. To find out if your accommodation is subsidized, contact your landlord.

Your university's Welcome Desk can often help you complete your application.

☐ Necessary documents

- RIB from your French bank
- Your rental agreement (lease)
- Rental certificate (Cerfa no. 10842*07) **completed by the landlord**
- Proof of your income for the last two years : tax notice
- Your passport
- Your birth certificate with a certified French translation
- Your residence permit or VLS-TS



ATTENTION

- You must not be related to the person renting or subletting your home.
- You must be the leaseholder to apply for housing assistance, unless you are a minor: the lease can then be in the name of the parents who act as guarantors.
- If you live in a shared apartment, your roommate must apply for APL at the same time as you, otherwise your application will be rejected.
- You must live in the accommodation for at least eight months. Your rental contract should be at least 8 months.
- If your family lives in France and already receives housing assistance, these benefits may be withdrawn if you apply on your own.

Liability insurance

Liability insurance protects you financially against unintentional damage caused to third parties, whether material, bodily, or immaterial, by covering compensation.

It is mandatory for students studying at a French higher education institution. A large number of insurance companies combine health insurance, liability insurance, and home insurance.

Most agencies offer special insurance for students with preferential rates.

Use an insurance comparison site to choose the offer that best suits you, such as lelynx.fr or selectra.info.



Administrative and academic registration

- Administrative registration (*inscription administrative*) : Allows you to be permanently enrolled at your university.
 1. Pay the CVEC online (€105).
 2. Complete your administrative registration on your university's platform.
 3. Add your documents.
 4. Pay your tuition fees.
 5. You will receive your certificate of enrollment and your student card.
- Academic registration (*inscription pédagogique*) : Allows you to choose the courses you want to take. This is done online on your university's platform.

 **Some universities will require a translation of your diploma by a French translator.**

 **French government scholarship holders are exempt from paying the CVEC and registration fees.**

 [CVEC](#) and [Pay the CVEC](#)



Payer en ligne

Pour vous acquitter de votre CVEC depuis votre ordinateur ou votre smartphone utilisez votre carte bancaire. Si vous ne disposez pas d'une carte bancaire, vous pouvez utiliser celle d'une autre personne.

The different departments in universities

- ❖ The ***Service de la scolarité* / Academic Services** Department organizes and manages all administrative aspects related to student life, such as registration procedures, file transfers, cancellation of registration, reimbursement and support in planning the academic path.
- ❖ The ***secretariat pédagogique* / academic secretariat** is responsible for managing training programs, the administrative processing of students, and monitoring courses, with specific teams for each section (Bachelor's, Master's).
- ❖ The **International Relations** (IR) department's main mission is to promote international cooperation, student and teaching mobility, as well as the management of projects and partnerships on a global scale.
- ❖ The **BAIP (Professional Integration Support Office) or SIO-IP (Information, Orientation and Professional Integration Service)** is a university service which distributes internship and job offers, supports students in their search and prepares for professional integration by offering advice, training and individual interviews.



- ❖ **BDE** : The BDE (Student Office) is an association that animates student life, organizes events and represents students to improve their experience on campus, while ensuring a link with the administration.
- ❖ **BDA** : The Arts Office aims to promote the arts on campus by organizing cultural events, outings, and festivals.
- ❖ Most universities offer the services of **social workers**, bound by professional secrecy, who help students experiencing social, family, or personal difficulties. They support study projects, inform students about CROUS services, and/or direct them to various external organizations (CAF, BAPU, social services).
- ❖ The **Student Parliament or Student Life Offices / Bureaux de la vie étudiante (BVE)** is a participatory body created in several French universities, whose main objective is to actively include students in decisions concerning their university life. Students are also elected to sit on the Board of Directors, the Scientific Council, and other committees to represent students.
- ❖ Some universities have a success support office (*bureau de la réussite*) that offers mentoring, tutoring, etc.
- ❖ You can also join student associations at your university/school.
- ❖ Some universities offer travel assistance for student mobility.

Work in France, internships and taxes

As a foreign student, you can work up to **964 hours/year**. Internships are not included in the 964 hours/year allowed. If your internship lasts more than 2 months, you must be paid.

There are several types of contracts in France :

- ❖ CDI (permanent contract): Contract with no fixed term
- ❖ CDD (fixed-term contract): Contract for a limited period (e.g., one or two years)

SMIC (salaire minimum interprofessionnel de croissance) : The SMIC corresponds to the legal minimum hourly wage.

Salaire Brut : Salary before deduction of employee contributions / [cotisations salariales](#)

Salaire Net : Salary after employee contributions (what you actually receive in your bank account)

Smic	Montant brut	Montant net (déduction des cotisations salariales)
Smic horaire	11,88 €	9,40 €
Smic mensuel	1 801,80 €	1 426,30 €
Smic annuel	21 621,60 €	17 115,69 €



If you work in France, you will have to declare your income for tax purposes / [impôts](#).



[Work contracts](#)
[Ministère du travail](#)
[Salary simulator](#)

You need legal help

Consult the websites of:

- [Ministère de la justice](#)
- [Défenseur des droits](#)

Associations such as [La Cimade](#) or [Gisti](#) also offer assistance.

Buddy System

The **Buddy System** is a mobility program designed by ESN France, a student association network specializing in mobility. It offers a mentoring program via an online platform that **connects international and local students**.

Some universities have their own networks. You can contact your institution's international relations department for more information.



Public transports

Most cities offer **monthly or annual subscriptions**.

Reduced student rates are also available.

Examples

Paris : Pass Imagin'R → [How to subscribe](#)

Lyon : [TCL](#)

Many French cities also have subscriptions for public bicycles (vélib' for Paris, Vélo'v for Lyon, etc.)



Transports in France

[Travel in France](#)

[Carte Aventure jeune de la SNCF](#)

[TGV Max Jeune](#)

[Blabacar](#) : Carshare

[Ouigo](#) : TGV Low Cost

Lexicon

SNCF : Name of the national train company

TGV : High speed trains (fastest train)

TER : Regional express train (train in the same region)

Intercités : Medium-distance train

Cultural Activities

- Most museums and other cultural venues offer **reduced rates for students**, and some even offer free admission.
- Most museums are **free for those under 26**.
- Many museums are free on the [1st Sunday of the month](#).
- One Sunday a month, the Champs-Élysées and central Paris are [reserved for pedestrians](#).
- Many stores offer special offers for students.
- Your university offers cultural activities; you can contact your local student association BDE or BDA.



[Pass Jeune été Paris](#)

[Carte Européenne](#)

[Les journées du patrimoine](#)



City Fact Sheets

Campus France has created City Fact Sheets to help you settle into France, depending on your city :

- **Welcome services for international students (welcome desk)**
- Housing
- Transportation
- Administrative formalities upon arrival
- Daily life (banking, healthcare, work/internships, etc.)
- Social life, tourism and cultural activities
- Exchange and sharing with the alumni community



[City Fact Sheets](#)



The interactive Campus France map

- Click on the region and then the city where you will be living
- Discover the support system / welcome desk that can help you settle in France



[The map](#)





LYON



Les services d'accueil à Lyon

Différents dispositifs sont mis en place dans votre ville pour bien vous accueillir.

Ces dispositifs, mis en place dans le cadre de partenariats, vous accompagnent dans vos démarches et vous guident à votre arrivée.

Structure d'accueil

STUDENTS WELCOME DESK 2025



UNIVERSITÉ DE LYON

La ComUE Université de Lyon et ses partenaires s'associent pour accompagner les étudiants internationaux à leur arrivée à Lyon et à Saint-Étienne, afin de bien démarrer l'année universitaire et faciliter leur intégration sur le territoire.

Tous les ans, les équipes du Students Welcome Desk informent et orientent ainsi les étudiants dans toutes les démarches administratives de rentrée, notamment sur le titre de séjour et également sur tous les dispositifs d'aide et de soutien disponibles dans la métropole de Lyon.



QUOTIDIEN

Abonnement Internet	entre 20 et 50€ / mois
Abonnement téléphone portable	à partir de 2€ / mois
Mutuelle	20€ / mois
Entretien et hygiène	(produits ménagers, soins corps, etc.) 100€ / mois



LOGEMENT

Paris et Île de France		Province et autres régions
Loyer mensuel		
200€ à 500€	CROUS	150€ à 450€
500€ à 900€	Résidences privées	280€ à 600€
500€ à 1 100€	Studio chez un particulier	350€ à ou 800€
Assurance multirisques habitation entre 80€ en 100€ par an		
Dépôt de garantie/Caution 1 ou 2 mois de loyer		



SCOLARITÉ ET FRAIS DE SÉJOUR

CVEC	105€ par an
Timbre fiscal à l'arrivée - validation visa	50€
Renouvellement titre de séjour étudiant	75€ par an
Renouvellement titre de séjour passeport talent «chercheur»	225€ par an



TRANSPORT

Paris et Île de France		Province et autres régions
88,80€	1 carte mensuelle de transport (transport urbain : bus, tram, métro)	20€ à 35€
374,40€ par an	1 carte annuelle	250€ à 300€
1 vélo municipal environ 10€ par mois Les tarifs varient en fonction des villes		
La carte Avantage Jeune 12-27 ans SNCF* 49€ / an		
*Cette carte accessible à tous jusqu'à 27 ans inclus des réductions sur tous les billets de train en France.		



LOISIRS

Paris et Île de France		Province et autres régions
environ 9,30€	1 entrée au cinéma*	à partir de 8€
5€ et 15€	1 entrée au musée*	entre 5€ et 13€
3,50€ / 2€ (tarif réduit)	1 entrée à la piscine*	entre 1,90€ et 3€
1 place de théâtre* à partir de 10€		
*Vous aurez souvent accès à des réductions et à des tarifs spéciaux sur présentation de votre carte étudiant ou simplement si vous avez moins de 26 ans..		



[Plan your budget](#)

Useful apps to have on your phone

Transports

- Bonjour RATP (public transportation for the Paris region)
- Citymapper (public transportation)
- Other public transportation apps depending on your city
- Ouigo (SNCF app for their low-cost trains)
- Blablacar (carshare and buses)
- SNCF Connect (SNCF App)
- Flixbus or any bus company app
- Omio or 12go (or other comparison site for buses, planes, and trains)



Money/Payments

- [Izly](#) (to pay in university restaurants)
- The app of your french bank
- CAF mon compte (if you receive APL)
- Tricount to manage accounts between friends)
- Lydia (reimbursements between friends)
- Wero (money transfer)
- Your electricity company's app

Health

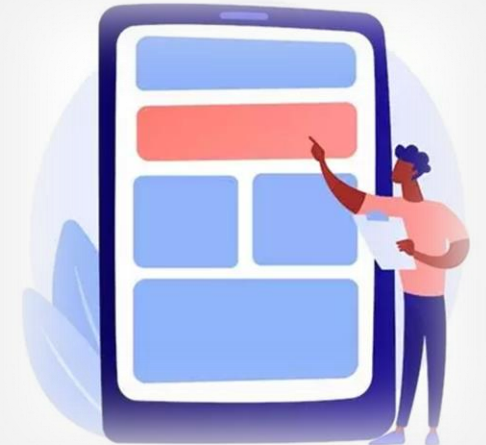
- Doctolib (to make an appointment with a doctor)
- Ameli (National Health Service)
- Mon espace santé (Social Security)
- Your private health insurance app if you have one

Other

- CinéTime or AlloCiné for movies
- Too Good To Go (anti-food waste)
- Apps for booking accommodations such as Airbnb, Booking, Abritel, Gites de France
- Le Bon Coin : equivalent to List.am
- Vinted : clothing sales between individuals
- Taxi apps (Uber, Lyft, etc.)
- Your supermarket's app for your loyalty card
- Mondial Relay (for sending packages)
- Apps from your phone company
- Visorando : if you like hiking (or Wikiloc, AllTrails, Komoot, etc.)

Useful websites and pages

- [Site Etudiants.Gouv](#)
- [Mes services étudiants](#)
- [1 jeune 1 solution](#)
- [Site Jeunes gouv](#)
- [Maison des étudiants - Paris](#)



Other useful information

[Emergency phone numbers](#)

[Map of universities cafeteria](#)

[La poste](#) – *post office*

La Poste is the French postal service. They offer an online mail delivery service if you don't want to go to the post office.

[Do sport on campus](#)

Do you want to play sports ? Most universities have a Sports Office / Bureau des Sports (BDS) or a University Physical and Sports Activities Service / Service Universitaire des Activités Physiques et Sportives (SUAPS). They allow you to play sports for free or at a reduced price on campus.

[Bibliothèque universitaire \(BU\)](#) – *University Libraries*

Most universities have a university library if you wish to study. Most are open on weekends and evenings. The [BPI](#) is also an option for students in Paris.

Municipal libraries are also free, and you can study or borrow books there.

What should I do before my visa or residence permit expires ?

- **You need to continue your studies in France**

4 to 2 months before the end of your visa, you must apply for a residence permit on the [ANEF website](#)

→ Je demande ou renouvelle un titre de séjour

Example: If your visa ends on August 15, you must apply between April 15 and June 15

- **You are finishing your studies and you wish to continue living in France**

4 to 2 months before the end of your residence permit, you must apply for a new residence permit.

- You haven't found a job yet but you want to stay in France to look for one → Residence permit - Job search/business creation
- You have found a job → Residence permit for employee or temporary worker
- You have found a job and you will receive a gross annual salary greater than or equal to €42,406 → Passeport Talent

Your application must be submitted to your local prefecture; information is available on their website.

For the Passeport Talent, you must apply directly on ANEF website.

My visa is expiring soon but I still haven't received my new residence permit

If you have received:

- **A attestation de prolongation d'instruction (ADP)**
- **Or Attestation de decision favorable (ADF)**

You can cross the Schengen area borders even if your VLS-TS has expired.

In this case, you must present your VLS-TS (even if expired) and your ADP/ADF at the border post.



Do not make a stopover in another Schengen country. Take a direct flight from Armenia to France. Print your certificate and bring all your necessary documents with you (school certificate, rental contract, etc.).

My ADP is expiring and I still haven't received my new residence permit

Normally, you will receive an extension of your certificate before it expires.

If your certificate has expired, you will need to contact your local prefecture to request a new certificate.

My passport is expiring soon

You can renew your passport at the Armenian Embassy in France. It is also recommended that you register on their consular list.

The embassy also offers [translation and legalization](#) of official documents in Armenian or French.

I have already returned to Armenia and I am asked for an e-photo code for my residence permit

If you have already returned to Armenia, you can use the application [Smartphone ID](#)

I moved to another place

You can report a change of address on ANEF by selecting "I report a change of circumstances" and then selecting "I report a change of circumstances (Residence)".

Reporting a change of residence is not mandatory for residence permits valid for less than one year.

I have lost my residence permit or it has been stolen

To request a duplicate residence permit, you must report the loss or theft of your document on the ANEF website. Select "I report a change in circumstances" and then "I report the loss, theft, or damage to my residence permit."

After reporting the theft, loss, or damage, if your residence permit expires in less than 90 days, you will automatically be directed to renew your residence permit.

France Alumni

Register on the [France Alumni](#) platform : the network of former students of French higher education, with more than 470,000 members in over 100 countries. This network will allow you to :

- **Stay in touch** with students through the France Alumni directory
- **Expand your professional opportunities** with the careers tab
- Interact in thematic discussion groups
- **Stay connected** with France through news and the cultural calendar

In Armenia, a local chapter of this network was established in 2015 and currently has more than 300 members.

Your university or school will most likely also have a platform for its alumni to maintain contact and create professional opportunities.

