

Bienvenue ! Kuwakaribisha! **Welcome!** هب ىفتحم ¡Bienvenido! 受欢迎 Bem-vindo! Vítejte! स्वागत Benvenuto!



2013-2014

The international students guide

"Settling in" and living in Grenoble



ISSO

International Students & Scholars Office
Service Accueil International



A Word of Welcome

The outstanding quality of its degree programs, its international outlook, its quite exceptional situation in the Alps, its varied and very active student life, all these are factors which have made *Université de Grenoble* a much sought-after destination for more than nine thousand international students who come here every year.

And now we hope that it is your turn to undertake such an enriching experience in another country than your own, either by taking part in one of our large number of well established exchange programs or by enrolling individually in one of the degree courses offered by one of the several institutions of higher education which make up *Université de Grenoble*. This guide has been conceived and produced very much with you in mind, to facilitate your arrival and help you to settle in. You will find here lots of information for helping you with the necessary practical steps you need to take: registration, obtaining a visa, finding accommodation, insurance, etc., but also a lot of useful tips to make your daily life here easier and more enjoyable: sports and leisure activities, student associations, cultural possibilities, etc.

And please remember that the International Students and Scholars Office (ISSO) at *Université de Grenoble* are here to help you not just when you first arrive, but throughout the year of your stay in Grenoble. Please do not hesitate to call on our help!

*Yan Bailly,
Director of The International Relations Division
of Université de Grenoble*

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The Pôle de recherche et d'enseignement supérieur (PRES) *Université de Grenoble* is made up of Université Joseph Fourier, Université Stendhal, Université Pierre-Mendès-France, Université de Savoie, Grenoble Institute of Technology (Grenoble INP) and Sciences Po Grenoble.

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April 2013

For more information: www.grenoble-univ.fr/international

Contact: isso@grenoble-univ.fr





First part: 'Settling in'

A PERSONALIZED WELCOME FOR NEWLY-ARRIVED INTERNATIONAL STUDENTS



The International Students and Scholars Office (ISSO) of *Université de Grenoble* has as its main aim facilitating the arrival - and then helping with the 'settling in' process - of international students, doctoral research students and international researchers.

Situated at the very heart of the university campus, in a special 'Welcome and Information Area' (*Espace Accueil Information*), the International Welcome team is there to help you – and not just initially but on a continuing basis throughout the year – particularly with the following:

- Finding accommodation
- Obtaining your visa and residence permit
- Your Health Insurance
- Practical matters concerning everyday life in Grenoble

More information is available on the website: www.grenoble-univ.fr/international. There you can also download guides and find 'info' on all sorts of specific themes.



Service Accueil International – ISSO

1025 avenue Centrale

Domaine universitaire de Saint-Martin-d'Hères/Gières
Tramlines B or C: Get off the tram at '*Bibliothèques universitaires*' and we are right opposite.

Opening times: Mondays to Fridays from 9 a.m. to 5 p.m (6 p.m. in September)

04 76 82 84 90

isso@grenoble-univ.fr

www.grenoble-univ.fr/international

PLEASE NOTE!



The International Students and Scholars Office (ISSO) is affiliated to the national network of EURAXESS Service Centres sponsored by the European Commission. There are special arrangements available for integrating researchers and doctoral students. Contact our welcome service for more details.

STUDENTS WITH DISABILITIES

The Service for Student Disabilities of *Université de Grenoble* (*Service Accueil Handicap*) exists in order to help disabled students, to ensure their access to all university training programs and to help them to participate fully in student life. It is there to provide support in their studies for all students in Grenoble higher education institutions who are confronted with difficulties due to illness or disability, of either a permanent or a temporary nature.

Service Accueil Handicap

Résidence Les taillées, bâtiment B

271 rue de la Houille Blanche

Domaine universitaire de Saint-Martin-d'Hères/Gières

04 76 82 84 70

FOR MORE INFORMATION
handicap.grenoble-univ.fr





Administrative procedures to follow

To register, please refer to the specific instructions which you received with the correspondence concerning your admission.

Generally, in order to be definitively registered at the University, as soon as possible after your arrival, you should carry out your **administrative registration** in the registry office of your intended institution or directly at the School or Institute to which you are to be admitted. It is at this stage of the process that you will have to show proof of Health Insurance.

There will then follow your **course registration** (choice of courses, options, methods of assessment,) which will take place in your particular Faculty (*UFR: Unité de Formation et de Recherche*).

Remember! For your administrative registration, you must present:

- A birth certificate
- Proof of Health Insurance
- Two identity photographs
- A photocopy of your Identity Card or Passport



Student Registration Fees 2012- 2013

(FOR APPROXIMATIVE INDICATION ONLY)

	UJF	UPMF	U. Stendhal	U. Savoie	Grenoble INP	Sciences Po Grenoble
Licence	186 €	186 €	186 €	186 €	186 €	940 €
Master	255 €	255 €	255 €	255 €	255 €	4 th year: 1100 € 5 th year: 1300 €
Cursus ingénieur	601 €			601 €	601 €	
Doctorat	385 €	385 €	385 €	385 €	385 €	385 €

Remember!

To the registration fees should be added (except in certain cases, see below under Health Insurance) the obligatory subscription to Health Insurance (207 € per year). Registration fees and health insurance charges are reviewed each year in the month of July.

N.B. 'Civil Responsibility' insurance: every student must be covered by a Civil Responsibility Insurance policy, covering material and bodily accidents. This insurance is obligatory for all students. You can take out this insurance policy at the same time as subscribing to Social Security.

Students arriving as part of an exchange program do not pay fees to the host institution.

Addresses of the Registry Offices (see maps p. 30 to 33)

Université Joseph Fourier

621 avenue centrale
Domaine universitaire de Saint-Martin d'Hères/Gières

Université Pierre-Mendès-France

151 rue des Universités
Domaine universitaire de Saint-Martin d'Hères/Gières

Université Stendhal

1180 avenue Centrale
Domaine universitaire de Saint-Martin d'Hères/Gières

Grenoble INP

46 avenue Félix Viallet
Centre-ville de Grenoble

Sciences Po Grenoble

1030 avenue centrale
Domaine universitaire de Saint-Martin d'Hères/Gières



The City of Grenoble and its conurbation has a student population of about 60,000. So the demand for accommodation is very high. You are therefore strongly recommended to begin your search at least one month before the beginning of the university year.

There are two types of accommodation: university residences run by the public sector and other accommodation run by the private rental sector. If need be, you can also consider a temporary lodgings solution.

The public-sector university residences

These are run by an organization known by its acronym CROUS (which stands for '*Centre Régional des Œuvres Universitaires et Scolaires*'). This is the most economical form of accommodation but the limited number of places available means that not everyone can be housed this way. Priority is given to students enrolled for a Master's degree.

All these lodgings are furnished and the monthly cost usually includes heating, lighting and water. For a self-contained 'studio flat' (what is called in French '*studio*'), electricity is charged separately.

www.crous-grenoble.fr

The types of CROUS accommodation (2012-2013)

- The traditional furnished type of room of 9 m², with washbasin. Toilets, shower and kitchen are shared. Average cost: 150 € per month.
- A furnished room of 12 m² with its own toilet and shower. Shared kitchen facilities. Average cost: 300 € per month.
- A furnished apartment '*studio*' for one person of 12-14 m² with its own toilet, shower and kitchen facilities. Average cost: 380 € per month (plus electricity).

How do you apply for accommodation in a CROUS university residence?

- **Students registered as part of an exchange program** have the advantage of having their application considered by ISSO. They are sent the details of how to apply by the International Relations Service of their host university (with application on line, details of choices of accommodation, deadlines for application, etc.).



- **Individual students and grant-holders of the French government or a foreign government** can apply for accommodation by making an application for 'international Student Accommodation' between 15th January and 30th April. To do this they must fill in a special application dossier entitled '*Dossier Social Étudiant*'. For students who cannot meet this application deadline, there is the possibility of applying 'outside the deadline' after the 15th of May.

You can consult **the detailed procedures for applying for CROUS accommodation** on the website of *Université de Grenoble*: www.grenoble-univ.fr/international

- **Students coming for a short stay**, during the university year, to carry out a training session (or stage) or to take a competitive state examination or other examination, can make a request (called '*service Passagers*') to CROUS for temporary accommodation (lasting from three days to several months). The application form can be downloaded from the CROUS website under the tab '*hébergement passage*'. This should be sent with a copy of your student card, proof of identity and certified evidence of the stage or examination. The processing of your application takes about 8 to 10 days (depending on time of year). Places awarded are subject to availability.

- **Students over the age of 28 and doctoral students**, can apply for accommodation on line on the CROUS website by filling in the special form which is reserved for them.

The private rental sector

There is considerable provision of private sector rental accommodation in Grenoble. But you should remember that in the period when the university year begins (between the end of August and the end of October), the demand for accommodation is very high.

The types of accommodation in the private sector

- Private-sector student residences offer furnished apartments of between 18 and 30 m² with their own toilet, shower and kitchenette. Average cost: 450 to 600 € per month (plus service charges).
- A furnished room in a private home with shared bathroom and kitchen. Average cost: 300 per month (including all charges).
- A 20 m² apartment: average cost: 400 to 500 €
- Sharing a rental (colocation) with other persons (*colocataires*). This is a way of sharing both the rental costs and service charges.

Remember!

In most cases, energy charges (water, gas and electricity) are not included in the rental price.

How to find accommodation in the private sector?

Various associations and agencies classify types of accommodation on offer (apartments, furnished rooms in private homes, studio flats in private residences, or offers of joint rentals (colocations).

- **The national website of student accommodation**
LoKaviZ lists offers for apartment rentals in the private sector, joint rentals (*colocations*) and rooms in private houses. It might also be worth checking, for reference purposes, availability in CROUS residences: www.lokaviz.fr
- **The Organization Association Départementale Information Initiative Jeunesse de Grenoble** (ADIIJ) publishes in their classified advertisements a list of privately-placed offers of accommodation: small flat rentals, joint rentals (*colocations*) and rooms in private houses. www.adiij.fr
- The **estate (or real-estate) agencies** carry lists of rental offers and are willing to help students find accommodation corresponding to their stated criteria (price, geographic location). There are many agencies in Grenoble and the surrounding area. When a student finds lodgings through an agency and signs a lease, the student has to pay the agency's fees which are generally equivalent to one month's rental.
- www.recherche-colocation.com or www.appartager.com or www.leboncoin.fr/colocations: to make contact with others who are looking for somebody to share a rental.

Temporary accommodation

A student who has not yet found definite accommodation, can while waiting reserve a hotel room via the website of the Grenoble tourist bureau: www.grenoble-tourisme.com or reserve a place at the local youth hostel.



Grenoble - Deck 'Marius Gontard' the river Isère

The FUAJ Youth Hostel has rooms which are shared (between 4, 6 or 8 people). The student must first pay the FUAJ signing-on fee of 7 € to have access to the accommodation provided by the United Federation of Youth Hostels in France and in other countries. The rate for a shared room: 22.60 € per night.

FUAJ Youth Hostel / Auberge de jeunesse

10 avenue du Grésivaudan 38130 Échirolles
bus n°1 - stop 'La quinzaine' and then 200 meters on foot.
04 76 09 33 52

www.fuaj.org/Grenoble-Agglomeration

Financial assistance with accommodation

All students who are from the European Union as well as other European countries in the European Economic Area, together with all students from outside Europe who possess a long-stay visa which has been validated as a residence permit (visa long séjour valant titre de séjour: VLS-TS) can take advantage of French government help towards cost of accommodation. This help is commonly known in France by its initials 'APL' (*Aide Personnalisée au Logement*). There are several types of help, based on the type of accommodation, on your resources and personal situation.

The student should make a request for this help ('*demande d'allocation logement*') to what is commonly known in French by its initials 'CAF' (*Caisse d'Allocations Familiales*) by internet. If the request is successful, you will receive the allowance from the second month of your rental agreement. To make your request, enter: www.caf.fr

Consult the practical guide on the exact steps to take in making your request for accommodation assistance by downloading the instructions on the *Université de Grenoble* website: www.grenoble-univ.fr/international.

As well as this, the instructions for making your request on line are also available, in different languages, on the CAF website.

PLEASE NOTE!

Those occupying private accommodation on 1st January are liable to pay an accommodation tax (*taxe d'habitation*).

Small Glossary of Accommodation terms

French words used for types and size of apartments:

- **Studio**: one main room with a small kitchenette area, and a bathroom. Average size: 20 m²
- **T1 or F1 bis**: one room, a kitchen and a bathroom. Average size: 30 m²
- **T2 or F2**: one living room, one bedroom, a kitchen and bathroom. Average size: 50 m²
- **T3 or F3**: one living room, two bedrooms, a kitchen and bathroom. Average size: 65 m²

Assurance 'multi-risques habitations' (multi-risk accommodation insurance): insurance covering possible damage risk (water damage, fire, etc.) occurring in the accommodation or adjacent accommodation. This is obligatory for all types of accommodation. It is possible to take out such an insurance policy with an insurance company, with a bank or with the student mutual cooperative organizations, referred to above.

Bail ou contrat de location: (lease or rental contract): this must be signed by the *locataire* (the tenant) and by the *bailleur* (the lessor). This specifies the obligations of each party and the terms of the rental agreement (duration, price, monthly rental charges, the amount of the *caution* (deposit), terms of renewal of contract). In the case of a *colocation* (joint rental), either a single contract is signed by several people, or the proprietor issues several individual contracts.

Caution solidaire or garant: document in which a person personally guarantees through a signature to pay on behalf of the student tenant in the case of the latter's insolvency or defaulting on payments. This *garant* (guarantor) must provide evidence of his or her resources (either through furnishing three recent monthly pay slips or through furnishing the most recent tax notice).

Cessation de bail (cessation of lease): The *locataire* (tenant) can terminate the lease at any moment on condition that he or she respects the length of *préavis* (notice) which is stipulated in the rental contract.

Charges locatives mensuelles (monthly rental charges): these correspond to expenses linked to the place of accommodation: the maintenance of the elevator, or the upkeep of green spaces, caretaker costs, cleaning of common areas, etc. These charges may either be included in the overall rental price or specified separately in the rental contract. These charges should not be confused with the costs of energy consumption such as water, electricity and gas, which are invoiced by independent bodies.

Dépôt de garantie or caution: This is the sum of money which is paid to the proprietor when the contract is signed and which will be returned within two months after the departure of the tenant. The sum is generally the equivalent of one month's rent (without the charges) in the case of non-furnished accommodation. If damage is noticed and recorded at the time of the inventory of fixtures on departure of the tenant, the costs are invoiced to the departing tenant and the sum is deductible from the guarantee deposit. This should not be confused with the *caution solidaire* (see above).

État des lieux d'entrée (the taking of the inventory of fixtures on arrival of tenant): this inventory is drawn up by the *bailleur* (the



lessor, who is usually the proprietor or the agent representing the proprietor) at the beginning of the rental agreement. The purpose is to record the state of the apartment/lodging at the beginning and the end of the rental contract. It must be carried out in the presence of the tenant as well as the lessor, and signed by both of them.

État des lieux de sortie (an inventory inspection at the end of stay): in order to verify that there has been no deterioration in the property and its fixtures during the period of the rental. If damage is recorded, the lessor can hold back a portion or the totality of the caution sum.

Quittance de loyer: a monthly receipt to show that the rent has been paid. This can serve as proof of residence for other administrative matters.

Taxe d'habitation (residence tax): this tax is linked to your place of residence. Its amount varies according to your situation (single, couple, waged, etc.) and the characteristics of the lodging occupied on 1st of January. Even if you move out of the lodging during the year, you have to pay this tax. You are notified of the tax in the autumn, sent directly by post to your rental address. Remember to give your new address if you have moved because you are still liable to pay the tax (consult your local tax office, see page 28 of this guide). This tax only applies if you are renting in the private sector. The tax is not payable by students living in CROUS residences.

REMEMBER!

Lots of expenses occur in the first month:

- One month rental to be paid in advance
- A guarantee down-payment or deposit
- Any agency fees that have to be paid
- Housing insurance
- Opening water, electricity and gas accounts
- Arranging for telephone (fixed or mobile)
- Arranging for internet connection

VISA AND RESIDENCE PERMITS



When you arrive in Grenoble, you must take various administrative steps in order to be assured that you are living and studying in France legally.

- If you have a VLS-TS long-stay student visa, this includes a form to be presented at the French Immigration and integration Office (OFII: l'Office Français de l'Immigration et de l'Intégration).
- In all other cases, you must go to the Prefecture with the documents required to legalize your residence.

Remember!

For nationals from Algeria, Rumania and Bulgaria, the application for 'Student residence status' is made at the Prefecture.

Steps to be taken at the OFII

When you arrive on French territory, if you have a long-stay student visa (VLS-TS) this has to be validated by the OFII for it to carry the status of a residence permit. **This step must be taken within the three months following your arrival.** If you go beyond this three months, your situation will be considered irregular and you will be subject to severe administrative sanctions.

Step 1:

To validate your visa, you must send the following documents to the OFII:

- The form 'Visa de Long Séjour – Demande d'attestation OFII'. This form was given to you by the authorities who gave you your visa. If you do not possess this form, you can download it on the OFII website: www.ofii.fr
- A copy of the relevant pages of your passport (identity, long-stay visa, entry stamp to France or to the Schengen Zone).

If your application dossier is complete, you will receive by post an acknowledgement of receipt (*une attestation de réception*) of your application for OFII validation (*demande d'attestation OFII*).

Step 2:

You will then have to carry out two obligatory medical visits in order to have your visa validated. To obtain appointments, you should fill in an application on line. On your attestation de réception already received from the OFII will be indicated the site link and access codes for applying for appointments at the Health Centre of *Université de Grenoble*.

Once you have filled in the application on line, the Health Centre (see 'Health and insurance' p. 11) will send you two appointments by e-mail: one for a general medical examination and the other for chest/lung Xrays.

Step 3:

When you have completed the two medical examinations, two certificates will be given to you to present to the OFII with the other documents required for the definitive validation of your visa.



OFII

Parc de l'Alliance
76 rue des Alliés 38100 Grenoble

How to get there: Bus route number 13 going from Grenoble Trois Dauphins (downtown Grenoble) to Echirolles La Luire. Get off at the stop called 'Grenoble – Eugene Sue'.

Opening hours: from Monday to Thursday, 1.30 p.m. to 3.30p.m. and Friday from 9a.m. to 11 a.m.

You can consult the practical guide to validating your visa on the *Université de Grenoble* website: www.grenoble-univ.fr/international

PLEASE NOTE!

Obtaining your first residence permit costs 58 € which has to be paid in fiscal stamps. These stamps can be bought at the Prefecture or obtained on line at the site: www.timbresofii.fr.

Steps to be taken at the Prefecture

You must go to the Prefecture to validate your visa, if you are in one of the following categories:

- If you are a student who has a Concours type 'C' student visa who has successfully passed the examination and wishes to stay in France on a further study program. You can apply to the Isère Prefecture for a residence permit of one year (renewable),
- If are an Algerian, Rumanian or Bulgarian national requesting a 'Student' residence permit for the first time,
- If you are the spouse of an Algerian, Rumanian or Bulgarian student.

Consult the website www.grenoble-univ.fr/international to know what documents you will need in order to renew your residence permit.



The euro (€)

The single currency in use in most European countries is the euro: €. Money exchange bureaux (*bureaux de change*) are open in all big airports and in Grenoble. You can also withdraw euros from any cash dispensing machines (ATMs) throughout France.

PLEASE NOTE!

A Bank Card: very commonly used in France. The main cards in use are Mastercard, Visa and American Express.

A Cheque Book (*chéquier*): commonly used in France. You might well be asked to present also an identity document, particularly if the sum involved is a large one.



The cost of living

Expenditure to anticipate for when you arrive

- Accommodation guarantee deposit (caution): equivalent of one month's rent (or two months in certain residences)
- Health insurance: 207 €
- Accommodation insurance: the cost depends on the type of lodging. You should reckon on between 20 and 60 € per year
- The OFII fiscal stamp to regularize your stay in France: 58 €
- Various other expenses (university study supplies, odds and ends for your accommodation, opening a bank account): 150 €

Principal monthly expenses

- **Accommodation:**
 - In a university residence: 150 to 300 € per month
 - In a private residence: 450 to 600 € per month
 - A 20m² apartment in town: average price: 400 to 500 € per month
 - Electricity and gas bills are to be paid every two months
 - Water: every six months
- **Telecommunication:** Acquisition of a mobile telephone with SIM card and internet subscription: about 30 € per month
- **Food:** 150 € per month
- **Leisure activities:** 30 € per month
- **Transport:**
 - Local transport (tram and bus) pass: 26 € per month
 - Bicycle rental: 20 € per month

Everyday expenses

- A midday meal in a restaurant: 10-14 €
- A baguette of bread: 0.90 €
- A meal in a university restaurant: 3.50 €
- A coffee in a bar or café: 1.20 €
- A beer: 2.40 €
- A cinema ticket: 6 to 11 €

Opening a bank account

You will need to open a bank account soon after your arrival in order to facilitate the daily management of your budget: depositing money received from your grant or other income) and dealing with your purchases. Opening a bank account in France is obligatory for students who wish to benefit from APL (*Aide Personnalisée au Logement*) from the CAF (*Caisse d'Allocation Familiale*) but also for the purchase on line of fiscal stamps.

To open an account, you need:

- To choose a bank (why not choose a branch near your place of residence)
- Make an appointment
- Take with you:
 - an identity document (identity card or passport),
 - your residence permit (except for European students),
 - a proof of residence (electricity bill, rental payment receipt, accommodation certificate, dated in the previous three months, etc.),
 - a student card, in order to benefit from special rates.

Once you have opened an account, you can obtain 'RIB': *Relevé d'Identité Bancaire*. These are certificates which give all your banking identity details and these can be used, without risk of error, for regular payments (by standing order – *prélèvement*) or receiving payments (by bank transfer – *virement*) (grants or other income for example).

Opening an account is generally free. Certain services may well have to be paid for:

- The provision of a Bank Card
- Insurance on the means of payment
- Money transfers
- Authorization of an overdraft (permitting temporary payment greater than money in account)
- Online consultation of your account

In case of loss or theft of your means of payment, you must declare this immediately (this is called '*faire opposition*') and your bank will give you a telephone number to call to do this as a matter of urgency.



'Second-hand or flea markets' (*brocantes*)

Brocantes or *vide-greniers* sales are markets where individuals and second-hand goods dealers can sell all sorts of old and used objects: clothes, dishes and utensils, bikes, televisions, in fact almost anything! Prices can be really good but you should not hesitate to rummage to look for a real bargain or haggle over the price.

Brocantes are organized every weekend during the summer period in the Grenoble area. To find out dates and places, consult the internet site:

www.vide-greniers.org

Les associations

La Remise is a rehabilitation association which collects and sorts out and puts a price on clothes and all sorts of odds and ends. You can often pick up second-hand stuff at extraordinary bargain prices.

La Remise

29 rue du Général Ferrié 38100 Grenoble

Opening hours: from Tuesday to Saturday from 9.30 a.m. to 12; and from 2 to 5.15 p.m.

Emmaüs as a solidarity association in the fight against poverty in society. Their exchange warehouses sell furniture, clothing, dishes and utensils, clothes, toys, household appliances, as well as trinkets and other odds and ends, at low prices.

Emmaüs

33 avenue Valence 38360 Sassenage

04 76 27 03 04



Websites worth knowing

Donnons.org is a website for exchanging goods on line. Do not forget to find out the locality when searching because most goods have to be picked up at the donor's place.

Leboncoin.fr is a website where you can find small advertisements by both private individuals and professionals throughout France, whether you are looking for rental accommodation, job openings, furniture, electronic equipment, or all sorts of other second-hand products. You can also place free announcements without paying commission.



France has a very efficient health system but one that is relatively complex, with a multiplicity of administrative authorities involved. In order to facilitate good access to health care, *Université de Grenoble* has set up a Health Centre which brings together many of the services needed by students.

The Université de Grenoble Centre

A team of health professionals are there to assure a welcome, and offer regular consultations and preventive healthcare. The students of Grenoble Universities can benefit from many medical services without advance payment by using their *Carte Vitale* health card or other certification of their social security affiliation:

- Medical consultations with general practitioners or specialists (gynaecologists, psychologists, psychiatrists, nutritionists, specialists in disabilities)
- Full nursing and vaccination services
- 24-hour advice and psychological counselling telephone helpline
- Planning centre (contraception, abortion, HIV testing, sexology)
- Relaxation therapy
- Help with nicotine and other addictions
- Consultations on diet and food consumption
- Workshops: Self-confidence, group theory, stress management
- First Aid training

Remember!

Certain vaccinations are strongly recommended in France: Tetanus, Polio, Diphtheria. You can be vaccinated for these at the Health Centre.

Centre de Santé du Domaine universitaire

180 rue de la Piscine

Opening Hours: from 8 a.m. to 5 p.m. Mondays, Wednesdays, Thursdays and Fridays, and 9 a.m. to 5 p.m. Tuesdays
04 76 82 40 70

Centre de Santé du centre-ville

5 rue d'Arsonval 38000 Grenoble

Opening Hours: from 8.30 a.m. to 5 p.m., Mondays, Wednesdays and Thursdays, from 9.30 a.m. to 5 p.m. Tuesdays, from 8.30 a.m. to 4 p.m. Fridays
Psychological Counselling: 04 76 82 40 70

<http://sante.grenoble-univ.fr/>

EMERGENCY TELEPHONE NUMBERS

- **Fire services (Pompiers)** (but please note that they can be called not only for fire, but also other accidents and medical matters): 18 from a fixed telephone and 112 from a mobile telephone.
- **SAMU** (medical emergencies): 15
- **Anti-Poisoning Centre (poisoning and intoxication)**: 04 72 11 69 11
- **Toxicovigilance Centre (intoxication)**: 04 76 76 56 46
- **Pharmacist on call**: 39 15
- **The main hospital in the Grenoble area (CHU)**: 04 76 76 75 75
- **SOS Médecins** (emergency healthcare and home visit service): 04 38 701 701



The University Health Centre on the main campus

Student Social Services

Social assistants for the CROUS Social Services are there to help students in their university and personal life, helping them to overcome difficult situations. They are there:

- To listen,
- To give you a personalized welcome
- To provide a variety of information,
- To provide support in cases of material, administrative, psychological, medical, family or university difficulties,
- Follow-up service throughout your university stay.

To meet them in their duty hours at the University or in the social service offices of CROUS, make an appointment at telephone 04 56 52 88 30.

Service social des Étudiants

361 allée Hector Berlioz 38400 Saint-Martin-d'Hères
04 56 52 88 30

Pharmacies

The sale of medicine (*médicaments*) is controlled exclusively in France by pharmacies. A large part of medicine requires a doctor's prescription to be obtained and reimbursed by your insurance. Certain common medicines (such as aspirin, etc.) are on free sale but without prescription and therefore not reimbursed by Health Insurance. Pharmacies are open from Monday to Saturday, generally from 9 a.m. to 7 p.m. Outside these times (nights and weekends), there are 'on-call' or 'duty' pharmacies which stay open: the details of these out-of-regular-hours pharmacies are posted on the door of all pharmacies.

Health Insurance

Health Insurance (called *Assurance Maladie*) is one major component of French Social Security (which is often simply called in French *la Sécu*). Obligatory for French people, it provides either partial or total coverage of medical expenses in cases of illness, pregnancy and accidents.

Affiliation to Social Security's Health Insurance

- It is not obligatory for students of the European Union. They must however be in possession of the European Health Insurance Card (*Carte Européenne d'Assurance Maladie*) and register at the *Caisse Primaire d'Assurance Maladie* (CPAM) who will give them a document to give to the doctor during any medical visit. Reimbursement of the doctor's fee will be made by the CPAM International Service.
- It is not obligatory for Quebec students who must present the RAMQ form to the CPAM (n°SE 401Q106) in order to obtain a document justifying their right to benefit from French Health Insurance and to have their medical costs reimbursed.
- Other than for students of the European Union, it is obligatory for students aged under 28 and staying more than 3 months in France (even if the student has already subscribed to an insurance policy in their own country). The subscription is to be paid at the same time as registration at the University. It is free for students who are grant-holders (*boursiers*) of the French government and for students under the age of 20.

Students needing to take out health insurance have the choice between the two student cooperative associations/agencies: the LMDE or the SMERRA. It is during the administrative university administration (see above) that you can choose between the two student organizations and pay your affiliation fee: 207 €.

Students over 28 years cannot benefit from student health insurance. They must take out an insurance policy with the CPAM (*Caisse Primaire d'Assurance Maladie*) or with a private insurer.

Following your affiliation to the French Health Insurance Scheme, you will receive a social security number together with your personal '*carte vitale*'. **Please note! Student Health Insurance covers the period from the 1st of October to 30th September of the following year.** If you come to France before the beginning of the university year, to take a preparatory language course or for another reason, you will need to take out a separate policy to cover the period from your arrival to the first of October.

The fee (to be paid to the doctor) for a consultation with a medical general practitioner is 23 €. The fee for a consultation with a specialist doctor is higher, but very variable.

Careful!

Certain doctors practice what are called '*honoraires libres*' which means that they can charge a fee which is higher than the normal one. You can ask what is the consultation fee when you make the appointment. In all cases, one euro is deducted from the amount reimbursed by social security for all consultations with a doctor.

How much does Health Insurance reimburse?

The reimbursement of medical costs varies between 0% and 70% dependent on the type of service rendered (consultations, medicine, etc.).

How do you benefit from the best reimbursement of medical expenses?

Health Insurance now requires the insured person to choose one particular general practitioner (called your '*médecin traitant*') who is then entrusted with your overall care. Consultations with this particular doctor benefit from a higher rate of reimbursement. The application form for registering with a *médecin traitant* can be downloaded on the website www.ameli.fr. It must be completed, signed and sent off to your agency with which you took out the health insurance.

www.ameli.fr/fileadmin/user_upload/formulaires/S3704.pdf

Consulting a specialist

It is your *médecin traitant* who will direct you towards a specialist doctor in case of need (a surgeon, dermatologist, gastro-enterologist, cardiologist, psychiatrist, etc). You will be better reimbursed if you accept this referral (coordinated care) rather than take the initiative yourself in making an appointment with a specialist whom you have chosen yourself. However, certain specialists can be consulted without you passing through your *médecin traitant* (and without the reimbursement rate being reduced): this is the case for gynaecologists, ophthalmologists and dentists.

Universal medical coverage

If you are a student aged more than 28, or if you have very limited financial resources, you can request basic CMU or a complementary CMU. For this, you need to apply to the *Caisse primaire d'assurance maladie* (CPAM) nearest to you or the following:

CPAM

2 rue des Alliées 38000 Grenoble

Opening hours: Monday to Friday, from 8.30 a.m. to 4.45 p.m.



The Complementary Policies called 'Mutuelles'

As we have seen, medical expenses are not entirely reimbursed by Social Security's Health Insurance. In order to be more completely covered, you are recommended to subscribe to a 'Complementary' (or 'top-up') policy which is offered by organizations called *Mutuelles* (hence these policies called '*mutuelles*'). Depending on the formula chosen, the '*mutuelle*' completes the reimbursement made by Social Security by 'topping it up', either partly or totally. It also can give the right of *tiers-payant* (payment by a third party) which means that you yourself, under certain conditions, do not have to put the money 'up front' by directly paying the doctor's fees or the pharmacist for medicine (*médicaments*). It- also means that your hospitalization costs will be entirely taken care of.

The two health insurance student agencies (the Smerra and the LMDE) offer such *Mutuelle* policies. For the least expensive *mutuelle*, you should count on approximately 50 € per year.



2nd part: Living in Grenoble



A 'tutor' to accompany you in your studies

The role of the tutor is to give help to students in terms of methods and techniques of studying. Find out from the Course Registration Office (bureau de scolarité) in your host institution if a tutorial system exists which corresponds to your level of study.

Worth knowing! The 'Coup de Pouce Étudiants – Grenoble'

You are a student and if you are having difficulty in organizing your work or with the level required in certain subject areas (for example, languages, mathematics, chemistry, etc.), it is worth knowing that there are volunteers working for the Association called '**Coup de Pouce Étudiants**' who can help you free of charge.

53 place Saint Bruno 38000 Grenoble
Tram A or B : tramstop 'St. Bruno'
09 52 68 11 43 or 06 32 19 32 21
cpeg38@yahoo.fr
www.cpeg38.org



Documentation and libraries

As a 'Pole of excellence' in the fields of networks, digitalization and the sciences and technologies of the information sciences, the Grenoble conurbation is one of the foremost sites in France for its documentation infrastructure.

The University Libraries

The numerous University Libraries are **open for all to use on a consultation basis**. The possibility of borrowing documents and benefiting from other services is reserved to those who are registered with the library. Registration is **free for all students**. The University Libraries also give you access to a card-based photocopying service.

In Grenoble, two *Services Inter-établissements de Coopération Documentaire* (SICD) exist in order to promote the development of the documentary collections which both students and researchers need:

→ The SICD1 – University Science Library

Le SICD1 groups together the scientific and medical libraries of the Joseph Fourier University and the grandes écoles of the Grenoble INP. The catalogue of all their holdings, called 'RUGBIS', is freely accessible on internet.

French students generally refer to the University Library simply as '*la B.U.*' (*Bibliothèque Universitaire*). *La BU de Sciences* actually has an English version of its 'Readers' Guide' (*Guide du Lecteur*). You can get hold of it at the BU or consult it on line:

Bibliothèque Universitaire de Sciences

915, avenue centrale
Domaine universitaire de Saint-Martin-d'Hères/Gières
Tram Stop B ou C: '*Bibliothèques universitaires*'

Opening Hours: from Monday to Friday from 8.30a.m. to 8 p.m., and Saturdays from 8.30a.m. to 5 p.m.

<http://sicd1.ujf-grenoble.fr>

WORTH KNOWING:

The University Science Library organizes upon request introductory familiarization sessions for undertaking documentary research. To take part, go straight to the welcome desk of the *BU de Sciences*.

→ The SICD 2 – University Library for the Arts, Human and Social Sciences

The SICD2 incorporates the University Library *Droit-Lettres* with all the departmental libraries in the Pierre-Mendès-France University (in human and social sciences) and Stendhal University (in languages and literatures). About 900,000 volumes are catalogued in the common catalogue going by the name *Odyssée*. A large number of varied digital collections can also be consulted either on the spot or through your computer.

Bibliothèque Universitaire Droit-Lettres

1 130 avenue centrale

Domaine universitaire de Saint-Martin d'Hères/Gières

Opening times: Monday to Thursday: from 8 a.m. to 9.30 p.m.

Fridays from 8 a.m. to 7 p.m. Saturdays from 9 a.m. to 4 p.m.

<http://bibliotheques.upmf-grenoble.fr>

Other smaller and more specialized libraries are to be found in certain university Schools, Institutes and Faculties (UFR) and they all have workspace and study rooms.

WORTH KNOWING:

Student-tutors are available at the *BU Droit-Lettres* to help you, from Monday to Friday between 10 a.m. and 6 p.m. From the 18th September up to the All Saints mid-term break, take advantage of guided visits around the BU, organized from Monday to Thursdays at 1.30 p.m. No reservation is necessary. Go to the welcome desk in the Library.

Municipal Libraries

Grenoble also has many municipal libraries spread throughout the conurbation. A subscription fee (of 8 € a year for the 18-25 age range) gives you full access to all the libraries in the network and borrowing rights of up to 20 documents: books, reviews, strip cartoon books (bandes dessinées) CDs, DVDs, but also sheet music, maps, topoguides and works of art.

The **international municipal library (BMI)** contains a large choice of documents in foreign languages: particularly German, English, Arabic, Spanish, Italian and Portuguese.

Bibliothèque municipale internationale

6 place de Sfax 38000 Grenoble

04 38 12 25 41

Opening times: Tuesdays, Thursdays and Fridays from 5 p.m. to 7 p.m. Wednesdays: from 2 p.m. to 6 p.m., Saturdays: from 10 a.m. to 12.30 p.m. and 2 p.m. to 5 p.m.

www.bm-grenoble.fr

The **General Reference Library (la Bibliothèque d'Étude et d'Information)** contains a general research room with 3,000 works of reference, a large reading room, including full digital resource consultation facilities. Many services are available to readers: general orientation and bibliographical information, help with using digital resources, computer work stations, etc.

Bibliothèque d'étude et d'information

12 boulevard Maréchal Lyautey 38000 Grenoble

04 76 86 21 00

Opening times: Tuesdays, Wednesdays and Fridays, from 10 a.m. to 7 p.m. Thursdays from 1 p.m. to 7 p.m. Saturdays from 10 a.m. to 6 p.m.

www.bm-grenoble.fr

Really useful services to be found on the Campus

→ **Photocopies and binding facilities:** you can photocopy your course notes and get your reports and papers bound, 'Corep - Grenoble Campus' on the *Domaine universitaire*.

Tramlines B et C: tramstop '*Bibliothèques universitaires*'

Opening times: from Monday to Friday, from 9 a.m. to 6 p.m.

→ **Stationery:** the newsagent and tobacco shop on the campus has a papeterie section where you can find all the normal student needs: exercise and notebooks, paper, files, pens, etc.

Tramlines B et C: tramstop '*Bibliothèques universitaires*'

Opening times: Mondays to Fridays from 7.15 a.m. to 6 p.m.



Espace Accueil Information

Situated at the heart of the campus, the *Espace Accueil Information* brings together different services of *Université de Grenoble*:

- ISSO – International Students and Scholars Office
- Welcome and personalized guidance
- Cultural services and student projects
- Entrepreneurship and Business Links Centre

1025 avenue Centrale - Domaine Universitaire Saint-Martin-d'Hères/Gières

Tram B and C tramstop: '*Bibliothèques universitaires*'

Opening times: from Monday to Friday 9 a.m. to 5 p.m. (6 p.m. in September)

Closed from 29th July to 19th August 2013 and during the university teaching breaks during the year.

Consult the International Student Guide '*Coming to Study at Université de Grenoble*' for the calendar of university vacation dates.

WORTH KNOWING:

The Welcome and Personalized Guidance Service, as part of its Student Welcome to Grenoble regularly updates its website with practical information and the latest on what is going on in the student world: consult the online guide: etu.grenoble-univ.fr



Several centres and Grenoble organizations offer courses and training sessions in French for foreign nationals. Certain foreign exchange students are provided with specific courses in French as a Foreign Language (*FLE* or *Français Langue Étrangère*). You should find out more from the International Relations Service of your host institution.

French as a Foreign Language on the main Campus

The University Centre for French Studies: *Centre Universitaire d'Études Françaises* (CUEF)

The *Centre Universitaire d'Études Françaises* (generally known as 'le CUEF') is a department of Stendhal University. It organizes courses and training sessions throughout the year and during the summer, for foreigners coming to study in Grenoble.

→ **General French:** These courses are for all foreign students. Their purpose is to improve oral and written competence in French as well as knowledge of French culture and civilization. Three types of courses are offered:

- Monthly courses: intensive courses, with emphasis on writing skills
- Semester-long courses: in French language and French culture
- Specifically tailored courses: for au pair work; culinary and table arts; adapting to the French university; preparing for university (new course); preparation for the DELF diploma (*Diplôme d'études en langue française*) and the DALF advanced diploma (*Diplôme approfondi de langue française*).

→ **French for business and professional purposes:** modules of 24 heures per semester. These courses are intended for students for whom French is part of a professional project or for those already involved in the world of work.

- French for the hotel and tourist industries
- French for the medical professions
- French for business
- French for science and technology
- French for law
- French for general professional purposes

→ **Courses for teachers of French:** Intensive training summer courses or semester courses.

These courses are intended for teachers of French as a foreign language either as part of their initial training or as part of continuing education, as well as for teachers of French as a mother tongue with diverse targeted learning groups.

Centre Universitaire d'études françaises

1491 rue des Résidences
Domaine universitaire de Saint Martin d'Hères/Gières
04 76 82 43 70
www.u-grenoble3.fr/cuef

La Maison des Langues et des Cultures

This autonomous language learning centre is open to everyone who wishes to improve their skills in a foreign language or to start learning a new language.



There are two possibilities for improving your skills in French as a foreign language:

- An entirely self-learning process for those who want to work on their own, using the course methods and audio, video and multimedia material provided by the Centre.
- A self-learning process with monitoring and guidance for those who want some personalized help, from a teacher or monitor who sets the program and follows the progress of the pupil.

Maison des Langues et des Cultures

1141 avenue centrale
Domaine universitaire de Saint-Martin-d'Hères/Gières
04 76 82 77 40
www.u-grenoble3.fr/formation-continue

French as a foreign language: off-campus, in Grenoble

Several associations offer courses in French as a foreign language in Grenoble. Whether a course runs or not depends on how many sign up! You should therefore contact each association to find out what is on offer.

To know the complete list of associations and centres which offer courses in French as a foreign language, you can consult the list on the official website of the City of Grenoble: www.grenoble.fr

The Alliance Française in Grenoble

The *Alliance Française* in Grenoble offers courses at all levels for groups or for individual tuition. Different options are on offer:

- General French
- French for specific purposes
- French for professional purposes
- Scientific French
- Preparing the diplomas TCF and DELF/DALF

L'Alliance Française de Grenoble

7 rue Elisée Chatin 38100 Grenoble
04 76 56 25 84
www.afgrenoble.org



French cuisine is known for its refinement and sophistication. Each region has its specialities which form part of the French cultural heritage. In the Rhône-Alpes region, you can savour the delights of the *gratin dauphinois* (a special easy-to-make potato dish), *ravioles* (a local form of ravioli pasta with cheese filling) and the *tarte aux noix* (a walnut tart – the area around Grenoble being a world centre of walnuts!) The French generally eat three times a day. They take a *petit-déjeuner* when they get up, then a *déjeuner* between 12 and 2 p.m. (when many shops and places of work are shut!) and then a *dîner* about 7 to 8 in the evening.

University restaurants

The university restaurants, commonly called '*Restos U*' ou '*RU*' constitute the most economical solution for having a complete and balanced meal. These restaurants run by the CROUS are open to all members of the university community, from Monday to Friday in the middle of the day - and evening as well for some of them. The price is 3.05 € for a meal. Payment has to be made with a Monéo card. Some of the restaurants accept cash.

Where can you find the CROUS restaurants? You can find out on the maps on the CROUS website: www.crous-grenoble.fr/restauration

WORTH KNOWING: 'CARTE MONÉO'

Crous/Monéo is a card that serves as a rechargeable electronic 'money-purse' instead of using 'loose change'. It is available for you free on request at the ticket office of the big RUs on presentation of your student card.

Eating in town

If you want to eat out, you have plenty of choice: cafés, sandwich bars, fast-foods, brasseries (more pub-style restaurants), etc. Normal prices can go from about 4 € for a sandwich to 25 € for a complete meal (first course, main course, dessert), but you can pay much more in Grenoble's best restaurants. You should remember that most shops are shut on Sundays.

Shopping

For those of you who have kitchen facilities with your accommodation, there are of course all sorts of food shops. There are many open-air markets set up on different days of the week in different localities, usually open from 7 a.m. to 1 p.m. These are good for buying fresh produce: fruit, vegetables, cheeses, meat, etc. The most important of these are the daily markets in '*Les Halles-Sainte-Claire*' in the centre of town and the '*Estacade*' or the '*Saint-Bruno*' markets near the railway station.

The complete guide to markets in the Grenoble conurbation is available on the '*Métro*' website under the tab '*Marchés forains*': www.lametro.fr



The principal markets in Grenoble

- Les Halles Sainte-Claire
19 place Sainte Claire 38000 Grenoble
Tuesdays to Saturdays 6 a.m. to 1 p.m. (Fridays till 3 p.m.),
Sundays from 6 a.m. to 1.30 p.m.
- Marché de l'Estacade
2 rue Joseph Rey 38000 Grenoble
Tuesdays to Sundays from 6 a.m. to 1 p.m.
- Marché Cours de la Libération
78 cours Libération et du Général De Gaulle 38100 Grenoble
Fridays and Saturdays from 6 a.m. to 1 p.m.
- Marché de l'Abbaye
1 place de la Commune de 1871 38100 Grenoble
Tuesdays to Saturdays 6 a.m. to 1 p.m., Sundays to 1.30 p.m.
- Marché de la Place aux Herbes
2 place aux Herbes 38000 Grenoble
Tuesdays to Saturdays 6 a.m. to 1 p.m., Sundays to 1.30 p.m.
Fridays 3 p.m. to 8 p.m.
- Marché Saint-Bruno
1 place Saint-Bruno 38000 Grenoble
Tuesdays to Sundays from 6 a.m. and Friday to 3 p.m.

WORTH KNOWING!: AGRICULTURE BIOLOGIQUE

More and more food sold in foodshops is the produce of 'biological' agriculture, often called 'organic' food in English, and known in French as '*bio*'. This means the produce of agricultural methods which do not resort to pesticides or chemical fertilizers. Such produce is generally more expensive than other produce. You can buy them in supermarkets or direct from the producer in markets.





Buses and Trams

Grenoble and its conurbation is well served by 25 separate bus routes and by four tramway lines. Local transport maps are available from the Espace Accueil Information on campus and from all the TAG agencies. (*Transports de l'Agglomération Grenobloise* – is the name of the publicly-owned transport company). Each bus and tram stop displays a plan situating the stop. Tickets are 'punched' inside the bus but on the platform before getting on the tram.



Outside the conurbation, the '*Translère*' network of bus and coach services is made up of 600 routes which serve the whole of the *département* of the Isère, (and this includes coaches serving the ski resorts which might interest you!). The coach station (*gare routière*) is situated next to the railway/railroad station (SNCF) in the downtown area of Grenoble.

How much does a bus/tram trip cost ?

- Ticket 1 trip: 1.50 €
- Ticket 10 trips: 12.90 €
- Ticket 30 trips: 34.30 €
- Student travel pass rate (age 19-25 years):
 - Monthly pass: 26.5 €
 - Year pass: 212 €

A LITTLE TIP! The year-long pass works out financially to be the best value and allows you to go free anywhere on the whole TAG network without any limitation.

Where do you buy your ticket?

You can buy tickets in any of the automatic distributors at any tram-stop. In buses, you can ask the driver.

Tickets and month or year passes are available in all TAG agencies and also from certain commercial outlets such as newsagents, tobacconist shops, etc. and also on line: <https://tag.ticket-net.eu/accueil.do>

Agence TAG in the Maison du Tourisme, downtown Grenoble

How to get there: Tramline A or B – get off at '*Hubert Dubedout – Maison du Tourisme*'.

Opening times: Mondays to Fridays from 8.30 a.m. to 6.30 p.m.
Saturdays and school vacation periods from 9 a.m. to 6 p.m.

Agence TAG at the Railway Station

How to get there: Tramline A or B, 34, plus Translère coachlines - Tramstop '*Gares*' | coachline 30 stop '*Gare Europole*'.

Opening times: Mondays to Fridays from 7.15 a.m. to 6.30 p.m., school vacation periods from 10 a.m. to 1 p.m. and 2.15 p.m. to 5.45 p.m.

Agence TAG at Grand'place

How to get there: Tramline A and Bus routes 13, 23, 26, 32 and Translère lines stopping at tramstop '*Grand'place*'.

Opening times: Mondays to Fridays from 7.30 a.m. to 6.30 p.m., Saturdays and school vacation periods from 9 a.m. to 6 p.m.

WORTH KNOWING : New in Grenoble !

StationMobile
Grenoble Alpes Métropole
Le Forum
3 rue Malakoff 38031 Grenoble
How to get there: tramline C, tramstop '*Vallier-Docteur Calmette*' or '*Vallier-Jaurès*'

www.stationmobile.fr

Train

The *Société Nationale des Chemins de Fer* (SNCF) is the national public company which provides rail transport. High-speed trains (TGV) cover long distances in very little time (Grenoble – Paris in three hours). To benefit from the best rates, it is advisable to buy your ticket 3 months in advance:

www.sncf.com

There are several special SNCF cards which allow students aged under 26 to travel at very reduced rates, for example the '*ILICO*' Card (costing 20 € a year) for trips within the Rhône-Alpes region) and the '*12-25*' Card (costing 50 € a year) for travelling throughout France.



Worth knowing: it is possible to travel by train at very low rates. The SNCF offer '*TGV Prem's*' tickets at very advantageous rates (Paris - Grenoble: 25 €, bought 3 months before date of travel).

Bike

The bicycle is the most economical and often the fastest way of getting around town! In total, there are 290 kilometers of special cycle track in the Grenoble conurbation. Consult the special maps of cycle tracks (available for example at the campus Espace Accueil Information).

Where do you get hold of a 'bike'?

You can buy a new bike from sports shops or a second-hand bike from associations/clubs or even rent one by the hour, by the day, by the month or by the year, as the mood (or the need!) takes you!

Renting a bike

Métrovélo is a service which has been set up by the 'Métro' (which is the official organisation covering the whole conurbation of the *Grenoble-Alpes Métropole*), making it possible to rent a bike by the hour, the day, the month or the year.

To rent a bike, all you have to do is go to one of the 'Métrovélo' agencies, either at the railway station or on the University Campus. Make sure you have an identity document with you. You have to deposit a guarantee of 120 € by cheque, bank card, or if necessary by cash. This deposit will not be cashed except in the case that you damage the bike which is entrusted to you. Reduced rates are offered to students. The annual cost is 85 €.

Agences Métrovélo

place de la gare
38 000 Grenoble

Opening times: Mondays to Fridays: from 7 a.m. to 8 p.m.,
Saturdays: from 9 a.m. to 12 midday, Sundays and public
holidays: from 2 p.m. to 7 p.m.

Domaine universitaire

Tramlines B and C: tramstop '*Bibliothèques universitaires*'

Opening times: Mondays to Fridays: 10.30 a.m. to 1 p.m. and 2.15 p.m. to 6.30 p.m.

The agency is closed during university vacations and public holidays.

The terrace of the EVE Student Centre, on the main campus



The Entrance to the main campus 'Domaine Universitaire, Saint-Martin-d'Hères/Gières'

Buying a second-hand bike

un p'Tit véLo dAnS La Tête is an association which promotes the use of the bicycle in the city. It offers second-hand bikes for sale. The association also offers a do-it-yourself members' repair workshop (*atelier*) with appropriate tools and advice at hand.

Atelier rue de Londres

5 bis rue de Londres 38 000 Grenoble

Opening times: Mondays, Tuesdays and Thursdays: 4 p.m. to 8 p.m. Fridays: 9 a.m. to 12; Saturdays: sometimes in the morning (call before going)

04 76 21 46 01

Atelier du Domaine universitaire

921 rue des résidences

Domaine universitaire de Saint-Martin d'Hères/Gières

Opening times: Mondays, Tuesdays, Wednesdays and Thursdays: 3 p.m. till 8 p.m.

04 76 54 61 09

www.ptitvelo.net

The **association called 'Repérages'** holds a repair workshop open to all when second-hand bikes and spare parts can be purchased.

L'association Repérages

15 rue Abbé Vincent 38600 Fontaine

Ouverture: le lundi de 13h à 17h, du mardi au vendredi de 9h à 12h et de 13h à 17h

04 76 49 31 06

www.reperagesvelo.org

Travelling by Car

Driving License

To drive in France, the rules differ depending on the country in which your Driving License was issued. In all cases, it is worth asking the Prefecture if you have the right to drive with your Driving License.

Car Rental

There are several car rental agencies in Grenoble. You can rent a car for a day, a weekend, a week, or longer. Consult the yellow pages for the names of rental agencies in Grenoble and its conurbation.

Car-pools

The upkeep and use of a car is very expensive. Sharing the costs, through car-pool commuting schemes, is ecologically a good thing, worthwhile financially and also a way of meeting others. Many websites exist for putting drivers in touch with others. All you need to do is to say what journeys you can offer or are already on offer, with dates, times, and suggested cost. Then those interested can get together to sort out the details.

www.covoiturage.fr
www.ecovoiturage.fr

Sharing cars

'Cité'Lib' offers cars on a 'self-service' basis from its seventy Grenoble bases. To use them, you need to have registered on line or through the agency. Once you have received your membership card and the access codes which you will require, you can reserve a car at any time you so desire. All you do then is to pick up the vehicle at one of the many appointed parking places for car-sharers and then to return it to another of these appointed parking places.

Your car use is invoiced to you on a monthly basis reflecting the exact amount of time and of energy consumption expressed in hours and kilometres: 2 € per hour for each journey, 0.26 € to 0.48 € per kilometre depending on the category of car and type of subscription chosen.

www.citelib.com

Taxis in Grenoble

Grenoble taxis use all types of vehicle, often with bilingual drivers, and the possibility of paying by bank card. The main taxi rank in Grenoble is in front of the SNCF railway station in Grenoble. Rate: about 2 € per kilometre, with surcharge for evenings and weekends.

Taxis Radio Grenoblois (GIE)
 04 76 54 42 54

WORTH KNOWING: in France, wearing a seat belt is obligatory for the driver and all the passengers in the car, those sitting on the back seat as much as the front. Driving under the influence of alcohol is a criminal offence as well as using a mobile telephone while driving.



Air Travel

Grenoble is relatively close to two international airports: Lyon-St Exupéry and Geneva. There is a regular shuttle service linking Grenoble (from the bus station right next to the railway station) to these two airports.

Airport Lyon-St Exupéry: 1 hour from Grenoble
www.lyonaeroports.com

Shuttle coach service: www.faurevercors.fr
 Fare return trip: 28.80 € for those under 25 years of age

Airport Genève: 2 hours from de Grenoble
www.gva.ch

Shuttle coach service: www.aerocar.fr
 Fare return trip: 55 € for those under 26 years of age

Grenoble has its own airport situated at Saint-Etienne-de-Saint-Geoirs (about thirty kilometres to the north-west of Grenoble) with flights to several European destinations. This means that you can spend a weekend in London or in Copenhagen at advantageous prices. But most of the flights are during the winter (ski) season.

www.grenoble-airport.com
 Shuttle coach service: www.grenoble-altitude.com
 Return price: 22 €

The Lyon-St.Exupéry Airport





The telephone

To telephone to another country from France, you must dial 00, then the country code and then the number of your correspondent.

WORTH KNOWING: International Pre-Paid Cards are a good way of making international calls at reduced tariffs.

These can be used from a fixed line or from a phone booth or kiosk. The validity of the card is generally limited to three months from first use. You can buy them from tobacconists/newsagents.



In France there exist several telephone company operators who often offer a complete range of services covering Internet access, a fixed telephone line, a mobile (or cell) phone and television access as well.

- **A fixed line:** after choosing your operator, you will need to give your full name, date of birth, profession, a 'RIB' (*Relevé d'Identité Bancaire*) and your address. Generally you should count on between 2 and 8 days for your line to be in operation. If the previous occupier of your accommodation had a fixed line, try to get hold of the details and this could accelerate the process.
- **Mobile or cell-phone:** you can either take out a monthly rental contract or use pre-paid cards.

If you do not wish to install a fixed line or to take out a contract for a mobile/cell phone, in France there is always the possibility of using 'cabines téléphoniques' (public telephone kiosks, booths, etc.) which function with special telephone cards (which can be purchased in tobacconists or newsagents) or where you can use your own bank or credit card for making international or long distance calls.

Be careful about how long your telephone rental contract lasts!

The length of your stay in Grenoble might influence your choice of taking out a formula with or without a subscription. Rental agreements generally last for 12 to 24 months.

Internet

In order to have an internet connection where you live, you need to take the same steps as for installing a fixed telephone line. But many places, including most university residences, will now be covered by wi-fi and have internet connection.

Internet on the main University Campus

Monitors for free access to internet are available in the university libraries (as also in the municipal libraries) and also in the Espace Accueil Information and the EVE student centre (*Espace Vie Étudiante*).

Many buildings on the campus are covered by wi-fi. The access code will be given to you at the time of your administrative registration.

Internet in town

There are many places in town where wi-fi gives you free connection: this applies to many popular open spaces, such as the *Jardin de Ville*, the *Jardin des Plantes*, the *Parc Paul Mistral*, *place Victor Hugo*, *place Saint-André* and *place Grenette*, as well as the town hall (*Hotel de Ville*) and the municipal libraries. In these zones you will automatically access 'wifigrenoble'. You can register for free and you will be sent a password by e-mail or SMS.

Postal Services (La Poste)

The Postal Services include a daily delivery. And the various post offices offer other services: selling stamps and telephone cards, sending parcels, making money transfers, recharging mobile telephones, accessing internet; and you can also open a bank account and use La Poste for normal banking operations.

Cost of sending a letter of up to 20 grams: 0.63 € for France and 0.80 € for anywhere in the European Economic Area.

Mandat cash: you might find it convenient to pay certain bills, or fees, by the 'cash mandate' system, which allows you to send cash and have it delivered the next day. For this you fill in a 'Mandat cash' form in the Post Office, pay in cash the sum to be transferred and pay the small fee for the service. You will be given a receipt and the 'Mandat cash' slip which you should hand to the payee.

WORTH KNOWING:

If you change your address during the course of the year, you can have your mail forwarded, (for a fee) for a six-month or one-year period.

If you do not have an address where you can receive mail, you can have it delivered to La Poste - service 'poste restante'. The mail is generally kept for a period of two weeks dating from the day of its reception at the post office (there is a fee for this service).





Radio

- **Radio Campus Grenoble** 90.8 FM: a student-run radio station of students' general, musical and cultural interests, covering the Grenoble conurbation.
- **France Culture** 88.2 FM: a state-radio station devoted to programs covering a wide
- **France Info** 105.1 FM: a state-radio station devoted to news.
- **France Inter** 99.4 FM: a state-radio station covering a wide range of programs of general interest.

Television

France now has several hundred television channels, of which 19 are free.

- National French Television: the most prominent channels are the following: TF1, France 2, France 3, M6 and Arte.
- **Télégrenoble** is a local television channel of generalist interest.



The Campus Radio Station at the EVE Student Centre, on the main campus



The local press

- **Le Dauphiné Libéré**: the local and regional daily paper on sale everywhere; international, national, regional and local news. Price: 0.90 €.
- **Le Petit Bulletin**: a weekly 'what's on' cultural paper (free) covering all local events (cinema, theatre, concerts, conferences, art and sports events, things to do, etc.) distributed in shops, cultural venues, and other outlets.
- **Gre City Local News**: a weekly free newspaper distributed at tramstops and in certain commercial outlets (bakers shops, cinema, etc.)
- **20 minutes édition Grenoble**: a free daily news sheet distributed at tramstops and in certain commercial outlets (bakers, cinema, etc.)



A foreign student is allowed to undertake a paid work activity on a part-time basis during your study stay. You can work up to a maximum 964 hours per year, which amounts to 60% of the legal number of hours counting as full-time work in France.

Students coming from countries outside the European Union, together with students from Bulgaria and Rumania, must be in possession of a valid temporary residence permit marked 'Student' in order to be hired for employment.

Remember!

A foreign student must not work more than 964 hours per year, and, if more are worked runs the risk of having the temporary residence permit withdrawn by the Prefecture!



Personalized Help for Students at Université de Grenoble

Each institution forming part of *Université de Grenoble* has a range of services for students addressing questions of not only personal and academic counselling but also career orientation. Contacts with the world of work, through workshops and internships, complement counselling about your study programme and possible reorientation advice. The student information and orientation services (*Services d'Information et d'Orientation*) cover skills such as drawing up your curriculum vitae and writing application letters. You are strongly recommended to use these services before beginning the task of seeking employment, particularly at a time of a very restrictive job market, so that you can get off to the best possible start. Here are the names of the main services in this domain:

- *Espace orientation métiers emploi*: 'CELAIO' at the Joseph Fourier University
- *Service Information, Orientation, Stage/Emploi* 'CIOsup' at the Pierre-Mendès-France University
- *Service d'Information et d'Orientation* at Stendhal University
- *Espace Information Emploi* at Grenoble Institute of Technology
- *Espace Carrières* at Sciences Po Grenoble

To keep informed and to be aware of employment opportunities, consult the free newspapers, the local press, internet, etc. You should even look at the noticeboards in commercial outlets and go along to all employment forums (*salons de l'emploi*). The University itself can have jobs available for students throughout the year. Make the administration of your host institution aware of your presence!

Some ideas for finding a job

Where to find job offers?

- AFIJ Grenoble
- CROUS de Grenoble
- ADIJ, Information et Initiative Jeunesse
- CRIJ Rhône-Alpes
- Pôle Emploi

OZER - Pôle entrepreneuriat Étudiants Grenoble is an organization set up to promote the entrepreneurial spirit (through awareness raising, personal counselling and training sessions) in the institutions of higher education making up the *Université de Grenoble*. It offers students the following:

- An annual forum 'oZer vos envies'
- Round Tables with the testimony of entrepreneurial creative leadership
- 'Entrepreneurship' competitions
- Training modules integrated into the majority of courses (ECTS)
- Personalized support for students with projects
- Documentary resources and student reception area

<http://entrepreneuriat.grenoble-univ.fr/>





The Tourist Office

L'*Office du Tourisme de Grenoble* is situated in the centre of the city. Its multilingual staff are there to welcome and give advice to local Grenoble people as much as French and foreign tourists on the activities, events, heritage, leisure and sports activities in Grenoble and its region. From yoga courses to car rentals with brochures of every ski resort – no problem. You can come away with documentation to meet your every need and desire.

Office du tourisme

14 rue de la République 38000 Grenoble

Opening times: Mondays to Saturdays, from 9 a.m. to 6:30 p.m.
From May to September: Sundays and holidays from 9 a.m. to 2 p.m.
From October to April: Sundays and holidays from 10 a.m. to 1 p.m.

04 76 42 41 41

www.grenoble-tourisme.com

The 'Culture Bureau' of Université de Grenoble

The main objective of the University's Bureau for Culture and student initiatives is to promote all cultural projects undertaken by students. Based in the *Espace Accueil Information*, at the centre of the Campus, this is where you can find out about:

- The full university program of cultural events, published every month in the magazine '*Le Tramway nommé culture*'
- All the student associations for practicing the arts (music ensembles, choirs, etc.)
- Cultural events taking place in the region and liaison with off-campus cultural organizations

The Bureau also organizes campus visits with its many works of art and invite practicing artists to meet students.

etu.grenoble-univ.fr

The MC2: the Grenoble 'Maison de la Culture'



The summit site of the Bastille Fort, overlooking the river Isère and Grenoble

Grenoble's cultural activities

Grenoble overflows with cultural activity and lovers of the theatre, of dance or of music can be particularly happy: there is the celebrated *Maison de la Culture* (MC2:), the Municipal Theatre of Grenoble, the *Salle Olivier Messiaen*, the *Ampérage*, the *Bobine*, the *Théâtre de poche*, the *Hexagone – Scène nationale* in Meylan, the *Rampe* in Échirolles, the *Odysée* in Eybens, and the *Maison de la musique* in Meylan...

The museums in Grenoble can boast of very rich and varied collections of works of art dating from Antiquity up to the contemporary period. Again, one can be spoilt for choice, with the *Musée de Grenoble*, the Saint-Laurent Archaeological Museum, the Dauphinois Museum, the Museum of the *Ancien évêché*, the *musée Hébert* at la Tronche, the *Magasin – Centre National d'Art Contemporain de Grenoble*, the Bastille Art Centre or the VOG *Centre d'Art Contemporain* in Fontaine.

There are two very important centres to recognize the extraordinary scientific cultural heritage of Grenoble and its region. These are the *Casemate (Centre de Culture Scientifique, Technique et Industrielle de Grenoble)* and the celebration of the region's role in the development of hydroelectricity in the *Musée Bergès de la Houille Blanche* at Villard-Bonnot.

In terms of cinema, successive 'new waves' will hold no secret for you if you become an assiduous habitué of cinemas such as the Club, the Méliès or the *Cinémathèque de Grenoble*. But on the other hand, if you want the latest movies in the latest multiplex comfort, then there is the *Pathé Chavant* and the *Pathé Échirolles*.

www.grenoble-tourisme.com

WORTH KNOWING:

Students generally benefit from reduced admission prices upon presentation of a student card. The museums run by the Isère department (the *Ancien Evêché*, the *St. Laurent musée archéologique*, the *Musée dauphinois*, the Museum of the French Revolution at nearby Vizille)) have free admission throughout the year. For the others, admission is free on the first Sunday of each month.

The cultural calendar

Here are some dates to remember of events not to miss in Grenoble and its region in 2012-2013. You can consult the full list of events on the website of the Grenoble Office du Tourisme:

www.grenoble-tourisme.com/757-12-mois-d-un-seul-coup-d-il.htm

September

- 14 and 15 September, 'Les Journées du Patrimoine' throughout France: national Heritage Days with special open-days with free admission to historical monuments
- 22 September, 'La Coupe Icare' in Saint-Hilaire-du-Touvet: international festival of free-flight sports (*vol libre*)

October

- 9 to 13 October, 'La Fête de la science' throughout France: the Science Festival
- 10 to 19 October, 'Le Millésime' in Grenoble: a wine and music festival with initiation to winetasting and concerts of jazz and classical music
- Mid-October, 'Le Festival Rocktambule' in Grenoble: pop-rock music festival

November

- 15 to 26 November, 'Les rencontres du cinéma Italien' in Grenoble
- End of November, 'Festival Le Tympan dans l'œil' in Grenoble: ciné-concert

December

- 4 to 8 December, 'Le Festival international du film de montagne' à Autrans
- Beginning December until Christmas, les marchés de Noël in all towns

January

- Early January, 'Le Festival des Maudits Films' in Grenoble
- All month, 'Le Mois du graphisme' in Échirolles, near Grenoble
- Fin janvier, festival des cultures tsiganes in Chambéry: festival of gypsy cultures

February

Place Saint-André: a traffic-free square in the centre of Grenoble



- Mid-February, 'Les enfants du Rock' in Chambéry
- Mid-February, 'Carnaval vénitien d'Annecy' in Annecy: venetian carnival.

March

- Early March, 'Une Nuit trop courte' in Grenoble: international festival of student short movies
- Early March, la Semaine culturelle universitaire in Grenoble
- All month, 'Le Printemps des poètes' in Grenoble

April

- Mid-April, 'Détours de Babel' in Grenoble: festival of world music
- Mid-April, 'Le Printemps du livre' in Grenoble

May

- Mid-May, 'Les Arts du récit' throughout the Isère department
- Mid-May, 'La nuit des musées': open evening in museums throughout in France
- End May, 'Festival du premier roman' in Chambéry: festival of first novels

June

- Mid-June, Festival international du film d'animation in Annecy
- End June, 'Fort en son' in Grenoble: festival of fanfares

July

- Mid-July, 'Musilac' in Aix-les-bains: music festival
- End July, 'Cabaret frappé' in Grenoble: music festival

August

- Early August, la 'Fête du lac' in Annecy
- Mid-August, 'Annecy classic festival' in Annecy



Sport on the Campus

Sports activities at the *Université de Grenoble* are organized by the University department that goes by the name of its acronym 'SIUAPS' (*Service Inter-Universitaire des Activités Physiques et Sportives*), which offers a broad range of sporting activities, open to all according to aptitude and interest. A sporting activity can be undertaken as part of a university course program or simply as a leisure activity, either at an introductory level or for seasoned practitioners.

Activities offered by SIUAPS: Adapted Physical Activities, Aïkido, Archery, Athletics, Badminton, Basketball, Body-Building, Climbing, Dance, Diving, Fencing, Football (men and women's), Golf, Gymnastics, Handball, Judo, Jujitsu, Karaté, Mountain-Biking, Orienteering, Rowing, Rugby (men and women's), Sailing, Skiing, Snowboarding, Surfing, Swimming, Table-Tennis, Tennis, Volley-ball, Water-polo.

siuaps.ujf-grenoble.fr

Registration

The Sports Service organizes a 'Sports Forum' on 11th and 12th of September in the Halles, Belledonne and Chartreuse, near the UFRAPS building. This Forum presents all the sports offered to students. A second forum is organized during the month of January. Apart from the forums, you can also register directly for a sport with the sports representative in your host institution.

Careful! Do not wait too long: the enthusiasm is such at the beginning of the year that certain activities are soon fully subscribed and places are inevitably limited in some activities.

- A sport taken as a university course (with evaluation): You need to register with your Service de Scolarité as well as with the Sports Section. This registration must be confirmed with the head of the sport chosen during the Forum des Sports. Registration/enrolment fees are to be paid when you go through registration at the university.
- The personal practice of a sport: In order to practice a sport throughout the year, you should acquire the 'sports card' obtainable from the university swimming pool or at the Forum des sports. The cost of the card is 27 €.

It is also possible to carry out a sporting activity other than through this year-long registration with the Services des Sports. You can for example have access to the swimming pool (student admission cost is 1.50 €) or to the weights room (for which there is an annual fee). The football pitches are also free of access on the university campus (tramstop '*Hector Berlioz*' on Tramline C). Other facilities such as the tennis courts or beach volley courts, etc. can be reserved at the Service des Sports.

The GUC: Grenoble Universités Club

The GUC possesses its own training centre and a leisure centre which places emphasis on sporting endeavour which is available for those aged 4 to 17 (open throughout the year), with specialized sections for 25 sporting sections, covering more than thirty disciplines practiced, either competitively or for leisure purposes and open to all (at the school, university or general public, level).



With more than 8,000 members, the Grenoble Université Club is one of the top three university clubs in France:

www.guc.asso.fr

The 'Snow School' (*École de Glisse*) at Université de Grenoble

The '*École de Glisse*' organizes supervised ski trips with preferential and exclusive rates to several of the best French ski resorts.

www.ecole-de-glisse.com

Off-campus sports activities

You will find in Grenoble many sports complexes: skating rinks, climbing centres, race tracks, bowling alleys and municipal swimming pools.

The **Municipal Sports Office** (OMS: *Office Municipal des Sports*) will reply to all questions relating to the practice of sport in Grenoble. It organizes a Sports Forum which brings together more than a hundred sports clubs in Grenoble and the conurbation. The next forum will take place in September 2013 at the Grand'Place Shopping Centre.

Office Municipal des Sports

3 passage Palais de Justice 38000 Grenoble
Opening times: Tuesdays to Fridays from 12.30 p.m. to 5.30 p.m.
04 76 44 75 61

www.omsgrenoble.com

At the '*Maison de la Montagne*', you will find all sorts of information relating to activities in the great outdoors: documentation on the mountains, guides, maps, etc. As a rendez-vous for all mountain clubs, this place is the meeting place for many organizations: the '*Bureau des Guides et Accompagnateurs de Grenoble*', the '*Centre Régional d'Éducation Populaire et de Sport*' and also the '*Moniteurs Cyclistes Français*'.

Maison de la Montagne

3 rue Raoul Blanchard 38000 Grenoble
Opening times: Mondays to Fridays: from 9.30 a.m. to 12.30 p.m. and 1 p.m. to 6 p.m. Saturdays: 10 a.m. - 1 p.m.; 2 p.m. - 5 p.m.
04 76 44 67 03

www.grenoble-montagne.com



Organized community life is very rich in the Grenoble conurbation. Hundreds of associations exist in all fields of activity: art, cinema, culture, politics, citizenship, sport, music, etc.

So you really want to get involved in a cause, pursue a project or get to know others in an activity which is very dear to you? Then you can commit yourself on a voluntary basis to working in an appropriate association. You will not earn any money but you will acquire rich experience which will stand you in good stead in terms of your personal development and also in terms of your future professional life

On the main campus



In the EVE building, the Centre for Student Life (*Espace Vie Etudiante*), you will come into contact with services and activities which are designed by students for other students.

www.asso-seve.org

ADAM exists to resource student association start-ups and to provide help and expertise in getting all sorts of projects off the ground. If you want to find out what association most corresponds to your interests, or can best help you to develop a particular project, then ADAM is there to help you.

IntEGre is a dynamic association of Grenoble students whose aim is to extend a warm welcome to international students, and thereby facilitate cultural exchanges through a variety of activities, outings, special welcome evenings and introducing international students to French life. The association is happy to organize introductory visits at the beginning of the university year for international newcomers both to get to know the campus and the city of Grenoble and to take part in 'discovery weekends'.

www.integre-grenoble.org

Community Associations

There exist quite a few community associations created by students of different nationalities and backgrounds. These associations bring together those with the same cultural background who wish to share what they have in common. These associations can be of great help to you when it is a question of settling in to a new lifestyle in Grenoble. They also organize cultural, festive and sporting events, working in liaison with the IntEGre association.

ACI, Association des Etudiants Camerounais

acigrenoble@yahoo.fr
Alain Tchana, président: 06 20 74 07 33
association-camerounaise38.org

AEM, Association des Etudiants Maliens

dem_n1@yahoo.fr
Demba Touré, secrétaire général des activités sportives et culturelles:
06 81 24 08 91

AEMI, Association des Etudiants Malgaches en Isère

totosonperle@yahoo.fr
Perle Totoson, vice-présidente: 06 61 58 37 94
Facebook: AppelEMI

AESSG, Association des Étudiants et Stagiaires Sénégalais de Grenoble

aessg38@gmail.com
www.aessg.org

AEVG, Association des Étudiants Vietnamiens de Grenoble

dungtm.pfiev@gmail.com
06 88 45 72 49
www.aevg.fr

AGIS, Association des Guinéens de l'Isère

infoagis@yahoo.fr
Ibrahima Bah, président: 07 50 49 91 80
Facebook: Guinéens de Grenoble
www.agis-grenoble.fr

ANISERE, Association des Nigériens de l'Isère

aniseregrenoble@gmail.com
Malick Boureima, président: 06 80 95 36 04

ASETIG, Association des Etudiants Ivoiriens de Grenoble

asetig@live.fr
asetig.web.free.fr

Association des Congolais de France et des Étudiants Congolais

assocongo.france@yahoo.fr
Mathieu ILUNGA KANKONDE, président: 06 71 62 51 15

Association des Étudiants Chinois

yingli159@gmail.com
Ying Li, présidente

In town

The **International House: La Maison de l'International** is a special place set up and run by the City of Grenoble for exchanges, for information and for meeting together to share international experiences. It is here that you can find out more information on all the international associations present in Grenoble.

Maison de l'International

1 rue Hector Berlioz 38000 Grenoble
Opening time: Mondays to Fridays, from 10 a.m. to 12.30 p.m.
and from 2 p.m. to 6 p.m.
04 76 00 76 80

The **Maison des associations** is the place to find out more about the latest activities of associations in Grenoble. It also serves to give advice to and to train volunteers in all aspects of the role of associations in community life.

Maison des associations

6 rue Berthe de Boissieux 38000 Grenoble
Opening times: Mondays to Fridays between 8.30 a.m. and 7 p.m.
04 76 87 91 90





You have left your country, your family and your friends to come and live a new experience in a foreign country. Although you no doubt prepared yourself for this experience and informed yourself about French culture and life in France before you left, you could well be feeling a certain amount of 'culture shock' and feeling a little home-sick.

It is altogether normal that, in the initial stages, you could well feel a little lost, disoriented and even bewildered by your new environment. Such emotions are an essential part of the adaptation process you are undergoing.

For your cultural adaptation to be effective, it is essential to keep an open mind and a sense of humour. You should also be prepared to accept failure and should not be afraid to make this known. Curiosity, tolerance of differences and of ambiguities, respect towards others as well as a sense of self-esteem, are all behavioural attitudes which will make your integration easier.

If a strong uneasiness should persist, then you can always contact the team at the Health Centre of the *Université de Grenoble* who have set up different support groups (aiming at inculcating self-confidence, teaching stress management, cultivating awareness and communicative skills). You can also solicit the help of the team of social assistants whose role is to help students in their university and personal lives, giving them the capacity to cope with difficult situations.

Centre de Santé: 04 76 82 40 70.

Assistantes sociales: 04 56 52 88 30

Centre de Santé du Domaine universitaire

180 rue de la Piscine

Opening Hours: from 8 a.m. to 5 p.m. Mondays, Wednesdays, Thursdays and Fridays, and 9a.m. to 5 p.m. Tuesdays
04 76 82 40 70

Centre de Santé du centre-ville

5 rue d'Arsonval 38000 Grenoble

Opening Hours: from 8.30 a.m. to 5 p.m., Mondays, Wednesdays and Thursdays, from 9.30 a.m. to 5 p.m. Tuesdays, from 8.30 a.m. to 4 p.m. Fridays

Psychological Counselling: 04 76 82 40 70

<http://sante.grenoble-univ.fr/>





All of which are used – and their meaning explained in English - in the preceding text.

A

- ADIJ** Association Départementale Information Initiative Jeunesse
AFIJ Association pour Faciliter l'Insertion professionnelle des Jeunes diplômés

B

- BU** Bibliothèque universitaire

C

- CAF** Caisse d'Allocations Familiales
CHU Centre Hospitalier Universitaire
CPAM Caisse Primaire d'Assurance Maladie
CRIJ Centre Régional Information Jeunesse
CROUS Centres Régionaux des Œuvres Universitaires et Scolaires
CUEF Centre Universitaire d'Études Françaises

D

- DALF** Diplôme approfondi de langue française
DELF Diplôme d'études en langue française

E

- ECTS** European Credit Transfer System
EVE Espace Vie Étudiante

F

- FLE** Français Langue Étrangère

G

- GEG** Gaz Électricité de Grenoble
GUC Grenoble Université Club

I

- ISSO** International Students and Scholars Office

L

- LMDE** La Mutuelle Des Étudiants

O

- OFII** Office Français de l'Immigration et de l'Intégration
OMS Office Municipal des Sports



R

- RIB** Relevé d'Identité Bancaire
RU Restaurant universitaire

S

- SAH** Service Accueil Handicap
SICD Services Inter-établissements de Coopération Documentaire
SMERRA Société Mutualiste des Étudiants de la Région Rhône-Alpes
SIUAPS Service Inter-Universitaire des Activités Physiques et Sportives

T

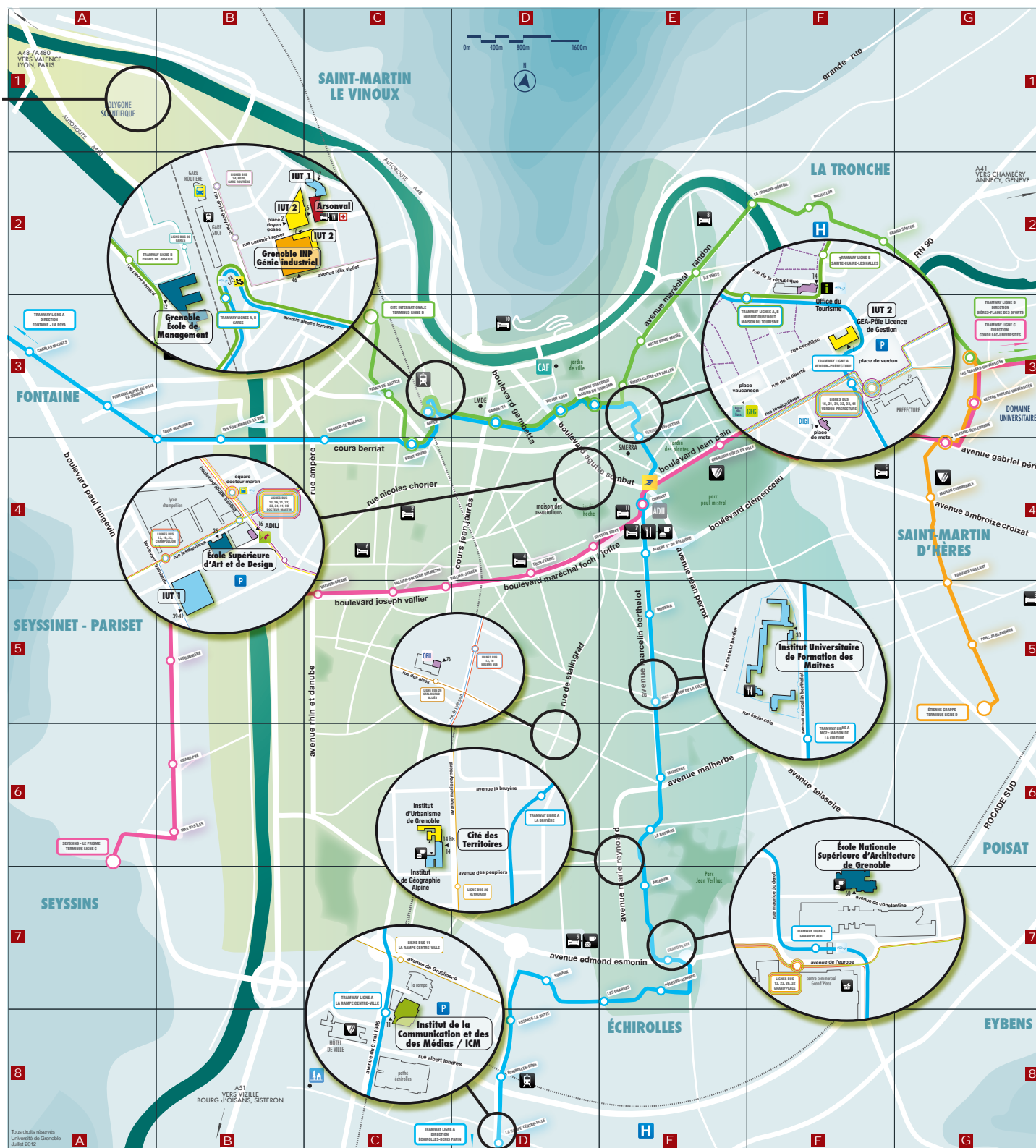
- TAG** Transport de l'Agglomération Grenobloise
TCF Test de Connaissance du Français
TGV Train Grande Vitesse

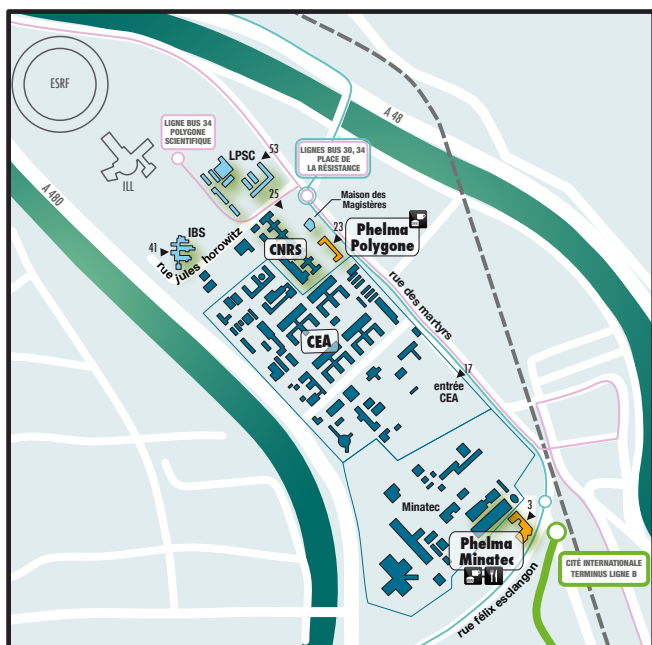
U

- UFR** Unité de Formation et de Recherche
UJF Université Joseph Fourier
UPMF Université Pierre-Mendès-France



Grenoble





UNIVERSITÉ DE GRENOBLE

Université Joseph Fourier

Institut de Biologie Structurale (IBS)	41 rue Jules Horowitz - Grenoble	A1
IUT 1 - Mesures Physiques / Services et Réseaux de Communication	17 quai Claude Bernard - Grenoble	D3
IUT 1 - Chimie / Génie Thermique et Énergies	39-41 boulevard Gambetta - Grenoble	C4
Institut Universitaire de Formation des Maîtres	30 avenue Marcellin Berthelot - Grenoble	E5
Institut de Géographie Alpine (IGA)	Cité des Territoires - 14 avenue Marie Reynoard - Grenoble	E6
Laboratoire de Physique Subatomique et de Cosmologie de Grenoble (LPS)	53 rue des Martyrs - Grenoble	A1
Maison des Magistères	25 rue des Martyrs (entrée rue Jules Horowitz) - Grenoble	A1

Université Pierre Mendès France

IUT 2 - Doyen Gosse	2 place Doyen Gosse - Grenoble	C3
IUT 2 - Casimir Brenier	16 rue Casimir Brenier - Grenoble	E3
IUT 2 - GEA - Pôle Licence de Gestion	1 place de Verdun - Grenoble	C3
Institut d'Urbanisme de Grenoble	Cité des Territoires - 14 bis avenue Marie Reynoard - Grenoble	E6

Université Stendhal

Institut de la Communication et des Médias (ICM)	11 avenue du 8 mai 1945 - Échirolles	D8
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Grenoble INP

Administration	46 avenue Félix Viallet - Grenoble	C3
ENSCI	46 avenue Félix Viallet - Grenoble	C3
Phelma Minatoc	3 parvis Louis Néel - Grenoble	A1
Phelma Polygone	23 rue des Martyrs - Grenoble	A1

CROUS

Résidence Arsonval	1	5 rue d'Arsonval - Grenoble	C3
Résidence Beethoven	2	9 rue Beethoven - Grenoble	C4
Résidence Carnagole Liberté	3	19 rue Pierre Courtade - Saint Martin d'Hères	G5
Résidence Filas	4	1 rue Colonel Dumont - Grenoble	D4
Résidence de la Halle Brun	5	7-13-19 rue du 24 avril 1915 - Saint Martin d'Hères	F4
Résidence Hermite	6	31 bis rue Dr Hermite - Grenoble	C4
Résidence Le Home	7	2 avenue Général Champan - Grenoble	E4
Résidence La Magnanerie	8	23 rue de la Magnanerie - Grenoble	E2
Résidence Olympique	9	Avenue Edmond Esmonin - Grenoble	D7
Résidence le Rabot	10	11 rue Maurice Gignoux - Grenoble	D3
Cité Gallée - Maison des étudiants	11	6 place Pasteur - Grenoble	E4
Restaurant Arsonval		16 rue Casimir Brenier - Grenoble	C3
Restaurant Home		2 avenue Général Champan - Grenoble	C3
Restaurant Minatoc		61 rue Félix Esclapart - Grenoble	A1

Autres établissements

CEA	17 avenue des Martyrs - Grenoble	A1
CNRS	25 rue des Martyrs (entrée rue Jules Horowitz) - Grenoble	A1
École Supérieure d'Art et de Design	25 rue Lesdiguières - Grenoble	D4
École Nationale Supérieure d'Architecture de Grenoble	60 avenue de Constantine - Grenoble	E7
European Synchrotron Radiation Facility (ESRF)	6 rue Jules Horowitz - Grenoble	A1
Grenoble École de Management	12 rue Pierre Sémard - Grenoble	C3
Institut Loue Langevin	6 rue Jules Horowitz - Grenoble	A1

Accueils et services

Arsonval - Centre de santé	5 rue d'Arsonval - Grenoble	C3
ADIU - Pôle Jeunesse	16 boulevard Agutte Sombat - Grenoble	D4
ADIL Association Départementale d'Information Logement (ADIL)	2 boulevard Maréchal Joffre - Grenoble	E4
CAF Cité de la CAF	3 rue de Belgrade - Grenoble	D3
DIGI Domicile Intergénérationnel Isérois (DIGI)	1 place de Metz - Grenoble	E3
OFII Office Français de l'Immigration et de l'Intégration	76 rue des Alliés - Grenoble	D6
Office du tourisme	14 rue de la République - Grenoble	E3
GEG Gaz Electricité de Grenoble (GEG)	5 place Vaucanson - Grenoble	E3
Régie des Eaux de Grenoble	5 place Vaucanson - Grenoble	E3
La Poste	7 boulevard Maréchal Lyautey - Grenoble	E4
Agence Métro Vélo	C3	
Agence TAG	C3-D4	
Agence Transisère	C3-D4	
Gares	C3-D8	
Résidences Universitaires		
Restaurants / Cafétérias		
Hôpitaux	F2 - E8	
Auberge de jeunesse	C8	
Mairies		



Université Joseph Fourier



Université Pierre-Mendès-France



Université Stendhal



Grenoble INP



Sciences Po Grenoble





