

PRACTICAL GUIDE 2023-2024

FOR INTERNATIONAL STUDENTS PARTICIPATING IN A STUDY ABROAD PROGRAM



**SUPPORT
CREATE
SHARE**

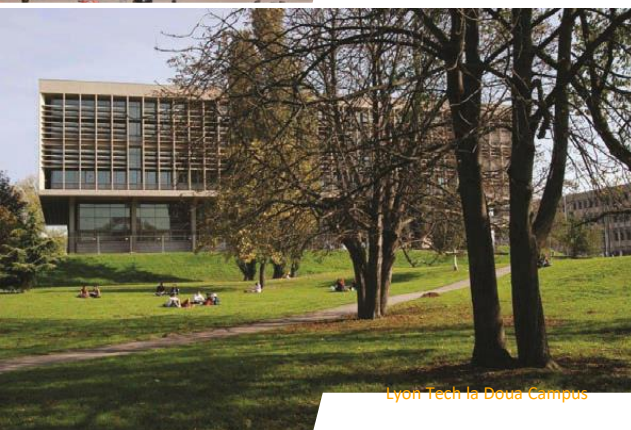
Direction des Relations Internationales
univ-lyon1.fr > universite > international



Université Claude Bernard  Lyon 1



Faculty of Medicine Lyon Est



Lyon Tech la Doua Campus



ISFA – Gerland Campus



Faculty of Medicine Lyon Sud

Table of Contents

Welcome to the Université Claude Bernard Lyon 1	3
Université Claude Bernard Lyon 1 (UCBL): An Overview	4
International Relations Department	5
International Relations Offices – Your Exchange Program Contacts	6
Prepare to study abroad	10
Visa	10
Housing	10
Health Insurance	14
Budget	15
Pack your suitcase	18
Pre-departure document check-list	19
Prepare your arrival in Lyon	20
Rendez-vous with your International Relations Office (BRI)	20
Get a head-start on your administrative procedures	20
Sign up for French as a Foreign Language class	21
Arrive in Lyon	21
Living in Lyon	24
Visas and Residence Permits	24
Banks	26
Insurance policies required for your stay	26
Health Care	27
Getting around Lyon	31
Come to UCBL	33
A Warm Welcome by your BRI	33
Enrolling at UCBL	33
Student Card	35
Lyon 1's Student Portal	35
Life at UCBL	36
Eating On-Campus	36
Libraries, Computer Labs, & Online Resources	37
Sports	38
Student Associations	39
Cultural Activities at UCBL	39
Cultural Activities in Lyon	40
Maximize Your Budget	41
Useful Contacts	42

Find us on....



01 WELCOME TO LYON 1

UNIVERSITÉ CLAUDE BERNARD

UCBL welcomes students from all over to join our world renowned academic and research institution.

Approximately 5,500 international students benefit from our teaching and research. Our dedicated staff assists students from the admission phase to their arrival in Lyon.

Lyon 1's education promises creativity, innovation and critical thinking, and each new international student will feel a part of a large community where they can further their personal education.

Lyon is a beautiful city where you will have the opportunity to meet more than 170,000 students. The third largest city in France, easily connected by TGV or plane to all major French cities and European capitals, Lyon is also known for its historical and architectural monuments and is a UNESCO World Heritage Site. This environment fosters diversity and the exchange of ideas which contributes to the development of lasting relationships between students and staff at the university, supported by excellent teaching programs, research, and social and cultural activities. UCBL: excellence in education and academic success!

Hélène COURTOIS
Deputy Vice President for International and European Relations

Anne GIROIR-FENDLER
Deputy Vice President for Student International Mobility

Université Claude Bernard Lyon 1 (UCBL): An Overview

The Université Claude Bernard Lyon 1 (UCBL) is a public French university, the leading French scientific center outside the Ile de France.

The training and research activities in the sectors of health sciences, science and technology and sports sciences place Lyon 1 among the highest-ranking French universities, whatever the criteria used.

The University, which has 11 campuses, welcomes more than 47,000 students each year and contributes effectively to the development of the Auvergne Rhône-Alpes region, and in intern UCBL receives regional support for its initiatives

This guide is intended for international students participating in a mobility program at Lyon 1 in a Bachelor's or Master's program.

If you are not participating in an exchange program and you have questions about your situation:

> DRI, Lyon Tech la Doua Campus, Condorcet Building, 1st floor,
13 boulevard André Latarjet; 69100 Villeurbanne

► foreignstudents@univ-lyon1.fr
► etu.univ-lyon1.fr > *Guide pratique* > *Accueil des étudiants* > *Accompagnements spécifiques: Étudiants à l'international* (only available in French)

If you are not participating in an exchange program and you have questions about your enrolment at UCBL:

> DEVU, Lyon Tech la Doua Campus, Quai 43 Building, 3rd floor,
26-28-30 avenue Gaston Berger; 69100 Villeurbanne

► DAP-ETUDESENFRA@univ-lyon1.fr
► univ-lyon1.fr > *formation* > *inscription et scolarité* > *inscription candidats internationaux hors échange* - *comment candidater*

If you are a doctoral candidate, researcher, or teacher-researcher, please contact:

> Université de Lyon, Espace Ulys

► information@espace-ulyes.fr
► espace-ulyes.fr



Crédits photos : © Service Communication – Eric LeRoux / UCBL, sauf (*)

International Relations Department

The International Relations Department, referred to as the "DRI" for its French title "Direction des Relations Internationales", is responsible for implementing the strategic orientations of UCBL. This is reflected in the coordination of exchange programs within the institution.

> DRI, Rockefeller Campus
8 avenue Rockefeller; 69008 Lyon

Direction

Ms. Hélène COURTOIS, Deputy Vice President
for International and European Relations
▶ vpri@univ-lyon1.fr

Ms. Anne GIROIR-FENDLER,
Deputy Vice President for International Mobility
▶ vpri@univ-lyon1.fr

Ms. Catherine GUILLAUMON, Administrative Director
Tel. +33 (0)4 78 77 75 04
▶ catherine.guillaumon@univ-lyon1.fr | vpri@univ-lyon1.fr

Erasmus+ Cooperation Pole

Ms. Dana-Maria DAIA
Erasmus+ Cooperation Pole
Manager, Project officer ARQUS
European University
Tel. +33 (0)4 78 77 75 68
▶ dana-maria.daia@univ-lyon1.fr

Ms. Alison BEDEJUS
Adjunct Project Officer-Arqus
European University Alliance
Tel. +33 (0)4 78 77 28 50
▶ alison.bedejus@univ-lyon1.fr

Generic mail:
erasmus@univ-lyon1.fr

Ms. Cinzia CECCHETTO
Erasmus+ Projects Assistant
Tel. +33 (0)4 78 77 28 19
▶ cinzia.ceccheto@univ-lyon1.fr

Outside Europe Pole

Ms. Sabrina BAULARD,
Outside Europe Pole Manager,
Cooperation Pole Manager
Tel. +33 (0)4 78 77 72 74
▶ sabrina.baulard@univ-lyon1.fr

Generic mail:
▶ MobiliteHorsEurope@univ-lyon1.fr

> DRI, Lyon Tech La Doua Campus
Condorcet Building, 13 boulevard André Latarjet; 69100 Villeurbanne

Ms. Ikram BOUSSETTA, Incoming International Student Coordinator
Tel. +33 (0)4 72 44 79 07
▶ foreignstudents@univ-lyon1.fr

Accounting and Scholarship Pole

Ms. Sandrine GUERTENER, Regional Scholarship
Administrator
Tel. +33 (0)4 78 77 72 99
▶ sandrine.guertener@univ-lyon1.fr

Ms. Vanessa MINANO, Ministerial and University
Scholarship Administrator, Accounting Assistant,
and Exchange Student Housing Coordinator
Tel. +33 (0)4 78 77 71 39
▶ vanessa.minano@univ-lyon1.fr

International Relations Offices – Your Exchange Program

Contacts

The International Relations Offices or "BRI" (*fr. Bureaux des Relations Internationales*) are the intermediaries of the International Relations Department within each of the university's 16 faculties and institutions. They are run by:

- ✓ A "CMI" (*fr. Correspondant Mobilité Internationale*), or **International Mobility Correspondent**, a teacher in charge the pedagogical aspects of students' mobility, and
- ✓ An "AMI" (*fr. Assistant de Mobilité Internationale*), or **International Mobility Assistant**, who is responsible for assisting students with practical procedures and formalities.

Please note: Faculty and Institution websites are only available in French.

Faculty of Biosciences (*fr. Faculté des Biosciences*)

▶ ufr-biosciences.univ-lyon1.fr

Biology Department,

CMI: Ms. Stéphanie GOBERT-GOSSE

Tel. +33 (0)4 72 44 62 92 | stephanie.gobert-gosse@univ-lyon1.fr

Ms. Cathy RAMOS | cathy.amos@univ-lyon1.fr

Biochemistry Department,

CMI: Mr. Olivier MARCILLAT

Tel. +33 (0)7 68 68 56 13 | olivier.marcillat@univ-lyon2.fr

AMI for both departments: Mr. Flavien BOUCHET

Tel. +33 (0)4 72 44 79 35 | flavian.bouchet@univ-lyon1.fr

Faculty of Medicine Lyon-Est (*fr. Faculté de Médecine Lyon Est*)

▶ lyon-est.univ-lyon1.fr

CMI: Ms. Nathalie STREICHENBERGER - & - Mr. Grégoire COZON

nathalie.streichenberger@univ-lyon1.fr - & - gregoire.cozon@univ-lyon1.fr

AMI Incoming Students: relations-internationales.lyon-est@univ-lyon1.fr

Tel. +33 (0)4 78 77 70 90

AMI Outgoing Students: relations-internationales.lyon-est@univ-lyon1.fr

Tel.: +33 (0)4 26 68 82 02

Faculty of Medicine Lyon Sud (*fr. Faculté de Médecine Lyon Sud*)

▶ lyon-sud.univ-lyon1.fr

CMI: Ms. Meja RABODONIRINA

Tel. +33 (0)4 72 07 19 41 | meja.rabodonirina@univ-lyon1.fr

AMI Incoming Students: relations-internationales.lyon-sud@univ-lyon1.fr

Tel. +33 (0)4 26 23 59 71

AMI Outgoing Students: relations-internationales.lyon-sud@univ-lyon1.fr

Tel. + 33 (0)4 26 23 59 84

Faculty of Odontology or "Odonto" (fr. Faculté d'Odontologie)

► odontologie.univ-lyon1.fr

CMI: Ms. Béatrice THIVICHON-PRINCE

Tel. +33 (0) 4 26 23 38 23 | beatrice.thivichon-simon@univ-lyon1.fr

AMI: Ms Linda HAMZAOU

Tel. +33 (0) 4 78 77 86 81 | relationsinternationales.odontologie@univ-lyon1.fr

Faculty of Sciences or "FS"

(fr. Faculté des Sciences)

► ufr-fs.univ-lyon1.fr

Chemistry Department,

CMI: Mr. Jean-Bernard TOMMASINO

Tel. +33 (0)4 72 44 82 20 | jb.tommasino@univ-lyon1.fr

Mathematics Department,

CMI: Mme Olga KRAVCHENKO | okra@math.univ-lyon1.fr

Physics Department,

CMI: Mr. David RODNEY

Tel. +33 (0)4 72 43 14 73 | david.rodney@univ-lyon1.fr

AMI for all three departments: Mr. Flavian BOUCHET | flavian.bouchet@univ-lyon1.fr

Tel. +33 (0)4 72 44 79 35

Electrical Process Engineering or "GEP"

(fr. Génie Électrique des Procédés)

► fst-gep.univ-lyon1.fr

CMI: Mr. Fabien SIXDENIER

Tel. +33 (0)4 72 43 28 22 | fabien.sixdenier@univ-lyon1.fr

AMI: Mr. Flavian BOUCHET

Tel. +33 (0)4 72 44 79 35 | flavian.bouchet@univ-lyon1.fr

Faculty of the Sciences and Techniques of Physical and Sports Activities or "STAPS"

(fr. Sciences et Techniques des Activités Physiques et Sportives)

► ufr-staps.univ-lyon1.fr

CMI: Ms. Karine MONTEIL

Tel. +33 (0)4 72 43 28 37 | karine.monteil@univ-lyon1.fr

AMI: Mr. David OLIVERI | david.olivieri@univ-lyon1.fr

- & - Ms. Sonia CASTANER | sonia.castaner@univ-lyon1.fr

Tel. +33 (0)4 72 44 82 01

Information Technology

(fr. Informatique)

► fst-informatique.univ-lyon1.fr

CMI: Ms. Nadia KABACHI

Tel +33 (0)4 72 43 19 97 | nadia.kabachi@univ-lyon1.fr

AMI: Mr. Flavian BOUCHET

Tel. +33 (0)4 72 44 79 35 | flavian.bouchet@univ-lyon1.fr

Institute of Actuarial and Financial Sciences or "ISFA"

(fr. Institut de Science Financière et d'Assurances)

► isfa.univ-lyon1.fr

CMI: Mr. Pierre RIBEREAU

Tel. +33 (0)4 37 28 74 35 | pierre.ribereau@univ-lyon1.fr

Institute of Pharmacological and Biological Sciences or "ISPB"

(fr. Institut des Sciences Pharmaceutiques et Biologiques)

► ispb.univ-lyon1.fr

CMI: Mr. Hans-Martin SPÄTH

Tel. +33 (0)4 78 77 72 33 | hans-martin.spath@univ-lyon1.fr

AMI: Mr. Christophe VILLARD

Tel. +33 (0)4 78 77 70 69 | christophe.villard@univ-lyon1.fr

Institute of Rehabilitation Science and Techniques or "ISTR"

(fr. Institut des Sciences et Techniques de la Réadaptation)

► isrb.univ-lyon1.fr

CMI: Ms. Solveig CHAPUIS

Tél. +33 (0)4 78 91 70 77 | solveig.chapuis@univ-lyon1.fr

AMI: Ms. Catalina BAUMGARTNER

Tel. +33 (0)4 78 77 72 66 | catalina.baumgartner@univ-lyon1.fr

Lyon Observatory

(fr. Observatoire de Lyon)

► observatoire.univ-lyon1.fr

CMI: Mme Emanuela MATTIOLI

Tél. +33 (0)4 72 44 58 00 | emanuela.mattioli@univ-lyon1.fr

AMI: Ms. Oriane MARDUEL

Tel. +33 (0)4 72 44 84 85 | oriane.marduel@univ-lyon1.fr

Mechanics

(fr. Mécanique)

► fst-meca.univ-lyon1.fr

CMI: Mr. Simon DAGOIS | simon.dagois-bohy@univ-lyon1.fr

AMI: Mr. Flavian BOUCHET

Tel. +33 (0)4 72 44 79 35 | flavian.bouchet@univ-lyon1.fr

National Higher Institute of Teaching and Education or "INSPE"

(fr. Institut National Supérieur du Professorat et de l'Éducation)

► inspe.univ-lyon1.fr

CMI: Ms. Nathalie BLANC

Tel. +33 (0)7 84 56 16 25 | nathalie.blanc@univ-lyon1.fr

AMI: Mme Nurgül DASCIOGLU

Tél. +33 (0)4 81 92 99 56 | nurgul.dascioglu@univ-lyon1.fr

Polytechnical School of Engineering or "Polytech"

(fr. Polytech Lyon)

► polytech.univ-lyon1.fr

CMI: Mr. Didier LEONARD

Tel. +33 (0)4 37 42 35 54 | didier.leonard@univ-lyon1.fr

AMI: Ms. Bénédicte MARTI

Tel. +33 (0)4 26 33 71 40 | benedicte.marti@univ-lyon1.fr

University Technological Institute or "IUT"

(fr. Institut Universitaire Technologique)

► iut.univ-lyon1.fr

CMI: Ms. Anne DAUMAS | **Outgoing students** | anne.daumas@univ-lyon1.fr

- & - Ms. Marie ROBIN | **Incoming students** | marie.robin@univ-lyon1.fr

AMI IUT Lyon Tech la Doua and Bourg-en-Bresse Campuses:

Ms. Tiphaine ROLLAND | tiphaine.rolland@univ-lyon1.fr

Tel. +33 (0)4 72 69 20 36

- & Ms. Bernice QUAYNOR | bernice.quaynor@univ-lyon1.fr

AMI IUT Gratte-Ciel Campus

Mr. Laurent SIMONIN

Tel. +33 (0)4 72 65 53 03 | laurent.simonin@univ-lyon1.fr



Photo : Ondine B, Lyon (CC BY-NC-ND-2.0)

2

PREPARE TO STUDY ABROAD

Visa

A visa is a sticker affixed by the administration of a country on the passport of a person in order to authorize him to enter and stay for a determined period.

Students of non-European nationality must obtain a visa for their stay in France.

Consult the Espace Campus France website in your country of residence or the French Consulate near you to find out about the types of visas and how to obtain them.

- List of French embassies and consulates abroad: diplomatie.gouv.fr > *Le Ministère* > *Annuaire du ministère de l'Europe et des Affaires étrangères* > *Ambassades et consulats français à l'étranger*
- List of Campus France locations: campusfrance.org > *Qui sommes-nous* > *Campus France dans le monde*

In 46 countries, the pre-consular procedure "Etudes en France" is mandatory.

- List of countries concerned by the "Etudes en France": campusfrance.org > *FAQ*
- Platform of the "Etudes en France": pastel.diplomatie.gouv.fr/



Students concerned by "Etudes en France" procedure must complete the procedure for those already admitted by selecting "I have been accepted (exchange, independent, doctorate...).

As an exchange student, you must apply for a long-stay visa (VLS), type D, which will allow you to enter and stay in France from 4 months to 1 year. This visa will then allow you to circulate (without any other visa) in the Schengen area, provided that you do not exceed 90 days during the validity of the visa.

There are two types of visas: the "temporary" long-stay visa and the "residence permit" long-stay visa. If you have the opportunity, we advise you to apply for a long stay visa "valid as a residence permit" because it gives you more rights in France.

Proof of accommodation may be required for your visa application. A reservation in a temporary accommodation (youth hostel, hotel, etc.) may be accepted. Contact the French consulate near you for more information.



Housing

Multiple types of housing are available to you: public university housing (*fr. résidence CROUS*); private student residences, and general housing rentals (alone or with roommates)

Public University Housing – Les résidences CROUS

Through their International Relations Office (BRI), exchange students have the possibility to request a spot in public university housing (*fr. résidence CROUS*), which house students

CROUS housing is available for the first and/or second semester; shorter rental periods are not available. Information on how to request placement in a CROUS residence will be e-mailed to you after you have been accepted into our exchange program. You must apply before the deadline indicated by your BRI

- ▶ The full list of **BRI**s can be found on pages 6 to 8

Eligibility: All exchange students under 30 years of age coming to UCBL for a minimum of one academic semester.



| 30+ years old? Take advantage of our partnership with Studapart

Studapart – partnered platform for your housing search

You have the possibility to reserve housing through our partner STUDAPART. With their platform you can find private student residence halls, share rentals, studios, and more. Thanks to this partnership, you have access to:

- ✓ Verified listings – reserve your housing with confidence
 - ✓ Step-by-step guide to renting in France – everything a new renter needs to know
 - ✓ Personalized help – with English and French-speaking operators, call their hotline to speak with Studapart representatives who will answer your questions in real-time
- ▶ Connect to the UCBL-student Studapart platform to start looking: univ-lyon1.studapart.com (also available in *Spanish* and *Mandarin*)

Private Housing

Here is a (non-exhaustive) list of websites to help you in your search for housing outside of CROUS and Studapart. A more detailed list will be sent to you by your BRI following your acceptance into our exchange program.

- ▶ **Individual and Shared Housing:** appartager.com; locservice.fr; fr-fr.roomlala.com; lacartedescolocs.fr
- ▶ **Private Student Residences:** adele.org
- ▶ **Rental Agency and Owner Listings:** seloger.com; leboncoin.fr; pap.fr



Be wary of fraudulent offers! With the exception of CROUS or Studapart housing, do not rent or send money for housing if you have not visited it and signed a lease. The listings on these

sites are not subject to verification before posting. Look out for offers that seem too good to be true (relatively inexpensive for a very nice or very large room or apartment).

- ▶ For a more complete list, [contact your BRI \(pages 6-8\)](#)

Temporary Housing

Depending on what kind of housing you find, and depending on when you arrive in Lyon, you may need to find temporary housing. If you haven't found housing before you arrive in Lyon, be aware that it can take several weeks to find something that works for you and your budget. Plan your overall budget with this in mind.

These are a few of the hostels in Lyon:

Alter' Hostel ▶ alter-hostel.com SLO ▶ slo-hostel.com	Le Flaneur Guest House ▶ leflaneur-guesthouse.com	HO36 Hostel ▶ ho36hostels.com AWAY HOSTEL ▶ awayhostel.com
--	---	--

For a more complete list of temporary housing options in and around Lyon, contact your BRI

Rental essentials – what you need to know

Guarantor

(*fr. le garant*)

In order rent housing, you must have a guarantor, who commits to paying your rent if you are unable to do so yourself. A guarantor can be a physical person (co-signer) who is fiscally (taxably) located in France, or a guarantor can be a program such as the **VISALE**, the **Studapart** guaranty, or what is referred to as a "bank deposit" (*fr. caution bancaire*).

VISALE: Students under 30 years of age may apply for the **free** government programs. **VISALE**, which has created to help international students looking for housing in France.

Students who have received a placement in a **CROUS** residence hall through UCBL, are **required** to have the **VISALE** in order to sign their lease and take possession of their keys. **VISALE** may also be accepted by private student residence halls, rental agencies and owners renting out their properties



You may see the French terms "garantie", "caution" and "visa" used to describe this program. However, **VISAL** in no way guarantees access to housing, does not replace the rental deposit (*fr. une caution, mentioned below*), nor the student visa required for entry into France.

The free **VISAL** application is done entirely online; receive a response in a maximum of 72h

- ▶ For conditions and application procedures, visit (the French language website) visale.fr

Studapart's guarantor program: As an alternative to the **VISALE** and to a physical co-signer, students who reserve housing through Studapart's online platform, have access to Studapart's own guarantor program. To benefit from it, you advance an amount equal to 5.5% of the rent multiplied by the number of months you'll be renting.

- ▶ Ex: An apartment for which rent is 500€/month and for a 6-month lease - $500\text{€} \times 5.5\% \times 6 \text{ mo.} = 165\text{€}$
- ▶ Contact Studapart for more information: housing.univ-lyon1.fr

Other guarantor programs: For students over the age of 30, and for those who have not obtained the VISALE guarantee, [contact your BRI](#) for more information on other guarantor options.

Lease

(fr. le bail)

A lease (fr. un bail) is a rental agreement, which applies to both individual and shared housing. You must sign a lease for all types of accommodation: CROUS residence; private university residence; and private individual or shared residences



Sub-letting is prohibited in France, except with the owner's explicit prior approval. Nevertheless, undeclared subletting offers do exist. If you accept a sublet without the owner's prior authorization, you will not be able to sign a lease and you will not be protected under renter or rental protections.

Walk-through inspection

(fr. l'état des lieux)

You will have to carry out a walk-through (fr. un état des lieux) inspection when you move in and out of a property. It is important to note any defects (holes in the walls, scratches on the floor, etc.) so that you are not responsible for repairs when you leave. The cost of the walk-through inspection is included in the rental agency or the booking fees for an accommodation.

Rental deposit

(fr. la caution)

When you rent a property, you must pay a rental deposit, equal to one month's rent. This is used to pay for any repairs to the property when you leave. If you leave your housing in the same condition as when you arrived, the deposit will be refunded. If repair work is needed, the amount of the work will be deducted from your deposit and the difference (if any) will be returned to you.

Agency fees

(fr. les frais d'agence)

If you rent housing on your own, or if you are joining a shared housing that is managed through a rental agency (fr. régis), you will have to pay agency rental fee. These fees include, among other things, the drafting and signing of the lease and the walk-through. In Lyon, the rental agency fees cannot exceed 10€/m² of the living area, of which 3€/m² of this 10€/m² is for the walk-through

Renters Insurance

(fr. l'assurance habitation)

Housing must be insured against damage due to such things as theft, water, fire, etc. This insurance can only be taken out once you have housing (as it insures a specific property). It is a flat-rate insurance and is taken out with private insurance companies, a bank or a mutual insurance company.

- ▶ See "Insurance policies required for your stay" on page 26 for more information

Government-Sponsored Financial Aid for Housing

(fr. Aide personnalisée au logement)

All students who have signed a lease – be they of European or non-European (and who have obtained a residence permit), can apply for a monthly government-sponsored financial aid (fr. aide personnalisée au logement or "APL"). This aid is intended to help you pay your rent.

- ▶ For more information see the following guides: [CROUS Housing \[EN\] \[ES\]](#); [Other Student Residences \[EN\] \[ES\]](#); and [Private Housing \[EN\] \[ES\]](#), under "[Publications Documents d'aide au remplissage de l'Allocation logement étudiant 2020](#)" on caf.fr

Health Insurance

Depending on your nationality and country of residence, you must complete certain procedures before your departure to access the French health system.

European Union, European Economic Area, and Swiss Nationals

You must obtain the European Health Insurance Card (EHIC) from the health services in your country of residence before leaving. This card will allow you to benefit from the French health care system without paying the annual contribution

Residents of Québec

The Province of Québec and France signed an agreement exempting their respective students from social security fees in the other. Thanks to this reciprocal agreement, residents of Québec do not need to formally enroll in the French health care system.

In order to benefit from this agreement, you must take steps before your departure. Contact the Régie de l'Assurance Maladie du Québec (RAMQ) for information on the steps to follow

- ▶ Régie de l'Assurance Maladie du Québec (RAMQ) website: ramq.gouv.qc.ca
- ▶ For more information about this agreement, visit the [Centre des Liaisons Européennes et Internationales de Sécurité Sociale \(CLEISS\)](#) website: cleiss.fr > Particuliers > Venir > Etudes

Other Non-European Nationals

You will need to register with the (free) French health care system in the same way as French nationals - but you must already be in France to start the process.

- ▶ All you need to know in order to enroll in French health care is found on pages 27-31.



It can take several weeks to register for French health insurance. It is advisable to take out short-term travel health insurance for your first month in France. Check with private insurers in your home country before you leave.

Budget

To prepare for your stay, make sure you have the right budget. The average cost of living as a student in the Lyon area is approximately 900€ per month. In addition to your monthly budget, you will have other expenses related to your departure as well as your arrival and installation in Lyon.



Your budget and the student visa: In order to apply for a visa, you must prove that you have financial resources equal to 615€/month for each month of your mobility. This amount, calculated on a national basis, is not adequate to live in Lyon.

Pre-Departure Expenses

Obtain a certified copy of your birth certificate and an apostille

To qualify for certain French benefits, such as the health care system and *personal housing assistance (APL)*, you will need a certified copy of your birth certificate.

For nationals of certain countries, this certified copy must be accompanied by an apostille. The apostille is a separate document which makes it possible to recognize the legality of your birth certificate abroad. If you need to obtain an apostille, find out what steps to take in your country of origin before leaving (for some countries, apostilles cannot be obtained abroad).

► To find out for which countries documents need an apostille, see the (French-language website): diplomatie.gouv.fr.

Visas & Etudes en France

Students who need a visa will have to pay an application fee. If you live in a country that requires the "Etudes en France" pre-consular procedure, you will have to pay an additional fee for this step. Amounts vary by country.

Short-term health insurance

If you are a non-European national, you may need short-term (travel) health insurance as it takes a few weeks to register for French health care. Health insurance coverage for the beginning of your stay may also be required as part of your visa application. Check rates with your current health care provider to see if medical help received in France will be covered during you stay, or look into travel or short-term health insurance policies.

Repatriation insurance

If you are coming to France, you should find out before you leave whether you are covered by repatriation insurance which covers the cost of going home in case of a medical emergency and is recommended for your visit to France. Should you have questions, contact *your BRI*.

Expenses Related to Settling in Lyon

In addition to your monthly budget, you will have some expenses at the beginning of your stay, necessary for your relocation to Lyon

Housing	
Temporary housing (minimum)	15€/night in a hostel 30€/night in a hotel
Rental agency and reservation fees	150€ for CROUS housing 400€ to 600€ for private housing (individual or shared)
Deposit	One month's rent
New Utilities Accounts	
Electricity	20€ to 50€
Gas	20€ à 50€
Internet	50€
Administrative Fees	
Birth certificate translation by a certified translator in France (fr; traducteur assermenté))	50€ à 100€
Residence permit validation for those concerned	60€
► See "Long Stay Residence Visa," p 24	
CVEC (only for students enrolled in a dual degree)	92€
► See "Contribution à la Vie Etudiante et de Campus", p.34	



Photo: M. G. L. Lyon (CC BY-NC-ND 3.0)

Monthly Budget

The monthly budget in Lyon is approximately 800€. The following table is indicative of the cost of living in Lyon and its larger metropolitan area. Depending on the accommodation you find and your lifestyle, your expenses may be higher than what is indicated below.

Housing	
	350€ - room in shared housing
Rent (minimum)	350€ - room in CROUS housing
	500€ - for a studio
Monthly Bills	
Electricity	40€ / month
Gas	10€ to 20€ / month
Water	15€ / month
Renter's insurance	15€ / month
► See page 24 for more information	
Cell-phone plan	Starting at 10€ / month
Internet	30€ / month
Public transportation pass	Starting at 35,50€ / month
► More information available on page 31	
Food	
Groceries	250€ to 300€ / month
1 meal in a university dining hall	3,30€
► Information available on page 36	
1 baguette	0,90€
1 sandwich	3,50€
1 coffee	1,50€
1 soda (can)	0,90€
1 daily special in a restaurant	12€
1 full meal (appetizer / entrée / dessert) in a restaurant	20€
Recreation	
1 movie theater ticket	9€
1 museum ticket	5 to 15€
1 public pool ticket	3 to 7€
1 paperback book	5 to 10€

Pack your suitcase

Climate

Full sun in summer, colorful leaves in autumn, rain (and with a little luck, snow) in winter, blooming trees in spring, Lyon is a city with four distinct seasons. Although rare, the hottest days in summer can reach almost 40°C and the coldest in winter can drop to -10°C with wind chill.

In order to prepare your suitcase (or your possible purchases), here are the average monthly minimum and maximum temperatures (C°) as well as the average monthly rainfall.

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Average minimum temperature (°C)	0	0	3	6	10	14	16	16	13	9	4	1
Average maximum temperature (°C)	6	8	12	16	20	24	26	26	22	17	10	7
Average rainfall (mm)	75	62	64	87	95	87	81	81	95	103	107	78

Cell Phone

It is possible that the mobile phone you already own will work in France. Your phone must be "unlocked" and the operating system compatible with French operators.

Before you leave, contact your current telephone operator to find out if your phone is unlocked or how to unlock it, and how to check compatibility with French telephone operators.

On arrival (even at the airport), if you can buy a prepaid SIM card which will give you immediate access to the Internet and calls. You will also be able to use your phone for a normal monthly mobile phone package.

Electricity



French electrical outlet (see photo)
Voltage: 220/230
Frequency: 50 Hz

Converter or Adapter: Most laptops do not need a converter for them compatible with the French power grid. Normally, a simple adapter for French sockets is sufficient (see photo).

Other electrical appliances (such as hair dryers and straighteners, electric shavers, etc.) need a converter.



It is easier to find an adapter and converter compatible with your home country's electrical current and plugs before you leave.

Pre-departure document check-list

Before leaving for the airport, make sure you have these documents in your carry-on:

- ☐ Your passport and a copy of its identity and visa pages
- ☐ Your original certified birth certificate and apostille (for those concerned)
 - ▶ See "Obtaining a copy of your certified birth certificate and an apostille" page 15
- ☐ A copy of your most recently obtained diploma (required for enrolling at UCBL)
- ☐ Proof of enrollment at your home university (required for enrolling at UCBL)
- ☐ Proof of health insurance
 - ▶ See "Health insurance", page 14



Scan the identity and visa pages of your passport in case you lose it. It is also advisable to give a copy (paper or scanned) to someone you trust.



Photos : DRI-Université Claude Bernard Lyon 1, Étudiants

03

PREPARE YOUR ARRIVAL IN LYON

Rendez-vous with your International Relations Office (BRI)

So that your arrival in Lyon and at UCBL go as smoothly as possible, before you leave for Lyon, schedule a welcome meeting with the AMI of your faculty.

▶ [Find your AMI on pages 6-9](#)

They will explain the first formalities to be completed and, for students placed in a CROUS housing, will explain how to get to your residence and settle into your accommodation. Depending on the faculty, a student tutor may also be available to accompany you.

Get a head-start on your administrative procedures

In the chapters "[Moving to Lyon](#)" and "[Life at UCBL](#)", we will present step-by-step things you will need to do to get settled in Lyon and at UCBL.

Some procedures can only be done after your arrival. Others you will be able to start or complete before you get even on the plane. Here is what you can do now:

Apply for VISALE

(mentioned on page p. 12 above)

Required for students in CROUS residences, and useful any other accommodation, depending on your nationality, you can apply before you leave.

- European nationals: you can apply at any time
- Non-European nationals: you can apply as of the start date of your visa
 - ▶ Download the PDF list of documents required for your application from the [Visale FAQ](#)
 - ▶ Application for the VISALE guarantee is done entirely online; a reply is then given within 72 hours. For conditions and the application procedure visit [visale.fr](#)

Pay the "Contribution Vie Etudiante et de Campus" (CVEC)

Only for students participating in a dual degree program. Exchange students are exempt from the CVEC. If you are not sure in which type of program you are participating, [contact your AMI](#)

The CVEC (explained in detail on page 26) is a financial contribution to student life. You can pay your CVEC by debit card, Visa or MasterCard, and obtain your certificate before leaving your home country.

Sign up for French as a Foreign Language class

To help you improve your French skills, the University Service for Language Teaching (*fr. Service Commun d'Enseignement des Langues* or "SCEL") at UCBL offers French as a Foreign Language (*fr. Français Langue Etrangère* or "FLE") courses for beginners to advanced French language learners.

These free FLE classes are semester-long 30h classes for which you receive 3 ECTS. Students studying at UCBL for the entire academic year may take the class for credit both semesters.

Enrollment procedure

Step 1: Beginning in June, consult the FLE course schedules for the academic year.

- Schedules available on the (French-language) SCEL website: scel.univ-lyon1.fr > *enseignement* > *FLE*

Step 2: E-mail Ms. Solange GOY at inscription.fle@univ-lyon1.fr with the following information:

- LAST and First name;
- Home university;
- Level of study at UCBL: undergraduate (*fr. licence*), masters (*fr. master*), doctorate (*fr. doctorat*) OR Polytech / ISFA / IUT, if enrolled in one of these faculties
- Field of study (biology, chemistry, etc...);
- Number of hours or years of French studied
- Diploma or certificate of French-level (TCF, DELF, DALF results)
- Spoken and written French levels
- Selected group



"SANTÉ" FLE classes for are **exclusively** for **Faculty of Medicine** students.

"SCIENCES" FLE classes for are for students in **all other fields and faculties**: paramedical studies (ISPB, Odontology, ISTR et Human Biology); and general science (mechanics, GEP, IT, bioscience, sciences, STAPS, IUT, Polytech, ISFA, INSPE et Observatory).

Arrive in Lyon

Lyon is a regional center, easily accessible from French and international cities. It is served by buses, trains and planes. Whichever mode of transportation, here's how to get to Lyon and your accommodation.

Get to the city

From the Lyon-Saint Exupéry Airport

The Rhônexpress: The Rhônexpress tram links the Lyon-Saint-Exupéry Airport to the Part-Dieu train station (central platform for train/metro/tram/bus) in 30 minutes. Buy your ticket at a terminal, or once on board when the ticket inspector passes by.

- Departures every 30 minutes from 5am to midnight
- One-way ticket: from 10€
- rhonexpress.fr (also available in *Spanish*)



@ Brice Robert/Lyon Tourisme et Congrès

Public Transportation: For a lower cost, but longer travel-time, get to Lyon using the TCL bus 47 which connects the airport to Lyon's neighboring city Meyzieu. Board at the airport and get off at "Meyzieu Z.I." With your same ticket, take the tram line "T3" to the "Part Dieu" train station (central platform for train/metro/tram/bus).

- Departures every 30 minutes from 6:30am to midnight
- 1h Public Transportation Ticket (bus, tram, & metro) from 1,90€
- tcl.fr (also available in *Spanish*, *German*, and *Italian*)

Taxis: If you arrive between midnight and 5am, neither the Rhônexpress nor the bus will be running. You can take a taxi, but the cost is much higher.

- Average cost: 45€ à 60€



For a less expensive option, consider carpooling opportunities from the airport. See "*By Carpool*" below

By Train

Lyon is easily accessible by train from all major European cities via its two main stations (Part-Dieu and Perrache). Paris is 2 hours away from Lyon by "TGV" (*fr. Train à Grande Vitesse*).

Average price of a one-way 2nd class ticket: 65€ (reservation required).

- ▶ Ticket reservation, purchase, and train schedules (site available in 15 languages): oui.sncf
- ▶ Discounts and Subscriptions on: oui.sncf > [book](#) > [discount](#)

By Interurban Buses

The Lyon interurban bus station (*fr. gare routière*) is located on the 2nd floor of the Perrache station.

- ▶ Intra-departmental & inter-city bus lines (French-only website): carsdurhone.fr
- ▶ National and international long-distance bus lines (available in 6 languages): eurolines.de/en
- ▶ Discounted bus lines: [BlaBlaCar.co.uk/bus](https://blabla-car.co.uk/bus) (available in 7 languages); flixbus.fr (available in 40 languages)

By Carpool

- ▶ Share a car ride with BlaBlaCar: blablacar.fr

Reach your Accommodation

Public Transportation

(*fr. Transports en Commun Lyonnais or "TCL"*)

Lyon and its neighboring cities are very well served by the public transport network, TCL: with a single ticket, you have access to buses, trams and metros (from €2). TCL operates from 5am to midnight, all week long.

- ▶ Use the website tcl.fr/en > [journey planner](#) to plan your route (also available in 4 other languages)



Download the official TCL SYTRAL "Lyon Public Transport" application to have access to the journey planner, transit lines and real-time traffic information in your pocket.

The "TCL E-Ticket" application allows you to buy from and validate your transport ticket with your smartphone.



All tickets must be validated. Validate your ticket each time you use TCL and each time you change lines (except from one subway line to another). On buses and trams, insert your ticket in the grey terminals located next to the doors.

In case of frequent checks, if you have not validated your ticket you will have to pay a €60 fine.

Taxi

Are you arriving outside of TCL and/or Rhônexpress service hours? Too much luggage to handle alone on public transportation? All train and interurban bus stations are served by taxi services.

04

LIVING IN LYON

Visas and Residence Permits

The DRI is available to all foreign students arriving at UCBL for information and guidance on their administrative procedures, in particular the validation of the student visa or the application for a student residence permit.

- ▶ foreignstudents@univ-lyon1.fr
- ▶ etu.univ-lyon1.fr > [Guide Pratique](#) > [Accueil des Etudiants](#) > [Etudiants Etrangers](#) > ["Accueil des étudiants internationaux"](#) (only available in French)

Visas pour studies over 3 months

If your stay is for at least 3 months and depending on the type of visa you receive, you will have to take steps once you arrive in Lyon.

Type 1: Long-Stay Temporary Visa (*fr. Visa long séjour temporaire or "VLS-T"*)

If you have this visa, you have no supplemental actions to take.

Type 2: Long-Stay Residence Visa (*fr. Visa long séjour valant titre de séjour or "VLS-TS"*)

If you have a valid long-stay visa, you must validate it as soon as you arrive on French soil using the Electronic Administration for Foreigners in France (*fr. ANEF*) platform.

- ▶ See "[Long-Stay Residence Visa](#)" below

Type 3: Visa "Apply for a Residence Card"

If you hold a visa marked "apply for a residence card" (*fr. carte de séjour à solliciter*), you have to take steps with the Préfecture de Lyon.

- ▶ See "[Holders of a visa 'apply for a residence card'"](#) below

If you have another visa, or if you are not sure what type of visa you have, contact the DRI.

- ▶ foreignstudents@univ-lyon1.fr

- ▶ Further information about these procedures is available on the (French-language) website administration-etrangers-en-france.interieur.gouv.fr

Long-Stay Residence Visa

Your visa is not, in and of itself, a residence permit. For it to be a residence permit, you must validate it on the Electronic Administration for Foreigners in France (*fr. ANEF*) website within 3 months of your arrival in France.

To complete this process, you must pay €60 in fiscal stamps (*fr. timbres fiscaux*). If you have a French bank card, or a Visa or a MasterCard you can purchase them online. If not, you can pay for them in cash in a Tobacco Shop. One purchased, you will receive a code which you must enter on the "buy a fiscal stamp" (*fr. acheter un timbre fiscal*) page of the ANEF platform

After you have submitted your application, a certificate will be generated. Download, save, and print this certificate; it, together with the visa, constitute a residence permit. These two documents will be required to justify your legal stay in France by all French public administrations.

Attention: Keep your certificate with your passport (and visa); the one has no value without the other

- ▶ *Validate your residence permit on the (French-language) ANEF platform:* administration-etrangers-en-france.interieur.gouv.fr
- ▶ *For information on the procedure to follow and the necessary documents, see the Campus France website:* campusfrance.org > *articles* > *How to validate your long-stay visa (visa long séjour) upon your arrival in France?*

Holders of a visa “apply for a residence card”

Algerian students, who are covered by a specific bilateral agreement, and any other student with a visa stating “residence permit to be applied for within 2 months of arrival” must apply for a student residence permit from the Prefecture as soon as they arrive in France and within a maximum of 2 months. The application is done entirely online.

- ▶ *Apply for your residence card on the (French-language) ANEF platform:* administration-etrangers-en-france.interieur.gouv.fr
- ▶ *Campus France tutorial for how to apply using the ANEF platform* youtube.com > *Submitting and online application for a residence permit*



Remember to consult the DRI for individual help with your application

▶ foreignstudents@univ-lyon1.fr

Students Welcome Desk (SWD) - resources getting settled in Lyon

September through November, or as this period is known in France “la rentrée”, the unique and free SWD is a place to find all the services and information you need to start your academic year.

Such participating partners as the CROUS (housing), the CPAM (health insurance), and TCL (public transit), will be available on the hotline.

- ▶ *Hotline:* +33 (0)4 37 28 07 07, from September 15 to November 27, Monday to Friday from 9 am to 6.30 pm
- ▶ *Website:* universite-lyon.fr > *International* > *Coming to Lyon and Saint-Etienne* > *To Study* > *Students Welcome Desk*
- ▶ *Facebook:* facebook.com/studentswelcomedesk

Resources for the procedures related to your visa

- ▶ *Préfecture du Rhône (French-language only):* rhone.gouv.fr > *Démarches administratives*
- ▶ *Students Welcome Desk:* universite-lyon.fr > *International* > *Coming to Lyon and Saint-Etienne* > *To Study* > *Students Welcome Desk*

Banks

In addition to having a French bank card and/or checkbook, a French bank account will allow you to have an **IBAN** (“RIB” in French), a document which will often be requested in order to receive your

reimbursements ([health care](#), [rental deposit](#), [housing benefit “APL”](#), etc.) as well as to set up automatic payments to settle your bills if you wish.

The process is simple, just go to one of the many bank branches and ask to open an account (*fr. compte courant*).

Documents generally required to open a bank account:

- ✓ ID card (Europeans) or passport (non-Europeans)
- ✓ Residence permit (non-Europeans)
- ✓ Proof of address (electricity bill, rent receipt, accommodation certificate)
- ✓ Proof of enrolment at UCBL

Research banks before you decide, as associated fees vary considerably from one institution to another. Most major banks offer special solutions for students. Online banks also offer attractive rates.

You should also check with your own bank, which may be affiliated with a French financial institution.

- ▶ *To help you compare and choose, consult the French-language website:* quechoisir.org > *comparateur banque*

Insurance policies required for your stay

Renter’s Insurance

All housing must be insured against damage due to such things as theft, water, fire, etc. This flat-rate insurance is taken out with private insurance companies, a bank or a mutual insurance company (such as SMERRA, LMDE, HYEME).

It usually includes civil liability insurance (see below), but verify before you sign up, otherwise you may need to take out separate civil liability insurance policy.

- ▶ *To help you compare and choose, consult the French-language websites:* lelynx.fr or quechoisir.org

Liability Insurance

Civil liability insurance covers damage caused to a third party (person or object) in the event of an accident. It is generally included in renter’s insurance.

You will need proof of liability insurance to register with UCBL. Please check that this liability insurance, whether included in your renter’s insurance or as a separate policy, also covers your liability at the place of your studies and/or internship.

If you need separate civil liability insurance (especially if you need to enroll at university before finding permanent accommodation in Lyon), you can take it out with private insurance companies, a bank or a mutual insurance company (such as SMERRA, LMDE or HEYME), as you would for renter’s insurance.

Health Insurance

See the "[Health Care](#)" section below for information on the steps to be taken according to your nationality, if you are required to enroll and if so, how to do so



It may take several weeks to register for health insurance. In this case, it is advisable to take out short-term health insurance for your first month in France.

Health Care

Taking care of your health starts with your insurance. Then finding a health care professional according to your needs. And finally get reimbursed.

- Find all the information about your enrollment in the French health care system at etudiant-etranger.ameli.fr (information available in 5 languages)

Enrolling in the Public French Health Care System

Depending on your nationality and country of residence, you will have to take some steps to ensure your coverage in France.

European Union, European Economic Area and Swiss Nationals

Thanks to your European Health Insurance Card (EHC), you have access to the French health system in the same way as French nationals.



A copy of your EHC may be required for certain administrative procedures, such as applying for [personal housing benefits "APL"](#) with the CAF

Non-European Students (excluding residents of Québec)

Student social security coverage is compulsory and free. If you are a resident of Quebec, see the [next section](#).

To register for French health care, you must first register with the UCBL.

To start your registration, you will need:

- ✓ Proof of enrollment at UCBL
- ✓ Your passport
- ✓ Your visa

You will then receive a provisional social security number (SSN). If you have a residence permit, you can finalize your registration and obtain a definitive social security number

To finalize your enrollment, you will need:

- ✓ Your birth certificate (and apostille)
- ✓ Your residence permit (visa+ ANEF certificate or residence card)
 - See "[Visas and Residence Permits](#)" p. 24

- ✓ [A RIB](#) (for reimbursement)

You will then have a definitive SSN and can obtain a health card (*fr. carte vitale*)

- Enroll at etudiant-etranger.ameli.fr
- For more information, visit the French-language website: ameli.fr > Rhône > Assure > Droits-démarches > Etudes Emploi > Etudes Stages > Etudiant > Vous venez étudier en France

Residents of Québec

With your RAMQ certificate, you are entitled to free French health care. You should contact the Primary Health Care Office (*fr. CPAM*) with the form SE 401 Q106E. For more information, please contact the Rhône office of the CPAM:

- > Address: *CPAM Lyon Service des Relations Internationales; 69007 LYON Cedex 20*
- > or dial 3644 (*fees apply to call*)

Supplementary Health Insurance

Coverage offered by the French Primary Health Care Office (*fr. CPAM*) does not reimburse 100% of medical expenses. Depending on the treatment (consultation, analysis, medication), you are generally reimbursed 60% to 70% of your expenses. In order to complete your reimbursements, you can sign up for a supplementary health insurance policy, known as "un complémentaire santé" or "une mutuelle".

This insurance covers part or all of the costs not reimbursed by the CPAM. The amount of the reimbursement depends on the specific supplementary insurance policy.

Here is the difference in reimbursement for a consultation with a General Practitioner (GP):

Without Supplementary Coverage	With "Une Mutuelle"
✓ Minimum consultation fee: 25€	✓ Minimum consultation fee: 25€
✓ Amount reimbursed by the CPAM, 70% of the consultation fee: 17,50€	✓ Reimbursement CPAM = 17,50€
⇒ Out-of-pocket expense = 7,50€	✓ Reimbursement mutuelle = 6,50€
	⇒ Out-of-pocket expense = 1€

Private Supplemental Health Insurance Providers

Purchase a "mutuelle" insurance policy through the organization of your choice: a company specializing in student insurance (SMERRA, LMDE, HEYME, etc.), through your parents; a French bank or insurance company, or a company in your own country before your departure.

- To help you decide, consult the (French language) website, lelynx.fr

Public Supplemental Coverage – Le Complémentaire santé solidaire

For people with low financial resources, the French government created a free supplemental insurance policy, the "Complémentaire Santé Solidaire" or C2S, which reimburses part or all of the medical expenses not covered by the basic social security system.

In order to be eligible, you must be registered with the French social security system

- European and Quebecois students: contact the French Primary Health Care Office (*fr. CPAM*) to see if you qualify

For more information about the C2S, see the following French-language websites:

- General Information servicepublic.fr > Accueil particuliers > Social - Santé > Complémentaire santé (mutuelle) et complémentaire santé solidaire > Complémentaire santé solidaire (ex-CMU-C) > Personnalisation > Ma Situation
- See if you qualify: ameli.fr/simulateur-droits/public

Reimbursement

Regardless of your nationality, you will be reimbursed for medical care - consultations, medicines, examinations, analyses, etc. Here's how:

European Union, European Economic Area and Swiss Nationals

For each consultation with a doctor, you will receive a care sheet (*fr. feuille de soin*) which you must complete, sign and send to the Primary Health Care Office (*fr. CPAM*) at the following address

>CPAM Lyon Service des Relations Internationales; 69007 LYON Cedex 20

Attach a French [RIB](#) and a copy of the EHIC for your first reimbursement. This and subsequent reimbursements will be sent directly to your bank account.

Non-European Students (excluding those from Québec)

As soon as you have a provisional social security number, you will be reimbursed up to 70% of your medical expenses (doctor, medication, hospital).

Before your registration is finalized, each time you see a doctor you will receive a care sheet (*fr. feuille de soin*) which you must complete, sign and send to the Primary Health Care Office (*fr. CPAM*)

>CPAM Lyon Service des Relations Internationales 69007 LYON Cedex 20

After your registration has been finalized, you will have the opportunity to receive a health care card (*fr. carte vitale*). This card, when presented to a doctor, digitally transmits a request for reimbursement on your behalf. If you forget or lose your card, you can always seek medical care; you will receive a "feuille de soin" and proceed as before receiving your card.

Residents of Québec

In the event of illness, you will be reimbursed for your health expenses on the basis of the French health care system.

Each time you see a doctor, you will receive a care sheet (*fr. feuille de soin*) that you will have to complete and sign and send to the CPAM.

Your reimbursement will be sent directly to your French bank account (include a [RIB](#) when you make your first request)

>Address: CPAM Lyon Service des Relations Internationales 69007 LYON Cedex 20

>Or dial 3644 (fees apply to call)

Get Care

Health Care System Overview

If you need treatment, you can make an appointment directly with a:

- | | |
|------------------------|----------------------------|
| ✓ General Practitioner | ✓ Gynecologist or mid-wife |
| ✓ Dentist | ✓ Psychologist |
| ✓ Ophthalmologist | ✓ Pharmacists |

For consultation with any other doctor or specialist, you must have a referral from your GP in order to be seen.



You are required to declare a primary care provider. At your first consultation, make sure the doctor accepts new patients. If you urgently need an appointment and your primary care provider is unavailable, you can still make an appointment another general practitioner, but you will be reimbursed 30% of the consultation fee, as opposed to 70% with your doctor.

Some medication can be bought over-the-counter (such as a box of aspirin, vitamins, etc.), but for the majority you need a doctor's prescription.

Medical tests, other than the nasal-swab COVID test, can only be done if you have a prescription from a health professional.

Find a medical practitioner

Whether you have travel health insurance, insurance from your home country, or French health insurance, use the following tools to find a doctor and make an appointment:

- ▶ Health directory (*search by specialty, gender, languages spoken*): annuaire.sante.ameli.fr
- ▶ Make appointments online with doctolib.fr



When choosing your doctor, pay attention to the "secteur conventionné". The fees for consultations can be one of several sectors; reimbursements by the CPAM are based on sector 1 providers. Consultations with practitioners in other sectors cost more but you will only be reimbursed on the basis of the tariffs of the first sector.

University Health Service Centers at Your Service

A University Health Service Center (*fr. Service de Santé Université* or "SSU") is available on each of the three busiest campuses: Lyon Tech La Doua, Lyon Santé Est, and Lyon Sud Charles Mérieux. SSU centers are staffed by doctors, nurses and psychologists

- ▶ Make appointments online at ssu.univ-lyon1.fr

On-Campus Health Care Covered by Public Health Insurance

Services offered by the SSU are subject to the same rates and conditions for reimbursement as with any sector 1 healthcare provider. Your out-of-pocket expenses to see an SSU general practitioner are €7.50. Those with supplemental coverage will be further reimbursed (see "[Supplementary Health Insurance](#)" above) Preventive care and psychological follow-up are also free of charge

Pôle Médecin: consultations in general medicine, gynecology and psychiatry.

Pôle Psychologue: psychological check-ups, prevention workshops, cognitive and psychological assessments.

Pôle Infirmier: preventive nursing assessments, group relaxation activities, prescription nursing care

For more information contact the Service de Santé Universitaire (SSU):

Tel.: 04 27 46 57 57

▶ ssu@univ-lyon1.fr

▶ etu.univ-lyon1.fr > Guide pratique > Santé > SSU

Getting around Lyon

If Lyon is known as a big city on a human scale, it is because it has all the amenities of a major metropolitan cities, while remaining very walkable. However, if you want to get around more quickly, there are several options available:

Transports en Commun Lyonnais - TCL

The public transportation network "Transports en Commun Lyonnais" or "TCL" operates throughout the Lyon and the greater metropolitan area with trams, subways, and buses.

Tickets can be purchased at TCL agencies (at major subway stations), automatic ticket machines (at subway stations and tram stops), on buses, and also at some Tobacco shops, as well as on the official TCL SYRAN "Lyon Public Transportation" application.

- ▶ A 1-hour all-access ticket: starting at 2€
- ▶ 10 ticket booklet, student price (for students 27 years and younger): 16,30€
- ▶ Monthly TCL subscription, for students 27 years and younger: 25€
- ▶ tcl.fr > *tickets et abonnements (monthly subscription information only available on the French website)*



To be eligible for the "up to and including 27 years old" student tariffs, you will need your proof of enrollment (subscription) or student card (single tickets)

Velo'v

Lyon and the greater metropolitan area have a simple and practical bicycle rental service: Vélo'v.

Velo's are picked up and dropped off any of the 348 automatic stations located in Lyon, Villeurbanne and some neighboring towns, accessible 24/7.

Regardless of the offer selected, each trip includes 30 minutes of use at no extra charge.

- ▶ 30 minutes access: 1,80€
- ▶ 24h access: 4€
- ▶ Annual subscription (14-25 years old): 16,50€
- ▶ Classic annual subscription: 31€
- ▶ velov.grandlyon.com

Bike lending service

This service is offered by the Student Life Office (*fr. Bureau de la Vie Etudiante or "BVE"*). A 50€ deposit is required.

For more information, contact the BVE, Campus Lyon Tech la Doua – Astrée Building

> Tel. 04 72 43 29 60 - 04 72 43 19 64

▶ bve@univ-lyon1.fr



Want to buy a bike for less? Find a bicycle "[ressourcerie](#)" or "[recyclerie](#)"



COME TO UCBL



A Warm Welcome by your BRI

Your International Relations Office is your main resource for all your questions. Registration at UCBL, getting set up in the city of Lyon and in your accommodation, participation in student life, aspects of daily life, your AMI will inform you and guide you on everything. Visit the BRI of your component as soon as you arrive.

► [Find your AMI on pages 6-9](#)

Get to Campus

Lyon Tech La Doua Campus

- > Tramways T1 and T4: Université de Lyon 1 and La Doua Gaston Berger stops
- > Bus C17 and C26: La Doua stop

Gerland-ISFA Campus

- > Subway B: Stade de Gerland stop
- > Bus 60: Université Lyon 1 – Gerland stop

Lyon Sud Charles Mérieux Campus

- > Buses C7, 17 and 88: Hôpital Lyon Sud stop

La Buire Domaine

- > Tramways T2 and T5: Ambroise Paré stop
- > Subway D: Laënnec stop

Rockefeller Domaine: Grange Blanche stop

- > Tramway T2 and T5
- > Subway D
- > Busses C8, C13, C16, C22, C26, 24

Gratte-Ciel-Villeurbanne Campus

- > Subway A: Flachet stop
- > Bus 69: Rue de France -IUT stop

ESPE – Croix Rousse Campus

- > Bus C13 and 45: IUFR stop

Observatoire

- > Bus 78: Observatoire stop

Join Us by Vélo'v

You can also reach the campuses by Vélo'V. At one of the many stations in the city of Lyon, you can rent a Vélo'v with your bank or credit card. For €1.80, you will have 30 minutes to complete your journey. Drop it off at one of the stations in or around the campus.

Step 1 : Contribution de Vie Etudiante et de Campus (CVEC)

This only applies to students enrolled in a dual degree program. If you are enrolled in an exchange program you are exempt from paying the CVEC. If you are not of the type of in which program you are participating, [contact your AMI](#).

The CVEC is intended to promote social, health, cultural and physical activity support for all students and to support preventive and health education activities for students. All students enrolled in a degree program must pay a 95€ fee for the year 2022-2023.

► [cvec.etudiant.gouv](#) (French-language website)

You can pay your CVEC fee by debit or card (Visa or MasterCard) and get your certificate before leaving your home country

- ✓ Register on the website www.messervices.etudiant.gouv.fr
- ✓ Then connect to the dedicated CVEC website: cvec.etudiant.gouv
- ✓ Declare your city of study (Lyon) and pay the CVEC by credit card online
- ✓ Download the proof of payment that you will have to present during the administrative registration at the university.

No credit card? No problem! You can pay in cash upon arrival in Lyon. Plan a day or two in advance to pay in cash and get your certificate before your registration appointment.

Step 2: Administrative Registration

(fr. *Inscription administrative*)

The administrative registration (fr. *inscription administrative*) is the university-level registration. It allows you to obtain a proof of enrolment at the UCBL and to obtain your student card. It is done with the faculty administrative secretary. Your AMI will be able to direct you to the right service.

Documents needed for your administrative registration (**Bring originals**):

- ✓ A copy of your ID card (Europeans) or passport (Non-Europeans)
- ✓ 2 ID photos
- ✓ Proof of enrollment at your home university
- ✓ Proof of liability insurance
 - [See "Liability Insurance" p.27](#)
- ✓ Method of payment (cash or card)
 - [See "Banks" p.26](#)
- ✓ Proof of CVEC payment (only for dual degree students; exchange students exempted).

Step 3: Course Enrollment

(fr. *inscription pédagogique*)

It is at this last stage that you will register for your courses. Contact your AMI and the same faculty secretary with whom you completed your administrative registration for information about choosing classes and to find out how to enroll.

Student Card

(fr. la carte étudiante)

You can obtain your student card (fr. carte étudiante) also called a CUMUL or an Izly card, after completing your administrative registration. This personal smart card allows you to pay for your meals with the IZLY electronic wallet system, to borrow books from the university libraries, to access certain university rooms, and to take advantage of student discounts and preferential student rates.

► izly.fr

Keep it with you at all times and be careful not to lose it (replacement at your expense: 10€)!



Lyon 1's Student Portal

(fr. le Portail Etudiant)

Don't forget to visit the Student Portal, a central point providing a wealth of information on student life, news, and culture, student associations, and practical information, tools, classifieds, etc.

► etu.univ-lyon1.fr

With the login and password sent to you when you finalize your administrative registration, you can connect to the Student Portal and have access to all the digital resources available UCBL students.

06 LIFE AT UCBL

Eating On-Campus

University Dining Halls

You have access to student dining halls commonly known as Resto'U or Cafet'U.

► A full meal (appetizer, entrée, dessert) at a Resto'U (2020/2021): 3,30€

Find all Resto' and Cafet'U on the CROUS' interactive map:

► crous-lyon.fr > restauration > notre offre > info pratique > Trouver votre resto' le plus proche



Student solidarity grocery store: L'AGORAé

The "épicerie solidaire" is located in the Déambulatoire building on the Lyon Tech la Doua Campus.

► gaelis.fr > agorae
► facebook.com > Agorae.Lyon

Where to eat well?



Consult these websites to find other great places to eat:

► Les Petites Cantines: lespetitescantines.org
► Lyon Internationale: lyon-international.org
► Le Petit Paumé: petitpaume.com
► Lyon City Crunch: lyon.citycrunch.fr
► My Little Lyon: mylittle.fr > mylittlelyon

Libraries, Computer Labs, & Online Resources

University Libraries

(fr. les Bibliothèque Universitaires or “BU”)
All campuses and satellite campuses have a university library.

You will have access to the library work rooms and be able to borrow books thanks to your CUMUL student card. E-books, journals, theses and dissertations can be consulted from home, by connecting to the library website with your Lyon 1 login.

► Practical information and library catalogue: portaildoc.univ-lyon1.fr

Your CUMUL card gives you free access to all the libraries of the University of Lyon: Lyon 2, Lyon 3, ENS, Ecole Centrale, INSA, etc...



Computer Labs & Online Resources

With the log-in information sent to you after your administrative registration was finalized, you can access all the UCBL's IT resources.

- UCBL has two cybercafés:
- > Lyon Tech La Doua Campus, Déambulateur Building, Monday through Friday 7:30am – 4pm
 - > Gratte-Ciel Campus, Monday through Friday, 7:45am – 3.45pm

The university libraries also offer self-service computer stations.

As a UCBL student, you will have access to the free, secure WIFI network “Eduroam” available on all public French university campus.

Sports

The University Physical and Sports Activities Service (fr. Service Universitaire des Activités Physiques et Sportives, or “SUAPS”) coordinates and manages the university's student sports activities.


The SUAPS offers teaching in some thirty disciplines, from initiation to improvement, and also provides the opportunity to train and take part, within the framework of the Lyon1 Sports Association, in competitions organized by the French University Sports Federation (FFSU).

Offered Physical Activity Classes

Archery	Meditation	Taekwondo
Athletics	Rugby	Tennis
Badminton	Skiing and Surfing	Urban dance
Ballroom dancing	Stretching	Volleyball
Basketball	Swimming	Water polo
Bodybuilding	Table tennis	Yoga
Climbing		
Dance		
Diving		
Fencing		
Fitness		
Football		
French Boxing		
Futsal		
Gymnastics		
Handball		
Horse riding		
Indoor hockey		
Judo		
Karate		



Conditions depend on your faculty
► Information and schedules available on: suaps.univ-lyon1.fr

 Students who do not have a required or optional sports activity in their program are required to pay a 20€ fee (fr. frais de sport) when they register at the university.

Student Associations

There are over 60 student associations registered at Lyon 1. Their activities are wide-ranging: associations related to a particular faculty or department, as well as cultural, humanitarian and sports-related associations, among others.

UCBL's GAELIS association unites the majority of student associations in Lyon

► contact@gaelis.fr

Student Life Office

(fr. *Bureau de la Vie Etudiante* or "BVE")

The BVE provides information on all activities related to student life at UCBL.

Lyon Tech la Doua Campus

Astrée Building - 6, avenue Gaston Berger

Tel.: 04 72 43 29 60 et 04 72 43 19 64

► bve@univ-lyon1.fr



Cultural Activities at UCBL

Lyon 1's Astrée theatre, located on the Lyon Tech la Doua Campus, is home to a company combining the arts and sciences resides. Access to the Astrée Theatre is free for Lyon 1 students.

► For more information visit theatre-astree.univ-lyon1.fr



The Domus Gallery on the Lyon Tech la Doua Campus hosts numerous exhibitions throughout the year: paintings, photos, etc.

► More information at galeriedomus.univ-lyon1.fr

► All university cultural activities available at univ-lyon1.fr > [campus](#) > [culture](#)

Cultural Activities in Lyon

Museums and Other Cultural Sites

Under the Roman Empire, Lyon was the capital of the Gauls. Today Lyon is the second largest city in France (1.35 M inhabitants). An inclusive, progressive community, Lyon is also the second largest student city in France, with 137,000 students (12% of whom are foreign).

Classified as a World Heritage Site by UNESCO in 1998, Lyon has a remarkable historical legacy: the Gallo-Roman remains on the Fourvière hill and the Notre Dame Basilica; the medieval and Renaissance district of Vieux Lyon; the Croix-Rousse hill, renowned for its industrial silk-production heritage; and the peninsula "Presqu'île", a 19th century shopping district. Finally, the new and world famous "Confluence" district which exemplifies the marriage of old and new.

► Official Tourist's Office Website en.lyon-france.com

Cultural Events

Lyon will amaze you with its incredible dynamism and its innumerable activities. Many cultural and artistic events mark Lyon's calendar:

- ✓ **September-November:** Dance Biennial (fr. *Biennale de Danse*); Contemporary Art Biennial (fr. *Biennale de l'art contemporaine*); Lumière Film Festival (fr. *Festival Lumière*); World Student Night (*Nuit des étudiants du monde*)
- ✓ **December-February:** Festival of Lights (*la Fête des Lumières*); Christmas Markets
- ✓ **March-May:** Reperkusound Electronic Music Festival; 24h of INSA Festival; Nuits Sonores Electronic Music Festival, Summer Solstice Music Festival (fr. *La fête de la musique*)
- ✓ **June-August:** Everyone Outside Festival (fr. *Tout le monde dehors*); Nights at Fourvière Festival (fr. *Nuits de Fourvière*), Veinne Jazz Festival (fr. *Jazz à Vienne*); etc...

► For more information, visit lyoncampus.info

Le Pass Culture

Sold exclusively to students for 18€, the Pass Culture entitles you not only to 4 tickets for shows across the entire cultural season in 57 cultural structures in the Lyon Metropolitan area, but to discounts for the Nuits Sonores festival. Available upon presentation of your student card (or proof of enrollment) for the current academic year.

Tel: 04 69 64 53 33

► passculture@grandlyon.com



Photo : Michael Muraz,
Nuit d'été (CC BY-NC-ND 2.0)



Photo : Antony V,
Orange cube Lyon (CC BY 2.0)



Photo : Jorge Franganillo,
Lyon (CC BY 2.0)

Maximize Your Budget

Whether you're looking to shop for groceries, furnish your apartment, equip your kitchen, buy clothes, or buy a bike, there are low-cost options all over Lyon and its neighboring towns. To find them, here are the key words that will guide your internet searches in order to make your budget last as long as possible.

When looking for stores near you, refine by mixing "marché alimentaire" for groceries, "magasin" or "boutique fourniture de maison" or "vente meubles" for furniture, and "magasin ou boutique vêtements" for clothes with the following key words.

Hard discount

As the name suggests, 'hard discount' shops sell at very low prices.

Déstockage

"Destockage" is a term meaning "getting rid of stocks". Depending on the store, you'll find furniture, kitchen ware, décor, appliances, clothing, and food.

Anti-gaspillage

Meaning "no waste", "anti-gaspillage" stores aim to avoid unnecessary food waste. If you want to grocery shop for less, search for "magasin alimentaire anti-gaspillage".



More and more apps exist to help put buyers and sellers in contact to avoid food waste. Grocery stores, restaurants, and bakeries put their products online for purchase before throwing them away. Check your app store for more information.

D'Occasion

"D'occasion" is the French equivalent of "used". Not just for purchases on-line or with though apps, "magasins d'occasion" are all over Lyon. Multiple terms can be used to identify these types of stores:

D'occasion

Seconde main

Solidaire

Recyclerie

Ressourcerie

Friperie (for clothes)

Dégriffé

"Griffé" refers style. While clothes sold "dégriffé" don't lack style, they aren't from the current season. As a result, they are sold at a lower price.

07

USEFUL CONTACTS

Emergency Numbers

From all European Union countries, including France

- ▶ All emergencies 112

From France

- ▶ Firefighters (*fr. Pompiers*): 18
- ▶ Police: 17
- ▶ Ambulance (*fr. Service d'Aide Médicale Urgente* or "SAMU"): 15
- ▶ 24h Medical House Calls (*fr. SOS Medecin Lyon*): +33 (0)4 78 83 51 51
- ▶ Emergency Line for the hard of hearing (*fr. SMS Alerte*): 114

Campus France

The French Agency for the Promotion of Higher Education, Hospitality and International Mobility dedicates its website to foreign students. A must-see!

- ▶ campusfrance.org

Lyon Campus

The Lyon Campus website provides valuable information on all aspects of moving to Lyon with a specific section for foreign students.

- ▶ lyoncampus.info

ESN Cosmo Lyon

Open to French, Erasmus, and Non-European students alike, this affiliate of the association Erasmus Student Network (ESN) organizes intercultural events throughout the year. The website offers valuable information for your local integration.

- ▶ lyon.esnfrance.org

City of Lyon

The official website of the City of Lyon will allow you to familiarize yourself with local life and to consult the agenda of activities.

- ▶ lyon.fr

Lyon International Association

This friendly, dynamic association offers to host foreign students living in Lyon for meals with a French family.

- ▶ lyon-international.org

Foreign Consulates in Lyon

70 countries have consular representation in Lyon

- ▶ consulats-lyon.fr

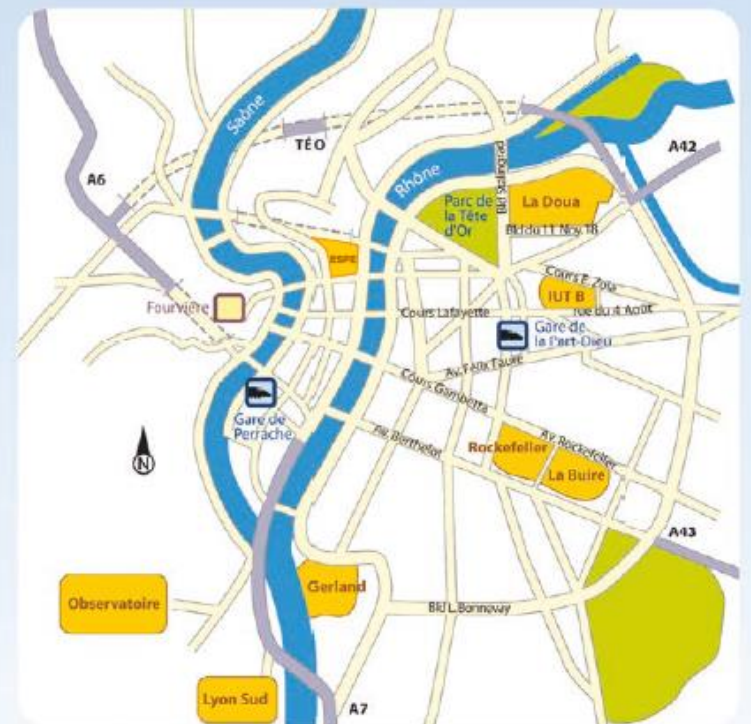
Lyon Tech La Doua Campus Map



Plan du Domaine Scientifique de La Doua

Bâtiment Université C.B	1	STAPS (DU BOIS)	19	IN2PB	37	THEMIS	55
MENDEL	2	LWOFF	20	ORION	38	Médecine Préventive	56
BERTHOLLET	3	L'Herbier	21	VAN DE GRAAF	39	G.C.	57
Amphi 1 - 5	4	DMLI	22	HOTES	40	Logements	58
Déambulatoire	5	Serre	23	DOME	41	IUT	59
OMEGA	6	Accueil 27	24	VIRGO	42	Services techniques IUT A	60
QUAI 43	7	STAPS	25	HAFFELY	43	1/2 GRAND	61
Préfabriqués TD - TP	8	Maison du personnel	26	DIRAC	44	Animalerie IUT A	62
Accueil 43	9	CLE	27	PAGODE	45	BIOLOGIE	63
Amphithéâtre 6	10	BRACONNIER	28	C. 14	46	VALBEX	64
SIUAPS	11	JORDAN	29	CPE	47	G.C.	65, 66
EPUL (ex ISTIL)	12	AMPERE	30	RAULIN	48	CHIMIE	67
CONDORCET	13	BRILLOUIN	31	CHEVREUL	49	INFO	68
ATRIUM	14	CRYO	32	GRIGNARD	50	AMPHIS	69
Maison de l'Université	15	FST (LIPPMANN)	33	ASTREE	51	Préfabriqués IUT A	70
GEODE	16	GOUY	34	Préfabriqués A, B, C	52	B17	71
DARWIN	17	KASTLER	35	LAVOISIER	53	IRC	72
FOREL	18	NAUTIBUS	36	BU Sciences	54	Double Mixte	73

Plan général de Lyon et sites d'études



Find an interactive map for this and other campuses is on our webiste : etu.univ-lyon1.fr > [guide-pratique](#) > [plan-des-campus](#)