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This guide is designed to help you find your ground, help you with timely preparation, get started upon your arrival, guide you through your new life in France.

Bravo!

Like **8,000** other Indian students and over **3,25,000** international students, you have chosen France for your higher education.

Dear students
Esteemed parents,

You have chosen France for higher studies: You have made the right choice! I am pleased to share some thoughts on the occasion of the informative Pre-Departure Session 2020, my first in India. The Consuls General and I would ideally have welcomed you at the Consulates and the Embassy of France in India, but the challenges of the present public health scenario have ruled out this tradition. However, I am glad that the virtual medium will enable many more of you to join these sessions and interact with the participants who are here to extend their support to you in various ways. As the situation in both our countries is still evolving, our respective governments are accordingly taking appropriate measures. If some of you are to begin with a few weeks of online learning, it most certainly will not take away from the on-campus experience to be enjoyed thereafter. If anything, such a hybrid format will surely serve to increase your adaptability to unexpected circumstances. As France and India gradually emerge from their lockdowns, enhanced exchange will pave the way for new opportunities. My country recognizes that education plays a critical role in shaping a post-pandemic world, and thus reiterates that Indian students and researchers are welcome in France, and encourages French counterparts to come to India. Just before the outbreak of the COVID-19 pandemic, France received 10,000 students from India, and looked after the international students who could not return to their respective countries during that difficult period. And we will continue to do our utmost to reach the next target of welcoming 20,000 students from India in the coming years. France is acknowledged globally for excellence in higher studies and research, and it remains, thanks to massive public investment, one of the most affordable educational destinations. Hence, I am delighted that you decided to choose France. After your studies in France, do not forget to register yourselves on France Alumni, an international network that will enable you to remain connected with a community that preceded you and will swell with the numbers of those who will follow.

I wish you all an enriching academic and personal experience in this hub of Europe.

Bienvenue!

Welcome to France, welcome to a bright future!



Message from
H.E. Mr Emmanuel Lenain,
Ambassador of France to India



Mon choix, le bon choix
Well done!

AN ENRICHING EXPERIENCE



The irreplaceable France

France is a country with a dynamic economy and an unparalleled vibrant culture. France, with its myriad opportunities and experiences, will contribute significantly in shaping you and your career.

Located in the heart of Europe and bordered by nine different countries, France is the ideal location to discover the European continent.

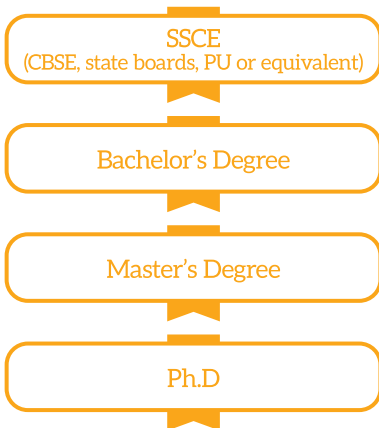
Capital	: Paris
Motto	: Liberty, Equality, Fraternity
Currency	: Euro
Official Language	: French
Climate	: Temperate
Population (2019)	: 66.9 million
Government	: Republic
President	: Mr Emmanuel Macron
Prime Minister	: Mr Jean Castex
Religion	: France is a secular country where freedom of religion is a constitutional right.

MUTUAL AGREEMENT

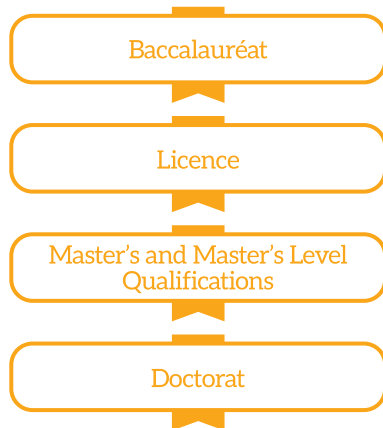
The agreement between France and India for the Mutual Recognition of Academic Qualifications, signed during President Emmanuel Macron's maiden State visit to India in 2018, has come into force.



As per the signed agreement, the following educational qualifications from India (from Government-approved institutions) are now recognised by the French government:



The following educational qualifications recognised by the French Ministry of Higher Education are now recognised by the Indian government:



Professional degrees such as Law, Medicine or other professions regulated by a professional council are excluded.

The mutual recognition of AISSCE and Baccalauréat degrees will enable students to advance their studies in both French and Indian educational systems. It promotes mobility of students between the two countries.

 **FOR MORE INFO**

www.inde.campusfrance.org/mutual-recognition-of-academic-qualifications-0

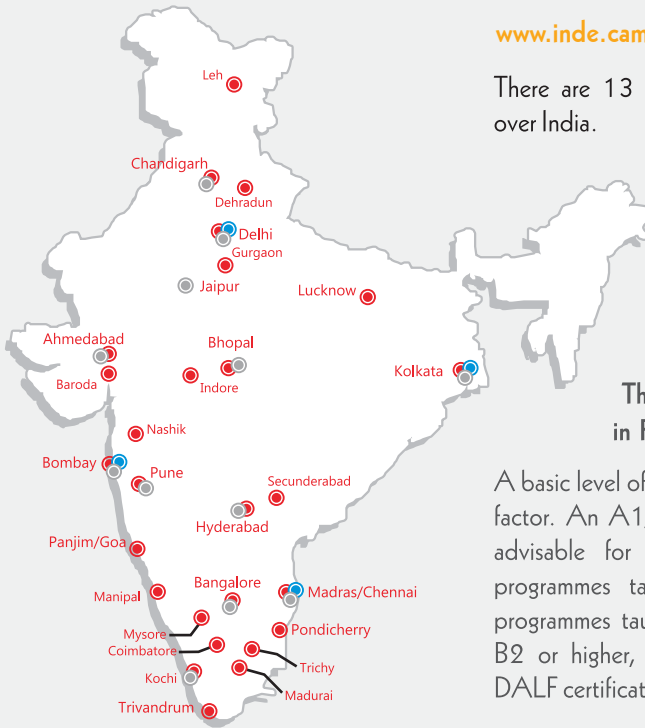


ROLE OF CAMPUS FRANCE

The French Institute in India / Campus France offers personal guidance to international students from choosing a programme to settling down in France.

www.inde.campusfrance.org

There are 13 Campus France offices all over India.



TIPS

The key to your success in France? Learn French!

A basic level of French is a key success factor. An A1/A2 level in French is advisable for students enrolled in programmes taught in English. For programmes taught in French, a level B2 or higher, certified by a DELF/DALF certificate, is mandatory.

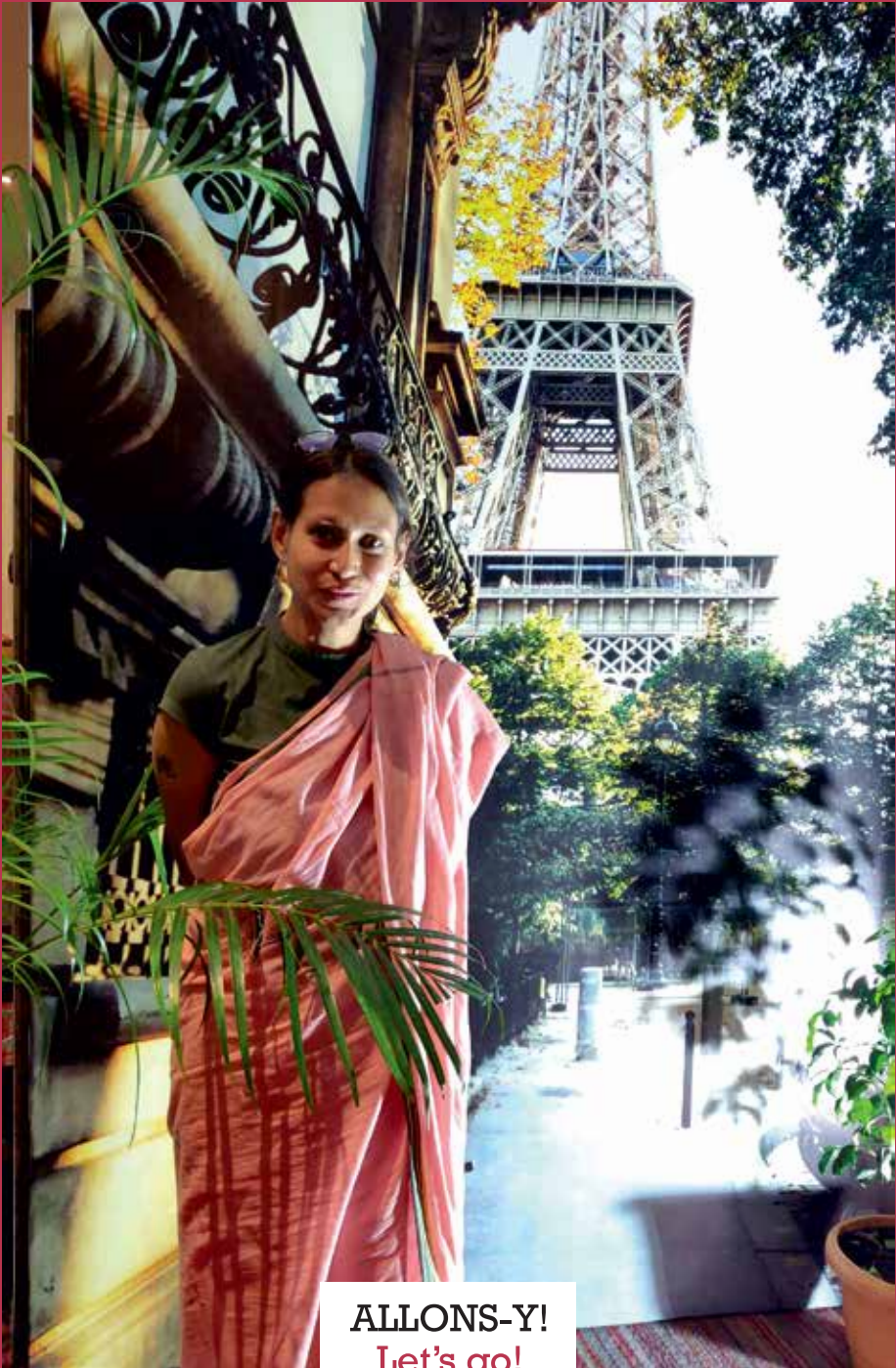
- Alliance Française Network
- Campus France Counselling Offices
- French Consulate

To enrol in French classes contact your nearest Alliance Française centre in India.



FOR MORE INFO

www.inde.campusfrance.org/campus-france-office-near-you



ALLONS-Y!
Let's go!

MON

PORTE-MONNAIE

Financing your stay

In order to ensure a hassle-free stay in France and be able to concentrate on your studies, you must have adequate financial resources to cover the cost of living.

EXPENSES WHEN YOU ARRIVE

Additional fees should also be anticipated upon arrival. The first month you will have to pay for:

Your tuition fees: check the amount and the terms of payment on the website of your university/school;

Student welfare and extra-curricular activities (sports, healthcare, library): €92;

The OFII tax (French Office for Immigration and Integration): approx. €60;

Once you've found an accommodation, you will need to pay, in addition to the first month's rent, a security deposit equal to one month's rent (excluding taxes);

Miscellaneous expenses (electricity, telephone, gym, etc.).



TIPS

You will have to submit proofs of sufficient financial resources to apply for a long-stay visa.

Taking into account the many discounts for which students are eligible, the average monthly student budget is €900-1,200 in Paris and €600-800 elsewhere.

MONTHLY BUDGET

Sample budget (this financial estimate will vary according to your choices, most significantly your type of accommodation):

Housing (water and electricity included)	: €500 to 750
Insurance (home, public liability)	: €20 to 45
Health insurance	: €30
Food	: €150 to 200
Transport	: €30
Telephone and internet	: €20
Books and stationery	: €40
Hobbies and outings	: €40

An idea of other basics

1 baguette	: €0.80
1 coffee	: €1 - 2
1 camembert cheese	: €2
1 croissant	: €1
1 kg of rice	: €1.90
1 litre of milk	: €1.20
6 eggs	: €1.50
1 meal at a university cafeteria:	€3.15
1 fast-food meal	: €7
1 meal in a regular restaurant	: €10 - 20
1 sandwich	: €3 - 5



FOR MORE INFO

www.campusfrance.org/en/preparing-budget-student-France

MON LOGEMENT

Finding accommodation

Before looking for housing in France, students must decide, keeping in mind their finances and the length of their programme, the kind of housing which suits them the best. Housing is relatively expensive in France, but international students, just like French students, can avail benefits under housing assistance provided by the French government.

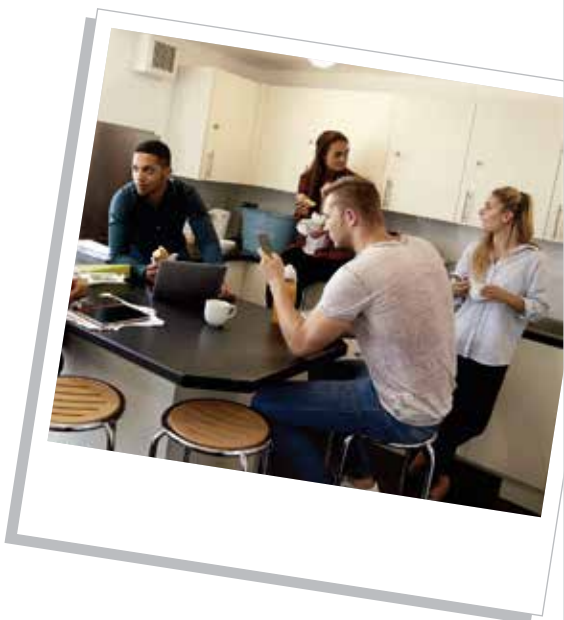
Note that it is much more convenient and reassuring to have confirmed accommodation before your arrival.



TIPS

Most universities/schools have a dedicated department for international student accommodation.

You can also check services provided by the local authorities in the city where you will live.



FOR MORE INFO

www.campusfrance.org/en/student-lodging-in-France

UNIVERSITY RESIDENCE HALLS

Located on campus or in town, university residences are run by France's regional student service centres (CROUS, Centres régionaux des oeuvres universitaires et scolaires). The residences feature furnished and well-equipped rooms and studios. Some residences have shared bathrooms / kitchens. The monthly rent is between €250 and €600. We advise you to look for accommodation early to get the best deals!

www.cnous.fr (Centre National des Oeuvres Universitaires et Scolaires)

Accommodation in university residences is mainly reserved for recipients of French government scholarships and students who have come through exchange programmes and organized mobility programmes.

PRIVATELY OPERATED STUDENT HOUSING

Private accommodations catering to students can be found in most big cities. Rents range from €650 to €900 per month in Paris and from €400 to €600 elsewhere.

www.adele.org www.universityliving.com
www.fac-habitat.com www.studepart.com

ROOMS IN PRIVATE HOUSES

Suitable for short stays, renting a furnished room in a private home costs

approx. €200 a week in Paris with breakfast, or €300 with breakfast and dinner. These costs are comparatively lower in other cities.

PRIVATE RENTALS

Tenants are generally required to pay a security deposit before taking the accommodation. Rents are high, especially in large cities, and more so in Paris. Tenants are likely to be asked to show proof that their monthly income is at least three times the rental amount.



Never pay the rent in advance before leaving your country.

PACKAGE DEAL

There are many associations which offer package deals for long stays covering housing, banking, insurance, telephone, etc. and other conveniences (discounts at some restaurants, gyms, beauty salons, etc.). These are private, paid services. (Paris area)

www.cooptalis.com
Haut-de-france region
Toulbox.univ-toulouse.fr

(Toulouse area)

SHARED RENTALS, KNOWN IN FRENCH AS “COLOCATION”

House rentals to groups: Several individuals may enter into a lease with a house owner, with each having equal rights to the accommodation. No special regulations apply to such rentals. All tenants have the same rights and obligations, as does a single tenant who takes out a lease. To apply for housing assistance, your name must appear on the lease agreement.

Many ads are posted on specialised house rental websites:

Free websites:

www.colocationfrance.fr

Websites that charge a fee:

www.portail-colocation.com

leboncoin.fr



TIPS

In order to facilitate access to housing, the French government proposes a State insurance for students without guarantor.

For more information, visit the website visale.fr



FINANCIAL HOUSING ASSISTANCE

International students, like French students, may be eligible for housing assistance. There are two types of subsidies:

ALS: allocation de logement à caractère social

APL: aide personnalisée au logement

Students may apply for either of these, depending on the type of accommodation chosen. The amount of assistance varies according to the rent and other specific criteria. If you are sharing an apartment, you and your flatmate/roommate may both avail benefits, provided that both your names appear on the lease agreement.

Information and eligibility criteria for the same can be obtained from the assigned CAF (Caisse d'Allocations Familiales) family assistance fund.

For more information, log on to: www.caf.fr

GETTING YOUR VISA

PREPARING FOR MY DEPARTURE

Visit the website of your host institution to identify the contact person(s) with whom you can correspond for all matters related to your arrival (enrolment procedures and services, international students affairs and student welfare). Start by confirming your admission. You must also inform them if you plan to arrive later than required by the course calendar.



BEWARE

Your passport should be less than 10 years old and be valid for at least 3 months after the validity of the requested visa. It must have at least two blank pages.



FOR MORE INFO

www.inde.campusfrance.org/node/46
www.campusfrance.org/en/the-different-types-of-visas

All information and forms are available for download on the website of the Embassy of France in India:
<https://in.ambafrance.org/Applying-for-a-French-visa-in-India>

PREPARING MY VISA APPLICATION

Visa procedures for Indian students have been greatly simplified. Depending on the duration of your studies in France, select the type of visa you should apply for.

SHORT-STAY VISAS (LESS THAN 90 DAYS)

For a stay of less than 90 days in France, students are exempted from the Campus France procedure.

Short-stay visas are governed by European regulations.

A non-renewable short-stay visa allows a stay of up to 3 months in the 26-country Schengen area. Holders of this visa do not require a French residence permit.

Short-term visa for students attending interviews or appearing for entrance tests:

This visa entitles the holder to enter France for the purpose of attending an

interview or appearing for an entrance test at an institution of higher education. If successful, students in this category may apply for a 1-year renewable residence permit in France and will not be required to return to their home country to do so.

PROCEDURE

- ▶ Complete your application on our online portal:
<https://france-visas.gouv.fr/>
- ▶ Take an appointment with VFS through the France Visa portal.
- ▶ Visit the VFS centre in person to register your biometric data.
- ▶ Voilà, collect your visa from VFS!

LONG-STAY VISAS

If you are an Indian citizen or a legal resident over the age of 18, desirous of pursuing your studies at a French institution for a period longer than 3 months (90 days), you must complete the Campus France application process prior to applying for a visa. The Long-stay student visa (known as VLS-TS) also serves as a residence permit for the duration of its validity, provided by the OFII (Office Français de l'Immigration et de l'Intégration).

PROCEDURE

STEP 1 Mandatory Campus France procedure

- ▶ Click on login on the Campus France website.
- ▶ Create your account on redirected page
<https://pastel.diplomatie.gouv.fr/etudesenfrance/dyn/public/login.html>
- ▶ Click on the "I am admitted" tab to start your Visa Process.
- ▶ Fill in the required information, upload the necessary documents and submit your file.
- ▶ Your Campus France office will contact you for an appointment for the academic interview.

STEP 2 Academic interview

- ▶ Pay your Campus France application fees of 16,500/- online on <http://ifindia.in/payment/>
- ▶ You will have to appear in person for the academic interview with a Campus France advisor. You will be asked to explain your reasons for choosing France and the institution where you have been admitted. You must carry all mandatory documents (originals + one set of photocopies) and the Campus France fee payment receipt.

- After the academic interview, you will receive the NOC (certificate which states you have completed the CF process).

STEP 3 Online visa application and scheduling of appointment with VFS France

- Complete your application on the online portal:
<https://france-visas.gouv.fr/>
- Take an appointment with VFS through the France Visa portal.
- Visit the VFS centre in person to register your biometric data.
- Voilà, collect your visa from VFS!

IMPORTANT

You have 3 months from the date of your arrival on French territory to validate your visa online.

We recommend that you finish the process at the earliest, in order to avoid last-minute hassles.

See p. 28 for more information on the procedure.



INFORMATION FOR STUDENTS GOING ON AN INTERNSHIP

Students going to France for internships must provide an additional document while applying for a visa, called:

CONVENTION DE STAGE

This document is mandatory. The *Convention de stage* is an agreement between the employer (it can be a company or a host institution), the intern's home institution in India, and the intern.

The *Convention de stage* stipulates the dates of the internship, the tasks and responsibilities of the intern and mentions that the internship is relevant to the course of study.

Note: If you are going for an internship for more than 3 months, you must get the convention de stage stamped by La Direccte, the labour authority in France.

A SPECIAL VISA FOR ALUMNI

France has adopted very attractive visa policies for alumni. Check p. 44 to find out more about this.



BON VOYAGE!
Before leaving

KNOW YOUR REGION

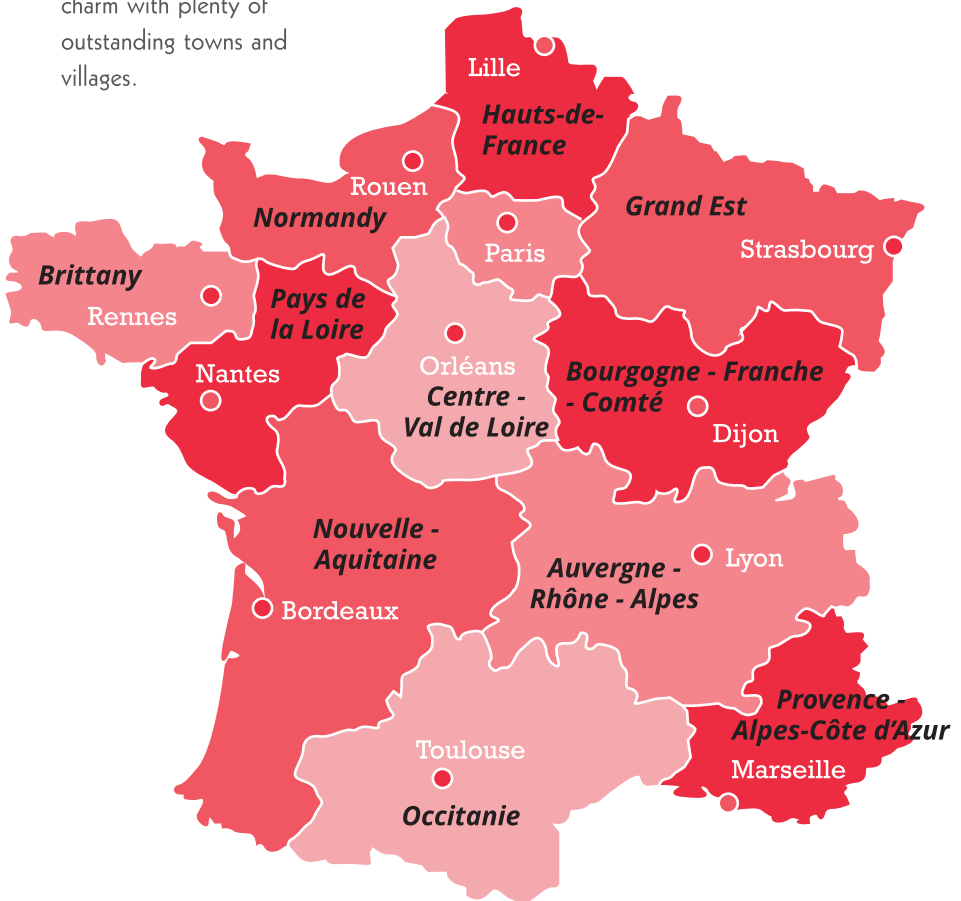


TIPS

France has many regions to explore. Each region has its own character and charm with plenty of outstanding towns and villages.

Metropolitan France has been divided into 13 different regions, which are in turn subdivided into departments.

Remember that different departments have different administrative offices! Before arriving in France, find out the department your host city belongs to. This will be useful for when you begin your paper work.



FOR MORE INFO

www.campusfrance.org/en/villes

www.campusfrance.org/en/tourism-visit-regions-France



ORGANISE YOUR ARRIVAL

Inform the owner of your accommodation or the residence about your arrival.

SURVIVING THE FIRST FEW DAYS

Make sure you have a phone that works when you arrive in France. Save your contact numbers: accommodation, university and emergency numbers.

Also make sure that you have an international credit/ debit/ Forex card to allow you to withdraw money from ATMs in France. It is advisable to carry cash to pay for transportation from the airport to your accommodation. You will find foreign exchange offices “bureaux de change” at airports, railway stations, and close to bus stations.

Many institutions offer several services to assist incoming international students. These services vary but often include an airport pickup, reserved housing, personalised mentoring and special language classes.

FIND OUT ABOUT FRESHMEN ORIENTATION PROGRAMMES

Inquire from your host university about new students orientation events that may be planned: welcome day, integration week, etc. and attend them. You will not only receive valuable information, but also make new friends!



If you have chosen a university residence, you will receive your room key from the reception. Check the opening hours (N.B: most reception desks close at 4.00 pm and are not open on weekends).



FOR MORE INFO

www.campusfrance.org/en/organise-arrival-France

WHAT SHOULD I PACK?

Wishing to fit too much into our suitcase, we often forget the basics. Remember to carry:

- ▶ One or two adapters for your electrical devices: phones, tablets, laptop, etc. Voltage in France is 220V.
- ▶ Get ready to walk much more than one normally does in India. It is imperative to pack a comfortable pair of shoes.
- ▶ If you are undergoing a specific medical treatment, take enough prescription drugs for the length of your stay. Make sure you are allowed to bring them into the country and carry with you either the prescription or a note from the doctor.
- ▶ Make sure you carry weather-appropriate clothing. Refer to www.meteofrance.com to know the weather in your host city.



FOR MORE INFO

www.campusfrance.org/en/France-weather-climate

Be aware that airports have strict security requirements for safety reasons.

If you are departing from India with expensive items (such as computers, cameras and video cameras) and you intend to bring them back to India, you are expected to declare these items to the Customs.

Once registered, you do not need to declare these articles to Customs on your return to India but you should keep the registration form handy in case Customs authorities have any questions.

Never carry items for strangers and make sure that you have packed your own suitcases and know what they contain. Make sure you are not carrying any sharp objects or items which may be considered as weapons (nail files, nail scissors, pen knife, etc.)

IMPORTANT DOCUMENTS TO CARRY ALONG

You will need certain documents to complete administrative formalities on your arrival in France.

Here's an indicative list for your reference:

- ▶ Passport with a valid visa.
- ▶ Your travel insurance must cover medical expenses, financial default of travel service providers, and other losses incurred while traveling, whether within one's own country, or internationally. French consular authorities require the insurance policy to cover your travel and have a repatriation clause.
- ▶ Apostille* on original birth certificate.
- ▶ Birth certificate translated in French (contact the Alliance Française network in India for obtaining an authorised official translation).

- ▶ Proof of medical insurance.
- ▶ Proof of previous studies undertaken: most recent academic degrees and diplomas and corresponding transcripts and language test (English or French, depending on the language of your chosen study programme).
- ▶ Proof of accommodation.



Scan and send copies of important documents to your mailbox.



*Apostille is a legal verification to prove the authenticity of a document and is issued by the Ministry of External Affairs in Delhi, Chennai, Hyderabad, Kolkata and Guwahati.

Procedure:

Get your birth certificate verified at the municipal office, as it should first be authenticated by the designated authorities of the State/Union Territory from where the document has been issued. If you do not have a birth certificate, contact the concerned municipal office. No other document such as an affidavit or any other notarised document is valid. Try to get two originals if possible (leave one behind at home, in case of loss).

The original document is to be submitted directly to the five outsourced agencies of the MEA (mea.gov.in/apostille.htm) along with a photocopy of the document and a photocopy of the applicant's passport. The apostille seal will only be stamped on the original birth certificate, not on photocopies.



MON ARRIVEE
The First Days

MON ARRIVEE

The First Days

REGISTRATION AT YOUR HOSTING FRENCH INSTITUTION



Once you arrive in France, you must register at your new university or institution.

Public Universities

All students enrolling at public universities are required to register in person at the beginning of each academic year.

Before enrolling, you are required to make a payment of 92 Euros at the government student service office (called CROUS):

www.messervices.etudiants.gouv.fr

You need to print the payment slip and keep it safely.

The registration process consists of two steps:

Administrative registration (known in French as “inscription administrative”):

- Carry the printed CROUS attestation with you.
- Pay the applicable fees, if any.
- Subscribe to a national student healthcare plan.
- After completing the above, you will receive your student ID card.

For related information, visit your host institution’s website prior to departure.

Academic registration (known in French as “inscription pédagogique”):

In the second phase of the process, you need to:

- Choose/Register for courses.
- Get information on class/exam schedules.
- Familiarise yourself with assessment methods.

Other French Higher Education Institutions

Private French institutions have their own registration procedures, which are normally communicated to students well before the beginning of the academic year.

Make a note of any documents that you may be asked to provide at the time of registration. You may be required to present original documents.



FOR MORE INFO

<https://www.campusfrance.org/en/10-things-you-need-to-know-about-the-student-and-campus-life-contribution-cvec>

TIPS

Buddy system is a free service that can help you with your official procedures, discovering the city, networking and socialising!

<https://buddysystem.eu>

STAY CONNECTED

Mobile Plans

▶ Contract mobile phone

“Forfaits avec engagement” are mobile plans taken out for a minimum duration, usually 12 or 24 months, depending on the plan. The subscription is limited to a certain number of hours each month, this limit can be removed, if required. You may also choose from a number of unlimited plans. Some plans offer a new mobile phone at a reduced price. Bills are paid monthly by debiting your associated bank account.

The main mobile telephone providers are: Bouygues Telecom, Orange, SFR, and Free.

▶ Without a contract

“Forfait sans engagement” are mobile plans without a minimum duration. The mobile subscription is managed entirely online, and a new mobile phone at a reduced price is generally not included in the subscription. The major service providers offer low-cost plans including basic plans as well as advanced packages which offer unlimited phone calls, unlimited text messages, international calls and Internet: SFR - Série Red, Orange - Sosh, Free, Virgin Mobile, etc.

▶ Prepaid offers

Prepaid offers, or pay as you go, do not require a subscription. After buying the SIM card and prepaid credit, calls can be made immediately.



Internet

There are many internet providers in France which offer packages with ADSL, VDSL or optical fibre (plus TV and telephone) for roughly the same price. Comprehensive information on ADSL availability in France, price and service comparisons can be found on the Ariase website Ariase.com (in French).

A few internet access providers:

Bouygues: www.bouyguetelecom.fr

Darty: www.dartybox.com

Free: www.free.fr

Numericable: www.numericable.fr

Orange: www.orange.fr

SFR: www.sfr.fr

Check if your accommodation is equipped with internet before you subscribe to one of these service providers.



JE M'ORGANISE
The First Month

JE M'ORGANISE

The First Month

Validate your Long-stay Visa / residence permit (VLS-TS)

Within the first three months following your arrival, you must register and validate your visa at the following address: <https://administration-etrangers-en-france.interieur.gouv.fr>

This quick and simple process will ensure that you are registered as a legal resident in France.



You will need to provide:

- ▶ a valid email address;
- ▶ your visa information;
- ▶ the date on which you entered France;
- ▶ your residential address in France;
- ▶ your credit card details in order to pay a fee online for the issuance of your residence permit. (For other means of payment, please visit the link above)

If you fail to validate your visa within the first three months following your arrival, you will no longer be considered a legal resident in France and will be unable to stay in the Schengen Area.



FOR MORE INFO

www.campusfrance.org/en/validate-and-renew-your-resident-card
www.campusfrance.org/en/student-long-stay-visa
www.campusfrance.org/en/renew-residency-permit

Opening a Bank Account

International students may open a non-resident bank account (in Euros or another currency) or, a Resident account if they are going to be staying for more than 3 months (in Euros or another currency).

If you stay in France for more than 3 months, you must open an account in a bank. The following documents will be required to open an account:

- ▶ passport;
- ▶ *visa de long séjour* ('long-stay visa') which serves as a *titre de séjour* ('residence permit') (VLS/TS);
- ▶ proof of address (gas, electricity or telephone bill or even a rent receipt).



The bank will also ask you for a copy of your signature to enable them to confirm the authenticity of any cheques to be processed.

Check if your bank at home has ties with a French banking network, as this may make it easier for you to open an account (perhaps even before you arrive in France) and transfer funds.

Your bank will provide you with copies of your account information (*relevés d'identité bancaire*, RIBs) which are useful when it comes to having your salary transferred to your account or switching any standing direct debits you may have authorised (rent, phone bill, etc.). You can then start using your current account and request a bank card and a chequebook.

The major bank cards (Visa and Mastercard) are accepted by most French businesses for transactions in excess of €15. Cash transactions must be made in Euros.

Exchange Rates

We advise you to go through a trusted agency, such as our sponsor - Thomas Cook. For more information on their exchange rates, visit their website:

www.thomascook.in



FOR MORE INFO

www.campusfrance.org/en/getting-a-bank-account

You can always exchange money at the airport from which you are departing. Airport exchange rates are normally on the higher side, but if you are exchanging a small amount of money, the difference is minimal.

Cash

We suggest you carry approximately 1000 Euros with you. This will save you time and trouble when you arrive. This money will be useful for your initial expenses.

ATMs

They are often open 24 hours and the transaction charges are minimal. Ensure that your card is accepted in France (Visa, Mastercard, etc.)

Debit cards associated to a savings account will NOT work in ATMs abroad. Talk to your bank about the options available to you abroad. Keep the customer service phone numbers on hand to call for assistance if your card gets blocked. (It is advisable to obtain the contact details of an individual from the bank in your home country.)



Medical assistance

Medical insurance

All students enrolled in a French institution for a programme of at least 3 months' duration must subscribe to the social security system known as "caisses primaires d'assurance maladie" (or CPAMs). Register on: <http://etudiant-etranger.ameli.fr>

On average, social security covers about 70% of the expenses related to healthcare. Students may obtain additional health insurance coverage. The three largest student group health plans are:

La Mutuelle des Étudiants:

www.lmde.fr, active throughout France;

Emevia, an association of regional student health plans:

www.emevia.com;

Smerep: www.smerep.fr.



FOR MORE INFO

www.campusfrance.org/en/healthcare-student-social-security

Multi-risk tenant insurance

All housing must be insured against risks such as theft, fire, and water damage. Such insurances can be purchased from private companies. Multi-risk home insurance includes liability coverage and ensures that the policy holder is insured against claims from third parties who may be injured in an accident on the premises.

FOR MORE INFO

www.campusfrance.org/en/i-am-not-european



Social security vocabulary

Below is a useful guide explaining specific terminologies used in the French social security health insurance system:

Carte Vitale - National health insurance card:

The Carte Vitale (green health card) is the national insurance card issued to individuals who are 16 years of age and above, giving them individual access to subscription and benefits of the French health insurance system - an affiliation to CPAM.

Médecin traitant - Primary care physician:

The primary care physician's role is to coordinate the different consultations and tests necessary for the health of the patient (parcours de soins). The primary care physician is in most cases a General Practitioner. For any medical issue, a patient should first visit their primary care physician who will refer the patient to the concerned medical professional.

Mutuelle - Mutual insurance company:

A mutuelle is an organisation that provides top-up or complementary health insurance to its members for a monthly payment. A top-up insurance allows for greater reimbursement of healthcare expenses by complementing the percentage reimbursed by Social Security.

Ticket modérateur - Top-up:

The top-up is the part of the charges not covered by health insurance and is paid either by the patient or covered under the additional medical insurance.

Tiers-payant - Third-party payment:

This is when the top-up insurance automatically pays part of or the entire sum spent on health care. It applies generally to payment for prescription medicines prescribed by a doctor. The pharmacist is reimbursed directly by the top-up insurance and the social security. Third-party payments can include other services, particularly hospitalisation costs, once agreed to by the insurance company.



VIVRE A LA FRANCAISE
Your life in France

VIVRE A LA FRANCAISE

Your life in France

Studying in France is not limited to academics. So go ahead and discover the unique French way of life!

Students enjoy special advantages in France which make life more enjoyable. A wide range of discounts, assistance, and special facilities allows students to stretch a relatively modest budget to cover their basic needs and enjoy life in France. Students can avail benefits from a wide network of student restaurants, university housing, rent subsidies, health insurance, student clubs and associations, and discounts on public transport, movies, museums, libraries, and sports events.



STUDENT BENEFITS

Culture, travel, health and accommodation: in France, students enjoy many benefits and significant discounts. Take advantage of them!

- 1 Just present your student card and you will receive discounts when you go to museums, the theatre and the cinema.
- 2 **Social assistance, preventive medicine and family planning.** Three types of assistance are available from the CAF (Caisse des Allocations Familiales - the Family Allowances Fund) that can reduce the rent you pay: the Allocation de Logement Sociale (ALS - the social housing assistance), the Aide Personnalisée au Logement (APL - the personal accommodation assistance) and the Allocation de Logement Familial (ALF - the family accommodation assistance). To find out if you qualify for any of this assistance, check the CAF website.
- 3 **Students, practise sport at a low cost!** You could have access to over sixty sports for a single payment at the start of the year. Student status also grants you discounts when going to a municipal swimming pool, ice rink or other sport centres.



TAKE FRENCH CLASSES

**FRENCH IS SPOKEN BY
220 MILLION PEOPLE ON
5 CONTINENTS**

French as a foreign language classes (FLE, for "Français langue étrangère") are offered by most institutions, either at your school or a partner institution. We highly recommend that you sign up for classes, which will help you to immerse yourself in French culture and enable you to better appreciate the French *art de vivre*. You can get a headstart by enrolling in a beginner's French course at your nearest Alliance française or start online with "Vivre en France A1" on:

www.fun-mooc.fr/courses/

TIPS

Reading French newspapers (national or specialised) and magazines is also a good way to discover the country and improve your language skills.

- 4 **Good deals reserved for student.** Some chains have year-long student specials, sometimes even including a free extra sandwich.

FOR MORE INFO

[www.campusfrance.org/en/
student-benefits-France](http://www.campusfrance.org/en/student-benefits-France)
<http://mes-aides.gouv.fr/>
www.etudiant.gouv.fr
www.jeunes.gouv.fr
www.tarif-etudiant.com

FOR MORE INFO

[www.campusfrance.org/en/
subtitles-French-language](http://www.campusfrance.org/en/subtitles-French-language)



TRAVELLING IN FRANCE

Public transit, bicycle or car: you can choose how to get around every day. As a student, you can often subscribe for a reduced rate.

Public Transit

In most French cities, public transit generally involves metro, buses and tramways. The networks are usually dense in the town centre, and easy to take. Don't hesitate to ask other students about timetables and stops. Transit companies often have an office on campus where you can sign up for the monthly or yearly pass when the school year starts.

Students and/or those under 26 qualify for special fares when subscribing for public transit. To get these fares, you usually have to show your student card or identity card when subscribing.

TAKING THE TRAIN

France has one of the most effective rail networks in the world. It is managed by the SNCF (Société Nationale des Chemins de fer français – French National Railway Company). Its mobile application lets you reserve tickets without having to print them out.

GOING BY BUS

The bus goes to lots of destinations in France and Europe with very

attractive fares. Unlike the train, the price remains low even at the last minute. Reclining seats, Wi-fi, electric sockets: buses are getting more comfortable with each passing year.

TRAVELLING BY PLANE

There are about 45 airports connecting the different cities in France. There are many low-cost airlines in France. Air France also has a low-cost subsidiary, Transavia, and has created Hop!, a subsidiary specialised in domestic flights. It offers a youth card for those aged 12-24 and a weekend card starting at 69 euros.

DRIVING IN FRANCE

If you come to France for a short visit (such as holidays), you can drive using your foreign licence. It must be valid and either written in French or accompanied by an official translation into French or an international licence. If you reside in France, you may use your foreign licence for one year, under certain conditions.

Beyond one year, you must exchange your foreign licence for a French licence.



FOR MORE INFO

For further information: <https://www.service-public.fr/particuliers/vosdroits/N19126>

EATING

Lunch, brunch or dinner, at home or out, French or international. Depending on your mood, you can dine out, cook at home or have it delivered.

You will find a lot of Indian restaurants in France. In Paris, the Rue du Faubourg Saint Denis street boasts more than 30 Indians restaurants. ATOU FRANCE provides an exhaustive list of Indian restaurants in France.

<http://atout-france.fr/notre-reseau/inde>



FOR MORE INFO

www.campusfrance.org/en/how-to-eat-in-France-practical-guide
www.campusfrance.org/en/how-to-stay-fit-in-France



FOR MORE INFO

www.campusfrance.org/en/cultural-excursions-France
www.campusfrance.org/en/culinary-specialties-French-gastronomy

CULTURAL ACTIVITIES

More than 2,000 cinemas, 1,200 museums, 33,000 theatrical performances, festivals of music, song and dance, athletic events, books, food and science fairs are bound to keep you busy in your free time! Students enjoy discounts and special subscription prices at all cultural events.

Many universities and schools are centrally located, offering easy access to the rich social and cultural life of France's lively cities. Museums, bookstores, theatres, and cafés are never very far away.

For more information, log on to:

www.culture.gouv.fr

www.tv5.org/

www.france24.com/en

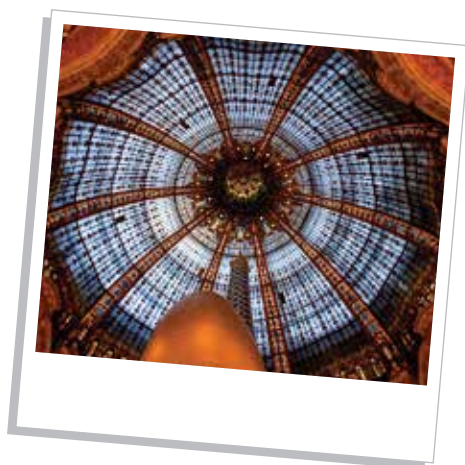
www.radiofrance.fr



MUSEUMS AND MONUMENTS

There are more than 7000 museums all over France. Although the Eiffel Tower remains the country's most visited attraction, there are more than 40,000 other cultural sites and monuments which have been designated as historic landmarks, including the castles of the Loire region, Mont St. Michel, the Château d'If, the Roman arenas in Nîmes, and the port of La Rochelle.

Comprehensive list of national museums available at: www.rmngp.fr



FOR MORE INFO

www.campusfrance.org/en/art-of-living-a-la-francaise



LIBRARIES

France has more than 3,000 libraries. Students can obtain a free library card at their local library which can be used at any public library in the town or city.

University libraries: Every institution of higher education houses at least one library. Working hours may vary but most libraries remain open until late and on Sundays. France's 127 university and institutional libraries possess more than 40 million books. The online catalogue of the university documentation system is available at www.sudoc.abes.fr

WORKING IN FRANCE

While in school

French law allows international students to work provided they have a residence permit (VLS-TS, validated by OFII, or a residence permit in addition to a visa). A student can accept paid employment for up to 60% of the legally defined work year (or 964 hours per year), without prior administrative authorisation.

At a public institution of higher education

International students are eligible for student jobs at universities and other public institutions of higher education. Students are regularly employed to provide the following services: assisting incoming students; helping students with disabilities; providing tutoring; providing IT support and assistance; coordinating cultural, athletic, and social events; working at the career centre; and supporting their institution's promotional efforts.

Internships are not considered to be part-time jobs.

The minimum gross hourly wage, set by law, is **€10.15**. After deductions of about 20%, the worker's net hourly wage stands at **€10.15**



Students must remember not to compromise their academics in an effort to obtain additional financial assistance through part-time jobs.

FOR MORE INFO

www.inde.campusfrance.org/node/48
www.campusfrance.org/en/how-to-find-work-France
www.campusfrance.org/en/how-to-start-company-France



Keep in touch with India while in France:

Living abroad is a rewarding experience but there could be times when you may feel homesick and start missing things back home. Thankfully, most cities in France have Indian associations and India-focussed activities, like music, dance, yoga, arts and painting, etc.

The Indian embassy lists many of them on its website:

www.in.ambafrance.org

You can also watch Indian movies at the following link:

www.eoiparis.gov.in/page/cultural-directory/

Consular offices are useful points of contact in a foreign country. There are five Indian consular offices in France in Paris, Lille, Strasbourg, Lyon and Marseille.

USEFUL MOBILE APPS

iTranslate: a simple word-to-word translator (free).

Myaairport: provided by the Paris airport, it offers information on flight schedules, directions, services offered, instant translation, etc. (free).

Air France: your trip at your fingertips: purchase tickets, check-in, modify your reservation, view your flight status, etc. (free).

Oui-SNCF: book your train and plan your trips in France and its neighbouring countries (free).

Troc des trains: second-hand train tickets (free).

XE currency exchange: it's always useful to have a currency conversion app handy (free).

France 24: access world news anywhere, 24/7 and in real time (free).

Le Fooding: find restaurants all over France (free).



www.campusfrance.org/en/security
www.campusfrance.org/en/practical-information-daily-life-migrant-students



JE PARS
Leaving France

JE PARS

Preparing Your Departure

GET YOUR CERTIFICATES / DEGREES

Remember to ask your university / school for a proof of studies undertaken / provisional certificates, academic transcripts, and if available, your degree certificate.

HANDING OVER YOUR ACCOMMODATION

A registered letter with acknowledgment due must be sent to the owner informing him/her of your date of leaving the premises.

If your apartment is furnished, the notice period is one month.

If your apartment is unfurnished, the notice period is three months.

TERMINATE YOUR SUBSCRIPTIONS

Before leaving, make sure you have completed the following formalities:

Close your bank account

There is neither a notice period nor any documents to be submitted for this

procedure. Send your bank a registered letter with acknowledgement due to inform them of your intention to close the account. Important: if your account is overdrawn, you will be required to settle all dues before closing your account.

If you have a monthly travel pass

Go to the local transport agency to cancel your "forfait" package. If you have subscribed to a telephone/ Internet plan, check with the service provider for notice periods. All correspondence must be sent through registered post with acknowledgement due.

You also need to terminate your insurance policies (housing, civil liability).

Send your insurance agency a registered letter with acknowledgement due to inform them of your intention to terminate the policy. Check with your service provider for notice periods as it tends to vary from one agency to another.

JOBS OF BA R

Enterprises
& Alumni

2019

www.jobs.ifindia.in



JE RESTE EN CONTACT
Stay in Touch: France Alumni

JE RESTE EN CONTACT

Stay in Touch: France Alumni

www.francealumni.fr/en/position/india/

France Alumni was launched in India in 2016 by the Embassy of France. It is an initiative to reunite and reconnect former students from France through a digital platform. The 6300+ alumni registered have direct access to the representatives of more than 550 French companies operating in India, which seek young talent.

SPECIAL VISA DESIGNED FOR ALUMNI

2-Year Extension Visa

Indian students in France can extend their stay in the country after the completion of their studies.

A bilateral agreement was signed during the visit of Prime Minister Narendra Modi in 2015. The visa allows Indian students in France to extend their stay for an additional 24 months after the completion of their studies: a 12-month visa renewable once for a period of 12 months.

5-Year visa

In July 2013, the Ambassador of France to India decided to facilitate travel to France for Indian citizens residing in India who hold post-graduate degrees from France irrespective of the year of graduation.

The 5-year visa allows its holders to stay in the Schengen area for up to 90 days, with a 90-day gap between stays. Indian alumni of Indo-French dual degree programmes (PG) are eligible to apply as well. Alumni from all generations are eligible. Spouses and children of the alumni are also eligible for a visa under this initiative.

Talent Passport

In February 2016, France established the "Talent Passport," a new type of multi-year residence permit (4 years) for skilled foreigners who wish to live in France.

It has been conceived principally for researchers, artists, employees on assignments abroad as well as internationally renowned public figures. Foreign students who hold such a permit will find it easier to work in France after finishing their studies. The benefits of the Talent Passport also extend to their spouses, who are allowed to work in France as well.



FOR MORE INFO

www.campusfrance.org/en/how-to-start-company-France

www.campusfrance.org/en/how-to-find-work-France

www.campusfrance.org/en/France-Alumni-network

