

## THINGS TO KNOW

Montpellier:

**280,000** residents

**50%** of the population is under 34 years of age

**THE 7<sup>th</sup> LARGEST TOWN IN FRANCE.**

**Over 5 million tourists every year**

**MONTPELLIER,**  
CAPITAL OF THE  
HÉRAULT

department and 1 of the 4 major towns in the Occitanie region, with Toulouse, Perpignan and Nîmes

**OCCITANIE REGION,**  
**3<sup>rd</sup> FRENCH REGION**

in terms of hosting foreign students (over 30,000 international students)



Montpellier:  
**70,000**  
students

including **10,000**  
international students



**MONTPELLIER HAS BEEN CLASSED 3<sup>rd</sup> BEST CITY IN FRANCE FOR LIFESTYLE AND STUDYING** (according to L'Étudiant magazine)

**CAMPUS FRANCE MONTPELLIER**

87 avenue Jacques Cartier, 34000 Montpellier  
Place de l'Europe station

By appointment only from 9am to midday and 2pm to 3.30pm.  
Contact: 04 67 58 92 12 or montpellier@campusfrance.org

**CAMPUS FRANCE**

28 rue de la Grange aux Belles, 75010 PARIS - 01 40 40 58 58 - [www.campusfrance.org](http://www.campusfrance.org)



**EXPLORING MY CITY**



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

**WELCOME TO MONTPELLIER**



## ARRIVING IN MONTPELLIER /

### ◆ A centralised and international orientation service

The association of Montpellier higher education institutions (COMUE) has created a central international student and researcher orientation service: **Service d'Accueil International Étudiants/Chercheurs (SAIEC) to make your life easier.**

This central welcome desk provides a range of services:

- A one-stop Desk for residence permits.
- housing assistance service.
- cultural and educational activities.
- Euraxess researchers service.



### Welcome Desk:

8 rue de l'École Normale, 34000 Montpellier.  
Hours: Open all year round. September to November, Monday to Friday, 9am to 4pm. Opening hours are different for other periods of the year.

Access: Tramway line 1, stop: Stade Phillipidès.

Contacts:

- Information: 04 67 41 67 87.

- Assistance with administrative procedures (fluent English spoken): saiec@lr-universites.fr

### Learn more:

- download the guide:

<https://languedoc-roussillon-universites.fr/international> > guide pour étudiants et chercheurs internationaux

- check the website of the COMUE:

<https://languedoc-roussillon-universites.fr/saiec>

### ◆ Sponsors

You can be assisted by a sponsor in Montpellier!

The Montpellier COMUE and the CROUS (Centre Régional des Œuvres Universitaires et Scolaires) offer a personalized orientation service for international students. French and international student volunteers are available to assist and guide you: [www.parrainage-international.fr](http://www.parrainage-international.fr)

### ◆ Your Higher Learning Institution

Depending on the institution, two information services are available:

- International Relations Department (welcome and orientation office).

- the Admissions Department (enrollment and administrative procedures office).

### ◆ National Services

- Students: [www.etudiant.gouv.fr](http://www.etudiant.gouv.fr)

- doctoral students, researchers:

<http://www.euraxess.fr/fr>

## HOUSING IN MONTPELLIER /

In Montpellier, there are numerous solutions for finding lodging: the housing park reserved for students and managed by CROUS, student and private residences, and rooms in private homes. What's most important is to take care of this as early as possible, before your arrival.



### Learn more:

<https://languedoc-roussillon-universites.fr>

> International > Le PHARE

The CRIJ the youth information network (Centre Régional d'Information Jeunesse) also publishes several guides in 5 languages to help students find accommodation in the region:

<http://www.logement.informationjeunesselr.fr> > les guides logement > guide logement des étudiants internationaux

### A FEW TIPS

#### ◆ For short-term lodging

• **the Youth Hostel**, in the town centre, impasse Petit Corratier/rue des Ecoles Laiques, +33 (0)4 67 60 32 22.

Site: [www.fuaj.org/Montpellier](http://www.fuaj.org/Montpellier)

• **other types of residences:** see the Montpellier Tourist Information Centre for a complete list of residences with hotel services:

<https://www.montpellier-tourisme.fr/>

> hébergements > résidences de tourisme

#### ◆ Long-term housing

• **CROUS student housing for Montpellier - Occitanie**

2 rue Monteil, 34000 Montpellier.

Access: Tramway line 1, stop: Boutonnet.

Hours: Monday to Friday, 9am to 4pm.

The international student service is open: Monday, Tuesday, Thursday and Friday from 10am to midday by appointment only, and Friday from 1pm to 4pm without appointment.

Contact: 04 73 34 64 14.

Website: <http://www.crous-montpellier.fr/>

On campus, the CROUS is also responsible for all low-cost food services (university restaurant, cafeterias, food-trucks, etc.).

• **Private Housing Platforms:** some of the private institutions in Montpellier are members of Studapart, a private housing platform: [www.studapart.com](http://www.studapart.com)  
Find other private housing by visiting, for example, the following sites:

- <https://www.adele.org>

- <https://www.location-etudiant.fr> > Montpellier

- <https://www.immojeune.com>

- <https://housinganywhere.com/fr/>

• There is also a **site managed by the CROUS, Lokaviz**, which includes a **listing of student accommodations in private homes:**

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

• **Shared Leases:** consult *La Carte des Colocs*, a national site for shared leases that's free and simple to use: <https://www.lacartedescolocs.fr/>

• **Other solutions available on the Campus France site:** [www.campusfrance.org](http://www.campusfrance.org) > s'organiser > logement

#### ◆ If you need a guarantor to secure your lodging

Visale is a new and free guarantor system: [www.visale.fr](http://www.visale.fr)

### ◆ If you want to apply for the APL (Aide Personnalisée au Logement -personalized housing aid)

The CAF (Caisse des Allocations Familiales - family allowances fund) is available to assess your rights: 08 10 29 29 29 or [www.caf.fr](http://www.caf.fr)



## GETTING AROUND MONTPELLIER

✈ See the website for information about how to get to your destination from the Montpellier-Méditerranée airport  
<https://www.montpellier.aeroport.fr> > accès > en transports publics

🚊 In town and the surrounding areas, use the Tisséo public transportation network (bus and tramway), day and night:  
<http://www.tam-voyages.com/>

🚆 There are regional trains for getting around the region: [www.ter.sncf.com/occitanie](http://www.ter.sncf.com/occitanie)  
**The SNCF and the Region have put 1€ tickets in place for local travel in Occitanie:**  
<https://www.ter.sncf.com> > tarifs et abonnements > EVASIO' €1  
Coaches are also an option for low-cost travel: <https://fr.ouibus.com/> or <https://www.flixbus.fr/>

🚗 For car-pooling, refer to the collaborative websites:

- COMUE carpooling service:

<https://comue-lr.coovia.fr>

- local website:

<http://covoiturage.montpellier-agglo.com/>

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

🚲 And if you prefer autonomy, use the free bikes available in 50 spots around the town:  
<http://www.tam-voyages.com> > s'informer > Vélomag

### ◆ If you need housing adapted to your special needs

Contact the CROUS Social Services which will take action with your institution.  
Some establishments have specialized services for special-needs students (housing assistance and also transportation and tuition).  
The University of Montpellier has created **Service Handiversité** to assist students with a disability:  
<https://www.umontpellier.fr/campus/handicap>

## FIRST STEPS /

### ENROLLMENT IN YOUR INSTITUTION

#### ◆ CVEC

It is mandatory that you download proof of payment of the Contribution Vie Etudiante et de Campus (CVEC) – the student and campus life contribution fee before you can enroll in your institution.

- Log in at: <https://cvec.etudiant.gouv.fr/>  
- For additional information and special cases: <https://www.campusfrance.org> > s'organiser > CVEC

#### ◆ Confirm Registration

**Take note! Even if you have a pre-registration letter, you are not officially enrolled.** You must validate your enrollment with the institution's Service de la Scolarité (Admissions) as soon as you arrive.

### RESIDENCE PERMIT

#### ◆ Information

• the COMUE Student and Researchers helpdesk where students and researchers apply for student residence permits. A team of multilingual students are available to assist you.

Address: 8 rue de l'École Normale, 34000 Montpellier.  
Contact: 04 67 41 67 87 or [saiec@lr-universites.fr](mailto:saiec@lr-universites.fr)  
Hours:

- September - November: Monday to Friday, 9am to 4pm.

- December and June/July: Monday to Friday, 1pm to 4pm.

- January to May: Monday, Tuesday and Friday, from 1pm to 4pm

Site: [www.saiec.fr](http://www.saiec.fr)

• On the Prefecture Internet site:

<http://www.herault.gouv.fr/>

• Learn more about your rights and obligations:

[www.service-public.fr](http://www.service-public.fr) > Etranger > Titre de séjour et document de circulation

### GOOD TO KNOW

• **If you arrive in France with a VLS-TS long-term student visa: you must validate it online within three months of arrival:**  
<https://administration-etrangers-en-france.interieur.gouv.fr>

• **If you are an Algerian national: depending on your campus, your residence permit application is made at the Préfecture or with the Service des Relations Internationales at your campus.**

**Take note: to renew your residence permit, you must apply within two months prior to its expiry.**

## EVERYDAY LIFE /

### OPENING A BANK ACCOUNT

If you stay in France for more than 3 months, it will be **much easier day-to-day if you open a bank account**, online or in one of the 160 bank agencies located in Bordeaux.

In France, opening a bank account is a right:  
[www.service-public.fr](http://www.service-public.fr) > Argent > Comptes bancaires > Droit au compte

### HEALTH CARE

In France, receiving medical treatment is **practically free** but you must be insured. **As a result, signing up for medical insurance is mandatory.**

Connect to the <https://etudiant-etranger.ameli.fr> site to register, to understand your rights, and to take the necessary steps.

Learn more:

<https://www.campusfrance.org> > S'organiser > Santé

**As a student, you can also take advantage of the university medical services.** In these health services where consultations are free, you'll be greeted by a team of doctors, nurses, and social workers who can give personalized advice in terms of health and prevention.

**This is the case for the l'University of Montpellier which has a preventive health service with several branches in the town:**

• **Town centre branch:** Institut de Biologie, 2<sup>nd</sup> floor, 4 Boulevard Henri IV, +33 (0)4 34 43 30 70.

• **Richter branch:** Maison des étudiants Aimé Schoenig, Espace Richter, bâtiment B, 1<sup>er</sup> étage, rue Vendémiaire, 04 34 43 24 26.

• **Triolet branch:** Place Eugène Bataillon, bâtiment 20, rez-de-chaussée, 04 67 14 31 48.

• **Pharmacie branch:** UFR de Pharmacie, 15 avenue Charles Flahault, 04 11 75 93 93.

• **IUT de Montpellier branch:** 99 avenue de l'Occitanie, bâtiment A (medical centre), +33 (0)4 99 58 51 57.

Learn more:

<https://www.umontpellier.fr> > campus > santé/social > handicap

### INSURE YOUR HOME

**In France, housing insurance is mandatory.**

The "garantie risques locatifs" - rental risk guarantee - is housing insurance which you can subscribe with your bank or a private insurance company. Online subscription is also often possible.

To learn more, consult notably:

[www.mep.fr/Assurances-etudiantes](http://www.mep.fr/Assurances-etudiantes)

[www.assistance-etudiants.com](http://www.assistance-etudiants.com)

[www.assurances-etudiants.com](http://www.assurances-etudiants.com)

### EMERGENCY NUMBERS

**SAMU: 15** Emergency Medical Services

**Police emergency: 17** in the event of violence, theft, robbery.

**Fire Department: 18**, in the event of fire, gas leak, water damage, natural catastrophe, or traffic accident.

**112** European emergency services number that's accessible from anywhere in the European Union in addition to the French numbers above.

### LEARNING FRENCH

Learning French is an opportunity to be seized! Find what works best for you:

- by consulting the Campus France site or the Français Langue Etrangère (FLE) - French as a foreign language - centers and universities which offer courses at all levels year-round:  
<http://ecolesdete.campusfrance.org>  
- by asking in your institution, at city hall, or in your host city's Maison des Associations - community centers.

### FINDING A JOB OR AN INTERNSHIP

**2 addresses:**

• **Jobs and internships:** the Montpellier CRIJ, the regional youth information center, has a platform for classified ads: <https://www.crij-montpellier.com/>

• **Student jobs:** find a student job that's compatible with your studies on the CROUS Jobaviz site: <http://www.jobaviz.fr/>

**1 appointment:**

• **The Forum Entreprises Triolet**, organised by several institutions in Montpellier, facilitates meetings between students and companies for internships and jobs:  
<https://forum-entreprises-triolet.edu.umontpellier.fr/>

## THINGS TO DO IN MONTPELLIER /

### PLAYING A SPORT

In your school or university, you can have privileged access to sporting activities. Contact your institution's Service des Sports or visit the website of Montpellier's university:

<http://suaps.edu.umontpellier.fr/>

Montpellier also has a comprehensive range of sports and recreational facilities, with 50 supervised activities accessible with the Montpellier Sports pass (5 euros): <https://www.montpellier.fr> > Actions > Activités sportives > Carte « Montpellier Sports »

## BE ACTIVE

Attend cultural and sporting events, or join a social or community group, through one of the numerous local or national student clubs and associations.

Contact the Student Life office in your institution or consult the association pages on the University of Nîmes website: <https://www.umontpellier.fr> > campus > vie associative

You can also consult the national sites: [www.animafac.net](http://www.animafac.net) or [www.letudiant.fr](http://www.letudiant.fr)

**In Montpellier, the Erasmus Student Network is very active and provides an orientation service for international students:** <http://montpellier.ixesn.fr/>

## GAINING CULTURE AND PARTYING

Montpellier offers many ways to cultivate yourself or party. Theaters, movie theaters, concerts, museums, exhibitions, and festivals are on the program and most of the time, at reduced cost for students: <https://www.montpellier.fr> > Actions > l'essentiel de la culture

- The town of Montpellier organizes *themed cafés* for public discussion and debate about a variety of themes: <https://www.montpellier.fr> > rechercher « Cafés à thèmes »

- At the University of Montpellier, the art and culture service offers access for students to contemporary culture activities:

<https://www.umontpellier.fr/patrimoine/art-et-culture>

The Montpellier CROUS has created a Pass'culture, the **Yoot**, which gives students access to a community and shows at very reduced rates:

<https://yoot.fr/>

**For entertainment or to pick up some culture, in Montpellier, there are:**

- 8 multiplex cinemas (town city and suburbs) including two arthouse cinemas, Diagonal and Utopia (students rates and loyalty cards).
- 10 top museums, reduced rates for students.
- 30 venues for shows, theatre and opera.
- approx. 20 bookshops including a major institution: the Sauramps bookshop You can also buy and sell used books at Librairie Gibert.
- 15 media libraries in 7 districts of Montpellier and 8 outlying suburbs:

<https://mediatheques.montpellier3m.fr>

In Montpellier, for going out or staying abreast of events, read **the leading regional daily paper, Le Midi Libre**, available in newstands or on the Internet: <https://www.midilibre.fr> > montpellier

You can also check the very comprehensive agenda on the Montpellier Visitor Center website:

<https://www.montpellier-tourisme.fr> > Agenda

## MUST-SEE PLACES /

- Place de la Comédie: Montpellier's central square and hub of the town.
- The Fabre museum: one of Europe's most beautiful museums.
- The Peyrou promenade: a royal square with a triumphal arch and aqueduct, examples of classical architecture.
- Medieval lanes with beautiful manor houses.
- Saint-Pierre cathedral: a stunning example of Gothic meridional architecture.
- Jardin des Plantes: a royal garden created in the 16<sup>th</sup> century, and now managed by the University of Montpellier.
- The beach, just 10km from the town centre, is easy to get to by public transport or bike!

**Learn (and see) more:**

<https://www.montpellier-tourisme.fr/>



## IMPORTANT ANNUAL EVENTS /

### MAY

- The FISE, Festival International des Sports Extrêmes: international extreme sports festival, the biggest competition of its type in Europe (free).
- The Comédie du Livre: free book and reading festival, meet authors, debates and workshops.
- European Night of Museums: another way to discover museums, and for free.

### JUNE

- Fête de la musique: music everywhere in town (free concerts).
- Festival des Architectures Vives: ephemeral contemporary architecture in the old town centre.

### JULY

- Montpellier Dance Festival: 300 companies from around the world dance for 10 days (many free shows).
- Festival Radio France Occitanie Montpellier: hundreds of concerts with varying themes including classical, electronic and jazz music for several weeks.

### AUGUST

- The Estivales: every Friday, festive events for discovery local produce, arts and crafts, conferences.

## SEPTEMBER

- **MUSE**, an one-day student orientation event organised by the Université de Montpellier and graduate schools.

- **European Researchers Night: researchers meet the general public.**

- The Internationales de la Guitare: international guitar festival with concerts and meetings with artists.

- Journées du patrimoine (Heritage days), free visits of cultural venues.

## OCTOBER

- **Fête de la Science in the Université laboratories.**

- Cinémed: international festival of Mediterranean cinema with 200 films shown from around the Mediterranean region.

**Learn more:**

<https://www.montpellier-tourisme.fr> > Agenda > Les événements phares



To stay informed, actively listen to others and the world, and share and dialogue with students, follow **social media** where Campus France has an especially strong presence!

*Remember to sign up on the **France alumni** network to take part in discussion groups on various subjects, take advantage of cultural outings, and consult job and internship offers.*

