

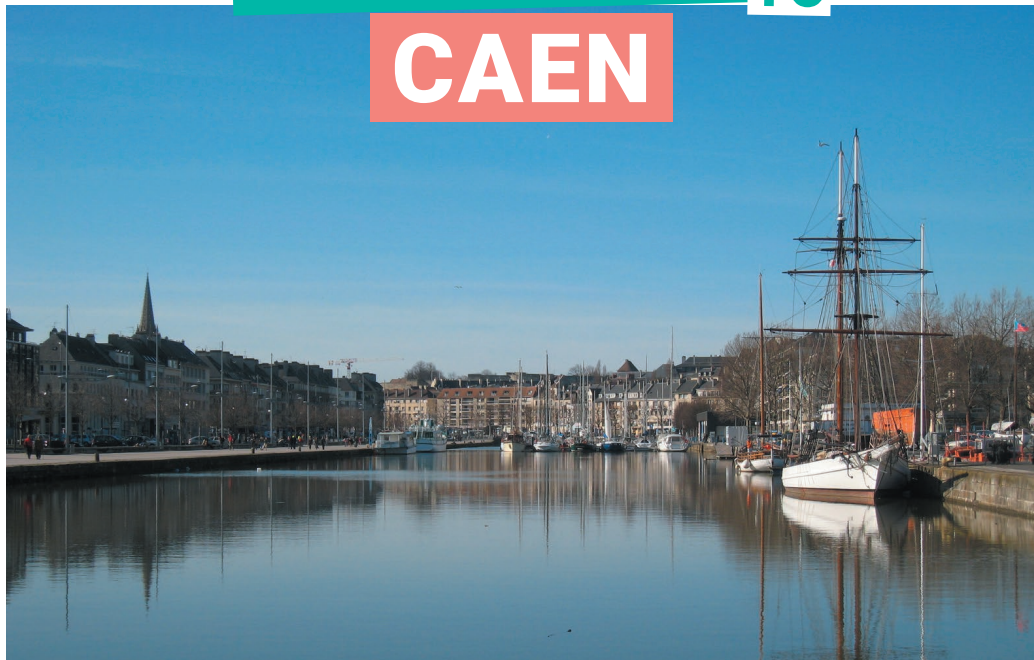


**DISCOVER
YOUR CITY**



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

WELCOME **TO**
CAEN





YOUR ARRIVAL IN CAEN /

- ♦ A One-Stop, multi-service Welcome Desk for foreign students enrolled at Université de Caen Normandie (UNICAEN)

The UNICAEN Carré International is tasked with welcoming the university's international students.

Year round Le Carré International offers:

- a space dedicated to welcoming and supporting international students and researchers - the AAPI space (registration, residence permits, social security, bank accounts, support with accommodation, leisure and cultural activities);
- preparation for university study in the French language
- a cultural approach (outings and visits, sponsorships, thematic evenings)
- a bridging diploma to facilitate exiled students return to studies (DUPEX)
- a buddy system in partnership with the ESN Caen association: caen@ixesn.fr

Address:

Université de Caen Normandie, Maison des Langues et de l'International, Campus 1, Building i (MLi), esplanade de la Paix, 14000 Caen.

Drop-In Service, Espace AAPI, 2nd floor (door Li 242): Monday to Friday, from 9 am to 5:30 pm.

Contact: intl.spi@unicaen.fr ou 02 31 56 61 75 / 02 61 56 59 54.

Bilingual Website:

To keep up with all the latest news, please join the *Team Spirit* Facebook group for international students at Université de Caen :

<https://www.facebook.com/groups/536585827239716>
<http://www.unicaen.fr/bienvenue>

♦ Welcome and orientation in other institutions

If you are enrolled in another institution, please consult the Campus France website for orientation. The site presents a series of Information Sheets covering the different higher learning institutions: <https://www.campusfrance.org> > Etudiants > Ressources documentaires > Informations pratiques pour les étudiants > Dispositifs d'accueil des établissements

If you cannot find your school in this list, then go directly to their website.



Making you feel at home is a major concern for all French higher education institutions! The **Welcome to France label** is awarded to institutions that fulfil exacting criteria in the way they take care of their international students.

♦ National Services

- students: www.etudiant.gouv.fr
- doctoral students, researchers: <http://www.euraxess.fr/fr>



ACCOMMODATION

Finding somewhere to live is not always easy.

Rents are often high, and landlords require financial guarantees (such as a deposit). Nevertheless, there is a wide range of accommodation on offer: halls of residence that are exclusively reserved for students and managed by the CROUS, student halls and private lodgings, rooms in private homes, flatshares...

The main thing is to start preparing for this as early as possible, before leaving your home country.

- **Le Carré international** offers housing search assistance to international students enrolled at Université de Caen Normandie. Its International Publics Hub (SPI) will assist and support you during the length of your stay. Contact the team: intl.spi@unicaen.fr

- **The CRIJ de Normandie** (Centre Régional d'Information Jeunesse, the regional youth information center) also has tips on finding housing. Address: CRIJ, 16 rue Neuve Saint-Jean, 14000 Caen. Contact: 02 31 27 80 80 or caen@crijnormandie.fr Site: <http://www.crijnormandie.fr/>

A FEW TIPS

♦ Short-term housing

- **The People youth hostel**, located in the city centre. Address: 15 avenue Victor Hugo, 14000 Caen. Contact: 02 61 53 69 40. Site: <https://www.thepeoplehostel.com/>

• Other types of residences with hotel services:

Check out the Caen Visitor Center site which has a list and inventory of all types of housing: <https://www.caenlamer-tourisme.fr> > menu> séjournier&dormir > tous les hébergements

◆ Long-term housing

• **The Normandie CROUS student housing** (Centre Régional des Œuvres Universitaires - Regional Center for University Services).

Address: 23 avenue de Bruxelles, 14000 Caen.

General Reception: Monday to Friday, 9am to 12:15pm and 1:15pm to 4pm.

Contact: 02 31 56 63 00 (switchboard).

Service bourses et logement (Financial Resources and Housing Office)

- Telephone helpline: from 9:00am to 5:00pm
02 30 08 02 14.

- Hours: Monday to Thursday, 1:15pm to 4pm.

Site: <https://www.crous-normandie.fr/> > Logement

The website Trouver un logement:

<https://trouverunlogement.lescrous.fr/>

• Private Housing Platforms

Some establishments, including the Université de Caen Normandie, are members of Studapart, a platform specialized in private housing for students:

<https://www.studapart.com/> > Rechercher par ville >

Découvrez toutes nos villes > Caen

Other student residences, managed by private companies, are also available in Caen. Try these sites:

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

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

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

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

• There is also Lokaviz, a **site managed by CROUS, 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 > Students > Getting Organized > Accommodation

◆ If you need a guarantor to secure your lodging

Visale is a new and free guarantor system:
www.visale.fr

◆ **If you want to file an application for APL funds (Aide Personnalisée au Logement, or personalized housing aid)**

CAF (Caisse des Allocations Familiales) can check your eligibility: 32 30 or www.caf.fr

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

Contact the CROUS Service Social (Social Services) which will take action with your institution.

Some establishments have specialized services for students with disabilities (assistance for housing,

and also transportation and tuition).

At Université de Caen Normandie, contact the **Relais Handicap Santé**: <http://vie-etudiante.unicaen.fr/>
> Santé-Bien-être - Handicap

The CROUS, at your service everywhere

Do you need any help and/or advice, somewhere to eat or to live, a job - or do you just want to find out all there is to know about student life? Then the CROUS is what you need!



The CROUS (Centre Régional des Œuvres Universitaires et Scolaires - Regional Centre of University and School Services) has branches in all major French university towns.

It manages university halls of residence and canteens, allows you to meet social workers, and offers cultural activities and job opportunities.

GETTING AROUND CAEN



Before your arrival, consult the Université de Caen's practical information sheet which will guide you based on where you arrive:
<http://www.unicaen.fr/bienvenue>



At Caen-la-Mer, the **Twisto Atoumod** card is a single fare card which can be used across the Twisto network: <https://www.twisto.fr/> > Titres et abonnements > Nouvelle billettique > La carte Twisto Atoumod



In the department, use the Bus Verts du Calvados bus network: <https://www.nomadcar14.fr/fr/>



There are regional trains **for getting around Normandy:**

<https://www.ter.sncf.com/normandie>

Buses are also an option for low-cost travel:
<https://fr.ouibus.com/> or
<https://www.flixbus.fr/>



For ride-sharing, consult the collaborative site <https://www.blablacar.fr>



For greater independence, rent a bike (traditional or electric) with Twisto Vélo:

<https://www.twisto.fr/> > Réseau Twisto > Nos mobilités > Twisto vélo



FIRST THINGS FIRST /

ENROLLMENT IN YOUR INSTITUTION

◆ CVEC

Before you can enroll in your institution, you must download proof of payment of the Contribution Vie Etudiante et de Campus (CVEC) – the student and campus life contribution fee.

- Log in at: <https://cvec.etudiant.gouv.fr/>

- For additional information and special cases:
<https://www.campusfrance.org> > Getting Organized
> 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 PERMITS

WHAT YOU NEED TO KNOW

• If you have just arrived in France on a long-term VLS-TS student visa: you must **validate it online as soon as you arrive in France**, on the ANEF (Administration numérique pour les Etrangers en France - Digital Administration for Foreigners in France) website. This validation must be carried out within the three months following your arrival: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

• If you have Algerian citizenship or you are a student holding a “concours” visa or a visa bearing the mention “carte à solliciter dans les deux mois” (“card to be requested within two months”): your request for a residence permit must be carried out at the Préfecture.

• If you hold a “mineur scolarisé” (“minor in education”) visa and you have since attained your majority, you must request a residence permit directly on the ANEF website or at the *préfecture* of your place of residence within the two months following your attaining the age of legal majority: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

Please note: if you wish to renew your residence permit or VLS-TS, you must make your request during the third month preceding the date of end of validity of your current residence permit, on the following website: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

The following tutorial can help you with this procedure: <https://www.campusfrance.org/en/tutorials-to-help-international-students-in-their-application-process>

• Your institution's student support services can assist you in case of any difficulties.

To find out more about your rights and obligations: <https://www.service-public.fr/particuliers/vosdroits/N110>



PRACTICAL INFORMATION /

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 bank agencies located in Caen.**

In France, opening a bank account is a right: www.service-public.fr > Argent > Comptes bancaires > Droit au compte

ACCESSING HEALTHCARE

Accessing healthcare in France is almost free, but you must be insured. **You must therefore be registered with the national health insurance programme.**

Please go to the <https://etudiantetranger.ameli.fr/> website to register, understand your rights and to carry out the requisite procedures.

Learn more:

<https://www.campusfrance.org> > Getting Organized
> Health

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 Université de Caen Normandie, which has a Service de Santé étudiante (SSE), or Student Health Service.

Address: SSE, Campus 1, 47 avenue de Bruxelles, 14000 Caen.

Opening Hours: Monday to Friday from 8:30am to 5pm.

Website: <https://www.unicaen.fr/vie-de-campus/sante-bien-etre-handicap/offre-de-sante-du-sse/>

TAKING OUT COMPLEMENTARY HEALTH INSURANCE ("MUTUELLE")

We recommend you take out complementary health insurance in order to cover the totality of your healthcare costs, which are not all covered by the compulsory and free national health insurance programme.

Please note: options and levels of insurance vary from one insurer to another. In order to choose the complementary insurance that is best adapted to your situation and your budget, you can access more information on a student "mutuelles" price comparison website.

HOUSING INSURANCE

In France, housing insurance is mandatory.

You can sign up for housing insurance called "garantie risques locatifs" - rental risk guarantee - at your bank or a private insurance company. Online subscription is often possible.

EMERGENCY NUMBERS

SAMU: Call 15 Emergency Medical Services

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

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

Call 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 that's not to be missed! 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:

<https://ecoledete.campusfrance.org/#/main>

- by asking in your institution, at city hall, or in your host city's Maison des Associations - community centers.

FINDING A JOB OR WORK EXPERIENCE PLACEMENT

It is important that you have sufficient financial resources to come and study in France.

Working in France as a foreign student is possible within limits, namely for a maximum duration of 964 hours per year. This can therefore only be a way of earning **supplementary funds**.

Please note: to work in France, if you are not a citizen of the European Union, you must hold a valid **student residence permit**.

To help you find a job or work experience placement, 2 addresses:

- **the Normandy CRIJ**, the regional youth information center, can present several leads and publishes classified ads online:

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

- **the Jobaviz website**, run by the CROUS, can help you find a student job compatible with your studies:

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



THINGS TO DO IN CAEN /

TAKE UP A SPORT

In your institution, contact the Service des Sports for free access to sports facilities.

For Students enrolled at UNICAEN, the SUAPS

(Service Universitaire des Activités Physiques et Sportives, or university office for physical and sports activities) presents a wide range of activities: <https://www.unicaen.fr/vie-de-campus/vie-sportive/>

In Caen, you can also find an activity including nautical sports, from among the numerous sports facilities managed by the City.

Visit: <https://caen.fr/sport>

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.

To learn more, check with your school (Service de la vie étudiante - Student Services) or visit the following sites: www.animafac.net or www.letudiant.fr

Université de Caen Normandie offers a rich and diverse range of student associations and citizen organisations, in particular through the Maison de l'étudiant.

Website: <https://www.unicaen.fr/vie-de-campus/vie-etudiante/>

In Caen, there are local associations which put international students in contact with local families.

- Bienvenue à Caen: bienvenueacaen@hotmail.com

- France Etats-Unis:

<http://www.france-etatsunis.org/>

CULTURE AND NIGHTLIFE

Caen offers many ways to cultivate yourself or party. Movie theaters, concerts, theaters, museums, exhibitions, and festivals are on the program and most of the time, at reduced cost for students:

<http://caen.fr/> > Bouger, découvrir > Culture

For entertainment or to pick up some culture, you can choose from:

- 2 multiplex theaters (student rates, rewards card) and 2 art-house theaters with screenings on the UNICAEN Campus I.

- 4 major museums including the Caen Memorial Museum, a must-see (student rates):

<https://www.memorial-caen.fr/>

- 10 performance centers including the Théâtre de Caen rebuilt after World War II.

- around twenty book shops: Caen is the city of book shops!

- an important network of libraries and multi-media libraries throughout the region:

<http://bibliotheques.caenlamer.fr/>

• In Caen, for going out or staying abreast of current events, consult:

- the major daily regional paper, **Ouest-France**:

<https://www.ouest-france.fr/> > Communes > Caen

- the daily paper, **La Manche Libre**:

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

- the **Liberté** Facebook page for this Caen weekly

- **Caen Visitor Center** agenda:

<https://www.caenlamer-tourisme.fr/> > Événements

TOP ATTRACTIONS /

• The Caen Memorial Museum for Peace and History is near the D-Day landing beaches, a large space dedicated to the Battle of Normandy and the Second World War (student rates)

• William the Conqueror's medieval castle

• Abbaye aux Hommes (The Abbey of Saint-Etienne also known as the Men's Abbey) and Abbaye aux Dames (The Abbey of Sainte Trinité also known as the Ladies' Abbey) where William and his wife Mathilde spent their final days.

• the Normandy Museum, a panorama of life in the Normandy area (student rate).

• the Fine Arts Museum, located within the Caen Castle, is one of the largest in France (student rate).

• the quartier du Vaugueux in Caen's old town with its timbered houses and many restaurants.

• La Colline aux Oiseaux, a 17-hectare park located to the north of the city.

Learn (and see) more:

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





IMPORTANT ANNUAL EVENTS /

MARCH/APRIL

- **Le Carnaval Étudiant**, the largest student carnival in Europe with 30,000 participants

APRIL

- Festival Des Planches et des Vaches, meetings and performances organized around comic books

MAY

- The Nuit Européenne des Musées (European Museum Night), an occasion to visit museums differently (and for free).

JUNE

- Fête de la Musique: Music everywhere in town (free concerts).
- Les Courants de la Liberté, a sporting event which brings together thousands of runners

JULY - AUGUST

- Festival Beauregard, a festival of contemporary music
- Eclat(s) de Rue, an art festival takes to the streets.
- Les Sables Animés, free events organized on the beaches around Caen to explore water and beach sports

SEPTEMBER

- Journées du Patrimoine (heritage days), free visits of cultural venues.

OCTOBER

- **Forum Mondial Normandie pour la Paix**, which is organised each year by the Normandie Region in parallel to the celebrations commemorating the allied D-Day landings on 6 June 1944 in Normandy (numerous free activities and celebrations): <https://www.normandie.fr/> > Les grands projets > Normandie pour la paix > Forum mondial Normandie pour la Paix.
- **La Fête de la Science**, a science festival in the university laboratories.
- Les Boréales, a festival which showcases the culture of Nordic countries.



↑ **& SHARE** ↓
PARTICIPATE

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

*Don't forget to join the **France Alumni** network. Take part in discussion groups on various subjects, take advantage of cultural outings, and consult job and internship offers.*



THINGS TO KNOW

CAEN,
ADMINISTRATIVE
CAPITAL OF
CALVADOS, one of
the 5 departments
which make up the
Normandy Region

CAEN NORMANDIE METROPOLITAN AREA:

270,000 residents

CITY OF CAEN:

110,000 residents, half the
population is under 30

NORMANDY REGION,

10th FRENCH
REGION in terms of
hosting foreign
students
(10,000 foreign
students)

Université de Caen Normandie:



32,000

students across 6 university
sites and 11 campuses,

3,000 international
students representing
112 nationalities, 40 research
centers, 8 PhD schools



CAEN, RANKED 5th (out of 46) FRENCH CITIES WHERE IT'S GOOD TO
LIVE AND STUDY (awarded by L'Étudiant magazine) **WITH TWO GOOD MARKS**
FOR THE QUALITY OF ITS EDUCATIONAL PROGRAMS AND STUDENT/
CAMPUS LIFE

Most of the information presented in the Campus France City Information Sheets concerns all international students regardless of their institution.

In France, in each of the host cities, most foreign students study at universities. Accordingly, the City Information Sheets attach great importance to them without overlooking the other higher education institutions even if it is not possible to list them all here with their specific information.

For more information on the institutions' welcomes and orientations:
<https://www.campusfrance.org/fr/recherche/categorie/normandie-462>

CAMPUS FRANCE

28 rue de la Grange aux Belles, 75010 PARIS - 01 40 40 58 58 - www.campusfrance.org