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WELCOME TO THE FRENCH RIVIERA

Mainly based in Nice, the Université Côte d’Azur is also located on other geographical sites in the region. You will find campuses in Grasse, Cannes, Valbonne, Biot, Cagnes-sur-mer and Menton, too.

Depending on your choice of training, MSc courses take place in Nice Nord (Pasteur), Nice Ouest (IMREDD), Sophia Antipolis (Les Lucioles, INRA, INRIA) or Grasse (Flavours, Perfumes, Cosmetics).

BEFORE YOU ARRIVE:

Members of the European Union: you can travel to and from France without a visa.
Other nationalities must have a visa.

https://www.service-public.fr/particuliers/vosdroits/F2231

The most common are short-stay C (≤ 90 days in France) and long-stay D (> 90 days in France) student visas.

Request a Visa at least 2 months prior to your departure at the closest French Consulate/Embassy
Learn French

It’s possible to have access to the Language Resource Centers of the University. They also offer intensive Summer Schools in June and July (2 weeks; classes from 9am to 1pm).

The Erasmus Student Network (ESN) offers numerous events to meet foreign students and to promote cultural exchange.

Look for student jobs

Students can work 964 hours/year = 60% of the legal working time. The contracts last for 12 months max from Sept 1st to Aug 31st. Students working in French universities may not work more than 670 hours from September 1st - June 30th and no more than 300 hours from July 1st - August 31st. If you intend to work under more than one contract, please check with your employers if it is possible. More info and ads:
Think about child care

There are “crèches”, “(haltes) garderies”, nurseries, nannies and other day-care organizations.

[Hyperlink]

Hand luggage essentials : Checklist

- Scan or copy of all the important documents (ID/ passport, high school and university diploma, (European) health insurance card)
- Health Record and vaccination certificates
- Admission letter from your host french school/university (original if available).
- Student card from your home school/university (if available).
- Driver’s license if you want to drive in France.
- Adapter, depending on the electricity standard in your country
- Certified copies of your birth certificate (3 recommended)
Health Insurance

European students
If you have a European Health Insurance Card (EHIC) or a certificate of entitlement to healthcare, you don’t necessarily need to register to the French social security. You can use your card and receive care in France for the duration mentioned on your card. Students included are those with the nationality of a country of the European Union, Iceland, Lichtenstein, Norway or Switzerland.

Non-European students
You must register to the French general social security system upon arrival in France. This affiliation is free but mandatory and can be done online on the following platform

https://etudiant-etranger.ameli.fr/#/

This will cover basic health insurance costs up from the date of registration (proof of enrollment): even if you still do not have your « Carte Vitale », you can be reimbursed retroactively. The general practitioner charges 25 € for the visit. The CPAM will reimburse 70% of this amount (= 16,50 €). There are two kinds of doctors: Secteur 1 & Secteur 2. Make sure on http://annuaire.sante.ameli.fr/ to locate the closest doctor from Secteur 1 (no extra fees). To benefit from an optimal reimbursement of your health expenses, you can subscribe to a complementary health insurance (« mutuelle »).
Your arrival on the French Riviera...

... by plane

Once at the Nice Côte d’Azur Airport, you need to get some change to take public transport. As the buses do not have a bank terminal, you cannot pay the tickets by card.

- the cheapest way to get to Nice city centre: n° 23, 52, 59, 70 (one way 1,50€; run until 9pm) or the new tramline n°2 until Magnan.
- the most comfortable: bus n° 98 to the city centre of Nice or 99 to Nice Ville SNCF Station (6€; luggage space; run until midnight; 30min ride)
- the fastest: from Nice Saint Augustin station: 15min walk from the airport to the station and then 5 minutes by train to Nice Ville (1,90 €); 15 minutes to Riquier (2,50 €). Last departure at 10:54 pm.
- to go to Sophia-Antipolis: n° 200 to Antibes station then take bus n° 1 or directly the Sophia Express n° 230 (except on weekends)

... by train

The Côte d’Azur is easily accessible by public transport. From the 4 SNCF stations in Nice (Saint Augustin - Nice Ville - Riquier - Pont Michel), you can go almost anywhere.

https://www.sncf.com/fr
Train

The SNCF, Société Nationale des Chemins de Fer is in charge of France’s dense railway network, with its high-speed passenger trains (TGV), provides a great alternative to air and automobile travel.

The Provence Alpes Côte d’Azur region (i.e. Nice, Grasse, Cannes, Menton included) has established the Zou card to obtain reduced fares on TER lines (regional express trains). More info on [http://www.ter.sncf.com/paca](http://www.ter.sncf.com/paca).

Bus & tram

*Lignes d’Azur* is the public transport agency which provides the bus and tram routes in Nice.

*Envibus* is running in Antibes and its surroundings. They also have buses going to Sophia Antipolis. In Cannes, there is *Palmbus*.

Vélos Bleus & Auto Bleues

*Vélos Bleus* is a network where you can rent a bicycle at a self-service station if you have a mobile telephone and a credit card to pay at the rental terminal. Consult the Vélo Bleu site to register and for bicycle availability.

In addition, the *Auto Bleues* are electric cars distributed around different stations in Nice and its surroundings and are available for self-service rental 24/7.

*Of course, you can also take a taxi or call a Uber.*
Driver’s licence

You can drive legally with your foreign driver’s license. However, for long stays, it is preferable to register one’s license with the Alpes Maritimes Préfecture in order to obtain a duplicate in case of a problem (loss, theft...). Also, in case of a violation of the French driving code, a license exchange for a French driver’s license will be requested in order to apply sanctions. This is done at the Préfecture. To request a license exchange

City Scoots

... are self-service electric scooters parked in public and geolocated spots on the Cityscoot application. The loan of a helmet is also provided. To rent a scooter, simply register for free; fill in your credit card details and driver’s license, before receiving a four-digit code to start the scooter.

http://www.alpes-maritimes.gouv.fr/Demarches-administratives/Permis-de-conduire/Echanges-de-permis-etrangers
HOUSING // A PLACE TO STAY
Public & private accommodations

- There are public student residences managed by the CROUS. (10 residences in Nice, 2 in Sophia Antipolis & 1 in Cannes) Every year the Nice CROUS faces a significant demand for housing, it is not possible to offer housing to all students.

- You can also choose accommodation in a private university residence that are generally more expensive and offer various services. **Warning**: some residences ask the payment of application fees during the reservation of your housing. Sometimes these renting options last for 1 or 2 years (long-term housing), check under which conditions you can cancel the renting contract in case you want to leave earlier.

- You can also find housing through a private landlord or a real estate agency. Of course, it is also possible to look for a shared flat if you are open to live together with other people. This type of accommodation has the advantage of lowering the rent and sharing good moments of conviviality with several people.

http://www.crous-nice.fr/logements/

http://www.lokaviz.fr
Finding accommodation also means providing owners with a complete file including documents such as:
- Valid proof of identity document
- Student card or certificate of attendance for the current year;
- Last three rent receipts for the previously occupied flat
- Proof of a guarantor (Most owners require a guarantor to pay the rent if the tenant fails to meet their obligations. Without a guarantor, your application will not be given preference. If you are ≤30 years old and your monthly rent is ≤ 600€, Visale can act as a guarantor in order to simplify the process of obtaining housing)

**Warning!** Some offers can turn out to be scams, so be aware and do not:
- Communicate personal information or bank details before signing the contract
- Continue the process if the landlord is/pretends to be currently abroad

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**Housing allowance**

The Caisse d’Allocations Familiales (CAF) offers housing allowance for all individuals living in France. It is important to apply for it as soon as you move into your accommodation, because the aid is only paid the month following the approval of your application.
Rental insurance & civil liability insurance

Subscribing a rental insurance is a legal obligation in France. It will cover you in case of theft, water damage & others. The rates depend also on the size of the apartment. (≈ €37/year for a room and ≈ €60/per year for a studio). Most banks will also offer rental insurance.

Civil liability corresponds to the obligation to compensate for physical injury and material damage caused to others. If you do an internship, you need to take out civil liability insurance. Then the insurance company covers the damage you have caused.

Sometimes rental & civil liability insurance is offered as a package, please check with your bank / insurance company.

LET’S TALK ABOUT MONEY

Tuition fees

* Valid for all faculties/sections besides medical & dental science; Tuition fees for national diplomas are determined every year in the beginning of July. Fees mentioned here were the ones for 2018-2019 but may vary for next academic year.

Bachelor
170€/year

Master
243 €/year

Contribution Vie Etudiante et de Campus: CVEC = «student life» contribution (91€).

Special case: MSc Check on:

Contribution Vie Etudiante et de Campus: CVEC = (autour de 100€)
Scholarships

To help students from the most modest backgrounds.

Plus d’informations:

Bank account

In general, you need to be settled in France before opening a bank account in France. The list of required documents include normally: the passport, proof of residence not older than 3 months (renting contract, water, electricity, Internet bill...), proof of enrollment at the university...
WE ALL LIVE IN A DIGITAL WORLD

Connecting to Wifi

Everywhere on campus, you can connect to Internet via the Unice Hotspot. Just use your personal user name and password from the ENT (Environnement Numérique de Travail = online platform of the University) and you can get online right away.

Mobile phone

Calling plans start at €2/month from various providers (Orange, Bouygues, SFR, Free). Prepaid plans and calling cards are available in supermarkets or small Tabac shops (Bar Tabac) beginning at €5.

Student card

As soon as you have finished your registration at university and have uploaded all your required documents to the PJweb platform, you will get a student card that allows you to access the buildings, take advantage of some special offers and to charge it with money.

Izly: = payment service for Crous services (especially the canteen, printing via Secureprint, vending machines, laudry...) on their campus and sending each other money between users.
WHAT’S UP ON CAMPUS?

Process to register at Université Côte d’Azur

The entire process is done online, including the payment of your registration fees (by credit card) and the uploading of the required documents. Before any form of registration, you must apply on an online platform. There are several application platforms (eCandidat), depending on the level of training you are targeting and the language you speak.

http://univ-cotedazur.fr/inscriptions/

Welcome Desk

... Informs and supports you in your administrative procedures from September to January of each year:

- Validation of the long-stay visa (with the OFII)
- Renewal of residence permit (with the Prefecture)
- Affiliation to the Health Insurance (Social Security)

http://unice.fr/international/contenus-riches/documents-telechargeables/fichiers/welcome-desk
Eco-responsible Campus

Events take place on all UCA campuses with local projects. The mission is to construct the innovative university of tomorrow together:

- awareness and information actions,
- implementation of new methodologies,
- reduction, recycling and valorisation of the university’s waste

Contact: ecoresponsable@univ-cotedazur.fr

Special support for disabled students

Disability should not be an obstacle in higher education. Therefore, the University supports the students with setting up arrangements for exams and studies.

Contact: Service d’Accompagnement des Étudiants en situation de Handicap (SAEH): saeh@unice.fr ou handicap-etu@dants@unice.fr

Where can I have a meal on the campus?

The CROUS offers student menus for 3,25€ which is a very good price for a complete lunch (starter + main dish + dessert).

http://www.etudiant.gouv.fr/cid97554/ou-trouver-nos-restos.html
Engagement Center

... Promotes the commitment of students in addition to their studies and corresponding to the values of the university. The missions can be:
- for approved associations; AFEV, French Red Cross, Secours Populaire, etc.
- within recognized international organizations; UNICEF, Amnesty International, etc.
- local initiatives (sustainable development, international cooperation, etc.)

Contact: engagement@univ-cotedazur.fr

Gender equality

The Université Côte d’Azur is committed to a global, ambitious and innovative approach to professional equality for women and men. The mission includes:
- Promoting diversity, professional integration and careers
- Fighting discrimination, gender-based & sexual violence
- Developing new tools to promote equal opportunities

Contact: mission-egalite@univ-cotedazur.fr
Pass Culture Arts

With The Culture Arts Pass, you can get 8 tickets to performances of the cultural program.

http://univ-cotedazur.fr/fr/campus/culture-arts#.XKXS1cTgrlU

Pass Santé + Prevention - Contraception

... is offered by the Provence-Alpes-Côte d’Azur region to all young people under 26. Presented in the form of a chequebook, the Pass includes 9 coupons of an approximate value of 250€ allowing you to consult a doctor, carry out biological analyses and purchase contraceptive methods for one year.

There is no need to present the Carte vitale; only the corresponding coupon is given to the doctor, pharmacist or laboratory.

https://passantejeunes.maregionsud.fr//Account/LogOn?ReturnUrl=%-25252fAccount%25252fLogOn%25253fReturnUrl%25253d%2525252d25252f
Welcome Day for new Students

Welcome Week organised by ESN

Ma thèse en 180 secondes:
My thesis in 180 seconds: doctoral students present their research topic, in French and in simple terms; exciting event to follow!
http://mt180.fr

UCA Talents
This talent competition is reserved for staff and students registered at the University Côte d’Azur for the promotion of art and culture among the entire student community.
Follow Université Côte d’Azur on Facebook, vimeo and twitter to be up to date with the events on campus, new research projects and how our university is developing day by day.

Contact point MSc: Sofie VANMAELE - Head of Student Affairs Department for the MSc IDEX courses
mgcuniv-cotedazur.fr

Team Côte d’Azur is an agency promoting the economic attractiveness of the region. http://www.investincotedazur.com/team-cote-dazur/

Useful phone numbers

15 Samu
17 Police
18 Pompiers
112 all emergencies

Nightline 01 88 32 12 33
listening support service run by students, for students.
Open 9pm – 2.30am. Mon, Thurs, Fri, Sat, Sun: 01 88 32 12 33

https://www.nice.fr/fr/les-numeros-et-addresses-utiles
Acronyms: a French passion – you will hear them very very frequently

BU: Bibliothèque Universitaire
CAF: Caisse d’Allocations Familiales
CHU: Centre Hospitalier Universitaire
CM: Cours Magistral
CPAM: Caisse Primaire d’Assurance Maladie
CROUS: Centre Régional des Œuvres Universitaires et Scolaires
CVEC: Contribution Vie Etudiante et de Campus
DES: Dossier Social Etudiant
ECTS: European Credit Transfer System
EEE: Espace Économique Européen
FLE: Français Langue Étrangère
OFII: Office Français de l’Immigration et de l’Intégration
RH: Ressources Humaines
RIB: Relevé d’Identité Bancaire
RU: Restaurant Universitaire
SAEH: Service d’Accompagnement des Étudiants en situation de Handicap
SNCF: Société Nationale des Chemins de Fer
SUAPS: Service Universitaire des Activités Physiques et Sportives
SUMPPS: Service Universitaire de Médecine Préventive et de Promotion de la Santé
TCF: Test de Connaissance du Français
TD: Travaux Dirigés
TGV: Train Grande Vitesse
TP: Travaux Pratiques
UE: Union Européenne
UFR: Unité de Formation et de Recherche
VLS-TS: Visa Long Séjour valant Titre de Séjour
<table>
<thead>
<tr>
<th><strong>DO</strong></th>
<th><strong>DON’T</strong></th>
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<tbody>
<tr>
<td>1) Do be polite: Say « <strong>Bonjour</strong> » / « <strong>Bonsoir</strong> » (after 6pm) when entering a store, restaurant/ café or bus. Say « <strong>Au revoir</strong> » when leaving. Use « s’il vous plaît » and « <strong>merci</strong> ». Also applies for e-mails to staff at the public service: absolutely avoid orders.</td>
<td>1) Don’t use « <strong>tu</strong> » but « <strong>vous</strong> » until the person offers you to switch =&gt; more formal &amp; respectful</td>
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<td>2) Do dress appropriately (shorts/ flip flops are too casual and reserved for the beach &amp; exercising) &amp; do wear shoes in public buildings =&gt; no barefoot walking.</td>
<td>2) Don’t eat &amp; drink before everyone has been served =&gt; Sharing a meal is a social happening!</td>
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<td>3) Do « <strong>faire la bise</strong> » to greet family, friends and colleagues: air kiss on both cheeks</td>
<td>3) Don’t make slurping noises =&gt; considered as bad manners</td>
</tr>
<tr>
<td>4) Do think about a gift for your host when you are invited at someone’s place: flowers, chocolate or wine are the most classical ideas</td>
<td>4) Don’t give tips at the restaurant automatically. Service is included in the prices. If the service was exceptional, you can leave some additional euros on the table.</td>
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<tr>
<td>5) Do consider arriving 10-15 minutes late at your friend’s place, so that (s)he has enough time to prepare =&gt; Being early/on time can be considered as impolite!</td>
<td>5) Don’t be disappointed if social relations take more time to grow as you expected. French people will not invite you to their homes right away; building up a network is a bit more challenging but it is worth to be patient: Good things take time!</td>
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LAST BUT NOT LEAST

Keep in mind the phenomenon called *culture shock* – between euphoria & effort:
It is an experience of disorientation and then adaptation to a new environment. An exciting challenge!

The first few months in a new country are full of stimulating impressions. You meet many new people and have to cope with changes. This can also be challenging and stressful. This experience is called culture shock.

It is usually felt 2-3 months after arrival and becomes more apparent the more your home country differs from France. Give yourself enough time and do not be afraid to seek help and advice.

As time goes by, you become more familiar with the customs in France. The benefit will be your « biculturalism »: you are familiar with two different cultures; you can understand and live in both without losing your own identity.