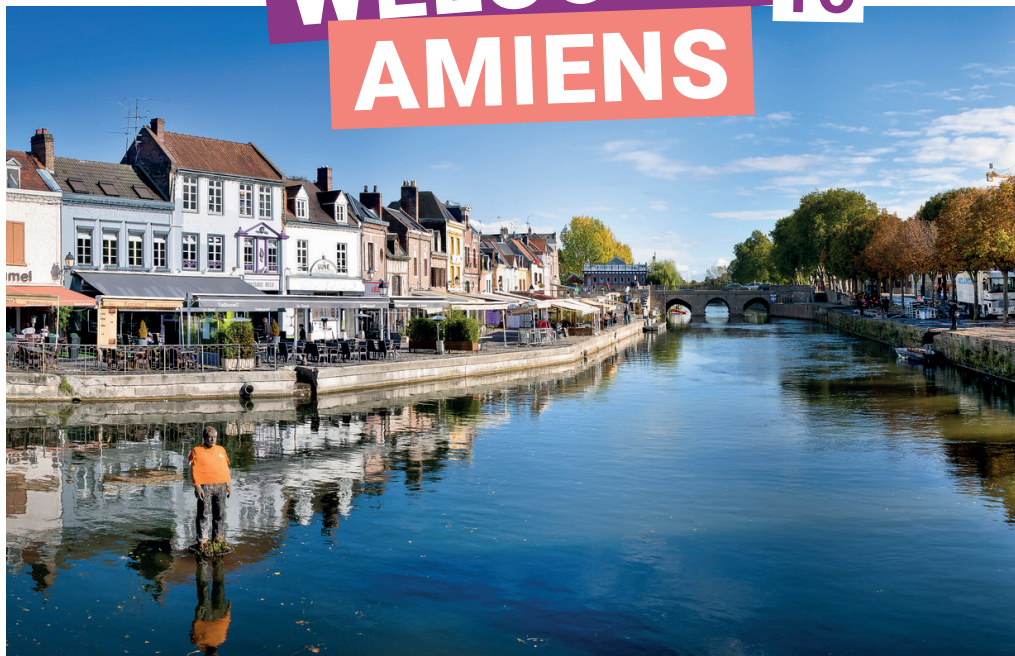




My City

CAMPUS FRANCE wishes you welcome and offers you some practical information for making your stay in Amiens as easy as possible.

WELCOME TO AMIENS



TO WELCOME YOU /

There are several different systems and services for welcoming you and helping you in your administrative procedures when you arrive:

Ask for a student sponsor to meet you in Amiens:
<http://amiens.ixesn.fr>

Two services are available for welcoming you in all the Universities and Higher Education Schools:

The International Relations Service:
reception and guidance office

The Educational Service:
inscription and administrative procedures office

You can also consult the website etudiant.gouv.fr

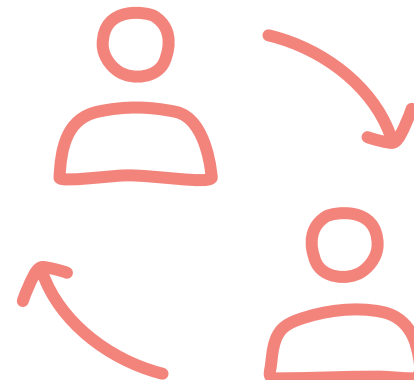
FINDING ACCOMMODATION /

FOR SEVERAL DAYS:

- Hotel residence: www.adagio.com
www.appartcity.com
- Youth hostels:
www.aubergesdejeunesse.com – www.fuaj.org

FOR LONGER PERIODS:

- The CROUS** – Centre Régional des Œuvres Universitaires et Scolaires (Regional Centre for University or College Activities):
www.crous-amiens.fr
25 rue St-Leu BP50541 – 80005 Amiens Cedex 1
Mondays to Fridays, from 8:30 am to 5:00 pm
03 22 71 24 00



TRAVEL

Public transport in and around Amiens:

Amétis bus services:
www.ametis.fr

Vélam cycle rentals:
www.velam.amiens.fr

Trains to and from the Picardy region:
www.sncf.com - www.picardietourisme.com/fr

More accommodation solutions in private homes, intergenerational accommodation and flat-sharing, both short and long duration, available on the Campus France website: www.campusfrance/logement.org

- ♦ **Ask for the CLE!** You need a guarantor? The "Caution locative étudiante" (Student Rental Guarantee), guaranteed by the state, makes it easier for students to find accommodation when they have no personal guarantor www.lokaviz.fr
- ♦ **CAF:** La Caisse des Allocations Familiales (French family allowance fund) can evaluate your rights to APL (Personal Accommodation Assistance) 0810 29 29 29 – www.caf.fr
- ♦ **If you need accommodation suitable for disabled persons,** contact the CROUS Social Service or visit the student services' office in your educational establishment.
- ♦ **Home insurance:** a tenant's risk guarantee is compulsory. A home insurance contract can be drawn up with your bank or a private insurer and on-line subscriptions are often possible:
www.mgel.fr/assurances
<https://www.lmde.fr/>
www.assistance-etudiants.com
www.assurances-etudiants.com

€ YOUR BANK ACCOUNT /

If you are staying in France for over 3 months, we strongly recommend you to open a bank account. A large number of traditional and on-line banks are available.

OPENING A BANK ACCOUNT IS A RIGHT:
www.service-public.fr/particuliers/vosdroits

RESIDENCE PERMIT /

- ♦ **OFII** Office français de l'Immigration et de l'intégration (French Immigration & Integration Office): www.ofii.fr – Territorial Management – 275 rue Jules Barni – 80000 Amiens – 03 22 91 28 39
- ♦ You have just arrived in France with a VLS-TS long-stay students' visa. You must validate it at the OFII within three months of your arrival in France.
- ♦ Algerian students, you must make an initial application for a residence permit directly at Prefecture Services.
- ♦ Renewing a Residence permit: any application for renewal must be made at least 2 months before the date of expiry of your existing permit.

Ask for more information at the Prefecture or on its website. Préfecture de la Somme: www.somme.gouv.fr/

For more information on your rights and duties, visit: www.service-public.fr/particuliers/vosdroits/N110

UNIVERSITY INSCRIPTION /

You possess a letter of pre-inscription. Take care! This does not mean that you are already registered! You must validate your inscription with the admissions service of your establishment when you arrive.

- ♦ French Government grant holders: you are exempted from paying inscription fees at the university as well as the subscription to the students' social security scheme.
- ♦ French Government scholarship holders over 28 years old managed by Campus France: you are automatically affiliated to the Campus France Insurance Scheme, including civil liability.



HEALTH INSURANCE AND MEDICAL CARE /

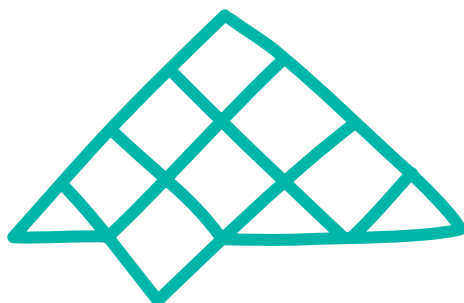
Affiliation to a health insurance scheme is compulsory. You will find all necessary details on: www.campusfrance.org/fr/page/le-systeme-de-sante

- ♦ **Service Universitaire de Médecine Préventive et de Promotion de la Santé** (SIMPPS or Inter-university Preventive Medicine and Health Promotion Service) www.u-picardie.fr – rue du Campus 80025 Amiens Cedex 1 – 03 22 82 72 33 sumpps@u-picardie.fr
Bus: ELIPS 10 - LIANE 2 – EXPRESS 11 & 12
Campus station
Consultations free-of-charge. Personal advice, questions of health: a team of doctors, nurses and social workers is present to help you complete your studies under the best possible conditions

LANGUAGE COURSES /

French Foreign Language Centres (FLE) and universities offer French courses for all levels throughout the year.

Look for the formula that suits you best: www.coursdete.campusfrance.org



SOCIAL AND CULTURAL LIFE /

You will find a large number of activities at reduced prices for students in your city or your establishment. Here are a number of examples:

- ♦ **Associations:**
Cultural and sports events or even social actions. There are many student associations: www.animafac.net www.uneff.fr
- **The association ESN Amiens** offers numerous activities for international students: Welcome Days, Language Cafés, cultural visits, evenings: www.facebook.com/ESNAmiens/
- ♦ **Employment and internship:**
www.cidj.com – www.jobaviz.fr

♦ Culture:

The city of Amiens proposes a large number of activities: theatre, museums and cinema. Take the time you need for getting all the information you require: www.amiens.fr www.amiens-tourisme.com
- **Museums:** special rates for students and under 26-year-olds. Entrance free-of-charge on the first Sunday of every month.
- **Concerts:** free-of-charge events and special rates: <http://80.agendaculturel.fr>
- **Cinema:** special rates for students and under 26-year-olds. Benefit cards: www.w2.amiens.com www.cinemasgaumontpathe.com www.maisondelaculture-amiens.com
- **Theatre:** www.maisondelaculture-amiens.com
- **Bookshops:** buy books second-hand and re-sell them before leaving: Chapeau Melon et piles de livres 11 rue des Lombards – 80000 Amiens 03 60 24 37 86

♦ Sport and leisure:

Colleges and Universities can offer special access to different sports activities. The city of Amiens also proposes a wide range of events accessible to all: www.amiens.fr

♦ Main annual events:

- SEPTEMBER:
National Heritage Days www.journeesdupatrimoine.fr
- OCTOBER:
The World Students Night www.nuitdesetudiantsdumonde.org
- MARCH:
The Francophonie Week www.education.gouv.fr/francophonie
- MAY:
The European Museum Night www.nuitdesmusees.fr
- JUNE:
The Music Festival



Exchange with students on the same course as you. Take part in **theme discussion groups**. Benefit from **cultural outings** just as soon as you arrive in France. Consult **employment offers and courses**.

SOCIAL NETWORKS

♦♦ **FRANCE ALUMNI.fr**



EMERGENCY NUMBERS

SAMU No. 15*

Emergency medical help services.

Police emergency No. 17*

Violence, thefts and burglaries.

Fire-brigade No. 18*

Fires, gas leaks, water damage, natural catastrophes and road accidents.

Poison control centre No. 0800 59 59 59

Intoxication by food, medication, chemicals (may be caused by a gas) or natural products (may be caused by a plant or an animal).

European emergency number No. 112*

Situations requiring an ambulance, the fire-brigade or the police. Available free-of-charge throughout the European Union from fixed or cellular phones.

This number does not replace national emergency numbers.

* Free-call numbers