

# 2017 -2018 STUDENT'S HANDBOOK

GRENOBLE INP - Esisar



<b>I. FOREWORD: WELCOME TO ESISAR, A DYNAMIC PLACE TO BE .....</b>	<b>3</b>	<i>Incoming Freshman Week .....</i>	<i>17</i>
<i>Studying in Valence, an attractive location .....</i>	<i>3</i>	<b>V. ON SITE: LIVING IN VALENCE.....</b>	<b>18</b>
<i>Experiencing studies in Esisar, the "Advanced Systems and Networks" School .....</i>	<i>3</i>	<i>Caring for your health.....</i>	<i>18</i>
<i>Discovering the Grenoble - INP Schools.....</i>	<i>4</i>	<i>Get ready for communicating: Learning French .....</i>	<i>19</i>
<i>Specific conditions concerning exams in Esisar for incoming foreign students:.....</i>	<i>4</i>	<i>Stay connected: Post Office, Phone and Internet .....</i>	<i>19</i>
<b>II. GENERAL INFORMATION ON FRENCH EDUCATION SYSTEM .....</b>	<b>5</b>	<i>Move: .....</i>	<i>20</i>
<i>General organization of teaching (LMD system):.....</i>	<i>5</i>	<i>Reading and studying: university libraries.....</i>	<i>21</i>
<b>D</b> <i>egrees equivalence .....</i>	<i>5</i>	<i>Where to have lunch:.....</i>	<i>22</i>
<i>French Engineering Schools ("Grandes Ecoles").....</i>	<i>5</i>	<i>Downtown: Culture, leisure and sports .....</i>	<i>23</i>
<i>ECTS (European Credit Transfer System): .....</i>	<i>6</i>	<i>Sports: keep healthy! .....</i>	<i>25</i>
<i>French Grading system and ECTS Grading equivalence.....</i>	<i>6</i>	<i>Get involved: community life (associations and student unions).....</i>	<i>26</i>
<i>Second Chance exams .....</i>	<i>6</i>	<i>Save the date ! .....</i>	<i>28</i>
<b>III. BEFORE YOU LEAVE.....</b>	<b>7</b>	<i>Phone numbers worth knowing .....</i>	<i>28</i>
<i>Choosing your classes: the learning agreement.....</i>	<i>7</i>	<i>Where do I find? .....</i>	<i>29</i>
<i>Applying.....</i>	<i>7</i>		
<i>Documents requested for your application .....</i>	<i>7</i>		
<i>Academic calendar – Planning your journey.....</i>	<i>7</i>		
<i>Semesters and exams.....</i>	<i>8</i>		
<b>U</b> <i>niversity Holidays.....</i>	<i>8</i>		
<i>Visa and resident's permit: .....</i>	<i>8</i>		
<i>Registering in your home university .....</i>	<i>9</i>		
<i>Health Insurance for European students or students from Quebec .....</i>	<i>9</i>		
<i>Planning your budget: How much do you need?.....</i>	<i>9</i>		
<i>Funding your studies.....</i>	<i>10</i>		
<i>Housing in Valence .....</i>	<i>12</i>		
<b>IV. SETTLING IN .....</b>	<b>15</b>		
<i>Registering in Esisar.....</i>	<i>15</i>		
<i>Getting your Esisar Computer account .....</i>	<i>15</i>		
<i>Your personal time schedule .....</i>	<i>15</i>		

## I. FOREWORD: WELCOME TO ESISAR, A DYNAMIC PLACE TO BE



*Whether you are here for one month or more, we hope that you will enjoy your time in Esisar but also have the opportunity to discover Valence and the French lifestyle. In this guide, you will find the keys to smoothly integrate student and French life during your stay in Esisar.*



### *Studying in Valence, an attractive location*

Valence benefits from an exceptional regional location in Auvergne-Rhône-Alpes (the second largest economic area after Paris) and in France: it is only 2 hours from Paris by train, 1 hour away from the Mediterranean sea and 1 hour away from ski resorts.

The universities in Valence count 9 600 students (Université Grenoble Alpes – UGA, Institut d’administration des entreprises de Grenoble – IAE, Grenoble INP - Esisar).

The largest student event in France is held in Valence: “The Challenge”. In the spring, during a full weekend, all the 9 600 students represent their school in a friendly competition, the occasion to meet people and to party. Esisar has won many times this fun competition.



### *Experiencing studies in Esisar, the "Advanced Systems and Networks" School*

Esisar welcomes 400/450 students each year, among which 15 % are international students. Our five-year engineering school has developed its courses and programs in close relationship with industry, and has a well-developed business promotion policy.

Esisar also hosts one research lab in the field of conception of integrated systems, the LCIS, which develops high-level research in strong connection with many international labs: <http://lcis.grenoble-inp.fr/le-laboratoire/>.

Esisar-Grenoble INP has also developed cooperation programs alongside renowned technology universities worldwide. The school is proud to host students from right across the world, and to encourage its students and staff to travel abroad to work with partner universities or to do internships in foreign companies, so as to enhance career possibilities.

## Discovering the Grenoble - INP Schools

Esisar is part of the Grenoble Institute of Technology (Grenoble INP), which brings together six renowned engineering schools, close to the industrial world and open to international:



### ***Ense3, "Energy, Water and Environmental Sciences":***

Grenoble INP-Ense3 (also called E3) is an engineering school specialized in the fields of energy (production, transport, distribution...), water (hydraulic, civil engineering) and environment (renewable energy, soil pollution).



### ***Ensimag, "Informatics, Applied Mathematics, Telecommunications":***

Grenoble INP - Ensimag is the engineering school in mathematics and computing. It is dedicated to finance, information system, mathematics modeling, embedded systems and telecommunication.



### ***Génie Industriel, "Industrial Engineering":***

Grenoble INP - Génie Industriel (also called GI) is an engineering school developing two axes: management in industry and conception.



### ***Pagora, "Paper science, Print Media and Biomaterials":***

Grenoble INP - Pagora is specialized in paper, print media and biomaterials sciences. It has a world-class research laboratory with 35 PHD students in wood and fiber chemistry, biomaterials, fiber properties and process engineering.



### ***Phelma, "Physics, Applied Physics, Electronics and Materials Science":***

Grenoble INP - Phelma provides a wide range of training programmes. The core subjects on which Phelma is built are fundamental and applied physics, materials science-oriented chemistry, instrumentation, electronics and information processing.



## Specific conditions concerning exams in Esisar for incoming foreign students:

In Esisar, the language of instruction is French. However, we understand that for most foreign student for whom French is not their mother tongue, this might be problematic, especially during exams. In order to offset this difficulty, international students benefit extra time (1/3 time more) to write exams or adjustment of written and oral tests. Furthermore, bilingual paper dictionaries are always accepted during exams.

## II. GENERAL INFORMATION ON FRENCH EDUCATION SYSTEM

### General organization of teaching (LMD system):

Studies in European universities are organized around three degrees: Bachelor's, Master's and Doctorate. This structure, which is called "LMD" in France, aims to harmonize higher education programmes throughout Europe and thus make student exchanges and recognition of diplomas easier.

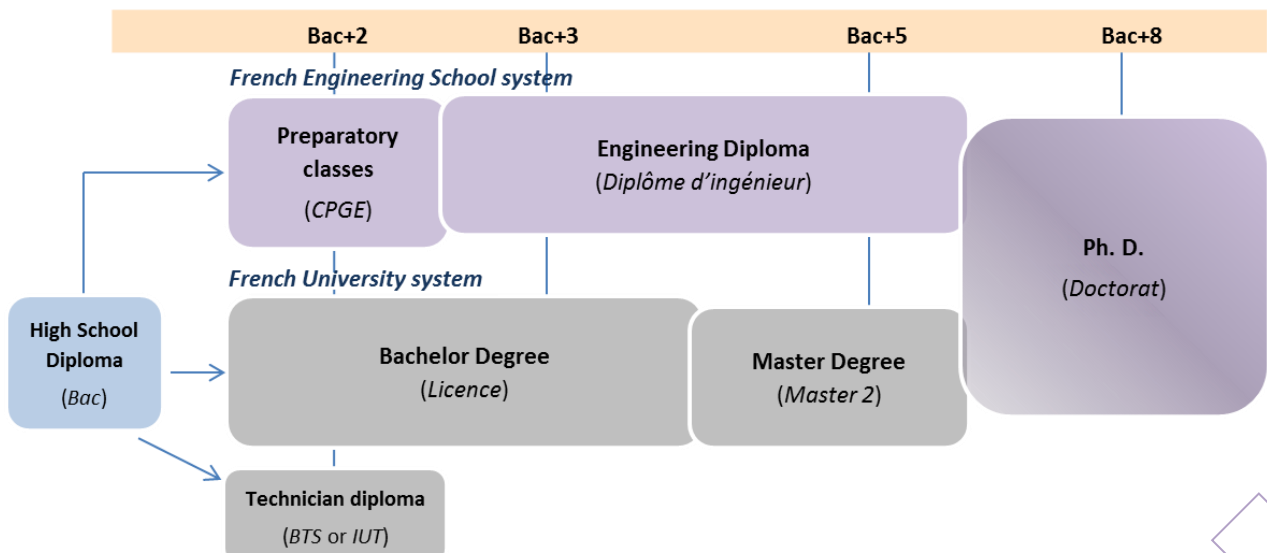
In France, "Bac" is the diploma obtained after Junior High School. This diploma opens the doors of university studies for French students.

### Degrees equivalence

USA American denomination	French System (French denomination)
Bachelor of Science (BS) Master of Science (MS)	Bachelor Degree ( <i>Licence</i> – Bac+3) Engineering Diploma ( <i>Diplôme d'ingénieur</i> – Bac+5) <b>OR</b> Master degree ( <i>Master 2 Recherche ou Professionnel</i> – Bac+5)
Ph.D.	Doctor diploma ( <i>Doctorat</i> – Bac+8)

### French Engineering Schools ("Grandes Ecoles")

In France, there is a distinction between university and Engineering School. The latter are open to very good students who are selected in entry and the diploma obtained is a prestigious one. It gives the equivalence of a Master degree and students can directly start Ph.D. studies after that. Before entering an Engineering School, most students carry out preparatory classes, where they receive a significant training in mathematics and physics. The following figure presents the global scheme of study.





## ECTS (European Credit Transfer System):



The ECTS system enables you to earn credits for your degree during your studies abroad. Each course corresponds to a certain number of ECTS. Generally, a student must earn a total of 30 ECTS each semester. If you succeed a course in Esisar, the credits associated with the latter should then be validated by your home university.

For students enrolled in the Erasmus+ program and many bilateral agreement, the “*Learning Agreement*” provides the list of courses you have to follow. This list is a formal agreement between you, your home university and us. Last minute modifications are allowed, and these changes have to be written in the “*Modification of the learning agreement*” part signed by you, us and your home university.

Once the visiting semester or the visiting year is over, each visiting student receives an English “*Transcript of Records*”. It includes: the list of courses taken, the grade obtained, the ECTS notation and the number of ECTS credits earned. An electronic version will be sent to you and to your home university. An official paper version will also be given to you. If you are still in Valence when it is ready, we will give it directly to you, otherwise we will mail it out at the postal address you will give us.

## French Grading system and ECTS Grading equivalence

In France, courses are evaluated on a scale of 20. 20 is the best result possible (very exceptional in France) while 0 is the worst result possible. 10 or more is generally required for a course to be validated.

Now, an ECTS grading is associated to the classical French grading systems. The equivalence is the following:

Grade	Cumulative (%)	Definition
A	10	Outstanding performance
B	35	Above the average standard
C	65	Generally sound work
D	90	Fair but with significant shortcomings
E	~100	Performance meets the minimum criteria

## Second Chance exams

If a course is not validated after completion of the semester, a second exam can be taken by the student approximately one or two months after the end of the course. If this second exam is a success, the course will be validated and the ECTS earned.

### III. BEFORE YOU LEAVE

#### *Choosing your classes: the learning agreement*



A learning agreement has to be signed between you, your home university and us. You can find our teaching offer here: <http://esisar.grenoble-inp.fr/engineering-programs/?RH=1435744208601>. If you have problems or doubts while preparing your study program, you can get in touch with the International Service of Esisar:

[relations.internationales@esisar.grenoble-inp.fr](mailto:relations.internationales@esisar.grenoble-inp.fr).

If you follow the organization of courses that we propose to our students, don't worry, you will not have any problem with your time schedule. If you choose courses in different years or courses in different fields, we cannot guarantee that you will not have any conflict from time to time in your time schedule. This is not a problem for us, but it has to be discussed with the Head of International Relations at your arrival in Esisar. For information, our students in Esisar must follow 30 ECTS each semester.

**As a visiting student, you are allowed to earn a little bit more or a little bit less credit points.  
We accept programs ranging from 20 to 35 ECTS each semester.**

#### *Applying*



Once you are nominated by your university, you have to apply online. Please contact us ([relations.internationales@esisar.grenoble-inp.fr](mailto:relations.internationales@esisar.grenoble-inp.fr)) and we will send you the link.

Once we receive your application file, it is examined and we give our decision without delay, whether it is positive or not. If it is positive, an acceptance letter is sent to you by e-mail. If it is needed, just ask us and a printed version can also be sent.

#### *Documents requested for your application*

In order to complete your registration, you shall provide the following documents:

- 2 ID photos, small size;
- An original birth certificate AND two birth certificate copies translated by a sworn translator.

Please, get those documents before you leave home and bring them with you.

#### *Academic calendar – Planning your journey*

You will find academic calendars at the following link:

<http://esisar.grenoble-inp.fr/academic-calendar/?RH=1435744424033>

Academic calendars are uploaded on our website as soon as they are known. If the specific information is not published yet, you will find below useful general information.

## Semesters and exams

In France, the academic year is different from the calendar year. It starts in September.

### Semesters:

**Semester 1:** It is the Fall Semester. From the beginning of September to the third week of January.

**Semester 2:** It is the Winter Semester. From the end of January to the end of June.

### Exams or Internship defense:

#### Semester 1:

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 5<sup>th</sup> year: during January (exams are not all grouped into a single week).

4<sup>th</sup> year: end of December.

#### Semester 2:

1<sup>st</sup> and 3<sup>rd</sup> year: during June.

2<sup>nd</sup> year: during May.

4<sup>th</sup> year: Project defense: the last week of June/beginning of July.

5<sup>th</sup> year: internship defense: the third week of June or at the end of August. Internship end: usually at the end of June or at the end of August.

## University Holidays

Table: Teaching schedule interruptions

Period	Academic Calendar (Zone "A")*
<b>All Saints Holidays</b>	1 week off End of October – Beginning of November
<b>Christmas</b>	2 weeks off Beginning: between December 19/22 <sup>th</sup> End: January 2 <sup>nd</sup> /5 <sup>th</sup>
<b>Winter</b>	1 week off In February or first week of March
<b>Spring</b>	1 week off In April

### Official French Holidays:

All Saints day: November, 1<sup>st</sup>.

End of First World War ("Armistice 1918"): November, 11<sup>th</sup>.

Christmas: December, 25<sup>th</sup>.

New Year: January, 1<sup>st</sup>.

Easter and the following Monday: date vary each year.

Labor Day: May, 1<sup>st</sup>.

End of Second World War ("Armistice 1945"): May, 8<sup>th</sup>.

Ascension Day: always a Thursday, 40 days after Easter. The following Friday is always off in Esisar.

Pentecost: 50 days after Easter. The following Monday is always off in Esisar.

\* For those holidays, France is divided into 3 groups. Esisar is part of group A.

## Visa and resident's permit:



If you come from a non-European country, you are concerned with this issue. When applying to our school for an exchange, you must contact the French Embassy of your country and the "Centre pour les Etudes en France" (CEF), if you have one in your country. Most of exchange program students are now getting a visa worth a residence permit, allowing unlimited entries in

France during the period of validity (ranging from 4 to 12 months). This visa combined residence permit is called VLS-TS (« Visa Long Séjour Valant premier Titre de Séjour »).

For the documents you must provide and formalities to complete, if you need help, please contact the International Relations office.



For any questions concerning the resident's permit, our international office can help you.

Email: [relations.internationales@esisar.grenoble-inp.fr](mailto:relations.internationales@esisar.grenoble-inp.fr)

On arrival, come and see the International Relations Office for this matter. Once in France, you will indeed have administrative papers to fill in and you must check it with us first before going to the "Préfecture" (administrative center). We will provide all the necessary help.

## Registering in your home university

Students entering exchange programs validate credits abroad, which are recognized by their home university. Then they will graduate from their home university. It is thus compulsory to register in your home university as a student, as you will still be preparing your degree while attending classes in Esisar.

## Health Insurance for European students or students from Quebec



If you come from an European country or from the province of Quebec in Canada, prior coming to France, please do the following:

- Students with European nationality. Please check the validity date of your European Health Insurance Card (EHIC) or get one if you don't already have it. Come to France with it.
- Students from Quebec have to go to the "Assurance maladie" office to ask for the RAMQ form (n° SE 401Q106). This will allow you to freely get the French Social Security once you arrive in France.

## Planning your budget: How much do you need?



Here are a few indicative references to spend your money without breaking your piggy bank: (Please note that the fees are subject to change. The costs given here have been updated in June 2016).

### Expenses on arrival:

- ✓ **Registration fees:** between 20€ to 30€.
- ✓ **Health insurance expenses:**
  - **Social Security (mandatory):** 215 €/year.
  - **"Complementary" health insurance:** from 48 € to more than 397 €, depending on the package you will choose. Different fixed rates are proposed, covering different kind of medical fees, contact the complementary agency of your choice for more details. (See the "Caring for your Health" section below for more explanations on the Social Security and "Complementary" health cover system. You can also benefit from a flat rate of the social coverage CMU – "Couverture Maladie Universelle").
- ✓ **Public-liability insurance ("Assurance responsabilité civile"):** To register in Esisar, you will have to present a proof of liability insurance (it covers damages to a third party in case of accident). If you don't have one, complementary health cover agencies can provide you one for around 16 € (this sum is already included in the price of the "complementary health cover").

- ✓ **Housing guarantee deposit:** this is money that you have to give to your landlord. This money has to be given on your arrival in your apartment/room. It is usually the price of one month rent without the charges: around 315 €. This money is reimbursed to you when you leave.

### Ordinary monthly expenses: an overview



- ✓ **Housing rents:** in France, you pay a rent and utilities (electricity and water bill, for instance). Fortunately, there is financial help for student housing. Please see section: "Financial aids for housing".
  - CROUS residence: from 305 € to more than 360 € each month.
  - In a private residence: from 300 € to 700 € each month.
  - At a private's individual: from 280 € for a studio to 800 € for a 4-bedroom flat each month.
  - For a room at a private's individual's home: from around 230 € to 400 € each month.
- ✓ **Electricity (EDF):** around 40 € or more each month (depending on the size of accommodation and your consumption).
- ✓ **Food expenses:** one "RU" (University canteen) ticket: 3,25 €. Go to the "Where to have lunch" section for more information.
- ✓ **Transport expenses:**
  - Bus ticket: 1,20 €.
  - Bus Monthly subscription: 33 € (12 € if you are less than 26 years old).
- ✓ **Care and hygiene expenses:** approximately 25 € per month.
- ✓ **Internet and telephone expenses:** from 20 € to 60 € each month.
- ✓ **Other expenses:**
  - Leisure expenses: around 30 €.
  - Clothes budget: around 40 €.

## **Funding your studies**

### Opening a bank account

It is essential to have a French bank account or a postal account (account with "La Poste") in France to get through all the financial transactions (CAF housing aid, paying your rent...). Documents required to open a bank account: ID card (passport, visa, residence permit...); proof of address (phone or electricity bill...); student card or proof of enrollment in a university.

- ✓ **The Inter'Val association** can help you in this process upon arrival and allows you to earn up to 60 € for opening a banking account with its financial partner. Web: [www.interval-asso.fr](http://www.interval-asso.fr). Email: [asso.interval@gmail.com](mailto:asso.interval@gmail.com).
- ✓ **Managing your account:** keep an eye on the balance, don't go overdrawn: If you spend more than you have in your account, it will go overdrawn and you will have to pay bank charges ("Agios" in French) which are usually quite high! Make sure you keep enough money in your bank account.

## French scholarships for international students

In addition to the financial support you can get from your home country, you may benefit from scholarships under certain conditions.

In order to help you in your search for financing options, visit **CampusBourses**, a grant search allows you to find scholarships for which you may be eligible, according to your profile:

[www.campusfrance.org/en/page/campusbourses-grant-search-engine](http://www.campusfrance.org/en/page/campusbourses-grant-search-engine). The search engine presents the scholarship programs offered by governments, local authorities, enterprises, foundations and higher education institutions.

Also, here are some scholarships to which you might apply (be sure to read all conditions):

✓ **Eiffel Excellence Scholarships:** (you must contact us to apply)



The Eiffel Program is proposed by the French Ministry of Foreign and European Affairs to French higher education institutions to help them attract elite overseas students (Master and PhD level). French postsecondary institutions select among their best international applicants those they wish to propose for Eiffel grants. Application files must thus be filled and submitted by the French universities, before being forwarded to Campus France, the program administrator.

For more information: [www.campusfrance.org/en/eiffel](http://www.campusfrance.org/en/eiffel)

✓ **Need-based grants from the French Ministry of Higher Education and Research (CROUS Scholarships):**

French State higher education scholarships (CROUS) or scholarships granted by some regions or local authorities help students to finance their studies. The scholarships managed by the CROUS are reserved for French citizens and international students residing permanently in France and enrolled in a scholar program. To be eligible, you must provide French income tax statements for the two years prior to your admission at Esisar.

✓ **“International Cooperation and Mobility Rhône-Alpes”:** (you must contact us to apply)

Each year, this program enables more than 300 students, PhD students and foreign professors (teaching and research) to come to our region to follow a training program or to do research in Rhône-Alpes, while benefiting from a regional grant. One of the sub-programs of this annual call for projects (entitled “ACCUEIL Sup”) offers scholarships for foreign students welcomed in a Master's degree program in Rhône-Alpes. Duration: from 4 to 9 months, renewable within a double or joint degree. Amount of the grant: 600€ each month.

✓ **Scholarships from the Philanthropic Investment Fund of Grenoble INP:** (you must contact us to apply)

The Philanthropic Investment Fund of Grenoble INP is supporting scholarship programs for International students willing to attend teaching programs at Grenoble INP. The grant is intended for outstanding master level students. Duration: two semesters maximum. For more information, contact the international relations office, we can submit a file for you.

## Part-time jobs and trainings

You can find job propositions which are regularly updated at the following links:

- ✓ CROUS: [www.crous-grenoble.fr](http://www.crous-grenoble.fr)
- ✓ OSE: 34 avenue du Président Herriot – 26 000 VALENCE. Web: [www.leclubetudiant.com](http://www.leclubetudiant.com).
- ✓ CRIJ: [www.crijrhonealpes.fr/france/EMPLOI/annonce/Emploi.html/portail-france\\_typeid-1](http://www.crijrhonealpes.fr/france/EMPLOI/annonce/Emploi.html/portail-france_typeid-1). See also the Handbook to find a job in Rhône-Alpes (2016, edited in French only) and available online here: <http://www.rhonealpes-orientation.org/public/emploi/rechercher/recherche-d-emploi-les-sites-utiles/nouveau-guide-trouver-un-job-en-rhone-alpes--99840.kjsp>
- ✓ Other job-offer sites: [www.petitjob.com](http://www.petitjob.com); [www.jobetudiant.net](http://www.jobetudiant.net), [www.crijrhonealpes.fr](http://www.crijrhonealpes.fr), [dinoutoo.com](http://dinoutoo.com), [www.jobdette.com](http://www.jobdette.com) or simply [www.emploi.org](http://www.emploi.org).

Also think of giving support classes in your language. You can also consult ads in free papers and in shops.

### **Worth knowing:**

- For every mandatory and optional internship lasting more than two months, according to the French law, students must earn a minimum wage of 15% of the social minima, which equals approximately 550 €/month.
- For more details: CRIJ, CROUS, AFIJ, Pôle Emploi.

## ***Housing in Valence***



For your future French “home sweet home”, different kinds of residences are available. You can choose between private student residences, social housing, accommodation through a private individual or CROUS residences (i.e. French name for university residence): studios, one-roomed apartments or two-roomed apartments.

For your accommodation, **Esisar’s International Office highly recommends you to choose accommodation through a private individual.** The cost compared to public housing is not so different, but the quality and services offered are much better.

We do not provide any assistance for university residences in Valence.

You can have temporary accommodation when arriving, and then find by yourself accommodation in town, alone or sharing a flat (less expensive and more friendly).



### **Accommodation through a private individual:**

Have a look at the classified ads available on:

- ✓ Le Bon Coin: [www.leboncoin.fr](http://www.leboncoin.fr)
- ✓ LoKaviZ : [www.lokaviz.fr](http://www.lokaviz.fr).
- ✓ FNAIM : [www.fnaim2607.com](http://www.fnaim2607.com).
- ✓ The Visitor Center (“Office du Tourisme”): [www.valencetourisme.com](http://www.valencetourisme.com).



### **Private student residences:**

A list is available on the Internet portal: [www.etudierendromeardeche.fr](http://www.etudierendromeardeche.fr).

### **You can also get recommendations and tips from associations and student unions:**

- ✓ **The School’s student union:** the “Cercle” (*Bureau des Etudiants*, BDE) and the “Grand Cercle” (student Union from Grenoble-INP): [www.esisariens.org](http://www.esisariens.org) and [www.grandcercle.org/bons-plans](http://www.grandcercle.org/bons-plans);
- ✓ **ALEV, an association for students’ housing:** provides several hundreds of contact details to rent rooms or flats: [www.lelogementetudiant.com](http://www.lelogementetudiant.com). ALEV, 10 rue Barneron – 26000 Valence. Phone: 04 75 56 43 20.
- ✓ **AVE (“Association Valentinoise des Etudiants”):** provides housing ads on its website : [www.ave-asso.fr](http://www.ave-asso.fr) or at the *Maison de l’étudiant Drôme-Ardèche* – Place Latour-Maubourg – 26000 Valence. Phone: 04 75 55 43 42. Email: [contact@ave-asso.fr](mailto:contact@ave-asso.fr).
- ✓ **Le Club étudiant OSE, for student and private individual’s accommodations** (among other offers: internships, jobs, photocopies): [www.leclubetudiant.com](http://www.leclubetudiant.com). 34 avenue du Président Herriot – 26000 Valence. Phone: 04 75 56 64 52.
- ✓ **AIDER, Agence associative de développement local pour la cohabitation intergénérationnelle :** Ecosite du Val de Drôme – 26400 Eurre. Phone: 04 75 25 34 17. Website: [www.aider-initiatives.fr](http://www.aider-initiatives.fr).

- ✓ **ADIL 26** : Information agency for housing and rented accommodations in Valence :  
44 rue Faventines – BP 1022 26010 Valence. Phone: 04 75 79 04 04.  
Website: [www.adil.dromenet.org](http://www.adil.dromenet.org).

### Social Housing:

OPHLM de Valence - FORMALOGIS : offers 54 furnished rooms. Phone: 04 75 43 66 53. For other studios in town: Phone: 04 75 82 54 00. OPHLM: 10, rue Rossini – 26000 Valence.

*Mutualité de l'Ardèche : Résidence Nouvelle Vague*: More than 120 furnished flats: [www.residence-nouvellevague.fr](http://www.residence-nouvellevague.fr).

### Flat Sharing:

To share a flat, you can have a look to ads available on [www.appartager.com](http://www.appartager.com).

### CROUS residences (public French university residences):

CROUS accommodations are equipped with telephone jacks and TV jacks, and individual electric heating. A wireless Internet connection is possible in all CROUS residences.

Complete list of residences with details and rents on:

[www.crous-grenoble.fr/demanderunlogement/nos-residences](http://www.crous-grenoble.fr/demanderunlogement/nos-residences).

Unfortunately, at the present time, there is no English version of their website.

### Accommodation on arrival in case of need:

If your accommodation is not available when you arrive, here are tips for possible temporary addresses:

Youth hostel ("Auberge de jeunesse"): Résidence Rochecolombe, 48-54 rue Amblard – 26000 Valence. 18 €/night. Phone: 04 75 78 29 01. Email: [residence-rochecolombe@diaconat-valence.org](mailto:residence-rochecolombe@diaconat-valence.org). Website: [www.residence-rochecolombe.org](http://www.residence-rochecolombe.org).

Hotels: list available at the Visitor Center: 11 boulevard Bancel – 26000 Valence. [www.valencetourisme.com](http://www.valencetourisme.com). Phone: 04 75 44 90 40.

### Financial aids for housing:

Whenever you rent a private accommodation or a University accommodation, the CAF (*see below for its definition*) can help with your rent via different means. Yes, help is available for foreign students! The amount of assistance varies, depending on the amount of your rent, your personal income and the kind of housing:

- ✓ **L'Aide Personnalisée au Logement (APL) – Housing Benefit:**  
To qualify for APL, your housing must be covered by an agreement between the State and the owner (to find out if this is the case, ask your landlord). This money is paid directly to the owner, who then deduces the amount from your rent. Students in CROUS residences can claim for APL.
- ✓ **L'Allocation Logement à Caractère Social (ALS) – Social Housing Benefit :**  
If you are not eligible for APL, you may be able to get ALS. It is paid to you or, under certain conditions, directly to your landlord.
- ✓ **Caisse d'Allocations Familiales (CAF) – Family Welfare Benefit Fund:**  
CAF is the referring agency allocating financial aids for housing. Once you obtain your housing contract, you can apply and fill out the form at the following address: [www.caf.fr](http://www.caf.fr), section: "Les services en ligne"> "Accéder à une demande en ligne"> "Aide au logement".  
Find detailed instructions on "The step-by-step way to fill in your housing application" form here:

<http://www.crous-grenoble.fr/en/demanderunlogement/3-international-students-how-to-obtain-accommodation-in-a-university-residence/the-step-by-step-way-to-fill-in-your-housing-application-form/>

For any advice on housing aid formalities, don't hesitate to ask the School's International Office.

CAF: 10 rue Marcel Barbu – 26023 Valence Cedex 9. Phone: 0810 25 26 10 (same cost as a local call from a landline). Opening hours: Monday to Friday: from 8:30 am to 4:30 pm. Website: [www.caf.fr](http://www.caf.fr).

✓ **The CLÉ (Caution Locative Etudiante) state insurance:**



The CLÉ (Caution Locative Etudiante) is a State insurance allowing students without guarantor to have easier access to housing. The CLÉ is handled by the Crous (public French university residences). More information on: <http://www.lokaviz.fr/n/a-qui-s-adresse-la-cle/n:473>.

**Running water:**



In France, you pay for the water that you use. There is a counter at the water arrival of each apartment or each building. To get connected, contact the water supplier upon arrival. In most cases, name, address, and bank account details are sufficient to transfer or to set up a new contract.

Eau de Valence (Valence Water Board): 62 avenue Sadi Carnot – 26000 Valence. Phone: 04 75 57 86 20. Email: [contact@eauvalence.fr](mailto:contact@eauvalence.fr).

**Electricity and gaz:**

Heating and/or water might be individualized or for the building. If it is collective, you will be charged according to the size of your apartment. If it is individualized, you rent a meter from an electricity or gas company and pay for the energy consumed. Then, two scenarios are possible. Either way, you have to contact the electricity and/or gaz supplier of your choice (electricity in France is generally provided by EDF – “Electricité de France” –, which is state owned, but you are free to choose your own supplier):

- If the previous tenant has closed the meter: then you will have to draw up a new contract for your meter to be connected again. Ask the residence for the former renter's name with the numbers from the meter (in French: “Compteur”). The supplier's agent will have to visit you to put it into service. A re-connection fee will be charged if the supply has been cut off.
- If the previous tenant has not closed the meter: upon arrival, you will automatically benefit from “immediate energy”. Even so, you have to contact as soon as possible the supplier of your choice to tell you have moved in and ask for a new contract.

**Electricity and gas suppliers:**

- **EDF Bleu Ciel (Electricity state-owned supplier):** 22 avenue Victor Hugo – 26000 Valence. Phone: 09 69 32 15 15. Website: [www.particuliers.edf.com](http://www.particuliers.edf.com). Note that there is also an English-language information service by phone for foreigners in France: <http://residential.edf.com>.
- **GDF Dolce Vita (Gas state-owned supplier):** 09 69 324 324. Website: [www.gdfsuez-dolcevita.fr](http://www.gdfsuez-dolcevita.fr).

For alternative electricity and gas suppliers, check with the website Energie-Info: it has a comparison service so that you can find and compare gas and electric suppliers in the region: <http://calculecttes.energie-info.fr/pratique/liste-des-fournisseurs>.



## Preparing your arrival in Valence



Before your arrival, when your trip is all booked, we would like to be informed by mail ([relations.internationales@esisar.grenoble-inp.fr](mailto:relations.internationales@esisar.grenoble-inp.fr)) of your arrival date in Valence city.

Also, we strongly encourage you to inform the student association Inter'Val (<http://www.interval-asso.fr/>). Normally, they do their best to welcome you and to drive you to your room when arriving. They also inform you of the closest grocery stores, drugstores, bakeries, hospitals ... everything worth knowing on your arrival to ensure you a good stay.

## IV. SETTLING IN

You are now in Valence city and you have been welcomed by Inter'Val. You can now come and present yourself to the International Relations staff in Esisar. You will find them either in rooms B012 and B035.

### *Registering in Esisar*

On your arrival in Esisar, we will help you to register in our school, which will entitle you to obtain your French student card. Registrations fees are free except for a small amount (from 20€ to 30€).

### *Getting your Esisar Computer account*

Your Esisar computer account will be given by the IT staff of Esisar in the first week. For this, the International Relations staff will inform you of your meeting with the IT staff. Do not miss it; a personal computer account is mandatory for several teaching activities and for getting your email account. **It is the official way administrative or teaching staff of Esisar can communicate with you. Take the habit of reading it regularly and relatively often. Also, do not let your account get overflow: empty it from time to time when needed.**

### *Your personal time schedule*

You will receive a unique web link that will give you your personal timetable of courses during the fall semester. You have to know that time schedule is not constant from one week to another.

Please ensure there are no clashes with your modules. Check this from the start and contact your dedicated School Advisors to inform them of any issues. (Please note that there can be some minor amendments up until first week of trimester, although this is highly unlikely).

It is possible to change your courses on arrival. To choose new courses, you shall read the course description and ensure that:

- your home institution is happy with your new selection;

- you are fully aware of the course content and have not covered this (or a majority of its content) in previous courses you have studied home;
- new course chosen is at the correct level for you.

Your new choices will be validated in the “learning agreement modifications” signed by both your home institution Advisor and your dedicated Esisar Advisor.

## *Incoming Freshman Week*

Your stay in Valence almost begins with a welcoming freshman week in September: parties, games and activities like canoe are lined up and waiting for you.

For any details, see Esisar's student union, called the "*Cercle*" in French: [www.esisariens.org](http://www.esisariens.org)



## V. ON SITE: LIVING IN VALENCE

What does Valence look like? Have a quick overview with this video made by Valence City services: <https://youtu.be/6al-k0ZiwQ!>

### *Caring for your health*

In France, Health Insurance is mandatory. Whatever your nationality is, you are entitled to register at the Student Social Security Coverage (specific regime of the French general regime commonly named “Sécu”).



**For your administrative registration, you must pay for the French Social Security, except in the following cases:**

- Students with European nationality. You are covered by your European Health Insurance Card (EHIC). Reimbursement claims are to be addressed to the “Service International de la Caisse Primaire d’Assurance Maladie (CPAM)”.
- Students from Quebec simply present their RAMQ form (n° SE 401Q106) to freely get the French Social Security.
- Students who come to France for an exchange of less than three months and students who are over 28 years old cannot take out the French Social Security; they will have to take out an insurance in their country of origin or a private insurance in France.



**For students, the French Social Security consists of two main agencies:**

- **LMDE:** 23 rue Bouffier – 26000 Valence. Tél: 04 75 56 41 75. [www.lmde.com](http://www.lmde.com).
- **SMERRA:** 34 avenue Président-Herriot – 26000 Valence. Tél. 04 75 56 48 76. [www.smerre.fr](http://www.smerre.fr).

Both agencies propose similar services but contact us for advise. Once you have registered with one or the other, you will receive at home a certificate proving you are insured. Keep this certificate preciously! It will be required if you have to go to hospital.



Once affiliated to the Social Security system, the Carte Vitale (green card) is issued. It is the national insurance card giving evidence of membership and rights to French health insurance. The Carte Vitale should be handed over at every health appointment (doctor, clinic, hospital, pharmacy) that is equipped with a computer able to read it. The patient will generally receive reimbursement for treatment or medicines directly into their bank account within five days.

NB: the French Social Security will cover 75% of your medical fees and no medical evacuation. This means you can complement this insurance with a “complementary” one (different fixed rates are proposed) with the agency you have chosen (LMDE or SMERRA) or take out an insurance in your country of origin to complement your reimbursements.

In some specific cases (+28 years old students) it is possible to benefit from the social coverage CMU (“Couverture Maladie Universelle”). Please, contact the Health Center of Valence for information.

The Health Center can make an appointment with a doctor for free. The services proposed also concern sports medicine, dietary, gynecological and psychology consultations.

Youth Health Center (free and confidential): 13/15 place Latour Maubourg – 26000 Valence. Tél. 04 75 56 62 11. Email: [espace.sante.jeunes@mairie-valence.fr](mailto:espace.sante.jeunes@mairie-valence.fr). Opening hours: Monday: from 2 pm to 5 pm; Tuesday and Wednesday: from 9 am to 12 pm and 2 pm to 5 pm; Thursday and Friday: from 9 am to 5 pm.



### **In case you are ill:**

You can have an appointment with a general practitioner (GP, French : *médecin généraliste*) of your choice at his office. The GP can help you with any health problem. He will provide a diagnosis and deliver a prescription for medicines. If you wish to see a specialist, ask your GP for a referral.

It costs around 23€ to visit a GP. This amount will be reimbursed afterwards by Social Security or by your insurance provider. Currently, GP have card machines that scan the “Carte Vitale” and electronically register your reimbursement claim with the Social Security, without you having to do anything else.

If you are taken ill on a Sunday, Public Holiday or at night, or if you cannot move, call SOS Médecins (dial 36 24) or the Police (dial 17) to get details of the doctor on duty.

If you need to buy medicine on a Sunday, Public Holiday or at night, you can get details of the pharmacy on duty from the police too (dial 17). But before going to the pharmacy on duty, you have to go to the police station with a form of ID. The police will then inform the pharmacy on duty of your arrival.

## ***Get ready for communicating: Learning French***

Throughout the first semester, Esisar provides French courses for non-French speaking international students. These courses, entitled “*Français Langue Étrangère*” (FLE – Foreign Language Courses), are given by the “Centre d’études de langues” (CEL - [www.formation.drome.cci.fr/cel-references.html](http://www.formation.drome.cci.fr/cel-references.html)) within the Esisar Languages laboratory.

### **Course objectives:**

Since 2001, France uses the Common European Framework of Reference for Languages (CEFR), established by the Council of Europe. Within this framework, students should have a level of French of at least A2 before coming to France (level C2 being the top level). Objective of the FLE: make you progress and give you the B2 level after a whole year with us. That means you have to know enough French to make yourself understood, understand what your professors are saying, and take exams.

### **French level test:**

The French courses will begin with a test of your French level. This test is not an exam, it only allows to know your level of language and choose the right group for you.

## ***Stay connected: Post Office, Phone and Internet***

### **Post Office:**



A postcard or a letter to send? Simply drop them in one of the yellow letter boxes which you will find on street corners. The nearest letter box from Esisar is located on the same street, rue Barthélémy de Laffemas.

“La Poste” is the French national postal service. Post offices sell stamps, send and receive mail and parcels from France and abroad. Many post offices have a self-service coin-operated machine, which weighs letters and issues postage labels (“*vignettes d'affranchissement*”) which can be used instead of stamps. These machines usually have an English-language format.

Post offices can also offer currency exchange and photocopy/fax services. They are generally open from Monday to Friday from 8:30 am to 12 pm and from 2 pm to 6 pm and on Saturday from 8:30 am to 12 pm (be careful, opening hours can vary depending of the offices). For more information: [www.laposte.fr](http://www.laposte.fr).

### Phone:

Several university residences have landline telephones in the bedrooms, but do not allow long-distance calls. In this case, we advise you to buy a phone card for international calls. If you share a flat, you should know that most of the Internet operators also offer free international phone calls.



For mobile phones, an interesting solution remains to buy a cell phone with a card to be reloaded. If you already have a mobile phone, the price is around 15 € to obtain a chip and 40 € if you have no phone.

Don't forget Skype ([www.skype.com](http://www.skype.com)) for your international calls, it's free!

- To call out of France, dial exit code: (00) (country code) (phone number).
- To call into France, dial entry code: (00)(33) (phone number excluding the first 0). Be aware, from the United States and Canada, dial (011) instead of (00).

### Internet:

If you are renting a private accommodation, you will need a phone landline to connect to the Internet. Often, phone companies offer packages (Internet, unlimited phone calls, TV) for a monthly rate of around 20 to 30 €. If you are in a University residence, WiFi is available (costs vary according to your needs).

Some public places also have free WiFi, like cafés or fast food restaurants. If you don't have a laptop or computer, you can also go online in Internet cafés.

### School Internet devices:

WiFi is available everywhere at school.

On arrival, an Internet account will be created for you by Esisar. See with the School's computer office, they will welcome you and create your personal account.

This account will enable you to get access to your time schedule and to the content-sharing platform "Chamilo", dedicated to students for e-learning: some teaching resources and courses are uploaded by teachers, you can download them.

## **Move:**



### **Bicycle:**

Whether you are making a quick trip to the store or pedaling over to your home, you can rent a bike to cycle around the city. Once a subscription is purchased, you can hire and return a bike at any of the 20 stations available across Valence and its surroundings. It is available 24 hours a day and seven days a week. Visit the website to explore stations, pricing and how bike sharing in Valence works: Libélo: [www.velo-libelo.fr](http://www.velo-libelo.fr).

The association "Roulons en Ville à Vélo" (Let's travel by ride in town) also makes second-hand bicycles available at discount rate: [www.revv-valence.org](http://www.revv-valence.org).



### **Bus services:**

Bus maps and bus times leaflets are available in all Citéa agencies and city halls of the department. One and only phone number for all Citéa agencies: 04 75 60 06 26. [www.citea.info](http://www.citea.info). Citéa agency in Valence: 11 bis boulevard d'Alsace – 26000 Valence. Bus stop: Pôle Bus. Opening hours: Monday to Friday: from 7 am to 6:30 pm. Saturday and summer: from 8:30 am to 12:30 pm and from 1:30 pm to 6 pm.



**Carpool:**

Thanks to car-sharing, you can get around safely while meeting people, and save money. If you are interested in carpooling, find a match and contact drivers or passengers to arrange the details of the journey here: [www.ecovoiturage0726.fr](http://www.ecovoiturage0726.fr) or the famous [www.blablacar.fr](http://www.blablacar.fr).

**Train:**

The Valence-TGV station allows you to reach very quickly the largest towns in France. With the TGV ("Train à Grande Vitesse"), Valence is only 2h from Paris. The discount SNCF card "18-27" allows you to travel at a reduced price on the French train network: 25 % (guaranteed) to 60% off at different times, during one year. You can order it at the following link: [www.sncf.com/fr/tarifs-reduits/carte-jeune](http://www.sncf.com/fr/tarifs-reduits/carte-jeune) or buy it in all French railway stations' sales offices (you must provide one passport photo and proof of identity to justify your age).

To book your train tickets, find information on train departures and arrival times and get real-time updates on train status across the network: [www.sncf.com/](http://www.sncf.com/).

For regional rail travels in Rhône-Alpes, see specifically: [www.ter-sncf.com/Regions/rhone\\_alpes/fr](http://www.ter-sncf.com/Regions/rhone_alpes/fr). A discount SNCF card for youths aged 26 and under ("TER Illico Liberté Jeunes") is also available: [www.ter.sncf.com/rhone-alpes/offres/tarifs/illico-liberte-jeune](http://www.ter.sncf.com/rhone-alpes/offres/tarifs/illico-liberte-jeune).

## Reading and studying: university libraries



The "Bibliothèque Universitaire" or "BU" gives you access to a whole collections on all disciplinary domains. It is located close to Esisar. Also, you have access to the "Médiathèque Publique et Universitaire" (Multimedia Library) and other other documentation centers thanks to the fact that they are organized in network within the university pole of Valence. After registering at the reception desk, you can use your "card reader" and borrow books regularly from any of the university libraries. Electronic resources are also available on computer workstations.

Multimedia library: [www.bu-valence.fr](http://www.bu-valence.fr).

BU allows you to borrow up to ten books for a period of 21 days depending on the books.

You can also access the online university library at <http://sacd1.ujf-grenoble.fr>. It has in store all the documents you need to prepare your reports and courses.

**Médiathèque Publique et Universitaire** : Place Charles Huguenel 26000 Valence. Phone: 04 75 79 23 85.

Opening hours: Tuesday, Wednesday, Friday: from 9:45 am to 7 pm; Thursday: from 11 am to 7 pm; Saturday: from 9:45 am to 5 pm.

**Joseph Fourier University-Grenoble INP Esisar – Bibliothèque de Sciences et Technologies (Sciences and Technologies Library)** : 38 rue Barthélémy de Laffemas 26000 Valence. Phone: 04 56 52 11 07.

Opening hours: Monday, Wednesday, Friday: from 8 am to 12 pm / 13 am to 6 pm (Friday: 5 pm); Tuesday, Thursday: 8 am to 6 pm.

## Where to have lunch:

In France, for a university canteen, we say “RU” (“*Restaurant Universitaire*”). The CROUS allows you to eat in *brasseries*, cafeterias and canteens nearby your school and the main student life’s places.



### “La Ferme”:

Cafeteria: pasta, French fries or vegetables, pizzas, salads, desserts. This University canteen is the closest from Esisar. It is located rue Barthélémy de Laffemas, pôle universitaire Briffaut. To get there: Bus lines Cité 4, 7 and 13, bus stop “Briffaut”.

Opening hours: Monday to Friday from 11:30 am to 1:30 pm.



### “Le Point RU”:

Fast-food : sandwiches, salads, pasta, pizzas. Site universitaire Rabelais, Université Joseph Fourier. To get there: Bus line Cité 2, bus stop “Rabelais”. Opening hours: Monday to Friday from 11:30 am to 1:30 pm.



### “Le RU Derodon”:

University canteen with a self-service menu: starter, meat with vegetables and/or starchy food, cheese or dessert. 6 Rue Derodon – 26000 Valence. To get there: bus lines Cité 4 and 13, bus stop “Camille Vernet”.

Opening hours: Monday to Friday from 11:30 am to 1:30 pm.



### “Au coin du RU”:

Fast-food : sandwiches, salads, pasta, pizzas. Site universitaire Latour-Maubourg, Université Stendhal. To get there : bus lines 2, 9, 12, 15, bus stop “Latour Maubourg”.

Opening hours: Monday to Friday from 11:30 am to 1:30 pm.



### “La brasserie Latour-Maubourg”:

New cafeteria. Maison de l’étudiant Drôme-Ardèche. Place Latour-Maubourg – 26000 Valence. To get there: bus lines 2, 9, 12, 15, bus stop “Latour Maubourg”.

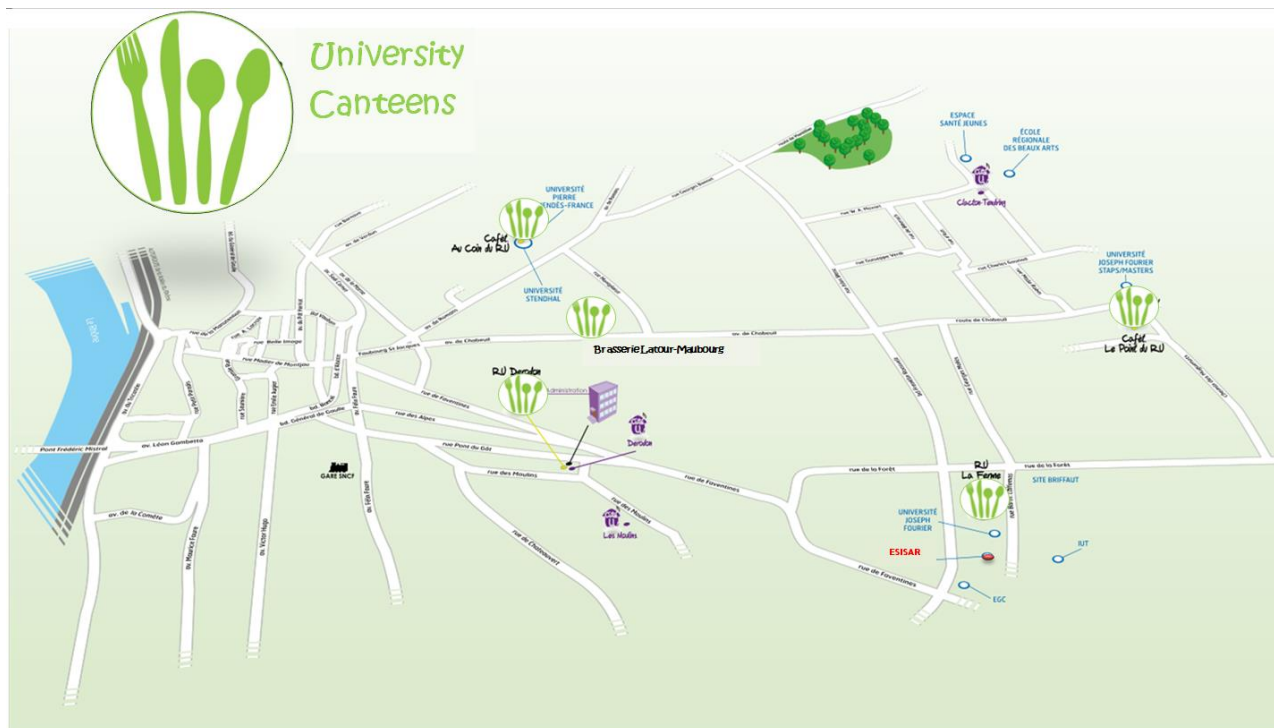
## How much? Cost of the lunch:

3,25 € in each of the 5 restaurants above mentioned, and also different lunch menus at different costs.

## How to pay?

You can pay either in cash, or with the IZLY system. IZLY is a contactless payment system allowing you to pay for your meal very easily and quickly in all university canteens with your card or mobile phone. You can recharge your IZLY account with a few clics. Your money stays online, so don’t worry if you lose your card.

More information (in French): <http://www.izly.fr/> and details on how to get your own IZLY card (in French): <https://www.crous-grenoble.fr/wp-content/uploads/sites/7/2015/07/Jactive-mon-compte-izly.pdf>.



## Downtown: Culture, leisure and sports



### Cinema

- ✓ **Pathé:** a twelve screen cinema with over 2 340 seats. All information including film listings, movie times and trailers: [www.cinemasgaumontpathe.com/cinemas/cinema-pathe-valence](http://www.cinemasgaumontpathe.com/cinemas/cinema-pathe-valence).  
Pathé Cinema: 53 avenue de Romans – 26000 Valence. Ticket price online for students: 7,80 €.
- ✓ **Le Navire:** independent cinema and art house. Film listings and movie times available at [www.lenavire.fr/valence](http://www.lenavire.fr/valence) or at your local art house located: 9 boulevard d'Alsace – 26000 Valence. Phone: 04 75 40 79 20. Ticket price for students: 5 €.
- ✓ **Lux – “National scene of Valence” (Scène nationale de Valence):** Cinema ticket price for students: 6 €. To book your ticket in advance, you can either phone here: 04 75 82 44 15 or email to: [reservation@lux-valence.com](mailto:reservation@lux-valence.com). Worth-knowing: Lux offers movie screening but also musical shows and exhibitions related to contemporary visual arts: enjoy! More information: [www.lux-valence.com](http://www.lux-valence.com). 36 boulevard du général de Gaulle – 26000 Valence. Phone: 04 75 82 44 15.



### The Art and Archeology Museum

Come to the old bishop's palace which is home to the Museum and admire a hundreds of works, including paintings, drawings, sculptures, decorative arts, from the 15<sup>th</sup> to the 20<sup>th</sup> centuries. The Museum also invites you to discover the story of the very first inhabitants of Valence and Drôme through a collection of more than 1500 objects, from prehistorical to Roman and medieval times. Don't forget to go on top of the roof: it offers an amazing panoramic view of Valence and the surrounding landscape, from Vercors to Ardèche mountains.

4 place des Ormeaux – 26000 Valence. Phone: 04 75 79 20 80. [www.museedevalence.fr](http://www.museedevalence.fr). Opening hours: Tuesday: from 2 pm to 6 pm, Wednesday to Sunday: from 10 am to 6 pm. Open at night on Tuesday until 9 pm.



### Theater and concert halls

- ✓ **Comédie de Valence:** Dance and theater shows. Place Charles Huguenel – 26000 Valence. Ticket office: 04 75 78 41 70. Website: [www.comediedevalence.com](http://www.comediedevalence.com).
- ✓ **Théâtre de la Ville:** concerts and spectacles. Place de la Liberté – 26000 Valence. Phone: 04 75 86 14 50. Website: <http://theatre.valence.fr/>.
- ✓ **Mistral Palace Valence:** concert hall offering an eclectic music programme (mainly rock). 12 rue Pasteur – 26000 Valence. Website: [www.mistralpalace.com](http://www.mistralpalace.com). Email: [info@mistralpalace.com](mailto:info@mistralpalace.com).

### Special events

- ✓ **European Heritage days:**

These are open days in monuments and beautiful buildings everywhere in Europe. They take place on September, 17-18, 2016. This is the occasion for you to discover Valence and its historical places.

- ✓ **Welcome Day in Lyon** with Agera (Alliance of the Grandes Ecoles in the Rhône-Alpes and Auvergne Region):

Each year, this network of 35 Grandes Ecoles in Rhône-Alpes proposes – among other exchanges of experience – a special Welcome Day for the international students of its member schools in the city of Lyon (usually in October). [www.agera.asso.fr/?lang=en](http://www.agera.asso.fr/?lang=en). Phone : +33(0)4 27 46 57 37.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

*Our international students  
in Lyon – October 2015*

★ ★ ★ ★ ★ ★ ★ ★ ★ ★



✓ **Music Festival (*Fête de la Musique*):**

On June, 21<sup>st</sup>, enjoy free concerts in all public places, streets, gardens, squares, etc. It is a musical start to summer everywhere in France and in Valence.

✓ **Valence Festival:**

Each summer at the beginning of July and during one month, you can attend free open-air concerts everywhere in the town. With around 45 000 spectators each year and a quality musical programming, the Valence Festival is very popular.

For any information, see the Visitor Center (Office du tourisme): [www.valencetourisme.com](http://www.valencetourisme.com).



**Discover Valence and its monuments**

Here is a nice augmented reality application to get some information on the main buildings and sites of Valence and the region, with your mobile phone: <https://xplora-app.com/>. Have a look with the camera of your phone to a building and the latter's name and history will be automatically displayed on your screen. The two creators of this innovative application are former Grenoble-INP Ensimag students.

If you want a small glimpse of what living in Valence looks like, have a look at this nice blog article: <http://www.fringinto.com/city-guide-valence/http://www.fringinto.com/city-guide-valence/>

## *Sports: keep healthy!*



✓ **The University Sports Center ("*Centre sportif universitaire*" – SIUAPS):**

Join in the SIUAPS and choose among more than 25 sports activities the one that will suit you: aikido, badminton, basketball, table tennis, modern dance... This activity can either be evaluated and included in your university curriculum (for free, except extra costs for some activities) or it can be ungraded, just for your own pleasure (Membership fees of 20 € for the "sports card" + a subscription per activity).

All information on costs and activities on: [www.etudierendromeardèche.fr/fr/vie-etudiante/sport/siuaps/](http://www.etudierendromeardèche.fr/fr/vie-etudiante/sport/siuaps/), or inquire the SIUAPS, Route de Malissard - 26000

VALENCE. Phone: 04 75 62 06 59. Email: [siuaps@aduda.fr](mailto:siuaps@aduda.fr).



✓ **The Valence University Club ("*Valence Université Club*"):**

Looking for a thrill, an escape and emotion? The "mountain and climbing" section of the Valence University Club offers a climbing wall of 420 m<sup>2</sup> and even an access to the world championship's wall in the Polygone Hall of Valence! If you want to keep in good health or train and develop your muscles, then you can access the body building section, comprising a weights room, a power-lifting room and a cardio-training room with bikes, rowing machines and exercise mats.

More information: Valence University Club Antenne STAPS de Valence, 23 Chemin des Huguenots - 26000 Valence. Website: <http://vucme.free.fr>. Phone: 06 73 33 70 70.

✓ **Sports associations:**

There are many sports associations in Valence. Here is a weblink to find the one which will fit you: [www.valence-web.com/associations/sport.htm](http://www.valence-web.com/associations/sport.htm).



### ✓ Swimming:

If you want to relax, three swimming-pools welcome you in Valence:

- **Jean Pommier swimming-pool:** 40 avenue Georges Clémenceau – 26000 Valence. Phone: 04 75 56 51 07.
- **Plein Ciel swimming-pool:** avenue Valensolles – 26000 Valence. Phone: 04 75 44 22 04.
- **Tournesol swimming-pool:** Chemin des Huguenots – 26000 Valence. Phone: 04 75 42 23 94.

Special fares for students: single ticket: 1,80 €; Subscription for 10 entrances: 11,30 €. Information on opening hours available (in French) here: [www.valence.fr/fr/sport/piscines-de-valence.html](http://www.valence.fr/fr/sport/piscines-de-valence.html).



### ✓ Ice-skating:

Enjoy the 1800 m<sup>2</sup> ice-rink, for funny skidding moments on ice.

Special fares for students: single ticket: 3 €, ten tickets: 17 €. Ice skates' rental: 3 €. Opening hours: Wednesday and Saturday: from 2 pm to 6 pm, Sunday: from 9 am to 12 pm and from 2 pm to 6 pm.

Open at night on Thursday: from 8 pm to 11 pm. Opening hours during holidays: Monday to Saturday: from 2 pm to 6 pm, Sunday: from 9 am to 12 pm and from 2 pm to 6 pm.

Ice-Rink: 32 avenue Georges Clémenceau – 26000 Valence. Phone: 04 75 80 27 27. Web: Ice-Rink: 32 avenue Georges Clémenceau – 26000 Valence. Phone: 04 75 80 27 27.



### ✓ Valence on the Beach ("Valence Plage"):

Each summer, you can participate to open-air activities, such as beach-volley, or take an aquagym class in some places with water games and sand.

## Get involved: community life (associations and student unions)



### ✓ The "Cercle":

Each engineering school in France has a student union (*Bureau des Etudiants*, BDE). Here in Valence, the "Cercle" is responsible for the community life of the school. The "Cercle" also handles parties, and your integration with people of the school. For more information and news on events to come, see the website: [www.esisariens.org](http://www.esisariens.org). Email: [cercle.esisar@gmail.com](mailto:cercle.esisar@gmail.com).

✓ • **InterVal** (International Student Association of Valence):



Helps you upon arrival with the help of a Drôme-Ardèche Student as “godfather”: administrative issues, discovery of the city, important places such as drugstores, bakeries, hospitals, ... everything worth knowing to ensure you a good stay. The association also organizes different kind of parties and events all over the year.

**Inter’Val:** Maison de l’étudiant Drôme-Ardèche, Ancienne caserne Latour-Maubourg -26000 Valence. Web: [www.interval-asso.fr](http://www.interval-asso.fr). Email: [asso.interval@gmail.com](mailto:asso.interval@gmail.com). Have a look also at the Inter’Val Facebook page.



### AVE (“Association Valentinoise des Etudiants”) :

With the network of associations it gathers, the AVE organizes great events, like the Student’s Challenge (“*Challenge de l’étudiant*”, a friendly track meet where students from high schools and universities are facing each other) or the Student’s Party (“*Gala de l’étudiant*”). The AVE also offers many activities (bowling, Laser game...) and services (jobs, housing...) on its website.

Maison de l’étudiant Drôme-Ardèche – Place Latour-Maubourg – 26000 Valence. Phone: 04 75 55 43 42. Website: [www.ave-asso.fr](http://www.ave-asso.fr). Email: [contact@ave-asso.fr](mailto:contact@ave-asso.fr).

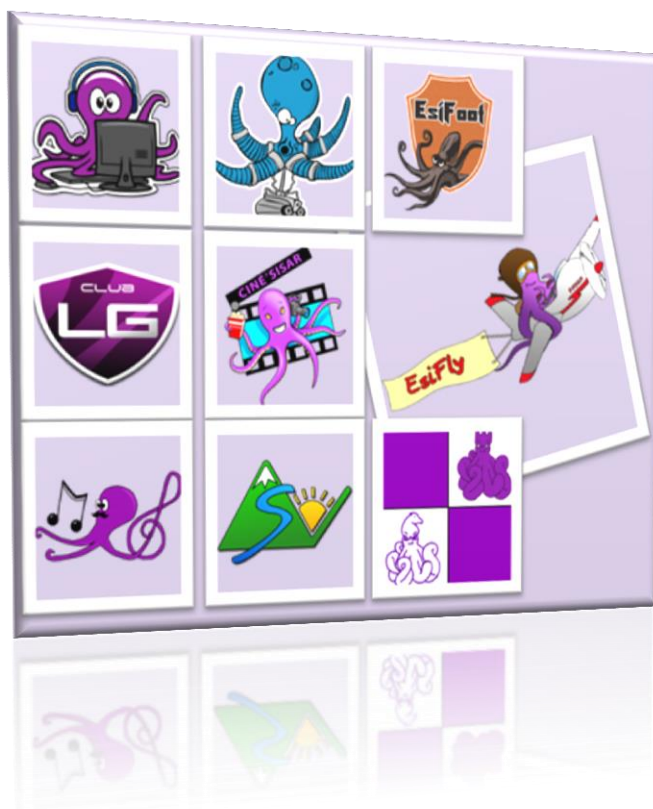


### Alumni:

Students who have been awarded a degree at a university are called alumni. As a Esisar student or a former one, you can join the Esisar Alumni Association which organizes festivities, lectures and other interesting events where you have the opportunity of meeting former fellow students.

Website: <http://alumni.grenoble-inp.fr/>.

### ✓ School Clubs:



Here is a short list of the different school clubs, you can check them and get more information on the website: [www.esisariens.org](http://www.esisariens.org):

- Laser Game Club
- Chess Club
- Computer Club:
- Ciné Sisar : Film Club
- Poker Club
- Robotics Club
- Musisar: for musical activities
- Esifoot: Football Club.
- EsiFly: Aeronautics Club.

## Save the date !



Here are some of the significant events (among many others!) to take place at Esisar:

Event	What	When
<b>Incoming Freshman Week</b>	<i>Your friendly integration with people of the school.</i>	<b>From September 12 to September 18, 2016.</b>
<b>Olympiad of Grenoble-INP</b>	<i>All Grenoble-INP engineering schools meet to compete in sports tournaments</i>	<b>October 2016.</b>
<b>Science Fair</b>	<i>A yearly national French event to promote through animations, workshops, theater...</i>	<b>From October 12 to October 16, 2016.</b>
<b>Companies Forum</b>	<i>Meet the companies to learn more about their activities and job sectors</i>	<b>October 18, 2016.</b>
<b>Students' gala</b>	<i>Prestigious reception with students, graduated students and even some teachers</i>	<b>November 2016.</b>
<b>Ski Cup</b>	<i>Friendly winter sporting day</i>	<b>January 19, 2017.</b>
<b>Esisar open day</b>	<i>Visitor's day to discover the School</i>	<b>March 3-4, 2017.</b>
<b>Student's Challenge</b>	<i>Funny sporting day gathering students from universities and high schools</i>	<b>March 2017. (Exact date to be confirmed).</b>
<b>Esisar's Gala</b>	<i>Traditional prestigious reception of the School</i>	<b>May or June 2017. (Exact date to be defined).</b>

## Phone numbers worth knowing

### ✓ EMERGENCIES:

- **Emergency Services** - for any emergency, you can call 112, this is a universal number which can be called from anywhere in Europe.
- Ambulance: 15
- Fire: 18
- Police: 17
- **Vital Emergency number: 15.**

### ✓ SCHOOL:

- **For any other non-vital emergency or any situation needing specific help, please contact and inform the school staff:** [relations.internationales@esisar.grenoble-inp.fr](mailto:relations.internationales@esisar.grenoble-inp.fr).

### ✓ ADMINISTRATION:

Please refer firstly to Emmanuelle Palka, for any question regarding the visa and resident's permit:  
[emmanuelle.palka@esisar.grenoble-inp.fr](mailto:emmanuelle.palka@esisar.grenoble-inp.fr).

- **CAF (Caisse d'allocations familiales):** 10 rue Marcel Barbu – 26023 Valence Cedex 9. Phone: 0810 25 26 10 (same cost as a local call from a landline). Website: [www.caf.fr](http://www.caf.fr).
- **Mairie de Valence (City hall):** 1 Place de la Liberté – 26000 Valence. Phone : 04 75 79 20 00.
- **Prefecture:** 04 75 79 28 00.
- **OFII (Office Français de l'Immigration et de l'Intégration) :** 3 boulevard Vauban - 26000 Valence. Phone: 04 75 79 28 73. Email: [drome-ardecche@ofii.fr](mailto:drome-ardecche@ofii.fr).
- **Commissariat de Police (Police Station):** 21 rue Farnerie – 26000 Valence. Phone: 04 75 82 22 22.
- **ADIL (Agence Départementale d'Information sur le Logement)** (specialized lawyers that can help you for free, in case you've got trouble with your landlord or your residency): 21 rue Farnerie – 26000 Valence. Phone: 04 75 79 04 04.
- **CROUS (Centre régional des œuvres universitaires et scolaires):** 6 rue Derodon – 26000 Valence. Phone: 04 75 42 17 96. Email: [cite.valence@crous-grenoble.fr](mailto:cite.valence@crous-grenoble.fr).
- **Emergency 24 hour numbers for Electricity:** 08 10 33 33 21.
- **Emergency 24 hour numbers for Gaz:** 08 10 43 30 26.

### ✓ **HEALTH:**

- **Youth Health Center** (free and confidential): 13/15 place Latour Maubourg – 26000 Valence. 04 75 56 62 11. Email: [espace.sante.jeunes@mairie-valence.fr](mailto:espace.sante.jeunes@mairie-valence.fr)
- **SOS Médecins** (They make home visits in extreme cases, you need to speak French): 36 24.
- **Hospital:** 04 75 75 75 75.
- **AIDS Helpline:** 08 00 84 08 00.
- **Drugs Helpline:** 08 00 23 13 13.
- **SOS Amitié (lifeline):** 04 76 87 22 22.
- **INSURANCE:**
- **Caisse primaire d'assurance maladie (CPAM):** 36 46 (same cost as a local call from a landline).
- **LMDE:** 23 rue Bouffier – 26000 Valence. Phone: 04 75 56 41 75. [www.lmde.com](http://www.lmde.com).
- **SMERRA:** 34 avenue Président-Herriot – 26000 Valence. Phone: 04 75 56 48 76. [www.smerra.fr](http://www.smerra.fr).

### ✓ **SOURCES OF GENERAL INFORMATION:**

- **Office du Tourisme/Visitor center:** 11 boulevard Bancel – 26000 Valence. [www.valencetourisme.com/](http://www.valencetourisme.com/). 04 75 44 90 40.
- **ADUDA (Drôme-Ardèche Universities Development Agency) :** 87 avenue de Romans – 26000 Valence. 04 75 78 10 26. [www.aduda.fr](http://www.aduda.fr).

## *Where do I find?*

- ✓ **The French phonebook's website.** Useful for finding telephone numbers, maps, photos of commercial buildings: <http://www.pagesjaunes.fr>
- ✓ **Maps and information about France:** [www.mappy.com](http://www.mappy.com) or [www.viamichelin.com](http://www.viamichelin.com).
- ✓ **Language:**
  - Online language translator: <http://www.babelfish.fr/>.
  - Online French verb conjugator and other language questions: <http://french.about.com/>.



