Grenoble INP ESISAR | UGA

International Student Handbook

2021 - 2022

GRENOBLE INP INSTITUTE OF ENGINEERING AND MANAGEMENT
UNIVERSITÉ GRENOBLE ALPES

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Welcome to Esisar!

“ Welcome to Esisar!

We are very pleased to welcome you in our school and I hope you will enjoy both the school and this pretty city of Valence!

Esisar aims to develop even more internationally, by integrating interational into the curriculum of its students: mandatory mobility abroad for all French students, development of the reception of international students in the school specialisations and in the MISTRE Master.

In a globalised society and research, I am convinced that the diversity of students trained in our school is part of its richness, and you, as foreign students, help us to open ourselves to other cultures and other languages! ”

I wish you an excellent year in Esisar!

Eduardo MENDES
Director of Grenoble INP - Esisar

Dear International Students,

Welcome to Esisar!

Congratulations for your admission in our school! We are glad to welcome you in Valence!

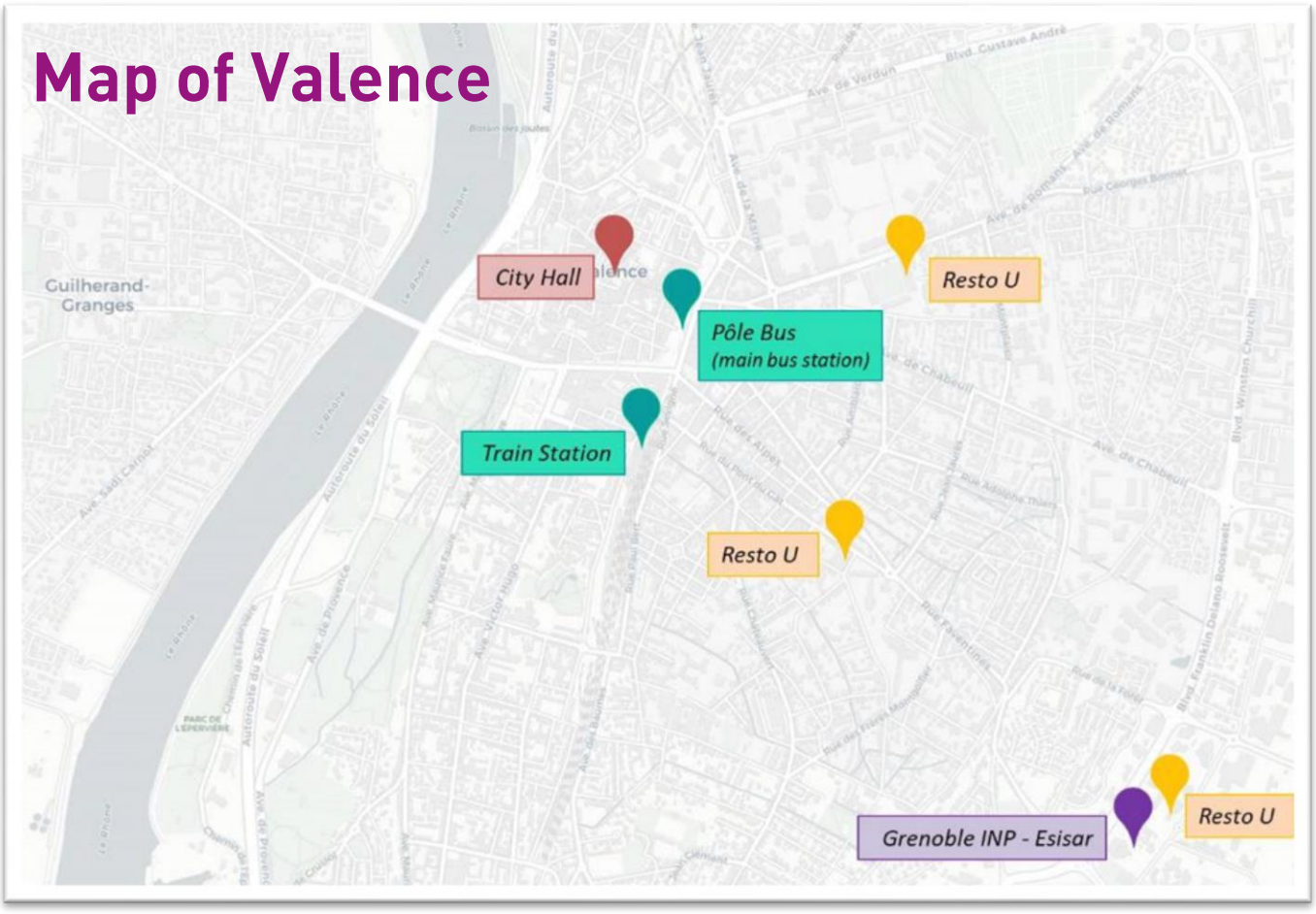
By joining Grenoble INP – Esisar, UGA, you will benefit from a solid training and from close links with research and industry!
Coming to Valence is a new step in your life: take advantage of this, gain experience, make new friends and discover a new culture. You will also enjoy an international environment despite the fact that Esisar is a little school and Valence a medium-sized city.

This handbook will help you to adapt to a new environnement, to France and will help you in all procedures. It will give you interesting information about the school and your studies, about the city and all you can need to prepare and enjoy your stay here!
So please, read this booklet carefully and ask us if you have other questions!
We wish you the very best in your study! May your stay be enjoyable and successful!
We look forward to seeing you at Esisar next year!

The International Relations team

A bit of Geography!

Map of Valence



BEFORE DEPARTURE

GRENOBLE INP – ESISAR, UGA

Grenoble INP: the group

Esisar is part of the Grenoble Institute of Engineering and Management (Grenoble INP), Université Grenoble Alpes, which brings together 8 renowned engineering and management schools, close to the industrial world and open to international collaboration. Grenoble INP gathers 9000 students and 70 000 alumnis, and hosts 40 research labs.

The other schools of Grenoble INP are:

Ense3, "Energy, Water and Environmental Sciences":
Grenoble INP-Ense3 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 (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 of Phelma are fundamental and applied physics, materials, science-oriented chemistry, instrumentation, electronics and information processing.

Grenoble IAE, Graduate School of Management

As the Graduate School of Management at the Université Grenoble Alpes (UGA), Grenoble IAE's mission is to train and develop both specialized managers and dual-competence managers. To fulfill its mission, IAE draws from hands-on practical expertise and world-class management researchers.

Polytech Grenoble, Graduate School of Science and Engineering

Member of the Polytech Group, a network of 15 engineering schools in France, the School trains engineers in 7 specialties which lead to an engineering degree after 5 years of studies

Grenoble INP – Key figures

9000 Students		23% Foreign Students	
120 Years old		Around 100 Nationalities	
46 dual degrees with foreign universities		+350 exchange programmes with universities in more than 50 countries	

QS rankings (Engineering Universities, 2018):

France: #1 for material Science
France: #3 for Electrical & Electronic engineering

Universite Grenoble Alpes Shanghaï Rankings (2020):

1st French institution and in the top 100 worldwide in:

- Metallurgical Engineering (18th worldwide),
- Water Resources (top 75 worldwide)
- Computer Science & Engineering (top 75)
- Nanoscience & Nanotechnology (top 100).

2nd French institution and in the top 100 worldwide in:

- Remote Sensing (34th worldwide)
- Electrical & Electronic Engineering (top 100)
- 3rd in Automation & Control (top 100).

Esisar

Founded in 1995 in Valence (1 hour away from Grenoble), Grenoble INP - Esisar is an **engineering school in advanced systems and networks.**
Our engineers are trained in smart and communicating systems, with a cutting-edge curriculum spanning Electronics, Computer Sciences/IT, Control and Networks. Our engineering degree programme is certified by the EUR-ACE (EURopean ACcredited Engineer) label, with the European-accredited engineering master degree programme certificate.

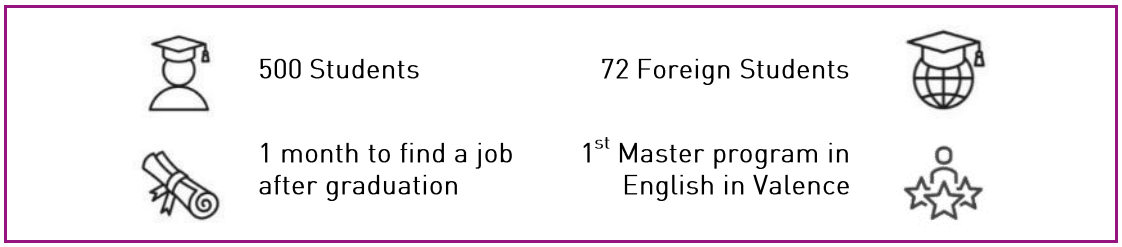
Grenoble INP – Esisar trains engineers able to integrate into complex formations, to animate them and to make them evolve.
High-level scientific education, knowledge base in humanities and social sciences combined with practical experiences in a professional environment make the Esisar engineer a player able to respond to the technical and economic challenges of today and tomorrow's society.
Esisar welcomes around 500 students each year, among which 15 % of international students.
Our five-year-studies engineering school has developed its courses and programs in close contact with industry, and has a well-developed business promotion policy.

Esisar-Grenoble INP has 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.

Esisar hosts a 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/. The LCIS is a French public research lab where professors and assistant professors of Grenoble INP – Esisar carry their academic researches with master students, Ph.D. students and post-docs on four major research thematics: Radiofrequency, Control and automation, Cooperating complex systems and Conception and test of embedded systems.

Esisar also hosts Esynov (http://www.esynov.fr/). It is an Auvergne Rhône-Alpes technological plateform, that makes available state-of-the-art equipments for students and for technology transfert at the benefit of companies. There are 3 axes of specialization: embedded systems, radiofrequency and electromagnetic compatibility.

Key figures (2020)



STUDY AT ESISAR

Studying in France

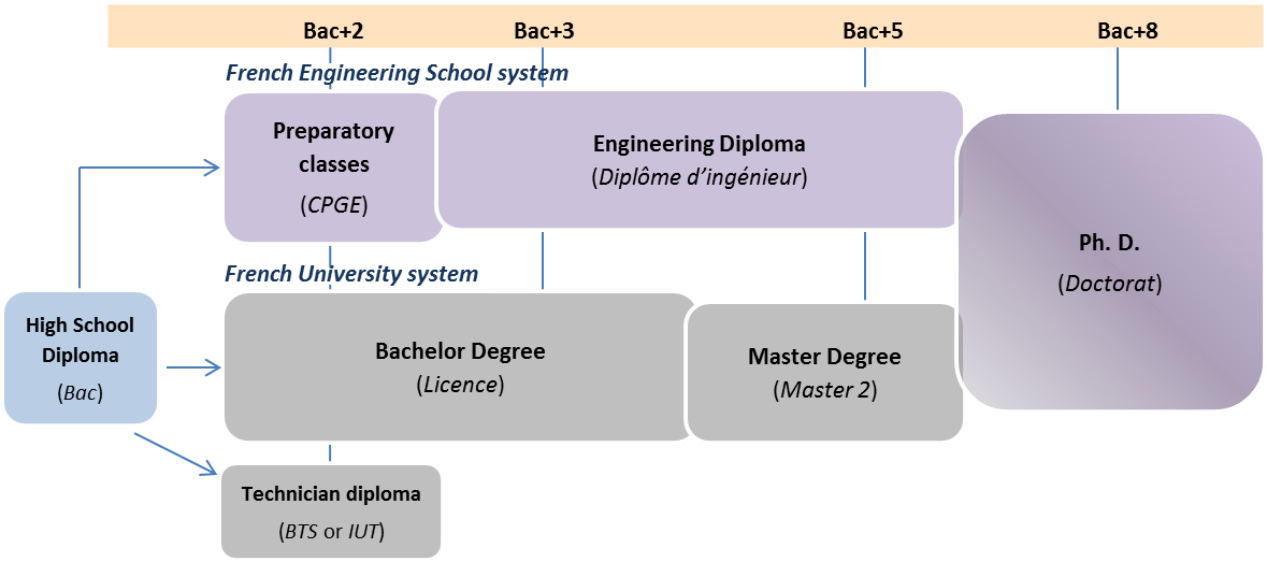
Studies in European universities are organized around three degrees: Bachelor's, Master's and Doctorate. This structure, which is called "LMD" (for *Licence, Master, Doctorat*) in France, aims to harmonize higher education programmes throughout Europe and thus make student exchanges and recognition of diplomas easier.
In France, "Bac" (*Baccalauréat*) 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)	Bachelor Degree (*Licence* – Bac+3)
Master of Science (MS)	Engineering Diploma (*Diplôme d'ingénieur* – Bac+5) OR Master degree (Bac+5)
Ph.D.	Doctor diploma (*Doctorat* – 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 agreements, 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 exchange semester or the exchange year is over, each exchange student receives an English "Transcript of Records". It includes: the list of courses taken, the grade obtained 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 out 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 (%)	French Grade	Definition
A	10	16-20	Outstanding performance
B	35	14-16	Above the average standard
C	65	12-14	Generally sound work
D	90	11-12	Fair but with significant shortcomings
E	~100	10-11	Performance meets the minimum criteria
Fail		< 10	Failed

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, or at the end of the year. In case of need, you may do the retake exam in your home university if the latter is open at this moment. If the second exam is a success, the course will be validated and the ECTS earned.

Schedule of Studies

The study design in ESISAR consists in two cycles:

- The preparatory cycle (2 years): theoretical courses and labs, to learn basic scientific knowledge and discover ingineering sciences.
- The Engineer cycle (3 years). The first year consists in common core courses, which allows the the student to reach a "bachelor" level in engineering sciences. Then he chooses a specialization for the final two years.

During the first year of the Engineer cycle, the Students have to make a 6-weeks technician internship. In second year, they lead a 6-months Industrial Project in direct relationship with Companies. In third year, they carry out the Final Year Project: a 5-months internship in a company that ends the curriculum.

Preparatory Cycle				Engineer Cycle					
1st Year		2nd Year		3rd Year		4th Year		5th Year	
S1	S2	S3	S4	S5	S6	S7	S8	S9	S10

At the beginning of the 3rd year, students choose a specialization:

- **EIS Specialization** : Electronics, Computer Science and Systems, focused on Embedded systems, steering systems and connected objects.
- **IR&C Specialization**: Computer Science, Networks and Cybersecurity, focused on software engineering, networks and security.

Training courses for international students

As an international student, you can come to Esisar as an exchange student, a graduating student or a master student.

Exchange

For students from our 70 partners (Universities and schools), we propose one or two semesters in Esisar. The students can choose all courses they are interested in, including the MISTRE Master.

Graduating student

Non french students can join the Esisar as a regular student and get the Esisar diploma at the end of their studies. They can interate the school in first year, or, for the engineering program in Year 3 or 4. In French a level B2 is required.

MISTRE master

Created in 2018, the Master in Integration, Security and TRust in Embedded systems (MISTRE) is the first international Master open in ESISAR. It focuses on the embedded systems involved in critical and secure distribuated systems: smart systems, connected objects etc. It is a Master 2 degree, including 300 hours of class and project works, and a 5 months internship. All courses are taught in English.

French courses system

- The **CM** (***cours magistral***) is a lecture course, with all the year's students (up to more than 100 students)
- The **TD** (***travaux dirigés***) is a tutorial class. In groups of around 30-35 students, you train on the implementation of the course
- The **TP** (***travaux pratiques***) is practical exercises in labs. In groups of maximum 18 students, you do hands-on training in laboratory rooms with equipments.

Education

MISTRE students can see the course organization online: esisar.grenoble-inp.fr/en/academics/master-program. For exchange students, you will have to fill a learning agreement.

Learning agreement

If you are not enrolled in the MISTRE Master, 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/en/academics/engineering-programs. 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.

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.

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 30 ECTS each semester.

French courses

Throughout the first year, 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" within the Esisar Languages laboratory.

Course objectives

Since 2001, France uses the Common European Framework of Reference for Languages (CEFRL), established by the Council of Europe. Within this framework, students should have a level of French of at least B1 before coming to France (level C2 being the top level). Objective of the FLE Courses: 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. At the end of the year, you will take the TCF exam (*test de connaissance du français*) to validate your results.

THE INTERNATIONAL OFFICE

Who are we?

The International Office helps the international students with their arrival procedures. They provide support for immigration procedures, to find an accomodation, open a french bank account, open gas or water contracts. They also bring help regarding the visa formalities and the procedures for health care or housing allowance.

International office team: Do not hesitate to contact us!

Mrs Darine KADDOUR: Head of International Relations - Room A200
04 75 75 94 78 – darine.kaddour@esisar.grenoble-inp.fr

Mrs Florence BOULAY: Manager of International Office - Room B013
04 75 72 99 51 - florence.boulay@esisar.grenoble-inp.fr

Mrs Emmanuelle BETON (PALKA): Administrator – Room B012
04 75 75 93 85- emmanuelle.beton@esisar.grenoble-inp.fr

International Office is open on Mondays, Tuesdays, Thursdays and Fridays
(9:00-12:15 and 13:00-17:00).
You can find us in rooms B012 and B013 (ground floor).

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.

Staff/students relationship:
Esisar is quite a small school, so it is easy to meet teachers or the staff. Do not hesitate: Esisar academic and administrative staff will help you! You can ask for assistance either concerning academic advices, or concerning admissions, administration, daily life or any questions you may have!

Our team is truly committed to help you achieve your goals, its closeness with students allows you many opportunities to receive individualized attention and feedback on your progress.

ISSO: International Students and Scholars Office:

ISSO is the support service of Grenoble Alpes University for International Students in Grenoble and Valence. Nicolas COURSODON is available to help and inform you in all Visa and residence permit procedures, and all practicle matters (accomodation, bank, health insurance, CAF, taxes etc.)
You can meet him at the following times and places:

ISSO Valence welcomes you:

Without appointment
Tuesday 9:00 am-12:30 pm/1:30pm-5:00pm
Friday 9:00 am-12:30 pm
▸ Site Briffaut
Département des Sciences Drôme-Ardèche
Building 1-1st floor to the left of the library – Room 103
38 Rue Barthélémy de Laffemas 26000 Valence

By appointment only
Monday 9:00 am-12:30 pm/1:30pm-5:00pm
Thursday 9:00 am-12:30 pm
▸ Maison de l'Etudiant Drôme-Ardèche
9 place Latour-Maubourg 26000 Valence

Contact: isso-valence@univ-grenoble-alpes.fr.
Do not forget to visit the ISSO Website, regularly updated: https://international.univ-grenoble-alpes.fr/en/

Events

The international Office also organises special events for international students, such as a welcome day, Christmas dinner, year-end picnic etc. Other activities are proposed, like the

international Student meeting in Lyon, or the "Jeune Ambassadeur" (young ambassador) program, a coaching program between students and local decision-makers.

Here are some of the significant events (among many others!) that take place at Esisar (please note that these are the approximate dates, when the events usually take place):

Event	What	When
Incoming Freshman Week	Your friendly integration with people of the school.	In early September
Welcome Day in Lyon	The Agera (Alliance of the Grandes Ecoles in the Rhône-Alpes and Auvergne Region) welcomes international students of its member schools in the city of Lyon	October
Science Fair	A yearly national French event to promote through animations, workshops, theater...	Mid-October
Companies Forum	Meet the companies to learn more about their activities and job sectors	Mid-October
CSAW (Cyber-security Awareness Week)	Worldwide Competition on Cybersecurity. European finals are in Esisar	November
Students' gala	Prestigious reception with students, graduated students and even some teachers	November
Ski Cup	Friendly winter sporting day	Mid-January
Esisar open day	Visitor's day to discover the School	February
Student's Challenge	Funny sporting day gathering students from universities and high schools	March
Esisar's Gala	Traditional prestigious reception of the School	May or June

STUDIES

Student Centre

The Student Centre (*Scolarité*) is a support office managing the students and teachers of the school. The team ensures the good execution of studies, assuring the administrative part of it. They also ensure to best conditions of work for both students and teachers.

Opening hours: Monday, Tuesday, Thursday and Friday: from 7:45 to 12:15 and from 12:45 to 17:00. On Wednesday: from 7:45 to 12:15.
The schooling office is located at the same place that the International office.

Registration

Documents requested for your registration

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

- the original and a copy of your passport or ID document;
- an ID photo, small size;
- an original birth certificate translated by a sworn translator in France or in your home country (you can adress the french embassy or consulate to get contacts);
- your last diploma.

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

On your arrival at Esisar, we will help you to register in our school, which will entitle you to obtain your French student card. Exchange students, do not pay registration fees in Esisar. Double-degree students have to pay a small amount for student life (CVEC: €92 in 2021). For MISTRE Master, national tuition fees are €3770 for the year. You can pay the fees by card (excluding Mastercard), bank transfer or eventually in cash (only for amounts < €300). There is a possibility of payment in installments.

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.
With your account you will also get a Wifi access with the network "eduroam".
This account will finally enable you to get access to the school intranet (intranet.esisar.grenoble-inp.fr/en), to your time schedule, to your grades, 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.

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 ok 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.

Student card

At the beginning of the year, you will get a student card, that could be used as mean of paiement for University canteens. Be careful: if you lose your card, you have to inform quickly the administration, in order to block your account, to prevent sombody to pay with your card.

To make a new card will cost you €15.50. The student card also allows you to have reduced prices in Museums or Cinema for instance.

This card will also allow you to print on the copymachine in Esisar (located in the hall, in front of the schooling and international office). You can also scan documents. The scanned documents will be directly send on your mailbox.

Regulation, examinations and course requirement

The school Regulations are available online (on the Intranet, Administration / Schooling office section, or here.
Attendance to all courses is **mandatory**. In case of absence, a justificative piece should be provided to the schooling office within 48 hours. You have also to inform and justify to your teacher and the responsible of the Year or of the Master.

In Esisar, the language of instruction is French, except for the MISTRE master courses, that are in English, and some 5th-year courses too. However, we understand that for most foreign students 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. For MISTRE students, the exams are in english, without extra time.

Calendar

You will find academic calendars at the following link:
http://esisar.grenoble-inp.fr/en/academics/academic-calendar
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 than the calendar year. It starts in September.

SEMESTERS	1st or Fall Semester. From the beginning of September to the third week of January.
	2nd or Spring Semester. From the end of January to the end of June.
EXAMS OR INTERNSHIP DEFENSE:	1st Semester: 1st, 2nd, 3rd and 5th year: during January. 4th year: end of December.
	2nd Semester: 1st, 2nd and 3rd year: End of May – beginning of June 4th year: Project defense: the last week of June/beginning of July. 5th 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

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

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

Official French Holidays:

Public holidays	Date	French name
All Saints day	November, 1st	Toussaint
End of First World War	November, 11th	Armistice 1918
Christmas	December, 25th	Noël
New Year	January, 1st	Nouvel An
Easter and the following Monday	date vary each year	Pâques *and* lundi de Pâques
Labor Day	May, 1st	Fête du travail
End of Second World War	May, 8th	Armistice 1945
Ascension Day	Always a Thursday, 40 days after Easter. The following Friday is always off in Esisar	Ascension
Pentecost	50 days after Easter. The following Monday is always off in Esisar.	Pentecôte
French national day	July, 14th	Fête nationale

Carreer and internship department

During your training in Esisar you will maybe have to do an internship. The Career and Internship department will be your contact: service-stages@esisar.grenoble-inp.fr.

Karine PHILIPPE-CHASSARD, head of Career and Internship department: karine.philippe-chassard@esisar.grenoble-inp.fr. Office: A 104.

Marine BOULANGER, administration department and internship department (signature of agreements): marine.boulanger@esisar.grenoble-inp.fr. Office: B011.

Find your way in the school!

AB Building (aka T1)

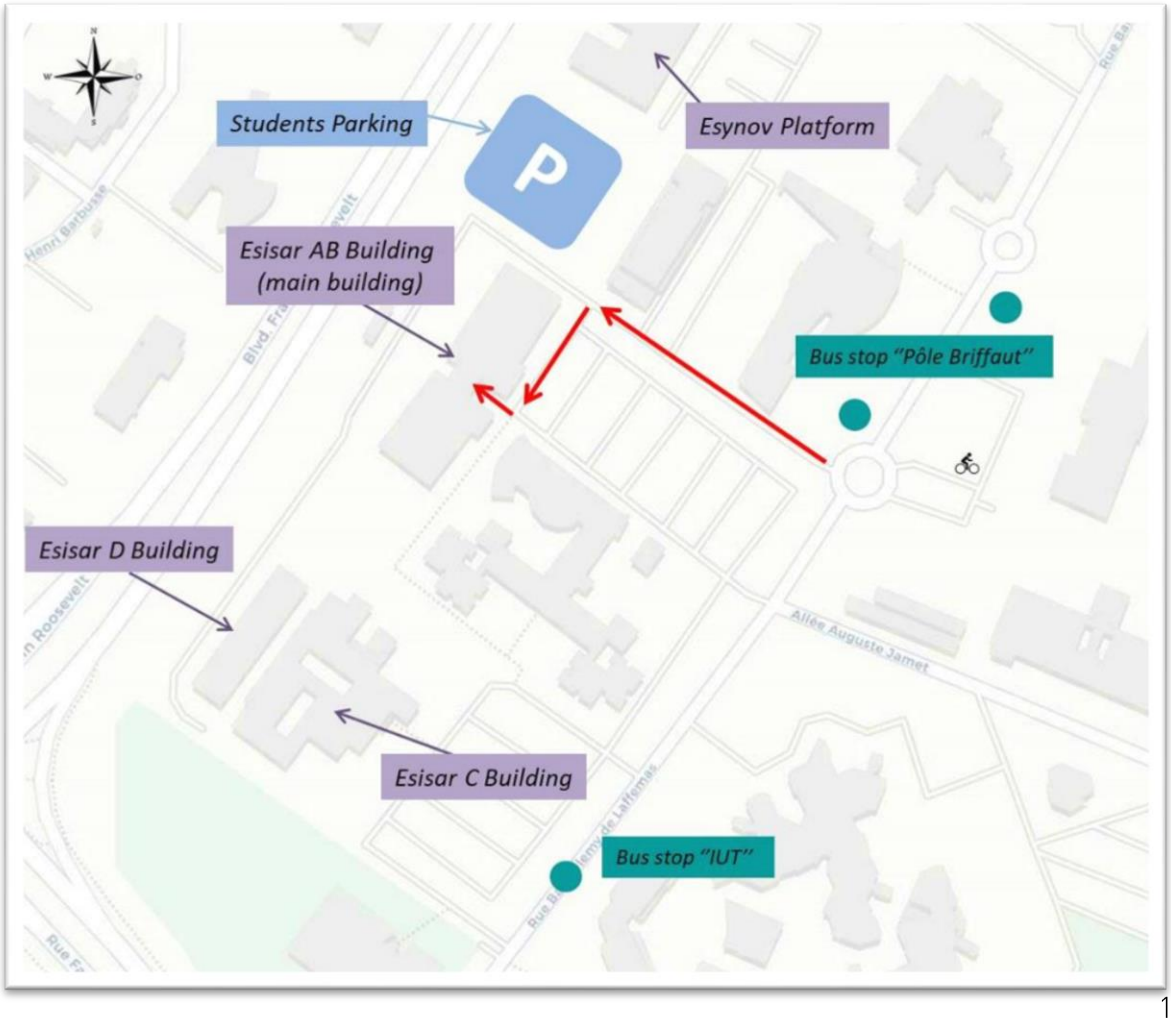
Houses the reception, an amphitheatre, most classrooms, language lab, Schooling and International offices, professors and laboratory offices.

C Building (aka T2 or even "South building")

Houses classrooms, TP rooms, industrial projects rooms and part of the Esynov platform.

D Building (aka T3)

Houses the direction and administration offices, an amphitheatre and TP rooms, as well as lab rooms.



TO PREPARE YOUR STAY IN FRANCE

Some useful links:

- Campusfrance : www.campusfrance.org
- Ministry of Foreign Affairs: www.diplomatie.gouv.fr/en/
- Ministry of National Education and Research, website for students: www.etudiant.gouv.fr
- Administrative procedures in France: www.service-public.fr [FR]
- International Office of Grenoble Alpes University: (Website of **ISSO, many useful information**): https://international.univ-grenoble-alpes.fr/en/

If you do not have a passport, you should ask for one as soon as possible, because the procedure could be long, depending of your home country. If you have one, be careful with the expiry date. Your pass must be valide for the whole duration of your stay in France.
Students from the European Union does not need a Visa, nor a passport. Only a valide identity document is needed to come to France.

Visa and residence permit

You are concerned with this issue if you come from a non-European country. When applying to our school for an exchange, or before applying for MISTRE Master, you must contact the French Embassy or consulate in your home country (www.diplomatie.gouv.fr) or the Center "Etudes en France", if you have one in your country. The countries concerned by the procedure "Etudes en France" are listed here https://www.campusfrance.org/en/procedure-studying-in-France

To obtain a Visa you should *a minima* have a justificative of your admission in Grenoble INP – Esisar, an attestation of sufficient financial ressources (minimum €615 per month), a valid passport for the duration of your stay.

CAUTION !! The delay to obtain a Visa is quite long! It is very long in some countries. Please begin the procedure as soon as you receive the formal proof of your admission in Esisar.

Most of exchange program students are getting a long-term visa used as residence permit, with a student (*étudiant*) label, allowing unlimited entries in France during the period of validity (ranging from 4 to 12 months). This visa used as a residence permit is called VLS-TS (*Visa Long Séjour Valant Titre de Séjour*). You will have to validate it (see below).
For the documents you must provide and formalities to complete, if you need help, please contact the International Office.
You could also get a VLS-T Visa : Temporary Long-stay Visa. This visa exempts you of any formalities, you do not need to go to the prefecture or the OFII. With this Visa you can benefit from the Social Security (Health Insurance) but not from the CAF Housing allowance.

GOOD TO KNOW!
A multiple-entry Visa allows you to **travel to Schengen countries** up to 90 days in the year!
Schengen countries are: Austria, Belgium, Czech Republic Denmark, Estonia, Finalnd, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden and Switzerland.

Registering in your home university (for exchange students)

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, before 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.

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) of your arrival date in Valence.

Also, we strongly encourage you to inform the student association IXESN (International Exchange Erasmus Student network: (http://www.valence.ixesn.fr/). Usually, 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, hospital ... everything that is worth knowing on your arrival to ensure you a good stay. They also set up a Buddy System in Valence. Mail: valence@ixesn.fr

You can also join the Facebook Group "Valence International" to get in touch with international students or PhD in Valence.

When you arrive at Esisar, do not forget to come and present you to the International Office staff, that you can find in rooms B012 and B013.

Incoming Freshman Week

Your stay in Valence could begin with a welcoming freshman week in September: parties, games and activities are lined up and waiting for you. You will be able to discover all students clubs during a party at school.
For any details, see Esisar's student union, called the "*Cercle*" in French: cercle.esisar@esisar.grenoble-inp.fr and stay tuned on the Facebook students group.

LIVE IN VALENCE

Studying abroad could be a challenging experience! You leave your family, friends and country to come to France, the cultural gap could need an adjustment time! You could feel a "cultural shock": realise that experiencing difficulties to cope with an new environment is normal! It is common to feel stressed, lost or disoriented. Keep an open mind, curiosity, tolerance, the sense of humour and do not fear to communicate with others: it will help your integration to your new environment! Do not forget to keep in touch with home and find a supplier of familiar food if possible! Join sport and cultural activities: do not isolate yourself.
Do not hesitate to come to the International Office to speak about your difficulties if you need it! And enjoy your stay to have good time and live an enriching experience!

VALENCE

What does Valence look like? Have a quick overview with this video made by Valence City few years ago: https://youtu.be/_6aI-k0ZiwQ!

Esisar school, in Valence, enjoys an exceptional location in the Auvergne-Rhône-Alpes region, at the gateway to the Mediterranean and the Alps. The Drôme is a tourist area with its pleasant weather, and rich in natural and historical heritage.

Do not be surprise: Valence is a small town! With 62 000 inhabitants (and 180 000 with the agglomeration) it is considered as a medium-sized town in France. Valence is the capital of the Drôme county.
Valence is ideally located in Auvergne-Rhône-Alpes (the second largest economic area after Paris) and in France: ca. 100 km away from Grenoble and Lyon, it is also only 2 hours away from Paris by train, one hour away from the Mediterranean sea, and one hour away from ski resorts in the Alps. It is an excellent spot for hiking, climbing and cycling.

The city is often said to be the "door to the South of France": *A Valence, le Midi commence !*

Higher education institutions in Valence count 6 900 students (*Université Grenoble Alpes* – UGA, *Institut d'administration des entreprises of Grenoble* – IAE, *Grenoble INP – Esisar* and other schools).

One of the largest student events in France is held in Valence: "The Challenge". In the spring, during a full weekend, 6000 students represent their school in a friendly competition, the occasion to meet people and to party. Esisar has won many times this fun competition.

ACCOMMODATION

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-room apartments or two-room 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 public university residences (CROUS) 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
LoKaviZ : www.lokaviz.fr.
FNAIM : www.fnaim2607.com.
The Visitor Center (*Office du Tourisme*): https://www.valence-romans-tourisme.com/fr/ .

Private student residences:
A list is available on the Internet portal: http://www.etudierendromeardeche.fr/fr/s-installer/logement/trouver-un-logement/trouver-un-logement-a-valence-26-et-alentours-303594.htm.

- Residence Faventines (https://www.3faventines.com/) : contact the school for this residence.
- Residence Le Valencey (http://www.gsa-residences.com/property/le-valencey-valence) : contact the school for this residence.
- Residences Cap'Etudes (www.cap-etudes.com): contact the school for this residence.
- Residences Studélites (www.studelites.com)
- Residence Ionesco : http://www.residence-ionesco.com/

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 and www.grandcercle.org/bons-plans;

- **AVE (*Association Valentinoise des Etudiants*):** provides housing ads on its website : www.ave-asso.fr, on Facebook, 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.

- **Solidarité Habitats :** Intergenerational cohabitation : accommodation in exchange for a presence, occasional help or limited financial participation. Ecosite du Val de Drôme – 26400 Eurre. Phone: 04 75 55 34 42 / 06 31 74 48 88. Website: http://solidaritehabitats.eu/

- **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.

Social Housing

- Valence Romans Habitat: Phone: 04 75 82 54 00. OPHLM: 3 rue Rossini – 26000 Valence.
- *Mutualité de l'Ardèche : Résidence Nouvelle Vague*: More than 120 furnished flats: www.residence-nouvellevague.fr.

Flat Sharing (in French: colocation)

To share a flat, you can have a look to ads available on 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.
Unfortunately, at the present time, we do not advise you to choose a CROUS accommodation, because of the deterioration of the flats. It will maybe change in the coming years.

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. Website: www.residence-rochecolombe.org.
Hotels: list available at the Visitor Center: 11 boulevard Bancel – 26000 Valence. https://www.valence-romans-tourisme.com/fr/. Phone: 04 75 44 90 40.

The garant

The "garant" is a person who personally guarantees through a signature to pay on behalf of the student tenant in the case of the latter's insolvency or defaulting on payments.
As an international student you usually do not have a french garant. Some residencies accept the "Visale" procedure (free). You must register online. Help with the procedure in English here. Others ask for Garantme (paying).

BANK ACCOUNT

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...). The following documents are required to open a bank account: ID card (passport, visa, residence permit...); proof of address (rental agreement or electricity bill...); student card or proof of enrollment in a university.
The ESN Valence association can help you in this process upon arrival and allows you to earn up to €30 for opening a banking account with its financial partner. Email: valence@ixesn.fr

After opening your account, you will obtain a **RIB**. The RIB (*relevé d'identité bancaire*) or IBAN is the document with the references of your account. You will need it to receive a salary or allowance by transfer payment, or to give direct debit authorizations (to pay your rent for instance).

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.

ADMINISTRATIVE PROCEDURES

Need Help ?

Procedures with the french administration are long and could be difficult. Do not hesitate to ask for help if you need it!

- **International Office** : For any situation needing specific help, please contact and inform the school staff (see p.11).
- **ISSO** – See p.12
- **CROUS** : Mrs Odile MERY, Social Worker (in case of financial difficulties). CROUS Grenoble Alpes, antenne de Valence : 6 rue Derodon - 26000 VALENCE 04 75 42 23 00 odile.mery@crous-grenoble.fr

Immigration

OFII

When you arrive with a VLS-TS visa, you must start OFII (French Office of Immigration and Integration) proceedings **within the first 3 months** after your date of entry in France. This step will allow you to validate the duration of your VLS-TS visa for one year. For two years, the OFII procedure has been considerably lightened. You do not have to go to Grenoble any more, you can validate your visa online.
Connect to: https://administration-etrangers-en-france.interieur.gouv.fr/particuliers

To validate your Visa, you will need the following documents:
- a valide mail address,
- your passport and your visa;

- a proof of residence in France (rent receipt, lease, utility bill, attestation of residence, etc.);
- a payment card to pay a dematerialised fiscal stamp for the amount of €50.

For any question concerning the OFII, you should address Nicolas Coursodon from ISSO.
You may be asked to do a chest x-ray in the context of global prevention against tuberculosis. In this case, you will have more information during the validation of your visa.

Extend your residence permit
If you need to renew your residence permit or VLS-TS visa (Long-Stay Visa) already validated by OFII, you should apply **minimum two months** before your residence permit or VLS-TS visa expires.

First, you have to fill in the appointment form on: https://international.univ-grenoble-alpes.fr/en/student/visa-and-residence-permits/validating-your-visa-applying-for-a-residence-permit-in-france/applying-for-a-residence-permit-for-international-students-and-researchers-in-valence-727276.htm. You will receive a list of the required documents for your application file.

Then **check your documents with ISSO** (International Students and Scholars Office): send all scanned documents (PDF files) to : isso-valence@univ-grenoble-alpes.fr. Once your application has been checked and completed, you will receive an email containing the date of your appointment at the Drôme Prefecture.

Submit your application at the Drôme Prefecture: go to your appointment with all requested documents and their photocopies (especially passport and residence permit if you have one). If the application is complete, you will receive the same day a temporary residence document called "*Récépissé*".

Once your residence permit is ready, you will receive a notification from the Drôme Prefecture to pick it up. You will need to pay for it with fiscal stamps. You can buy them at the post office and at all Tobacco shops (*bureau de tabac*). The fee will be communicated to you during the first appointment at the prefecture, it depends on the nature of your residence permit and on its duration.

For any questions concerning the resident permit, ISSO can help you: isso-valence@univ-grenoble-alpes.fr

Insurances

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 insurance agencies can provide you one for around €16 (this sum is already included in the price of the "complementary health cover"). The Bank can also provide one in the same package as the home insurance, ask your counselor when you open your account.

Home insurance: (multi-risk accommodation insurance, in French: *assurance habitation*). It is a mandatory insurance covering possible damage risk (water damage, fire, etc.) occurring in the accommodation or adjacent accommodations. This is obligatory for all types of accommodation. It is possible to take out such an insurance policy with an insurance company, with a bank or with the student mutual organizations. The cost is around €40/ year (with liability).

HEALTHCARE

Health Insurance

In France, Health Insurance is mandatory. Whatever your nationality is, you are entitled to register to the Social Security Coverage (French general regime *Sécurité sociale*, commonly named *"Sécu"*).

For your administrative registration, you must register to 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.

For all other students: you must register to the French Social Security.
At your arrival, you will do it online: www.etudiant-etranger.ameli.fr. It is free. With all the supporting documents, you should obtain a "provisory social security number" that allow you to be reimbursed of your health expenditures. Keep the certificate safe! It will be required if you have to go to hospital or to a practicienner.
Once you are affiliated to the Social Security system, the ***Carte Vitale*** with you definitive social security number is issued. It can take some months. 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). The patient will generally receive reimbursement for treatment or medicines directly into their bank account within few days.
NB: the French Social Security will cover around 70% of your medical fees and no medical evacuation. This means we advise you to take a complementary insurance (different fixed rates are proposed) or take out an insurance in your country of origin to complement your reimbursements. You will find more information below.

In some specific cases it is possible to benefit from the social coverage CMU (*Couverture Maladie Universelle*). Please, contact the Health Center of Valence, or ISSO for information.

CPAM (Caisse primaire d'assurance maladie)

6 Avenue du Président Herriot, 26000 Valence
Open from Monday to Friday, from 8:30 to 12:15 and from 13:30 to 17:00
Tel : 36 46

Complementary health insurance :

National Health Insurance (*Sécurité Sociale*) only covers part of your medical costs and the reimbursement rate varies depending on the type of treatment and its seriousness. For the part that is not covered, we **strongly recommend** that you take an additional insurance, known as *complementary* (complémentaire) or *mutual* (mutuelle) insurance. For instance, in case of hospitalisation, the National Health insurance will cover 80% of the -very high- costs, the mutual will reimburse the remaining 20% (minimum €230 remaining for one day of hospitalisation). Compare the contracts according to your specific needs (optical or dental care).

There are two *mutuelles* for students. Do not hesitate to contact them to find the most apporpriate package for you.

SMERRA (*La Mutuelle des étudiants de la Région Rhône Alpes Auvergne*) – Esisar international students recommendation.
34, avenue du président Herriot
26 000 Valence
Tél. : 04 75 56 48 76
Site : https://smerra.fr/ (*complémentaires santé* section).

LMDE (La Mutuelle des Etudiant)
23 rue Bouffier
26 000 Valence
Tél. : 09 69 36 96 01
Site : https://www.lmde.fr/

If 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. You can address the Centre Santé Jeunes (see below) or find a doctor on the ameli directory: http://annuairesante.ameli.fr/. You can also find an appointment online on www.doctolib.fr (you can select the language spoken in the results list).
It costs around €25 to visit a GP. This amount will be partly reimbursed afterwards by Social Security or by your insurance provider. The social security will reimburse €16.50. The complementary insurance if you have one, will reimburse €7.50 and you will pay €1 (€8.5 if you have no complementary insurance). 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 the Samu (Medical Emergencies - dial 15) or the Police (dial 17) to get details of the doctor on duty. You could also call the "maison médicale de garde", located next to the hospital, it is open on nights, Saturday afternoons and Sundays. Tel: 04 75 75 75 75.

To purchase medicine, you have to go in a pharmacy (recognizable by the large green cross). A large part of medicine requires a doctor's prescription to be obtained and reimbursed by your insurance. Certain common medecines (such as anti-inflammatory or analgesic medication) are on free sale but without prescription and therefore not reimbursed by Health Insurance. Pharmacies are open from Monday to Saturday, generally from 9 a.m. to 7 p.m. Outside these times (nights and weekends), there are 'on-call' or 'duty' pharmacies which stay open: the details of these out-of-regular-hours pharmacies are posted on the door of all pharmacies.
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 (Commissariat of Valence: 04 75 82 22 22 – 21 rue Farnerie). But before going to the pharmacy on duty, you have to go to the police station with your ID document. The police will then inform the pharmacy on duty of your arrival.

IN CASE OF EMERGENCY:

☎ the Police: **17**
☎ the Fire Brigade: **18**
☎ the SAMU (Medical Emergengy service): **15**
☎ European emergecy number from mobil phones: **112.**

The **emergency services** are in the hospital: CHU de Valence: 179 boulevard du Maréchal Juin, 26 000 Valence. Tel: 04 75 75 75 75

Youth Health Center

Located in the Maison de l'étudiant Drôme Ardèche, the Youth Health Center (*Centre Santé Jeunes*) is a medical service for students and young people between 16 and 25. There is a team of general practitionnels, nurses, psychologist, dietetician, relaxologist, sophrologist, as well as a specialist in addictology and the CROUS social worker at your service. The services proposed also concern sports medicine and gynecological consultations.

For all medical consultations, the vital card and the certificate of mutual insurance are necessary. No advance fee will be requested.

Centre Santé Jeunes (free and confidential): 13/15 place Latour Maubourg – 26000 Valence. Tél. 04 75 56 62 11. Email: espace.sante.jeunes@mairie-valence.fr. Opening hours: Monday: 13:30-17:30; Tuesday and Wednesday: 8:30-12:30 and 13:30-17:00; Thursday: 8:30-17:00, and Friday: 8:30-16:00.
More information on: http://www.etudierendromeardeche.fr/fr/vie-etudiante/sante/centre-de-sante-jeunes-de-valence/

Hospital

CHU de Valence: 179 boulevard du Maréchal Juin, 26 000 Valence. Tel: 04 75 75 75 75

CAF

Financial aids for housing

Whether 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, scroll to section: "Les services en ligne"→ "Faire une demande de prestation"→ "Vous n'êtes pas allocataire" → "le logement" → "aide au logement".
For any advice on housing aid formalities, don't hesitate to ask the School's International Office. Note that the first payments will come after 1 or 2 months.

CAF: Caisse d'allocations familiales

10 rue Marcel Barbu – 26023 Valence Cedex 9.
Phone: 08 10 25 26 10 (same cost as a local call from a landline).

Opening hours: Monday to Thursday: from 8:30 am to 4:30 pm.
On Fridays: from 10:30 am to 4:30 pm.

Website: www.caf.fr

ENERGY

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. In most cases, you have nothing to do (the residence manage the contract). If you need to get connected, contact the water supplier upon arrival. Most of the time, 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@eaudevalence.fr.

Electricity and Gas

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 can 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.

Electricy and gas suppliers:

EDF: 24 avenue de la Marne – 26000 Valence. Phone: 08 10 47 69 34. Website: https://particulier.edf.fr/fr/accueil.html. (English version available).

ENGIE: Website: https://particuliers.engie.fr/. (English version available)

EDF and ENGIE were the historical state-owned energy suppliers. 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 electricity suppliers in the region: http://calculettes.energie-info.fr/pratique/liste-des-fournisseurs.

FOOD

French cuisine is known for its refinement and sophistication. Each region has its own culinary specialties which are part of the French cultural heritage. Meal time is sacred, you eat in good company with lively conversation : it is the French way of life!

In the Rhone-Alpes region, you can try a great variety of dishes : gratin dauphinois (a special easy-to-make potato dish), diots (sausages from Savoie) or quenelles (fluffy dumplings from Lyon).
Valence is well-known as a gastronomic capital! The Drôme is the first French département in organic farming, and has many vegetable gardens and orchards. Local specialities are the *ravioles* (a local form of ravioli pasta with cheese filling), wines (grown up along the Rhone river), cheeses (*Picodon* or *Saint Marcellin* for instance), brioche (*Suisse*, *Saint Genix, Pogne*) Valrhona chocolate, Montelimar *Nougat* etc. Many renewed Chefs are coming from Valence and surrounding area. Take the opportunity to taste all these French specialities!

French people generally eat three times a day : breakfast, lunch between noon and 2pm, and diner around 7 or 8pm.

GOOD TO KNOW !

More and more food is the produce of 'biological' agriculture, often called **organic food** in English, and known in French as "bio".
This food have been produced without using pesticides or chemical fertilizers. The Drôme is the first french *département* for organic cultures. Such products are generally more expensive than other. You can buy it in supermarkets or direct from the producers in open-air markets.

University Restaurants (see on the map p.4)

University canteens, aka "RU" ("*Restaurant Universitaire*") are managed by the CROUS. Cafeterias and canteens are situated nearby your school and the main student life's places.

Briff0':
Restaurant and cafeteria: pasta, French fries or vegetables, pizzas, salads, desserts. This University canteen is the closest from Esisar: 32 rue Barthélémy de Laffemas.
Opening hours: Monday to Friday from 11:30 am to 1:30 pm. Payment: Credit card or Izly Card (see below).

Le Point du RU:
Cafeteria : sandwiches, salads, pasta, pizzas. Site universitaire Rabelais, Université Joseph Fourier, 23 chemin des huguenots. To get there: Bus line 8, bus stop "Rabelais". Opening hours: Monday to Friday from 11:30 am to 1:30 pm. Payment: Izly card.

Le RU Derodon:
University canteen with a self-service menu: starter, meat with vegetables and/or starchy food, cheese or dessert. 6 Rue Derodon. To get there: bus lines Cité 2, 13, 20 and 23, bus stop "Camille Vernet". Opening hours: Monday to Friday from 11:30 am to 1:30 pm. Payment: Credit Card or Izly Card.

La brasserie Latour-Maubourg :
Maison de l'étudiant Drôme-Ardèche. Place Latour-Maubourg. To get there: bus lines Cité 1, 14, 15, bus stop "Latour Maubourg". Opening hours: 7:45 am to 2 pm. Payment: Credit Card, cash or Izly card.

How much? Cost of the lunch:
Minimum €3.30 in each of the 4 above mentioned restaurants, if you choose a 6 points lunch. The main dish costs 4 to 6 points, a starter or a desert 1 to 3 points. After 6 points, each extra point costs €0.55.

How to pay?
Depending on the restaurant, you can pay either in card, 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 student 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 student card. More information (in French): http://www.izly.fr/. You will receive a mail for the activation of your Izly account at the beginning of the year.

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.

Food in France

To buy food in France you can to to **supermarkets** (*grandes surfaces*), mainly peripheral to the cities. In Valence you have malls in Bourg-les-Valence (bus Cité 5), Plateau des Couleurs (bus 14 or 15) and Guilherand-Granges (bus Cité 4). There is also an *Intermarché* supermarket next to Esisar. A discount supermarket (Lidl) is located near to the city Center (bus stop "Basses Crozettes"). In the city you will find small shops like *Franprix, Carrefour City* or *Casino* (a bit more expensive than supermarkets). Most of the grocery stores are closed on Sundays.
Note that in France, tap water is drinkable.

In Valence you can also buy food in **open-air Markets**: typical from the south of France, you will find there mostly high-quality fresh produce from local productors: fruits and vegetables, cheese, meat and other artisanals products. Prices could be higher than in supermarkets (for meat for example, but the quality is better too!) or sometimes lower (for season's vegetables).

Market of local producers: on Tuesdays, place Saint Jean, under the hall: 4 pm to 7 pm between November and March, 5 pm to 8 pm between April and October.
Other food markets: 7:30 am to 12:30 :
Monday: place Danton,
Tuesday: place de l'Europe,
Wednesday: place de la Paix,
Thursday: place des Clercs,
Friday: place Faventines
The biggest one on Saturdays: place des Clercs, place de l'Université and place des Ormeaux (city center).

Your First Shopping List

ENGLISH	FRENCH	ENGLISH	FRENCH
Butcher shop	Boucherie	Pasta	Pâtes
Bakery	Boulangerie	Cans	Conserves
Cheese store	Fromagerie	Potates	Pommes de terre
Fish shop	Poissonnerie	Coffee	Café
Fruits	Fruits	Tea	Thé
Vegetables	Légumes	Ham	Jambon
Fish	Poisson	Milk	Lait
Meat	Viande	Ice Cream	Glace
Pork	Porc	Price	Prix
Beverages	Boissons	Sales	Soldes
Bread	Pain	Eggs	Oeufs

Download the Campus Univ. Genoble Alpes app to get information about health care, events, course locations, canteens, transportation, library, etc.

GET IT ON Google Play Download on the App Store

TRANSPORT

How to go to Valence ?

BY PLANE

From Paris

Orly or Roissy Airport
Take the Paris / Marseille TGV line
2 hours
Get off at Valence train station

From Lyon

Lyon St Exupery Airport
Take the TGV line to Valence from the train station located in the airport
30 minutes

From Marseille

Marseille Provence Airport
Take the shuttle to the Aix-en-Provence train station
Take the TGV line to Valence
50 minutes

BY TRAIN + BUS

2 train stations : **Valence Ville** (City center) / **Valence TGV** (10 minutes from downtown) - www.citea.info

Reach the Bus stop « Pole Bus»
6 min walk from the train station
Then, 2 solutions :

Reach the Bus IC InterCitéa
towards Valence Gare routière
Bus stop «Pole Bus» - 20 minutes
Then, 2 solutions :

1. Take the Bus 20
towards Montelier Centre
Bus stop «Valence Pole Briffaut»
14 minutes

2. Take the Bus Cité 2
towards Valence Pole Briffaut
Bus stop «Valence Pole Briffaut»
12 minutes

CAUTION ! There are two different train stations in Valence :

- **Valence Ville**, in the City Center is near the bus lines that reach Esisar;
- **Valence TGV** is located outside the city and welcomes the majority of mainlines trains.

To reach the City Center from Valence TGV, take a regional train (TER) to Valence Ville (9 minutes – €2.80) or the Intercitea bus line (20 minutes – €1.40).
Note that the TER or bus can be rare on weekends and evening.

Public Transportation

Bus

Bus maps and bus times leaflets are available in all Citéa agencies and city halls of the department, and the website: www.citea.info. Citéa agency in Valence: 11 bis boulevard d'Alsace – 26000 Valence. Bus stop: Pôle Bus.Tel: 04 75 60 06 26. 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.

You can pay your travel on bord: you will have to pay €1.40 (cash) to the driver or send "CITEA" to 93200 by SMS (only for French numbers). If you need to take regularily the bus, you should buy an transport card: for young people to 26 years old, it costs only €100 for the year (€200 over 26 years old). You can buy this card in the Citea agency, bring an identity photo, your identity document and a proof of address in Valence (rent receipt or electricity bill for instance).

To come to Esisar with the Bus
Bus Stop "Pôle Briffaut"

From the city Center, you can take the bus lines: Cité 2 (more direct), Cité 5, Cité 1, or 20. You can take it at the bus stop "pôle bus", avenue Félix Faure.
Look at the network map to find the bus stop closer to your home
Interactive bus map

GOOD TO KNOW!
Most buses **do not circulate after 8 pm!**

Bicycle
You can rent a bike to cycle around the city. Once a subscription is purchased, you can hire and return a "Libélo" bike at any of the 27 stations available across Valence and its surroundings. It is available 24 hours a day and seven days a week. The subscription is gratis if you have the Citea bus card, you only pay after 30 minutes of rent. Visit the website to explore stations, pricing and how bike-sharing in Valence works:
http://www.citea.info/presentation/?rub_code=92
The association "*Roulons en Ville à Vélo*" (*Let's cycle in town*) also sells second-hand bicycles available at discount rate: www.revv-valence.org.

Travelling from Valence

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 on the famous 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 2 hours and 15 minutes from Paris. If you travel quite often, you could be interested in the discount SNCF card "18-27", that allows you to travel at a reduced price on the French train network: 25 % to 50% off, depends of the periode, during one year. It costs €50.
To book your train tickets, find information on train departures and arrival times and get real-time updates on train status across the network: https://www.oui.sncf/

COMMUNICATIONS

Telephone

To get a french phone number should be one of your first step in Valence, as you will need it for other procedures.
There are four main mobile phone networks in France: SFR, Bouygues Télécom, Orange and Free. But numerous operators are now on the mobile phone market with good deals and a wide choice of different services such as Virgin (www.virginmobile.fr), Sosh (www.sosh.fr)...
Contracts vary in price, duration and services offered. International calls are often at extra charge. It is worth comparing the offers (here for instance: https://www.meilleurmobile.com/forfaits/liste-tarifs.do)! Take heed to the duration of your telephone rental contract!

Esisar's international students recommend Free (from 9€/month) or Red by SFR (low-cost offre from SFR). You should find a package between 9 and 20 € /month!

Do not forget Skype or WhatsApp 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).
You can also buy phonecards for long distance calls in specialised phone shops at very low rates.

GOOD TO KNOW!
The French phonebook's website. Useful to find professionals' telephone numbers : http://www.pagesjaunes.fr

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). Also think to connection sharing with your mobile phone if you have unlimited internet data.
Some public places also have free WiFi, like libraries, cafés or fast food restaurants. There is also a Wifi hotsports network in the city center: http://map.cigale-hotspot.fr/.

Poste 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 packages 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.

Post offices also offer other services: selling of stamps and telephone cards, sending parcels, making money transfers, mobile telephones recharging; you can also open a bank account and use La Poste for normal banking operations.
Cost of sending a letter of up to 20 grams: €1.08 (France) and €1.50 (International).

BUDGET

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 May 2021).

The currency in France is the Euro (€) the single currency used in many european countries. Currency exchange offices are open in big airports and in Valence (in Banks). You can also withdraw euros from any cash dispensing machine.

Means of payment:

- **Credit Card**: very commonly used in France (Mastercrad, Visa or American Express).
- **Cash**: there are €500, €200, €100, €50, €20, €10 and €5 banknotes, and €2, €1, 50 cts, 20 cts, 10 cts, 5, cts, 2cts and 1ct coins.
- A **cheque book** (*Chéquier*): less and less used but you can need it for deposit for instance.

Emergency numbers if your credit card is lost or stolen (to cancel it): for Visa or Mastercard: 0 892 705 705; American Express: +33 (0)1 47 77 72 00.

Expenses on arrival

Registration fees: no registration fees for exchange students, €2770 for preparatory cycle students (€601 for Europeans); €3770 for regular Engineering or Master students ((€601 for Europeans engineering students; €243 for European Master students).
CVEC (Contribution to Student and Campus Life) €92 for regular, MISTRE and double degree students (should not be paid by simple exchange students).
The OFII fiscal stamp to regularize your stay in France: €50 for students.

Complementary health insurance: from €66 to more than €415/year, 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 Healthcare section above for more explanations on the Social Security and Complementary health cover system).

Liability insurance + Home Insurance: between €40 and €60 a year

Housing guarantee deposit: this is money that you have to give to your landlord. This money has to be given on you arrival in your apartment/room. It is usually the price of one month rent: from €350 to €500. This money is reimbursed to you when you leave. If damage is noticed and recorded at the time of the inventory inspection upon departure of the tenant, the

costs are invoiced to the departing tenant and the sum is deductible from the guarantee deposit. You will have to pay the first month rent when you arrive as well.

Sometimes you can have costs for opening of gas, water or electricity contracts or agency fees.

Ordinary monthly expenses: an overview

- **Housing rents:** in France, you pay a rent and utilities (electricity and water bill, for instance). Indicative rents:
  - In a private residence: from €350 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*) lunch: €3.30. Go to the "Where to have lunch" section for more information. → around €65 / month for lunchs.
  For other food expenses (dinner, breakfast and week-end meals) €100 to €150.

- **Transport expenses:**
  Bus ticket: €1.40
  Bus Monthly subscription: €20 (€10 if you are less than 26 years old).
  Bus Annual subscription: €200 (€100 if you are less than 26 years old).

- **Care and hygiene expenses:** approximately €25 per month.

- **Internet and telephone expenses**: from €10 to €60 each month.

- **Other expenses:** Leisure or clothes expenses: around €40

Some common expenses
Soft drink: €3.50
Beer: €2.80
Coffee: €1.50
Meal at a restaurant: €10-€15
Meal at a university restaurant: €3.30
A baguette : €1
Cinema ticket for students : €9.5

Funding your studies

Part-time jobs and trainings

You can find job propositions which are regularly updated at the following links:
CROUS: www.crous-grenoble.fr
CRIJ: https://www.info-jeunes.fr/
Mission Locale (for students under 25 years old) : https://www.missionlocalevalence.com/
Other job-offer sites: www.jobetudiant.net, www.crijrhonealpes.fr, www.jobdete.com or simply www.emploi.org.

Also think of giving support classes in your language. You can also consult ads in free papers and in shops.
Special Warning for MISTRE Students: We advise you against working besides your studies. You will have much work during the class months and not really extra time!

A foreign student with Student Visa may exercise a part time professional activity while studying. He can work up to 964 hours per year, or 60% of the statutory annual working hours in France.

Warning !
A foreign student can not work more than **964 hours a year**. His temporary residence permit may be withdrawn by the prefecture if it exceeds this maximum!
Be careful when choosing your student job! Some offers, like 'bar hostess', can hide an incentive to illegal practices.

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 525 €/month.
For more details: CRIJ, CROUS, AFIJ, Pôle Emploi.

Tips to save money
If you need to buy furniture, appliances, clothes, crockery, decoration, a bike or even clothes, think to the second-hand shops! Flea markets and garage sales are markets where individuals can sell all kinds of used objects. You will have to search and haggle to get a good deal. To know places and dates of such markets: www.vide-greniers.org

There are also some charities collecting old things to sell it at low cost like **Emmaüs** associations or the "ressourceries".

Some sites to find second-hand products:
Donnons.org : donation and recycling website. Do not forget to include the locality in your research as most donations must be collected directly by the donor.
Le Bon coin : website where you can consult classifieds of individuals and professionals throughout France, whether you are looking for real estate rentals, job offers, furniture, electronic equipment or any other type of used products. You can also post ads for free.

SPORT

The University Sports Center ("*Service des sports universitaire*" – SIUAPS):

Join in the SIUAPS and choose among more than 20 sports and artistic 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 or it can be not evaluated, just for your own pleasure (Membership fees of €34 for the "sports card" or gratis if you paid the CVEC fee + a subscription per activity (€5 or €10 /semester). Registration during the first two weeks of September online or in the first course of the activity you choose.
All information on costs and activities and registration on: www.etudierendromeardeche.fr/fr/vie-etudiante/sport/siuaps/. You can also inquire the SIUAPS, Route de Malissard - 26000 VALENCE. Email: 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^2 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://vuc.escalade.free.fr/ or on Facebook: V.U.C Montagne & Escalade.

Sports associations:

There are many sports associations in Valence. Here is a weblink to find the one which will fit you: http://www.valence.fr/fr/vivre-a-valence/associations.html (select "Sport" in "domaine d'activité" section).

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.
Special fares for students: single ticket: €1.50; Subscription for 10 entrances: €13.00.
Centre Aqualudique de l'Epervière: sports and leisure facility located on the banks of the Rhône, Indoor and outdoor pools, balneo area etc. Different prices, see website.
Information on opening hours are available (in French) here: https://www.valenceromansagglo.fr/fr/au-quotidien/equipements-sportifs/piscines.html

Ice-skating:

Enjoy the 1800 m^2 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: Allée Mias – 26000 Valence. Phone: 04 75 80 27 27.
Web :https://www.valenceromansagglo.fr/fr/au-quotidien/equipements-sportifs/patinoire.html

LIBRARY

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 "reader card " and borrow books regularly from any of the university libraries. Electronic resources are also available on computer workstations.
You can also access the online university library at https://bibliotheques.univ-grenoble-alpes.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 70. Free registration. The Médiathèque allows you to borrow up to ten books for a period of 28 days depending on the books.
Opening hours: Tuesday and Friday: from 1 pm to 7 pm; Wednesday: from 10 am to 7 pm; Saturday: from 10 am to 5 pm. : http://mediatheques.valenceromansagglo.fr/mpu

Grenoble Alpes University-Grenoble INP Esisar – Bibliothèque Sciences et Technologies (Sciences and Technologies Library) : 38 rue Barthélémy de Laffemas 26000 Valence. Phone: 04 56 52 11 07. You can borrow 6 books for 3 weeks.
Opening hours: Monday to Thursday: from 8:30 am to 12:30 pm / 13:30 pm to 17:30 pm; Friday: 9 am to 12.

ENJOY YOUR STAY

LEISURE

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. Pathé Cinema: 53 avenue de Romans – 26000 Valence. Ticket price online for students: €9,50. Cinépass (unlimited) under 26: €16.90/ month.

Le Navire: independent cinema and art house. Film listings and movie times available at www.lenavire.fr/valence or at the cinema 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: €6,5. Worth-knowing: Lux offers movie screening but also musical shows and exhibitions related to contemporary visual arts: enjoy! More information: www.lux-valence.com. 36 boulevard du général de Gaulle – 26000 Valence. Phone: 04 75 82 44 15.

GOOD TO KNOW!

In March, during 3 days, there is the ***Printemps du Cinéma*** event: pay only €4 for one movie!

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.
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. Email: info@mistralpalace.com.

Special events

European Heritage days: These are open days in monuments and beautiful buildings everywhere in Europe. They usually take place during the 3rd weekend of September. This is the occasion for you to discover Valence and its historical places, and to visits some place ususally closed to the public.
Fête de la gastronomie : takes place on the last Week end of September. A good occasion to discover French cuisine: https://www.valenceengastronomiefestival.fr/
Féeries d'hiver : Christmas village and great parade and firework https://www.village-noel-valence.com/
Fête de la science in October: http://www.fetedelascience-aura.com/drome/
Music Festival (*Fête de la musique*) : On June, 21st, enjoy free concerts in all public places, streets, gardens, squares, etc. It is a musical start to summer everywhere in France and in Valence.

TOURISM

Climate

The Climate in Valence is marked by the transition between the Mediterranean climate zone and the northern and eastern cold climate.
Summers are very hot and dry, winters are cold and often snowy (more outside of the city).
There is much wind in Valence: the *Mistral* is the violent north wind blowing through the Rhône Valley. In Winter it can much lowers the temperature felt. It also favours a very sunny weather in Valence.

Average: 25°C in July	Maximum: 39°C	Average: 4°C in January	Minimum: -6°C

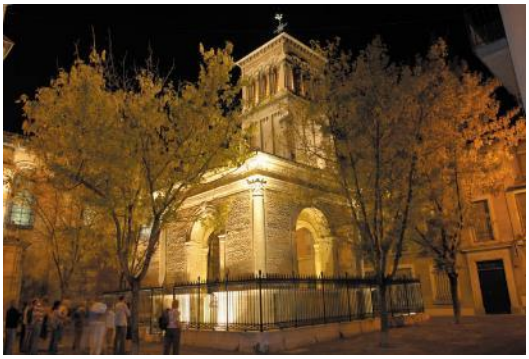
Note that **daylight savings time** starts on the last Sunday in March (clocks are set forward one hour) and ends on the last Sunday in October (clocks are set back one hour).

Visit Valence

Office du Tourisme/Visitor center:

11 boulevard Bancel – 26000 Valence.
www.valencetourisme.com. 04 75 44 90 40.

Parks : Discover the Parc Jouvet in the city Center or in the Parc des Trinitaires. Walking along the Rhône on the ViaRhôna (a 500 km-long bicycle path along the Rhône river), you will arrive to the Epervière harbour.
There are also more than 17 km of canals in Valence! Find a map online or at the Visitors Center and walk along these protected natural areas.



Saint Apollinaire Cathedral: The romanesque-style Cathedral is one of the oldest monuments in Valence (consecrated in 1095). Heavily destroyed during religious wars, it was rebuilt during the 17th century. Near the cathedral you will see the Pendentif: a beautful monument built in the 16th century in the coister of the cathedral.

The Art and Archeology Museum
Come to the old bishop's palace which is home to the Museum and admire hundreds of works, including paintings, drawings, sculptures, decorative arts, from the 15th to the 20th 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. Opening hours: Wednesday to Sunday: from 10 am to 12 am and from 2 pm to 6 pm. Open at night the 3rd Tuesday of each month until 9 pm. Free entrance for students.

In **Valence City Centre**, you can admire some old buildings like the House of Heads or the Moorish House.
Some visits of the old Valence are organized by the association "Pays d'art et d'histoire" (Maison des têtes, 57 grande Rue – 26 000 Valence. 04 75 79 20 86. https://www.valenceromansagglo.fr/fr/culture-sorties/pays-d-art-et-d-histoire.html?search-keywords=art+et+histoire

The Armenian Heritage Centre, devoted to the history of the Armenian civilization, particuliarly focused on the arrival of many Armenian people in Valence after the genocide in 1915. Larger than the Armenian history, it presents exhibitions on exile, genocides, diasporas and cultural diversity.

Do not miss the ruined **Castel of Crussol** in Saint-Peray (Ardèche, you can reach his foot by bus and then walk up by foot : around 45 minutes and a beautiful panorama over Valence, the Vercors and Ardèche).

The département de la Drôme

The Drôme departement extends from the Rhône Valley to the Vercors Massif to the East. Economic activity is concentrated around agriculture (fruits and vegetables, vine, aromatic and medicinal plants, farming...), industry (agri-food, sustainable development, aeronautics), handicraft and tourism.

From a touristic point of view, the Drome has much to offer from the natural treasures of the Vercors Regional Natural Park to the Provencal Drome region in the South with lavender, olive trees and perched villages.

The Vercors is a landscape of low mountains, forming the western limit of the Alps. You will find there beautiful natural landscapes with deep gorges, forested hills and ridges of cliffs. It was also a major centre for Resistance against the occupation dureing the 2nd World War. You can visit a Memorial to the Resistance in Vassieux-en-Vercors.

Some attractions and curiosities in Drôme:

- Palais Ideal du Facteur Cheval at Hauterives ("palais" built by the village postman during 30 years)
- The shoe museum in Romans sur Isère. Discover also the old city and the Collegiate church. If you prefere shopping, you must know that there is an outlet mall in Romans called Marques Avenue.
- In Tain l'Hermitage you can visit vineyards and taste the local production. You will find there too the Valrhôna City of Chocolate, maybe the best French chocolate.
- Beautiful cities and villages like Mirmande (one of the "most beautiful villages in France), Crest (medieval donjon said to be the highest in France), Montélimar, la Garde-Adhemar, Le Poet-Laval, Nyons etc.
- Castels of Grignan (see photo p. 41) and Suze-la-Rousse
- Etc! Do not forget the neighbour department of Ardèche which also has amazing natural sites to offer!

Visit France :

If you can, take advantage of your stay in France to visit other regions! Lyon, of course, only 1 hour away by train, is a beautiful city with the old town from the late medieval age, the basilica of Fourvière, the numerous museums and restaurants ("bouchons") or the new disctrict of Confluence. Other important cities southerly worth the trip: the sunny cities of Marseille, Avignon, Aix en Provence, Montpellier... Turn East and discover the beautiful Annecy and the ski resorts of the Alps: Font d'Urle and Villard-de-Lans are the nearest from Valence.

If you take the TGV you can go to Paris or other big cities in France. You can also travel to Swiss or Italy that are our closest neighbours!

STUDENTS ASSOCIATIONS

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 Facebook groupe and the website: www.esisariens.org. Email: cercle.esisar@gmail.com.

School Clubs

Here is a short list of the different school clubs, you can check them and get more information from the Cercle!

- Sport Nature Association
- Robotics Club
- Computing Club
- Musisar: for musical activities
- Rock Club for dancers
- Esifoot: Football Club.
- EsiFly: Aeronautics Club.
- Esiastronomie
- Kr[HACK]en: Cybersecurity Club.
- Esiwin: parlour and role games
- Esiglisse: ski Club

International Student Association of Valence:

Helps you upon arrival with the help of a Drôme-Ardèche Student as "buddy": 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.
ESN Valence: Maison de l'étudiant Drôme-Ardèche, 9 place Latour-Maubourg - 26000 Valence. Email: valence@ixesn.fr. Have a look also at the ESN Valence Facebook page.

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 – 7 place Latour-Maubourg – 26000 Valence. Phone: 04 26 44 35 06. Website: www.ave-asso.fr. Email: contact@ave-asso.fr.

Maison de l'étudiant Drôme-Ardèche

Managed by the Drôme-Ardèche Universitary Developpment Agency (ADUDA), the Maison de l'étudiant gathers in one site 9 services and associations dedicated to students :

- ADUDA. Website: www.etudierendromeardeche.fr
- Information and orientation in higher education (CIO'SUP)

- Centre Santé Jeune (cf. p. 27)
- Brasserie Latour-Maubourg: CROUS Restaurant with breakfast ab 7:45, lunch until 14:00. Free WIFI.
- AVE : Association of the Students of Valence
- Inter'Val – Erasmus Student Network: the association dedicated to the welcome and integration of international students
- ISSO: cf. p. 12.
- Student Café "Le Partiel", handeled by the AVE and the ADUDA. Opening hours and events on : https://www.facebook.com/lepartiel/
- FOCUS: student cultural association in Valence

AFTER YOUR STUDIES

Upon departure

Do not forget to:

- Close your bank account.
- Inform the CAF of your move.
- Cancel your health insurance.
- Cancel all service providers (energy, insurances, additional health insurance etc.)
- Return library books!
- Clean your room or appartment, to get your deposit back!

Grenoble INP Alumni:

Students who have been graduated at a university are called alumni. As an 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/. Also on LinkedIn.

Working in France after graduation

If you want to work in France after your graduation, do not hesitate to contact ISSO. Nicolas Coursodon will help you with the different possibilities to get a Visa to stay in France.

Please report your impressions and remarks on this handbook to relations.internationales@esisar.grenoble-inp.fr.
Inform us on what was missing to your mind!