



STUDY IN OCCITANIE-EST

**PRACTICAL
GUIDE**
FOR INTERNATIONAL
STUDENTS



La Région
Occitanie
Pyrénées - Méditerranée

2026/2027 EDITION

STUDY

IN OCCITANIE-EST



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A HIGHER EDUCATION IN FRANCE:

French universities organise their courses over 3, 5 and 8 years, awarding Bachelor's Degrees (licence, L), Master's Degrees (M) and Ph.D Degrees (doctorat, D) respectively.

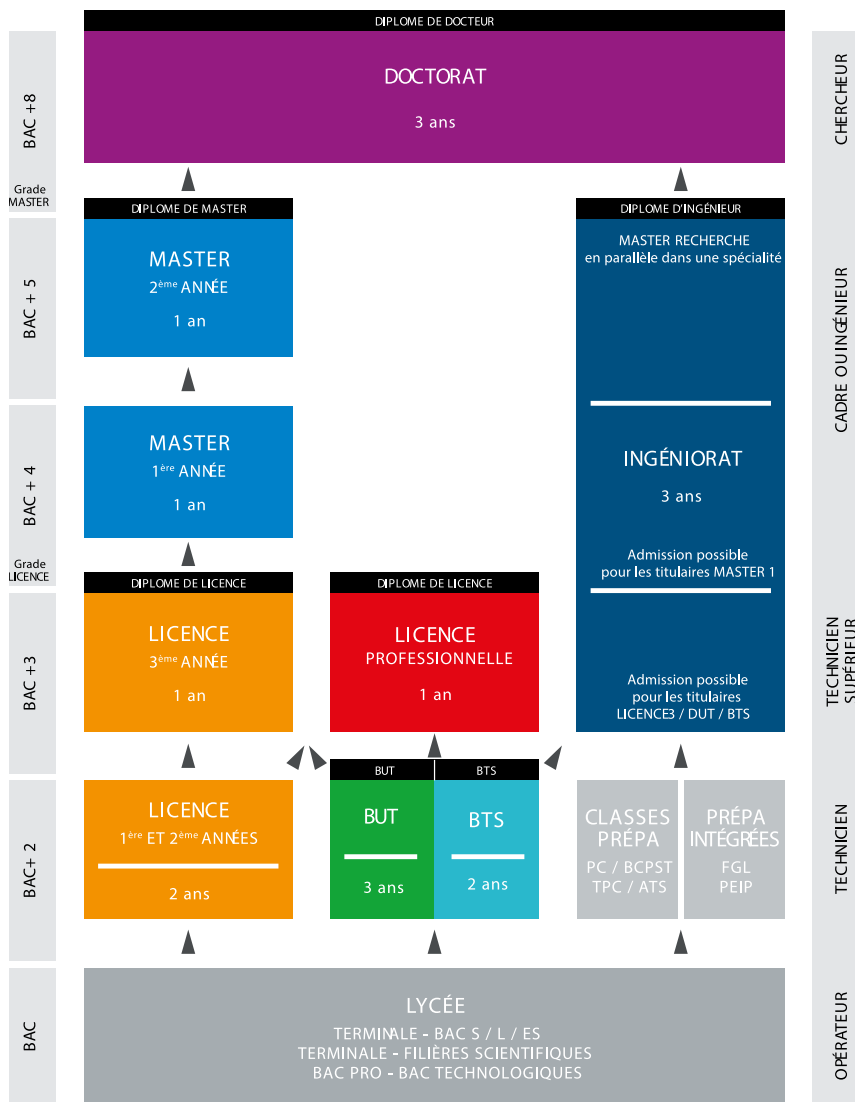
For all degrees, the tuition is split into terms/semesters (one student can complete 2 terms/semesters per academic year), each one corresponding to 30 credits, which can be accumulated or transferred within France and Europe.



Degree

Means of entry

Degree awarded





RÉPUBLIQUE
FRANÇAISE

*Liberté
Égalité
Fraternité*

LE SCHÉMA DES ÉTUDES SUPÉRIEURES 2024

Les filières présentées ici sont accessibles directement après le bac.
D'autres accès existent, ainsi que des passerelles.

UNIVERSITÉ

L'université dispense des formations
générales et professionnelles.
Elle prépare aussi aux études de santé.

Nombre
d'années
d'études

12

11

10

9

8

7

6

5

4

3

2

1

BAC

DIPLÔME
D'ÉTAT

Médecin spécialiste

Médecin spécialiste

Médecin généraliste
Médecin spécialiste
Pharmacien spécialiste

Dentiste spécialiste
Pharmacien spécialiste

Dentiste spécialiste

Dentiste
Pharmacien
Sage-femme

DIPLÔME
D'ÉTAT

Orthophoniste

Architecte

DIPLÔME
D'ÉTAT

DIPLÔME
D'ÉCOLE

MASTER

MASTER

Inspé

M2

M1

LICENCE

L3

LICENCE

PROFESSIONNELLE

BUT

DEUST

L2

L1

ÉCOLES SPÉCIALISÉES

Ces écoles forment
à différents domaines :
communication, art, industrie,
tourisme, commerce, transport
social, sport, paramédical...

■ DIPLÔME DÉLIVRÉ

BTS : brevet de technicien supérieur
BUT : bachelor universitaire de technologie
CPGE : classes préparatoires aux grandes écoles
DCG : diplôme de comptabilité et de gestion
DE : diplôme d'État
DEUST : diplôme d'études universitaires scientifiques et techniques
DN MADE : diplôme national des métiers d'art et du design

DSAA : diplôme supérieur d'arts appliqués
ENS : école normale supérieure
IEP : institut d'études politiques
Inspé : institut national supérieur du professorat et de l'éducation
L1 : 1^{re} année de licence
M1 : 1^{re} année de master
D1 : 1^{re} année de doctorat



IL EXISTE DES PASSERELLES ENTRE CES FILIÈRES.

Nombre
d'années
d'études

12

11

10

GRANDES ÉCOLES

Les écoles d'ingénieurs ou de commerce,
 les ENS, les IEP et les écoles d'art publiques
 délivrent des diplômes
 de niveau bac + 3 et bac + 5.

9

8

LYCÉE

Le lycée dispense
 des formations de niveau
 bac + 2 ou bac + 3, voire bac + 5.

7

6

5

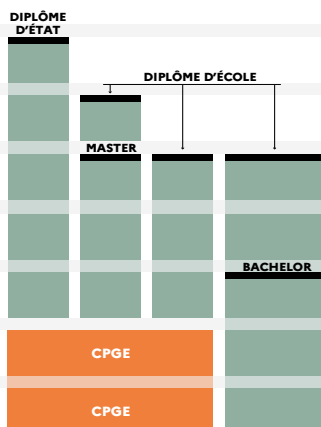
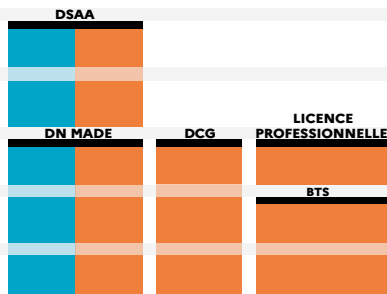
4

3

2

1

BAC



University of Montpellier

www.umontpellier.fr

8 Teaching and Research Units (UFRs)

Law and Political Science

Economics

Education

Medicine

Odontology

Pharmacy

Sciences

Physical Activity and Sports Sciences and Technologies (STAPS)

7 Institutes

Business Administration Institute (IAE)

Civil Service Preparation Institute (IPAG)

Higher National Institute of Teaching and Education (INSPE)

Montpellier Management

IUT Béziers

IUT Montpellier-Sète

IUT Nîmes

2 Schools

Mediterranean Environmental Research Observatory (OREME)

Polytech Montpellier

1 *Établissement composante* (constituent college)

Montpellier Higher Institute of Chemistry

University of Montpellier Paul-Valéry

www.univ-montp3.fr

Literature, Arts, Philosophy, Psychoanalysis

Foreign and Regional Languages and Cultures (LLCER), and Applied Foreign Languages (LEA)

Human Sciences and Environmental Sciences

Economic, Legal, Social and Management Sciences

Social Sciences (Sociology, Ethnology, Psychology and Health and Social Sciences)

Education and Sciences for Languages, Literature, Art, Human and Social Sciences (LLASHS)

Institute of Information and Communication

Technosciences (ITIC) (Information-Communication and Language Sciences)

University Institute for Teaching French as a Foreign Language (IEFE)

School of Architecture

Nîmes University

www.unimes.fr

Nîmes

English
Life Sciences
Law
Economic and Social Administration
Spanish
History and Heritage
Applied Modern Literature
Mathematics
Psychology
Physical Activity and Sports Sciences and Technologies (STAPS)
Risk

Mende

Communication
Tourism

University of Perpignan Via Domitia

www.univ-perp.fr

Arts, Literature and Languages
Legal and Economic Sciences
Human and Social Sciences
Education Sciences
Science, Technology and Health
Physical Activity and Sports Sciences and Technologies (STAPS)
Perpignan University
Technology Institute (IUT)
Institute of Business Administration (IAE)
Cross-Border Franco-Catalan Institute (IFCT)
University Centre for French Studies (CUEF)
Sup'EnR School of Engineering

Institut Agro Montpellier

www.institut-agro-montpellier.fr/

Main subjects: agriculture, food, environment
Biology and Ecology Department (BE)
Habitats, Production, Resources, Environment Department (MPRS)
Department for the Science of Agricultural and Biological Processes (SABP)
Department of Economic, Social and Management Sciences (SESG)
Vines & Wine Centre
Tropics & Mediterranean Centre
L'Institut Agro Campus de Florac
L'Institut Agro Fondation
8 Partnership Chairs: AgroSYS/AgroTIC/ UNESCO Chair on World Food Systems/ Water, Agriculture and Climate Change/ Digital Agriculture/Vines & Wine/ Innov'Arbo, Legumes and Learning
AgroFabLab
AgroVallée Incubation
Domaine du Chapitre estate (Villeneuve-lès-Maguelone)
Domaine du Merle Estate and Training Centre (Salon-de-Provence)
Institut Agro Montpellier student welcome unit

HIGHER EDUCATION ESTABLISHMENTS AND SERVICES IN OCCITANIE-EST



► POLITIQUE DE SITE (JOINT POLICY AGREEMENT BETWEEN EDUCATION ESTABLISHMENTS)

- University of Montpellier
- University of Montpellier Paul-Valéry
- Nîmes University
- University of Perpignan – Via Domitia



► CROUS MONTPELLIER-OCCITANIE

All the services at the heart of student life

www.crous-montpellier.fr

- Bursaries and financial assistance
- Welfare and support
- Accommodation
- Catering services
- Leisure, sport, creativity
- International studies

≡ **Multi-service card**

(student card, e-wallet)

www.izly.fr



≡ **Cales-LR* portal (online higher education catalogue for the Languedoc-Roussillon Region):**

www.meformerenregion.fr

≡ **Espace Numérique de Travail (ENT*) (digital workspace):**

The ENT is an online services portal offering a single access point where students can find information and digital tools and services related to their studies. Students can log in by going to a special web page accessible from their university site, and entering their name and password. This gives them access to personalised services related to their course.

≡ **Interuniversity or university libraries:** www.biu-montpellier.fr et bu.univ-perp.fr

≡ **University Services for Physical Activity and Sports (SUAPS):**

<https://sport-u-occitanie.com/>

https://www.unimes.fr/fr/vie-de-campus/sport_unimes.html

<https://www.univ-perp.fr/vie-de-campus/sport>

<https://www.univ-montp3.fr/fr/sport>

<https://www.umontpellier.fr/campus/sport>

≡ **Student Houses and Offices:**

These exist within each university; find contact details for them on the websites of the establishments concerned.



* see glossary p. 29

ADMISSION TO
UNIVERSITY

1



2

VISA FROM
THE CONSULATE

3

TRANSPORT

RESIDENCE PERMIT OR
VISA VALIDATION

8



7

BANK, CAF*,
INSURANCE



9

REGISTRATION AT
UNIVERSITY,
SOCIAL SECURITY
AND INSURANCE

**HAVE A GREAT
ACADEMIC YEAR!**

* see glossary p. 29



4

**BUDDY
WELCOME**

ACCOMMODATION

5



6

**FIRST CONTACT
WITH UNIVERSITY**



► **ASSISTANCE WHEN YOU
ARRIVE IN MONTPELLIER,
NÎMES OR PERPIGNAN**

**Would you like someone to meet and
assist you when you arrive?**



The International Student Office (SAIEC) and CROUS Montpellier-Occitanie run an "international buddies" scheme. You can use the scheme for free whether you are travelling alone or as part of an exchange programme (p. 12)!

Your buddy, who will be a French or foreign student:

- Will contact you by email before you arrive
- Will welcome you at the station or airport if possible
- Will accompany you to your accommodation
- Will help you with the required administrative procedures, if you wish

Register for a buddy



3

ADMINISTRATIVE PROCEDURES

A

APPLYING FOR ADMISSION:

FORMALITIES TO BE COMPLETED BEFORE YOU TRAVEL TO FRANCE

The formalities to be completed in order to come and study in France are decided nationally. You should start preparing for your stay well in advance.



You must be able to understand the French language.

Most teaching and examinations will be in French. Find out from the university of your choice the language level required (and what evidence you must provide)

+ France Education International <https://www.france-education-international.fr/>

If you are coming as part **of an exchange programme**, e.g. ERASMUS+, the BCI's PEE programme (the Quebec Student Exchange Program run by the *Bureau de coopération interuniversitaire*), you should ask your home university. They will send your nomination to your host university.

If you are registering individually: procedures vary depending on your home country (EU or non-EU), the type of institution (university, school, IUT, etc.), the type of course (languages, medicine, etc.) and the level of access (Bachelor's degree (Licence)/Master's degree (Master)/Ph.D (Doctorat)).

The main procedures to be completed before admission are to submit an application for admission and to obtain a visa.

FIRST YEAR OF BACHELOR'S DEGREE AND PASS AND LAS



Warning: applications MUST be submitted by the required deadline

To apply for the first year of a Bachelor's Degree, there are two possibilities:

If you live abroad

- International students living in a country with the CEF procedure
- There is a mandatory procedure for **applying online for admission (DAP procedure)** on the website of the Centre pour les Etudes en France (CEF): www.campusfrance.org
This is a quick and simple process but you are required to pay a fee.
- International students living in a country without the CEF procedure
In countries where this procedure does not exist, you must complete an application form (DAP) for admission, at the cultural service of the French Embassy in the country where you live (white form).

- If you live in France: You must download the application form from the website of the Ministry of National Education (Ministère de l'Éducation nationale) (green form).
- Online, at the following address: www.enseignementsup-recherche.gouv.fr/cid24146/-dossier-vert-demande-d-admission-prealable-en-premiere-annee-de-licence.html
- In a search engine: "dossier vert".

► OTHER YEARS OF STUDY



Warning: applications MUST be submitted by the required deadline

For other years of study, (Bachelor's 2nd year, Bachelor's 3rd year, Vocational Bachelor's, Master's 1st year, Master's 2nd year, IUT and engineering degrees), those living abroad (outside Europe) must follow the "Études en France" procedure. If your country does not have this system, you should apply direct to the establishment.

► PH.D STUDENTS AND ESTABLISHMENTS WITH SPECIAL ADMISSION PROCEDURES

Applications for admission should be made direct to the establishment concerned in the case of registration for:

- preparatory classes for the *grandes écoles*,
- the senior technicians section (in *lycées*),
- university postgraduate degrees,
- or any other specialist establishment and/or establishment that recruits by means of a competition or admissions panel or based on a qualification.

► OBTAINING A VISA

Admission to your chosen establishment will enable you to apply for a long-stay student visa.



3

ADMINISTRATIVE PROCEDURES

B

OBTAINING A RESIDENCE PERMIT:

FORMALITIES TO BE COMPLETED WHEN YOU ARRIVE IN FRANCE



All foreigners aged over 18 who want to stay in France for more than 3 months must have a residence permit.

► LONG-STAY STUDENT 'D' VISA (CESEDA R311-3 6°)

If you obtained a long-stay student 'D' visa for France from the French consulate/embassy in your country, this visa is marked 'CESEDA R311-3 6°'.

≡ on your arrival in France

Within 3 months of your arrival in France, you must validate your visa at the following address: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

You will need:

- a valid email address
- the information stated on your visa
- to provide the date you entered France
- the address where you are living in France
- your payment card for online payment of the mandatory fee



Validate your
VLS-TS long stay visa



≡ In the 2 to 4 months before the expiry date of your VISA or residence permit, you must apply to renew it online at the following address:

<https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

There are services available to advise and assist you with these procedures (next page):



Renew your
residence permit

» in Montpellier

Service Accueil International Étudiants/Chercheurs (international student office) (SAIEC)

Tel.: +33 (0)4 67 41 67 87 – E-mail: saiec@umpv.fr

Welcome Desk - One-stop shop service

Term 1: open from 9 a.m. to 4 p.m., Monday to Friday. Term 2: open from 9 a.m. to 12 p.m. on Mondays, Tuesdays and Thursdays. Our multilingual team of students will see you with or without an appointment. www.saiec.fr

A dedicated digital space to help you perform your administrative procedures online: Residence permit, CPAM, CAF, accommodation, etc.

Information and guidance by telephone and email

Online Welcome Desk – SAIEC: Your personalised virtual assistant:

Everything you need to do before and after you arrive in France, in a few clicks!

The Euraxess Occitanie-Est services centre helps all doctoral students and international researchers and their family with their administrative procedures: residence permit, CPAM, CAF, opening a bank account, insurance, cultural events, etc. To benefit from these services, register via the form on the following page: <https://www.fnak.fr/inscription/?cid=languedoc-roussillon>

» in Nîmes

Préfecture du Gard (Front Desk) – Immigration and Integration Office

10 avenue Feuchères – 30045 Nîmes Cedex 9 – www.gard.gouv.fr

Telephone lines are staffed from 2 p.m. to 4 p.m.: +33 (0)4 66 87 59 60

Submission of applications by appointment via email: pref-etranagers-rdv@gard.gouv.fr

» in Perpignan

International Welcome Desk (IWD)

Tel: +33 (0) 4 30 19 81 29 – E-mail: welcomedesk@univ-perp.fr

52 avenue Paul Alduy – Bâtiment A – 66860 Perpignan (Bus services 24, A, C et NCMI – Campus stop)
Open every day from 9 a.m. to 12.30 p.m. and 1.30 p.m. to 5.00 p.m. from September until the start of December. Throughout the rest of the year, open from 9 a.m. to 12.30 p.m. on Mondays, Tuesdays and Thursdays.

Information and guidance by telephone, email or in person.

Individual help with online administrative procedures (Residence permit, CPAM, CAF, etc.) by appointment: <https://welcome.univ-perp.fr>

► OTHER LONG-STAY VISAS

If you have another type of long-stay student VISA (Algerian national, minor in education, 'student-in-competition' visa), you must apply for a residence permit online on the French government website:

<https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>



Apply for a
residence permit

► GENERAL INFORMATION

≡ International students with a residence permit are permitted to work for up to 60% of the annual legal working time, i.e. 964 hours per year, or 50%, i.e. 850 hours per year, for students from Algeria.

≡ Type "C" tourist visa (short-stay):

This type of visa is intended for foreign nationals who want to enter the Schengen area for tourism purposes or to participate in conferences or other events. It cannot be used to apply for a residence permit.

► EUROPEAN STUDENTS

European students do not have to apply for a residence permit.



A

ACCOMMODATION:

Finding accommodation in Montpellier, Nîmes or Perpignan is not straightforward! You need to be well organised and have financial means available as described on p.24. You also need enough money to pay for temporary accommodation at the start and to pay the costs involved in finding accommodation (deposit, agency fees, guarantee, etc. see p.21).

► **PUBLIC ACCOMMODATION: CROUS MONTPELLIER-OCCITANIE**

CROUS offers accommodation in university halls or residences

(virtual tour at www.crous-montpellier.fr > [logement](#) > [nos cités/résidences universitaires](#)).

- Rent for a room in *Cité U'* accommodation: €190.29 to €266.72 depending on comfort level (Housing support not deducted).
- Rent for a studio in *Cité U'* accommodation: €294.67 to €404.51. (Housing support not deducted).
- Rent for accommodation in a residence from €335.52 per month depending on the size.

1. Admission criteria

Only students who meet the following criteria will be given accommodation in a university hall:

- registered for study on a course at least equivalent to a 1st year Master's degree, or at one of the following establishments: *Grande École*, preparatory class, IUT, Senior Technician Section (not private institutions), or one of the following medical specialisms: Medicine (from the 2nd year), Dentistry, Pharmacy;
- able to demonstrate a minimum income of €615 per month.

Individual students must include with their application a rental bond from a person physically resident in France. If the student does not have a guarantor in France, the Visale scheme can be used to provide a rental bond and to finance the deposit: www.visale.fr

2. How to submit an application

To submit an application, you first need to open an account at:

<https://www.messervices.etudiant.gouv.fr>

You can then submit an application for CROUS accommodation from 9 July at:

<https://trouverunlogement.lescrous.fr>

3. Application

You must submit your accommodation application within 7 days of receiving it, along with the supporting documents required:

- photocopy of your entire passport
- photocopy of the last qualification you gained
- photocopy of your last school attendance certificate (or if you do not have one, evidence of pre-registration at a higher education institution in France)
- email address (which must be valid throughout the academic year) must be provided. This will be used to reply to you once your application has been examined, according to the admission criteria.

Accommodation is allocated for an academic year based on the number of places available.

If you are offered accommodation by CROUS:

- When you receive your offer email, you have **48 hours** to pay the deposit online to reserve it. Keep the payment receipt, which you will be asked to produce when you sign your tenancy agreement at the international student office.
- Provide a rental bond from a person resident in France or the approval issued by the Visale scheme.

For more information, go to [www.crous-montpellier.fr / logement / Aides au logement](http://www.crous-montpellier.fr/logement/Aides%20au%20logement)

Crous Montpellier-Occitanie main reception

Address: 2 rue Monteil – CS 85053 – 34093 Montpellier cedex 5 (Tram line 1, Boutonnet stop)

Open every day from 9 a.m. to 4.00 p.m.

Applications are assessed according to the level of study, the date of submission, and the number of places available. Even if you fulfil these conditions, CROUS cannot guarantee that you will be allocated accommodation because the number of places is limited.



► RENTING PRIVATE ACCOMMODATION

≡ Websites of CROUS Montpellier-Occitanie and CRIJ* Languedoc-Roussillon

- **Montpellier**

You can find private offers of accommodation (with no agency fees) at:

www.lokaviz.fr

www.logement.informationjeunesselr.fr

(you can also download a very comprehensive accommodation guide from here)

≡ Phare

- **Montpellier-Nîmes-Perpignan**

Phare is a contact point for international students looking for accommodation.

Multilingual students are on hand to help students find accommodation with private landlords.

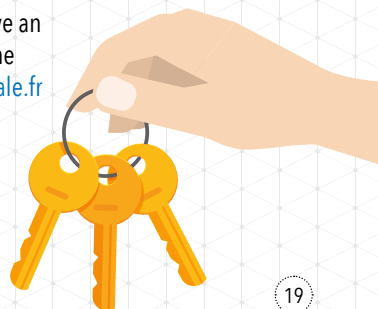
Open September to end October: Monday to Friday, 9 a.m. to 4 p.m.

Address: SAIEC – 8 rue de l'école Normale – CS 78290 – 34197 Montpellier cedex 5 (Tram line 1, Philippidès stop) – Email: phare@crous-montpellier.fr

≡ Help with obtaining accommodation

- **Visale**

Visale is an Action Logement scheme enabling students who have an income but cannot provide a guarantee from family, friends or the bank to obtain accommodation. File your application at www.visale.fr



► ESPACE LOGEMENT ÉTUDIANT

- **Montpellier**

This information service enables you to search for accommodation and to perform on-the-spot administrative procedures related to your arrival.

Espace Logement Étudiant

From August to October at Corum – Salon du Belvédère – Esplanade Ch. de Gaulle – Montpellier

www.espace-etudiant.com

- **Nîmes**

<https://unimes.immojeune.com/>

- **Perpignan**

www.bijperpignan66.fr

► TEMPORARY ACCOMMODATION

≡ Youth Hostels

- **Montpellier**

JOST Youth Hostel Montpellier Centre Gare

50 Rue Isabelle Eberhardt, -34000, Montpellier, France

Tel. +33 (0)4 12 05 19 29

<https://www.jost-hotel-montpellier.com/>

- **Nîmes**

Address: 257 chemin de l'auberge de jeunesse – 30900 Nîmes

Tel. +33 (0)4 66 68 03 20

- **Perpignan**

Address: Allée Marc Pierre, Parc de la Pépinière 66000 Perpignan

Tel. +33 (0)4 68 34 63 32 – Fax +33 (0)4 68 51 16 02

www.hifrance.org



► DEPOSIT AND RENTAL BOND

≡ Deposit

When you sign your rental agreement, you have to pay a deposit (*dépôt de garantie*). This is used to cover

any instances where the tenant fails to meet his or her obligations (repair costs, etc.). This deposit must not exceed one month's rent excluding charges and must be repaid within two months of the keys being returned (for unfurnished rental properties).

≡ Rental bond

To rent accommodation you also have to provide a rental bond, which is a document signed by a person living and working in France. This person acts as your guarantor by agreeing to pay any rent that you fail to pay.



If you pay several months' rent in advance, you should ALWAYS request a receipt from the landlord.

► HOUSING BENEFITS

APL (Aides Personnalisées au Logement) and ALS (Allocations de Logement à caractère Social) are types of housing benefit paid by the Caisse d'Allocations Familiales (CAF). Apply online:

Montpellier: www.caf.fr/allocataires/caf-de-l-herault/

Nîmes & Perpignan: www.caf.fr

Please note that changes to APL eligibility criteria came into effect on 1 July 2026. For more information, please see: <https://www.enseignementsup-recherche.gouv.fr/fr/aides-au-logement-pour-les-etudiants-internationaux-le-gouvernement-adapte-les-criteresd-100242>

► HOME INSURANCE

You must take out multi-risk home insurance when renting an unfurnished property and this insurance is strongly recommended if you are renting furnished accommodation. This insurance covers you against the risks of fire, water damage, explosions, liability, theft, etc.

Besides the traditional insurers (insurance companies and mutuals), some banks also offer insurance at prices compatible with student means.

B HEALTH

► SOCIAL SECURITY REGISTRATION

www.etudiant.gouv.fr/cid104942/la-securite-sociale.html

YOU ARE COMING TO STUDY IN FRANCE

1

REGISTER AT THE WEBSITE:
ETUDIANT-ETRANGER.AMELI.FR



Enter the **mandatory** information

- Surname
- Forename(s)
- Date of birth
- Country of birth
- Email address
- Postal address in France
- Telephone number



Submit the **mandatory** supporting documents

- **Passport/identity card**
- **Residency permit**
- **Full copy of your birth certificate/excerpt of birth certificate with parentage (drawn up by the Consulate)**
- Certificate of education for the current year
- Certificate of parental permission (under the age of 16)
 - IBAN
- Additional documents according to country of origin

2

CREATE
YOUR PERSONAL SPACE



Download your **temporary** certificate of affiliation to Social Security

Submit the **missing or non-compliant** supporting documents in your personal space

As soon as you receive a message awarding your French Social Security Number (NIR)...

...download your **permanent** certificate of affiliation to Social Security

3

ONCE YOUR AFFILIATION IS FINALISED, FOLLOW THESE PROCEDURES
TO BE REIMBURSED AS EASILY AND QUICKLY AS POSSIBLE



You can take out complementary health insurance

The Health Insurance fund will reimburse part of your medical costs. We recommend you take out complementary health insurance to be better reimbursed.

If you have a low income, in most cases you will no longer have to pay these health costs with the Complémentaire santé solidaire.



Open your personal ameli account

at ameli.fr or via the ameli application.



Complete and return the Vitale card form on receipt, providing your supporting documents

- Recent identity photo
- Identity document



Declare an attending physician at the time of a consultation

with a doctor in France.

You belong to the Health Insurance fund of the place where you are living.
THIS PROCEDURE ONLY NEEDS TO BE FOLLOWED ONCE, ON YOUR ARRIVAL.

► MONTPELLIER UNIVERSITY HEALTH CENTRE

The CSU offers students in Montpellier access to medical care, gynaecology services (including medical abortion), psychiatric care, physiotherapy and mental health services, as well as a support service to assist with gaining access to rights. Full treatment with no upfront fees to pay on presentation of a student card, health care card (carte vitale) and supplementary health care fund certificate (attestation de mutuelle complémentaire).

Montpellier University Health Centre

www.csu-montpellier.fr

8 rue de l'École Normale – 34090 Montpellier – +33 (0)4 11 28 19 79

► HEALTH SERVICES IN NÎMES AND PERPIGNAN

The Health Services give healthcare advice and offer consultations to students.

Nîmes: Sports centre on the Vauban site, the student health services is to the right of the reception -

5 Rue du Docteur Georges Salan CS 13019 30021 Nîmes - +33 (0)4 66 36 45 30 - Contact: sse@unimes.fr

Information and booking appointments online: <https://sante.unimes.fr/>

University of Perpignan Via Domitia: University Health Service

52 avenue Paul Alduy, Bâtiment H - 66860 Perpignan

Contact: sse@univ-perp.fr Website: <https://www.univ-perp.fr/vie-de-campus/sante-social/>

Booking of appointments by telephone only: +33 (0)4 68 66 21 16

or +33 (0)7 88 41 10 56

► DISABILITY

There are support schemes available for students with disabilities at the higher education establishments in Montpellier, Nîmes and Perpignan. Get in touch with the contact person, or visit each university's website for more information.

University of Montpellier: handicap@umontpellier.fr

Paul Valéry-Montpellier University: handi.etudes@univ-montp3.fr / <https://www.univ-montp3.fr/fr/handi-etudes-etudiants>

Nîmes University: handicap@unimes.fr

University of Perpignan Via Domitia: baeh@univ-perp.fr / <https://www.univ-perp.fr/formation/accompagnement-a-la-reussite/etudiants-en-situation-de-handicap>

L'institut Agro Montpellier: elisabeth.mutel@supagro.fr (Montpellier campus) and david.kumurdjian@supagro.fr (Florac campus)

CROUS also has around a hundred accommodation units specially adapted for people with disabilities.

More information: www.crous-montpellier.fr > Action sociale - santé > handicap

► WELFARE / MENTAL HEALTH SUPPORT

There are CROUS Montpellier-Occitanie welfare workers on hand for students to talk to at CROUS and the university sites. They can help students with social, emotional or financial problems by providing listening, support, information, securing financial assistance, and taking preventive action. Main desk open every day from 9 a.m. to 4 p.m. / Or make an appointment with the welfare service: www.crous-montpellier.fr. Section: [crous > comment nous contacter > demander un rdv via le formulaire](#) CROUS Montpellier-Occitanie works in partnership with various organisations to offer students free mental health consultations at CROUS accommodation, in private consultation rooms or remotely. To make an appointment, visit: www.crous-montpellier.fr > Social et accompagnement > Accompagnement psychologique

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PRACTICAL INFORMATION

C

BUDGET

► OBLIGATION OF RESOURCES

French law requires that international students demonstrate that they have sufficient resources to cover living costs of €615/per month*.

The existence of these resources can be proven by:

- Evidence of grant award,
- A standing order from abroad (officially certified by the bank's stamp),
- Bank statements for the last three months showing the monthly payments (€615/month) or a stamped and signed bank statement dated in the last three months showing a credit balance equal to at least three months of the required resources.

The amount of €615 per month is a minimum. The first month can cost up to €1,800 (deposit for accommodation, insurance, mutual contribution, etc.).

* Amount for 2025/2026 subject to alteration

Student and Campus Services Contribution (CVEC)

Since the start of the 2018 academic year, all students doing their first course at a higher education institution have been required to obtain a certificate showing that they have paid their student and campus services contribution (CVEC), which is payable only once, regardless of the number of courses they take. This fee contributes to support and social welfare, health, culture and sport services for students. The contribution is **€105** and must be paid before you register for your course. To find out more, visit: <https://cvec.etudiant.gouv.fr/>

► MONTHLY BUDGET

This approximately monthly budget is valid for a single student not living in a university hall of residence, i.e. for most students.



Rent (including charges)	€450
Food and drink	€260
Transport	free
University supplies	€40
Internet	€20
Mobile phone	€30
Total	€800



► OPENING A BANK ACCOUNT

Opening a bank account is highly recommended, particularly for receiving some types of aid paid by bank transfer.

List of supporting documents required:

- evidence of address (showing exact address),
- school attendance certificate,
- copy of passport and visa.

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PRACTICAL INFORMATION

D FOOD

A varied and balanced range of meals is available at low cost: €1 per meal for students.

Located at the heart of the study sites, CROUS university restaurants and cafeterias offer a fast and good value range of catering options suited to the needs of students.

Details of these places to eat are available at www.crous-montpellier.fr



E TRANSPORT

Car-sharing websites: www.blablacar.fr – www.klaxit.fr

€1 Regional train services: <https://www.ter.sncf.com/occitanie/tarifs-cartes/billets-un-euro>

€1 Regional bus services: <https://www.laregion.fr/Presentation-de-liO>

≡ Montpellier

Travel on trams and buses on the TAM network (Transports de l'Agglomération de Montpellier) has been free of charge since 21 December 2023 for Pass Gratuité holders. Bicycles are also available. Find out everything you need to know about the Pass Gratuité and transport offering at:

www.tam-voyages.com

≡ Nîmes

In Nîmes, the city-wide bus service is provided by TANGO. Buses and a tram-bus line serve the city daily until 9 p.m. (the tram-bus runs until midnight).

www.tangobus.fr

≡ Perpignan

The city of Perpignan and the surrounding area offer various different modes of transport to make it easier for you to get around. Further information on:

www.sankeo.com



CULTURE

≡ **YOOT: Your student box office offering big discount prices**
'The only web platform that gets you off your sofa'



YOOT Montpellier is:

- An online box office offering extra special rates, with tickets for shows and concerts from €5 and cinema tickets from €3.90.
- A bookshop voucher worth €7.
- A range of more than 600 cultural events per year through 40 partners, ranging from EDM nights to contemporary dance, street theatre to metal concerts, auteur cinema to one-man shows, photography exhibitions to performance art and opera to hip hop festivals.
- A community to get to know others, explore, and share opinions, deals and experiences.
- To make the most of all these services, membership costs only €9 and is valid until 31 August 2027.

For more detail, one address: www.yoot.fr

Follow us on social media: @yootmontpellier

≡ **Pass'culture – Perpignan**

For just €5 for students in receipt of a grant and €10 for other students, Perpignan's Pass'Culture gives students the ability to access cultural events in Perpignan and the surrounding area at very advantageous prices. The Pass'Culture offers the following prices: Cinéma Castillet: €3, Institut Jean Vigo: €3, Théâtre de l'Archipel: €5, Jazzèbre: from €2 to €15, USAP: €5, Festivals: 50% discount
Official shop: Main campus (next to the Aquarium cafeteria)

52 avenue Paul Alduy – 66860 Perpignan

Tel. +33 (0)4 68 66 17 93 – pass-culture@univ-perp.fr

Opening hours: Monday to Friday from 10 a.m. to 1 p.m. – <https://billetterie.legilog.fr/perpignan/>

DOCUMENTS TO BE SUPPLIED FOR ADMINISTRATIVE PROCEDURES

ACCOMMODATION

1. Rental bond:

- Passport
- Guarantor's identity document
- Guarantor's last three pay slips and tax statement
- Evidence of guarantor's address (e.g. electricity or telephone bill)
- Full bank details (for the tenant and guarantor)

2. Multi-risk home insurance certificate

BANK

- Evidence of address (rent receipt or tenancy agreement)
 - Passport with visa
-

HOUSING BENEFIT (CAF)

- Completed application form
 - RIB (bank details)
-

ADMINISTRATIVE REGISTRATION

AT THE HIGHER EDUCATION ESTABLISHMENT

- Your original passport and a photocopy of your passport showing your student visa (non-EEA) or residence permit
- The registration form, duly completed
- The acceptance letter or email from the higher education establishment where you are registering
- Evidence of the minimum level of French required to take the chosen course
- Your original birth certificate translated into French and a photocopy
- If you are starting an undergraduate course (L1): original certificate of the qualification required for university admission in your country accompanied by a translation by a consular service or by sworn translator and a photocopy
- For all other levels of study: in addition to your *baccalauréat*, the original certificate of the qualification required for admission by equivalence with an official translation and a photocopy

NB: Remember to bring several originals and photocopies of each of these documents and several identity photos.



GLOSSARY

BAC: Baccalaureate

BDE: Bureau des Étudiants (Student Office)

CAF: Caisse d'Allocations Familiales (Family Benefits Fund)

CMU: Couverture Maladie Universelle (Universal Health Coverage)

CPAM: Caisse Primaire d'Assurance Maladie (Primary Medical Insurance Fund)

CRIJ: Centre Régional d'Information Jeunesse (Regional Youth Information Centre)

CROUS: Centre Régional des œuvres Universitaires et Scolaires (Regional affiliate of the French national student service agency)

ENT: Espace Numérique de Travail (digital workspace)

MDE: Maison des Étudiants (Student House)

PHARE: Point Hébergement Accueil et Recherche de logement pour les Etudiants Internationaux (Accommodation Service for International Students)

RIB: Relevé d'Identité Bancaire

(Bank account identification document)

SAMU: Service d'Aide Médicale d'Urgence

(Emergency medical services)

UFR: Unité de Formation et de Recherche

(Teaching and Research Unit)

≡ Abbreviations

BU: Bibliothèque Universitaire (University library)

Cafét': Cafeteria

Cité U': Cité Universitaire (University hall of residence)

Coloc': Colocation (House/flat share)

Fac: Faculty = UFR = Teaching and Research Unit

RU or resto'U: Restaurant Universitaire (Refectory)

Tram': Tramway

RDV: Rendez-vous (Appointment)





CONTACTS



CROUS DE MONTPELLIER-OCCITANIE

Accueil général - 2 rue Monteil - CS 85053 - 34033 Montpellier

www.crous-montpellier.fr

Section: crous > comment contacter le crous ?



UNIVERSITY OF MONTPELLIER PAUL-VALÉRY

Direction des relations internationales et de la francophonie

Bâtiment I - Eugène Ionesco - Route de Mende - 34199 Montpellier cedex 5 - France

Tel. + 33 (0)4 67 14 55 99 - international@umpv.fr

www.univ-montp3.fr



SERVICE ACCUEIL INTERNATIONAL ÉTUDIANTS/CHERCHEURS (SAIEC INTERNATIONAL STUDENT OFFICE)

University of Montpellier Paul-Valéry

8, Rue de l'Ecole Normale - CS 78290 - 34197 Montpellier Cedex 5 - France

Tel.: +33 (0)4 67 41 67 87 - Email: saiec@umpv.fr

<https://saiec.fr>



UNIVERSITY OF MONTPELLIER

Direction des Relations Internationales - Service Mobilité - Welcome Desk DRI

163 rue Auguste Broussonnet - 34090 Montpellier - France

Tel. + 33 (0)4 34 43 23 28

mobility@umontpellier.fr - <https://www.umontpellier.fr/international/etudier-a-letranger>



NÎMES UNIVERSITY

Service des Relations Internationales

Rue du Dr. Georges Salan - CS 13019 - 30021 Nîmes cedex - France

Tel. +33 (0)4 66 36 45 83 - international@unimes.fr - www.unimes.fr



UNIVERSITY OF PERPIGNAN VIA DOMITIA

Service des Relations Internationales et Transfrontalières

52 avenue Paul Alduy - Bât. A RDC - 66860 Perpignan - France

Tel. +33 (0)4 68 66 22 18 - sec-suri@univ-perp.fr - www.univ-perp.fr

L'INSTITUT AGRO MONTPELLIER

Service des relations internationales et des langues (SRIL)

2 place Pierre Viala - 34060 Montpellier cedex 2 - Tel. +33 (0)4 67 61 70 27 -

direction-sril@supagro.fr

Service Scolarité - Accueil des étudiants internationaux

Alexandra Chevalier - Tel. +33(0)4 67 61 20 12 - alexandra.chevalier@supagro.fr

www.institut-agro-montpellier.fr/

