



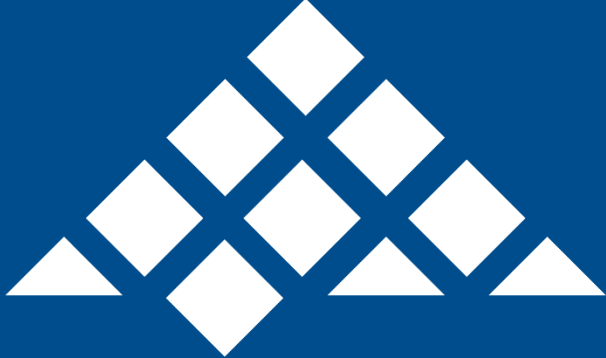
CAMPUS FRANCE

JE VAIS

EN

FRANCE !

Pre-departure
orientation



**CAMPUS
FRANCE**

— NIGÉRIA —



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Preparing for your trip

✓ To do :

- Bring all pertinent documents (originals and photocopies)
- Make digital copies (**passport, visa data page, credentials, admission letter, accommodation, etc.**)
- Double-check travel plans
- Exchange some money (Naira to Euro)
- Check with your bank if you can use your card in France/Europe
- Prepare medicines and prescriptions

Easier/cheaper locally :

- ID photos (visa size)
- Translation of birth certificate (stating the same name mentioned in your passport/visa)
- Adaptors and extension
- Padlocks
- Unlocking of phones

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Arrival - at the airport



In Paris Charles De Gaulle airport (CDG)

- Trains: **TGV** (to other cities) or **RER** (to the city/Île de France region) are in the airport
- Airport buses/shuttles (to the city center and train stations): **RoissyBus, Le Bus Direct, EasyBus**

In other airports

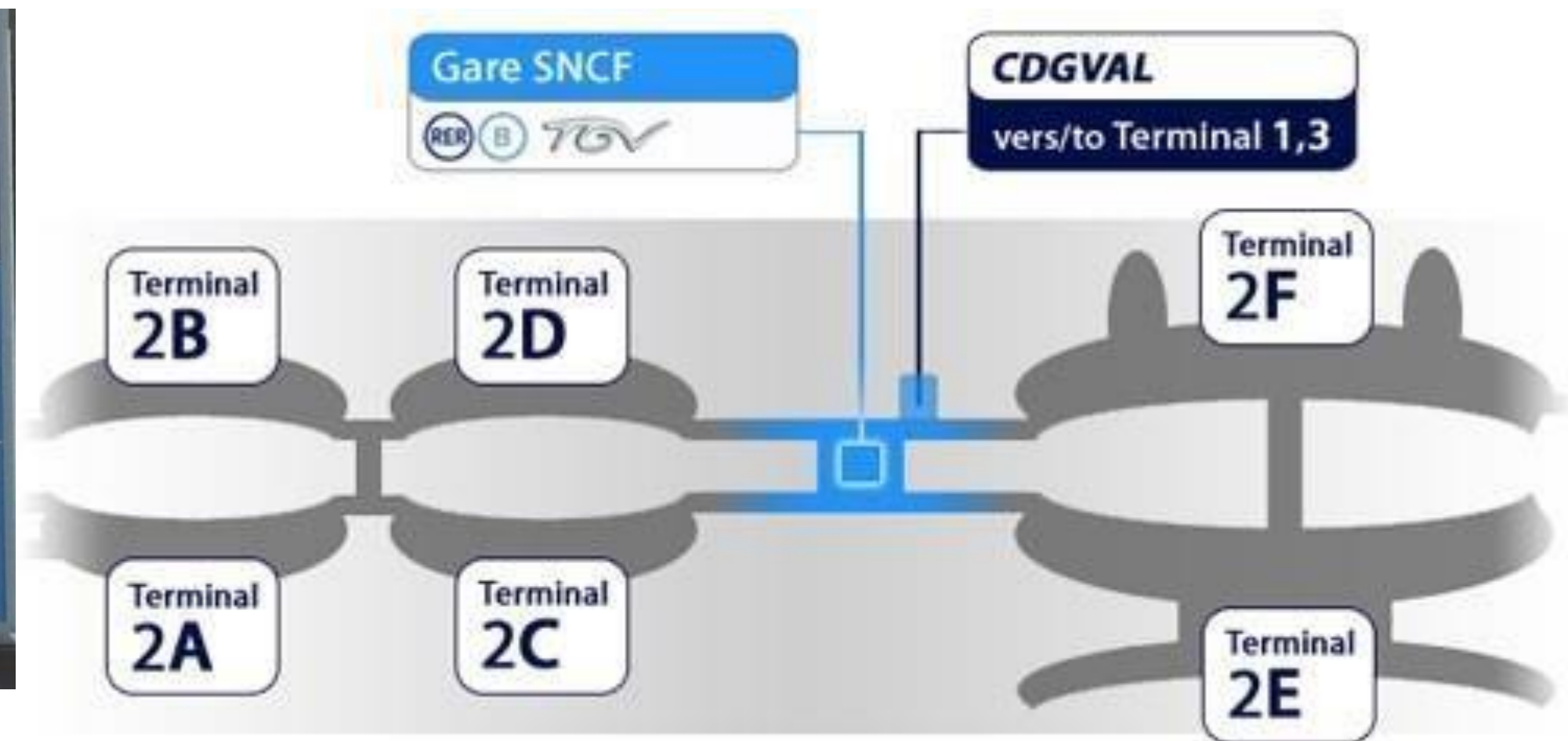
- **Transfers to city center** are easily available (bus, tram, metro, RER B)
- Don't hesitate to ask for help from designated people (welcome/info desks)



Be watchful of your belongings, **stay alert and be aware of pick pockets.**

Arrival - at the airport train station

Gare SNCF (station: Aéroport Roissy Charles de Gaulle)



- Pay attention to the Terminal you arrive in, as they can be far from one another.
- You can buy your tickets online beforehand (with [SNCF](#), the national railway company). The earlier you buy the cheaper it is, and you will avoid running out of seats.

Arrival - at the train station



- You can also buy tickets at the station (*bureau de vente*) using cash (euro) and credit cards.
- Before boarding the train, **remember to validate** (*composter*) your tickets
 - Failing to do so will incur a hefty fine when the conductor checks your ticket
 - For tickets bought online, no need for compostage

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Arrival - first steps

To do on arrival:

1. Validate your long stay visa
 - Register to the CVEC
 - Registration at your institution
 - Registration to the Sécurité Sociale
 - Opening a bank account
 - Staying connected (phone, internet)



Arrival – Visa validation procedure

Visa long séjour valant titre de séjour (VLS-TS)

Upon arrival in France (online) or within the first 3 months maximum

ONLINE VALIDATION STEPS:

1. Go on the website <https://administration-etrangers-en-france.interieur.gouv.fr>;
2. Enter the **information on your visa**: visa number, dates of validity, date of issue, reason for stay;
3. Enter the **additional information**: family circumstances, telephone number, email address; 4. Indicate your **date of arrival** in France and **your address** in France;
5. Pay the **stay tax of 50 euros** (if you can't pay online, You can buy an electronic stamp (*timbre électronique*) at a kiosk, at a dedicated terminal, and pay in cash)

You will receive two emails.

- A first email with your **login details**. You will need it to access your account. It will contain the confirmation of the validation of your VLS-TS visa.
- A second email confirming the information you entered online. You can download the **email of confirmation** as proof of validation.

Registration to the CVEC

What is CVEC?

A mandatory fee for students to contribute and improve your experience on campus : social life, health, culture, sports...

Cost in 2023/2024 : 103€

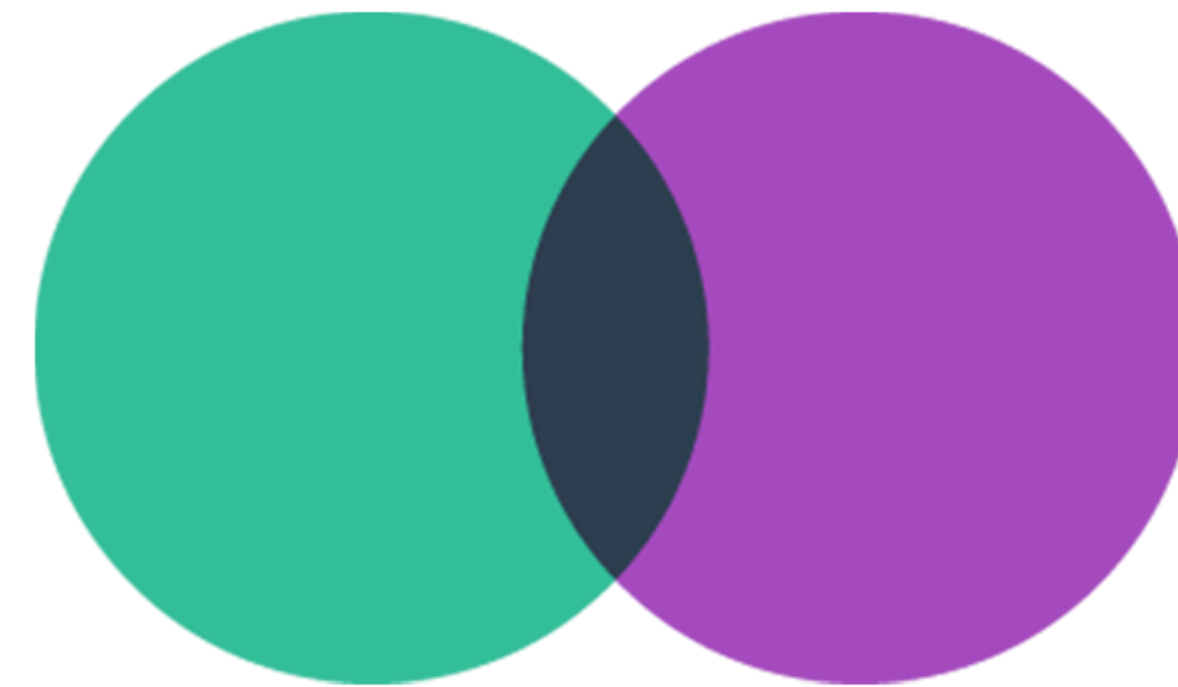
When do I have to register?

Before the final registration (*inscription pédagogique*) to your school.

How do I register?

Register on : <https://www.messervices.etudiant.gouv.fr/> and follow the instructions

[Click here](#) for more information.



CVEC

Contribution
de vie étudiante
et de campus

The screenshot shows the 'étudiant.gouv.fr MesServices.etudiant.gouv.fr' website. It features a navigation bar with the site name and logo. Below the navigation bar, there are two main sections: 'REGISTER IN HIGHER EDUCATION' and 'ASK FOR A GRANT OR AID'. The 'REGISTER IN HIGHER EDUCATION' section includes four buttons: 'Parcoursup', 'My Road The guidance GPS', 'Parcoursup Mobility grant', and 'CVEC Contribution to student and campus life'. The 'ASK FOR A GRANT OR AID' section includes four buttons: 'Scholarship application (DSE)', 'Scholarship application (DSE)', 'Scholarship simulator', and 'Master's degree mobility allowance'. On the right side of the page, there are two informational boxes: 'SECURING YOUR ACCOUNT' and 'HOUSING REQUESTS 2020-2021'. The 'SECURING YOUR ACCOUNT' box contains text about updating the cell phone number and receiving security SMS messages. The 'HOUSING REQUESTS 2020-2021' box contains text about the 1st phase of accommodation allocation and automated processing of requests.

Registration at your institution

Administrative registration or re-registration (*inscription administrative*)

The administrative registration (IA) is the moment when you pay your registration fees. This step is ESSENTIAL to :

- Obtain your school certificate and your student card to allow you to access students advantages.
- Proceed to complete your Pedagogical Registration (IP) to take your exams.

Pedagogical registration or re-registration (*inscription pédagogique*)

The pedagogical registration allows you to be registered in the tutorial groups (TD), to choose your options if need be and to be registered for the exams.



Pay attention to the **registration calendar**, specific to each course of study, which can be consulted on the website of the faculty, school or institute where you wish to register.

Academics in French HE system

Course organization

- **Degree:** must pass a certain number of modules
- **Module:** set of related subjects

Grading system

20-point scale

- **16–20:** very good (*très bien*)
- **14–15.9:** good (*bien*)
- **12–13.9:** satisfactory (*assez bien*)
- **10–11.9:** correct (*passable*)
- **0–9.9:** fail (*insuffisant*)

Evaluating student performance

- **Continuous assessment**
 - quizzes, class participation
 - papers, reports, presentations (solo or group projects)
- **Exams**
 - midterms, finals (written or oral)

Opening a bank account

French banks

- To open a bank account, you usually need to **set an appointment at the bank first and bring** :
 - Passport/visa
 - Proof of a fixed home address (*Attestation d'hébergement, contrat de bail*)
 - Student ID or school certificate
- You will receive a bank card and a *Relevé d'Identité Bancaire* (**RIB** – bank account information slip), which will allow you to easily make/receive the different monthly payments you have.
 - More **convenient** (can be used throughout the EU, no additional fees).



Registration French Health System

Once you are in France, you will be entitled to French social security. It's free and mandatory for all students !

The **Assurance Maladie** reimburses part of healthcare costs in case of illness or maternity (medecines, tests, hospital stays...), generally up to 70%.

To benefit from it, you have to register to Assurance Maladie :

→ Go to etudiant-etranger.ameli.fr

→ Documents: passport, student visa, proof of registration for the current academic year)



[Click here](#) to watch the tutorial.



SÉCURITÉ SOCIALE



**l'Assurance
Maladie**

Registration French Health



French student health insurance (*sécurité sociale*) and supplementary coverage (*mutuelle*)

- Upon registration, you will be provided with a **social security number** (*numéro de sécurité sociale*)
- After you complete the paperwork, you will be given instructions on how to retrieve your **health insurance card** (*carte vitale*)
- Bring it whenever going to the doctor, the pharmacy, the hospital...
- You will then need to choose a referring Doctor. Follow the [Campus France tutorial](#).

- A **mutuelle** covers all or part of the difference between what you have to pay and the social security refund.

An advertisement for SMEREP insurance schemes. It features a green background with a pink banner at the top that says 'Even further with SMEREP'. On the left, there are two puzzle pieces: a blue one labeled 'Student rate' and a pink one labeled 'Complementary Health Insurance ESSENTIAL 617 - SMEREP'. Below the puzzle pieces, there is a small illustration of a man and a woman. On the right, there are three bullet points with checkmarks: 'Standard and tailored Complementary Insurance Schemes.', 'The SMEREP PACK : Civil liability insurance, Personal accident, travel/repatriation assistance, etc., and its Partners' great deals.', and 'Insurance : Home, foreign travel and car/motorcycle'. At the bottom, there is a pink arrow pointing right and the text 'Consult all the details for our offers on smerep.fr'.

Registration French Health System

In order to be well covered and to supplement your repayments from the *Assurance Maladie*, we recommend you take out an additional health insurance (known as *Mutuelle* or *Complémentaire Santé*).

✓ Required documents :

- Passport
- Residence permit
- Full copy of your birth certificate, certified copy of the original, translated by sworn translator (your name must be **exactly** the same as in your passport and visa)
- School certificate
- RIB/French bank account information

Health and safety - pharmacies & doctors

What should I do when I'm sick?

- If it is nothing serious, you can go to your local pharmacy (*pharmacie*) and ask the pharmacist (*pharmacien-ne*) for advice (*conseil*).
- For more serious ailments, you will need to visit a doctor (*médecin*), who will diagnose you and provide a prescription (*ordonnance*).
- You may ask the help of your school in selecting a doctor who is used to having international students/ patients, or find one on Doctolib.fr (online directory).
- Presenting the prescription will allow you to buy the necessary medicines at the pharmacy and be covered by the social security.



Arrival - student welcome services in your school

One-stop service desks (*guichets uniques*)

- Put in place at the start of the school year to facilitate **students' arrival and completion of required administrative** procedures.
- Various **government institutions and agencies** (*Préfecture de Police*, healthcaie, CAF, CROUS, banks, etc) will be present to guide you.



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Student life - bienvenue en France!

As a student in France, you will get to experience the French way of life!

High quality of life - one of the best health care systems in the world.

Education with a global perspective - home to excellent students and professors of diverse nationalities.

Rich social and cultural activities - bring colors and rhythm to daily life.



Student life - discounts and subsidies

Students in France enjoy discounts on many different activities and items. Wherever you go, always bring along your student ID!

Culture and leisure

- Movies
- Museums, cultural sites, libraries
- Expositions, concerts, sport events



Transportation



SNCF yearly subscription

EuRail Pass, Bike rentals



Budget airlines

Student life - Food

Have lunch with your friends at the CROUS cafeteria (*Resto U*):
complete meals for less than 4€!



- *Restaurants universitaires* serve schools in the same district
- Some schools have their own *cafet* (cafeteria) where they have coffee, snacks, sandwiches, but not full meals

Student life - breaking down costs



400 – 1000€ Paris Île de France (IdF)
250 – 700€ Elsewhere



150 – 300€



3.30€ per subsidized student meal (CROUS)



50€ (Paris IdF, Navigo youth pass, subsidized)
20 - 30€ (elsewhere, subsidized)

Monthly
Essentials

Non-essential

Sample budget

Item	Paris	Other student cities
Rent and utilities	€650	€450
Food	€250	€200
Transportation	€40	€30
Phone service	€20	€20
Total	€960	€700
Travel	€200	€200
Supplementary health care	€30	€30
Entertainment	€100	€50
Total	€330	€280

Student life - Money



Euro - Eurozone

- Avoid carrying around large sums of cash
- Useful to have coins and small denominations



Carte bancaire (CB)

- Used to pay for almost anything (supermarkets, restaurants, cafeteria, malls, etc.), contactless

Financial support : housing

Students of all nationalities may apply for government housing assistance

Aide personnalisée au logement (APL)
Personalised housing assistance

Students,
your place to go
for housing
assistance
is **caf.fr**



- France is the **only country in Europe** that offers financial support to pay your rent.
- **CAF** – Caisse des Allocations Familiales (French Family Fund)
- The housing assistance you get depends on the type of housing and varies according to your rent and financial situation (case to case basis). It applies to :
 - CROUS, university residences.
 - Non-CROUS student accommodations.
 - Private accommodations (apartments, renting with others).

Financial support : housing

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Students,
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is **caf.fr**



- **Not automatic or assured**
- **Basic requirements:** proof of address, passport with visa, French bank account details, birth certificate with official French translation.
- **Applications** are done **online:** caf.fr
- **Possible to make a simulation** to know how much you could receive.

Student life - Transportation



- **Monthly passes and buying tickets in bulk are cheaper** and give you access to your city's entire public transportation network.
- Other options:
 - *Covoiturage* – carpooling – [blablacar.fr](https://www.blablacar.fr)
 - Taxis - designated stations
 - Vehicles with on-call drivers: [Uber](https://www.uber.com) / [Heetch](https://www.heetch.com)
 - Car rentals: possible but quite expensive
- Most cities have their own transportation apps (City Mapper).
- Transport strikes may happen.
- **Consult timetables, they may change depending on the season.**



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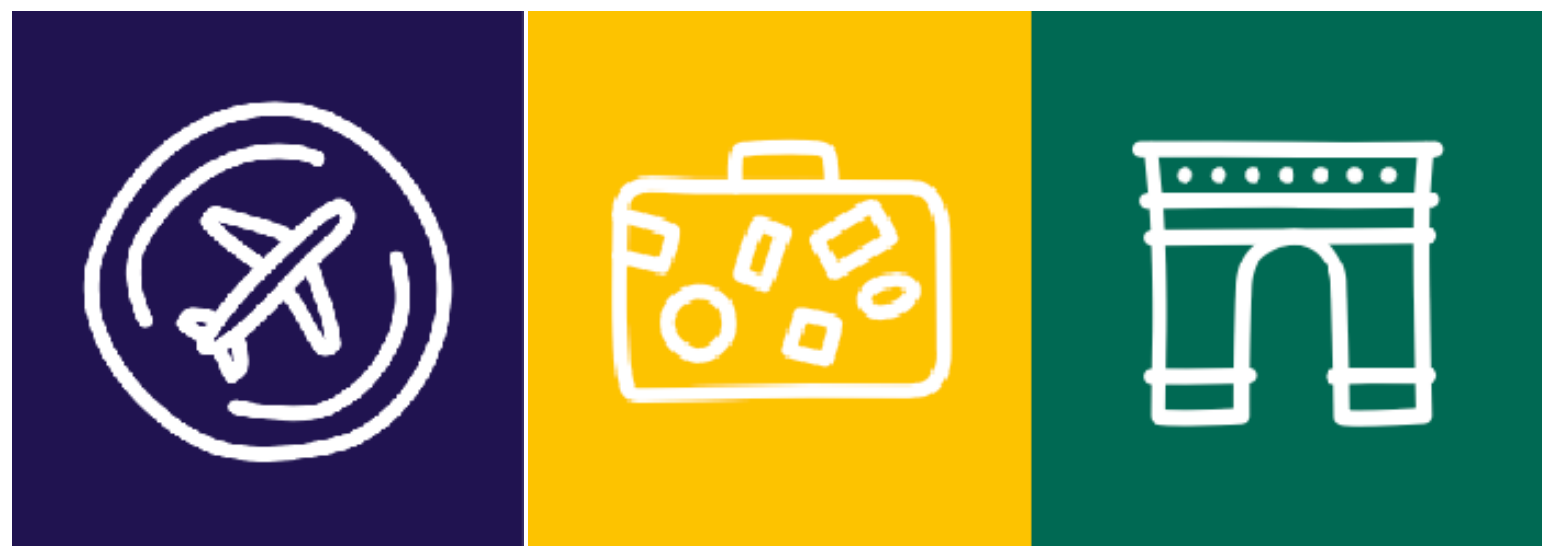


Additional tips and reminders



- **Speak French** - a little goes a long way! 😊 🇫🇷
- **Make friends with locals** - they know the best places to eat and drink!
- **Be punctual!**

- Use the **libraries** (*bibliothèques*) instead of buying school books.
- Use **public transport** instead of taxis.
- Follow your city's **environmental initiatives**.



- Be **vigilant** when approached by strangers.
- Be **careful** when going home late.
- **Take extra care** of your belongings!

Additional tips and reminders - working

Get a student contract !



- ✓ 800€ to 1 200 € /month, based on 20 hours per week.
- ✓ Limited to 964hours /year (approximately 20 hours per week during academic periods).
- ✓ Can increase to 35 hours per week during holidays.
- ✓ Overtime capped at 10 hours per week and 48 hours per fortnight.
- ✓ Mandatory breaks provided after 4.5 hours of continuous work.

For more information, check this [article](#)

Additional tips and reminders

Culture shock

The first few months in a new country are full of **stimulating experiences**. You will meet many new people and will have to cope with many changes, which can **at times be challenging and stressful**.

Give yourself time and do not be afraid to seek help and advice.

As time goes by, you will become more familiar with French customs and the **benefits of expatriation** will outgrow the initial disadvantages and discomfort. You will for instance develop a **quicker sense of adaptation, gain confidence when dealing with new situations and develop a better understanding of cultural subjectivity**. These are qualities that will be **highly valued on the job market**.

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Useful links

Campus France Nigeria -
nigeria.campusfrance.org

Global - campusfrance.org/en

France Alumni -
<https://www.francealumni.fr/en/>

National agency for student services
etudiant.gouv.fr



Emergency numbers :

**112 - For any
emergency**

15 - SAMU,

**17- Emergency
Police,**

18 - Fire Brigade

Questions & Answers

Thank you for listening !

A group of approximately 25 people, including men and women of various ages, are posed for a group photograph. They are standing under a traditional thatched roof structure. Many of the individuals are wearing white t-shirts that feature a colorful logo with the text 'INSTITUT FRANÇAIS' and 'igéria'. Some people are making peace signs with their hands. The background shows a white banner with blue text, including 'INSTITUT FRANÇAIS' and 'igéria'. The overall atmosphere is positive and celebratory.