



WELCOME BOOKLET

2022/2023

WELCOME TO
SLHS UFR
OF THE UNIVERSITY OF FRANCHE-COMTÉ



UFR sciences
du langage, de l'homme
et de la société

<http://slhs.univ-fcomte.fr/>

UNIVERSITÉ DE
FRANCHE-COMTÉ



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WELCOME

Dear international students,

You will find in this booklet a set of information that will be useful during your stay in our faculty, the Language, Human and Social Sciences Training and Research Unit.

True to its international and universalist vocation, the SLHS Training and Research Unit is honored by your presence within its walls. We will have the pleasure of sharing with you our knowledge, intellectual skills, methodologies and techniques in the service of a common francophone enrichment.

I hope that the time you will spend here will be an important moment in your intellectual formation and your student experience.

Yours sincerely

The director of the UFR SLHS, Pascal Ducournau

ACCOMMODATION IN BESANÇON



CROUS

[HTTPS://WWW.CROUS-BFC.FR/LOGEMENTS/](https://www.crous-bfc.fr/logements/)

Between 250 and 500 euros per month

4 sites in Besançon

<https://www.crous-bfc.fr/logements/trouver-votre-residence/>

Requests to be made from May 3, 2022 on the site:

<https://trouverunlogement.lescrous.fr/>

PRIVATE STUDENT RESIDENCES AND HOMES

Mixed home " La Cassotte "
(from 393.50€/month) :

<https://fjt-lacassotte.com/chambres/>

Habitat jeunes " Les Oiseaux "
(from 396,10€/month) :

<https://www.habitatjeuneslesoiseaux.fr/>

Cap'Etudes (from 450€/month) :

<http://www.cap-etudes.com>

Franc-Comtois student housing (from 435€/month) :

<http://www.logement-etudiant-besancon.fr>

Logiméa (from 317€/month) :

<http://www.logement-etudiant-besancon.fr>

Zen'Etudes (about 500€/month):

https://www.zenitude-hotel-residences.com/fr_FR/espace-etudiant



ACCOMMODATION IN PRIVATE HOMES

Lokaviz: this CROUS platform offers student's accommodation in private homes <https://www.lokaviz.fr/>

The FNAIM (Fédération Nationale de l'Immobilier) groups together the ads of a large number of real estate agencies

<https://www.fnaim.fr/>



ADVERTISING SITES

Se loger : <https://www.seloger.com/>

Le Bon Coin : <https://www.leboncoin.fr/> Paru

Vendu : <https://www.paruvendu.fr/>

Entre particuliers : <https://www.entrepaticuliers.com/>

Loc Service : <https://www.locservice.fr/>

SHARED ACCOMMODATION

La carte des colocs : <https://www.lacartedescolocs.fr>

Appartager : <https://www.appartager.com/>

Roomlala : <https://fr-fr.roomlala.com/>

Cohébergement/ <https://www.cohebergement.com>

ACCOMMODATION IN BESANÇON

Action Logement

VISALE, a free guarantee that allows you to cover rents and charges in case of unpaid rent. It acts as a guarantee to the landlord:
www.visale.fr

LOCAPASS, a free service that allows you to advance or pay your security deposit:
<https://locapass.actionlogement.fr/>

Just in case...

If you do not have a reservation before your arrival, it is recommended to book a temporary room (hotel or hostel for example) for your first nights in Besançon. A proof of reservation will allow you to apply for your visa. This will allow you to start looking for accommodation when you arrive.

Temporary Housing

Hotel Ibis Budget Besançon Centre Gare (from 43€/night):

<https://all.accor.com/hotel/3500/index.fr.shtml>

Ethic Etapes Besançon International Stay Center

(43€75/ night including breakfast):

<https://www.cis-besancon.com/contact>

Airbnb : <https://www.airbnb.fr/>

Be careful!

It is necessary to verify the seriousness of each housing offer. Rental scams can exist. Do not pay any money until you have visited the property or signed a rental agreement.

Some landlords ask for a check or a bank transfer to reserve the accommodation: this practice is illegal in France.



FOOD



With the "Pass'UBFC" student card, which will be given to you at the beginning of the school year, you will be able to have lunch in the various CROUS restaurants: rue Mégevand (next to the SLHS UFR), at the Arsenal (5 minutes away on foot) and on the Canot site, rue Antide Janvier. You can put money on this card and pay for your meals at the student rate (3,30€ for a full meal).



HOUSING IN BESANCON

ADMINISTRATIVES STEPS

Housing assistance

Depending on the type of housing you live in, you may be entitled to housing assistance from the Caisse d'allocations familiales (CAF). The aid varies according to the amount of rent, your resources, the type of housing and the place of residence.

To check your eligibility for housing assistance, go to the CAF website: <https://www.caf.fr/>

The home insurance

In France, it is compulsory to insure your home. This allows you to be covered in case of damage in your home (water damage, theft, fire...). The choice of your home insurance is up to you, you can insure yourself with your bank or with a private insurer. To help you in your choice, there are online comparators like [selectra.info](https://www.selectra.info) or [lynx.fr](https://www.lynx.fr).

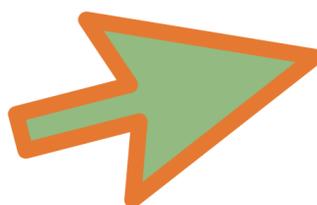
Public liability insurance

This insurance is mandatory and covers you in case of damage to another person (if you hurt someone in the street, for example). Generally, this coverage is included in your home insurance: check it when you sign your contract.

Easy File

The rental file is an element that allows the owner or the lessor to know your personal and financial situation and that of your guarantors. Its content is framed by the law and the documents which compose it must be protected. The website [DossierFacile.fr](https://www.dossierfacile.fr) allows you to create your file in a simple and fast way and in a totally secure way. Before creating your Easy File, make sure you have all the necessary documents for a rental file

DOCUMENTS REQUIRED FOR THE RENTAL OF AN APARTMENT



- Proof of identity
- Proof of residence
- Proof of employment status
- Proof of income
- Tax notice
- Guarantor (if applicable)

Health

1/ Health insurance

You are a student from the European Economic Area:

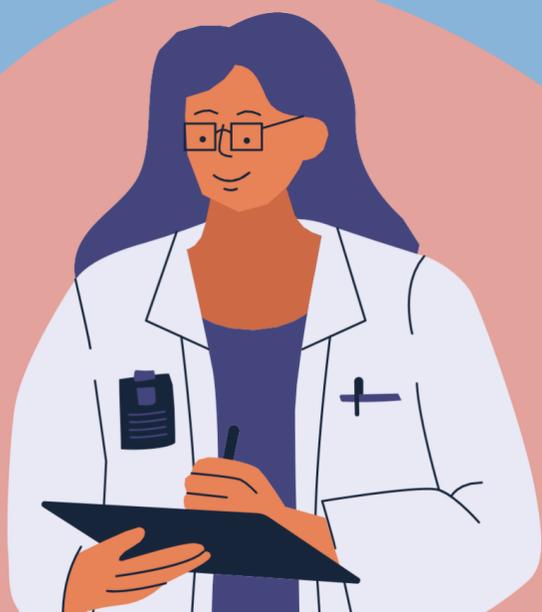
Remember to request your European Health Insurance Card (EHIC) from the health insurance company in your country before you leave. It is strongly advised to choose a complementary health insurance (= mutual insurance company) to cover all your medical expenses.

You are a student from a non-European country:

It is mandatory that you join the student security system via the AMELI website:

<https://etudiant-etranger.ameli.fr/#/>

Registration is free and allows you to be reimbursed for a part of your medical expenses according to the conditions of reimbursement of the French social security (about 70%). It is strongly advised to choose a complementary health insurance (= mutuelle) to cover all your medical expenses.



2/ COMPLEMENTARY HEALTH INSURANCE

It is highly recommended to subscribe to a mutual insurance company because it covers all your health expenses, especially in case of hospitalization. The rate varies between 10€ and 35€ per month.

Tip: you can use an insurance comparison tool to find a mutual insurance company that best suits your needs and your budget.

Depending on your financial resources, you may be eligible for complementary health insurance. Check your eligibility at the following link <https://www.complementaire-sante-solidaire.gouv.fr/complementairesantesolidaire.php>

3/ LE SUMPPS

As soon as you arrive, you must make an appointment with the University's health service for a free and mandatory health check-up with a check-up and update of your vaccinations if necessary. Depending on your country of arrival, a tuberculin test may be offered.

The University Service of Preventive Medicine and Health Promotion (SUMPPS) is at your disposal to answer your questions and provide support throughout your studies. The team of professionals welcomes you free of charge, by appointment and in complete confidentiality.

- Listening
- Advice
- Health check-ups
- Emergency care consultations
- Adaptation of studies for students with disabilities

Consultations on request:

- Medical certificates (university sports, vaccinations...)
Contraception/sexuality, information on emotional life, sexually transmitted infections... (In Besançon only) Dietetics (individual interview, advice, follow-up)
- Psychological (well-being, isolation...)
- Addictology (tobacco, alcohol, drugs)

SUMPPS Besançon
03 81 66 61 30
sumpps@univ-fcomte.fr

FREE EMERGENCY NUMBER

- 18:** Firemen (fire, accidents, fainting...)
- 15:** SAMU (medical emergencies)
- 17:** Police (public order, theft, assault...)
- 112:** Single emergency number throughout Europe
- 114:** Deaf and hard of hearing people
- 115:** SAMU social (social distress, homeless people)
- SOS doctors:** 0 826 88 24 24 (fee-based consultations)



ADMINISTRATIVE FORMALITIES

Visa application

Depending on your nationality, your situation and the length of your stay, you may need to obtain a visa to study in France. The official website for visas to France is: <https://visas.gouv.fr/>

If you are concerned by the visa request, you must first request a long stay visa with a residence permit (VLS-TS) mention student (valid for 4 months to 1 year).

Visa fees for countries or territories with the Etudes en France (EEF) procedure: 50 €*.

Visa fees for other countries: 99 €*.

*These amounts are given as an indication; certain particular cases may give rise to different rates.

List of countries or territories with an EEF (Etudes en France) procedure whose nationals must apply for registration on the Campus France website

AFRICA

Benin, Burkina Faso, Burundi, Cameroon, Chad, Comoros, Congo, Côte d'Ivoire, Democratic Republic of Congo, Djibouti, Gabon, Ghana, Guinea, Madagascar, Mali, Mauritania, Mauritius, Niger, Nigeria, Senegal, South Africa and Togo.

ASIA

Turkey, China, South Korea, India, Indonesia, Japan, Singapore, Taiwan, Thailand, Vietnam.

AMERIQUE

Argentina, Brazil, Canada, Chile, Colombia, Haiti, Mexico, Peru, United States.

NORTH AFRICA / MIDDLE EAST

Algeria, Egypt, Iran, Kuwait, Lebanon, Morocco, Qatar, Saudi Arabia, Tunisia, United Arab Emirates.

EUROPE

United Kingdom, Russia.

Visa Assistant

The Visa Assistant will help you determine, based on your situation, if you need a visa and which one, and which documents you need to provide:

<https://france-visas.gouv.fr/web/france-visas/ai-je-besoin-d-un-visa>.

You will need to attach your proof of enrollment in the institution.

The page associated with your country will allow you to determine where and with whom you should apply for a visa:

<https://france-visas.gouv.fr/web/france-visas/lieu-de-residence?caller=depotVisas>

Within 3 months of your arrival in France, you must validate your visa online on the ANEF platform (Digital Administration for Foreigners in France):

[https://administration-etrangers-en-](https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/vls-ts/demarches/etape/numero-visa)

[france.interieur.gouv.fr/particuliers/#/vls-ts/demarches/etape/numero-visa](https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/vls-ts/demarches/etape/numero-visa)



BUDGET / BANK ACCOUNT



Prepare your budget:

Before coming to France, it is important to estimate your budget. Many expenses related to your installation will have to be anticipated upon your arrival.

Expenses to plan for the first month:

Housing: between 250 and 600€ depending on the type of housing

Security deposit for the accommodation (1 month's rent): between 250 and 600€.

Home insurance: 10 to 80€/month

Health insurance: between 5 and 30€/month

Cell phone package: between 2 and 30€/ month

Internet box: between 10 and 30€/ month + installation fees

Transport : 28€/month

The registration to the CVEC (Contribution de vie étudiante et de campus) is 90€:

<https://cvec.etudiant.gouv.fr/>

The registration fees at the University are 170 euros for a licence entry, 243 euros for the master.

Opening a bank account:

If you stay in France for more than three months, opening an account will allow you to deposit your salary, your scholarship, your social benefits and to receive transfers or reimbursements of your medical expenses. It will also allow you to obtain a bank card used in France for most payments. A bank account is also required if you wish to extend your stay in France and renew your student visa.

To open a bank account, you will need three documents:

- An identity card
- A proof of address
- A school certificate

Checklist of documents to take with you (non-exhaustive list):

- Valid identity document
- Long stay visa (VLS-TS)
- European Health Insurance Card (for students from the EU, EEA and Switzerland)
- Original birth certificate and diplomas and translated into French by a sworn translator
- Vaccination booklet
- Several passport photos

Tip: Before your arrival, find out if there is a partnership between your home bank and a French bank, this can facilitate the opening of a bank account.



Do not hesitate to visit several banks to compare their offers, the cost of the bank card, international transfers and cash withdrawals can vary from one establishment to another. Promotional offers are often available to students at the beginning of the school year.

Some examples of traditional banks:

Banque Populaire
Crédit Agricole
La Banque Postale
BNP Paris Bas Caisse
d'Épargne CIC
Crédit Coopératif
Crédit Mutuel
Société Générale

Online banks offer the basic services of a bank at a lower cost.

Some examples of online banks:

Boursorama Banque
Monabanq
Fortuneo
Hello Bank !
BforBank
N26

BUDDY SYSTEM

You want to discover the city, the local culture and practice your French?

The ESN association offers you a sponsorship to put you in touch with a student from Besançon.

To register:

<https://buddysystem.eu/fr/>





Accessing Besançon



Besançon has two train stations: **Franche-Comté TGV** (12 km away from the city center) and **Besançon Viotte**, connected by a shuttle bus. For convenience, it is advisable to choose a train going to **Besançon Viotte**.

Book your ticket at: <https://www.sncf.com/fr>

From Paris

Roissy Charles de Gaulle airport: every day, a TGV connects the airport and Besançon Viotte station (schedules differ depending on the period). From the airport, you can also connect to Paris by RER (line B to Châtelet - Les Halles then line A), cab or direct Bus and take the train (TGV) from Gare de Lyon.

Orly airport: take the RATP bus n°91 in the direction of "Vaugirard" to Gare Montparnasse and then line 1 of the Bus direct. Get off at Gare de Lyon and then take a train (TGV) to Besançon.

More information: Paris Airport; Train schedules on the SNCF website.

From Lyon

At Saint-Exupéry airport, take the Rhône Express tram to Lyon and then the train at Lyon Part-Dieu station to Besançon.

From Bâle-Mulhouse

At the airport, take the EuroAirport shuttle (Distribus) to the Saint Louis train station and then take the train to Besançon.

Tip: several companies offer bus trips between major French or European cities and Besançon: FlixBus and BlablaBus. You can also try carpooling: BlablaCar, Laroueverte, Carpooling, etc. These solutions are generally less expensive than the train.

In Besançon

Tram, bus, Vélocité

You will find downloadable maps and schedules on the website of the tourist office and Ginko:



<https://www.besancon-tourisme.com/fr/>
<https://www.ginko.voyage/>



All information in this booklet is provided as an indication and may be subject to change.

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