Université Pierre Mendes Grenoble 2
Table of Contents

The University .......................................................................................................................... 3
Grenoble 2 International Office .............................................................................................. 4
Location .................................................................................................................................. 6
Accommodation ...................................................................................................................... 8
   The Accommodation Office .................................................................................................. 8
   University Halls .................................................................................................................. 9
   Private Residences .............................................................................................................. 10
   Housing Grants .................................................................................................................. 11
   Cost of Living ..................................................................................................................... 12
   Housing Insurance ............................................................................................................ 12
Transport ............................................................................................................................... 13
   Getting There .................................................................................................................... 13
   Getting Around ................................................................................................................ 14
Admissions Procedures ......................................................................................................... 15
Academics .............................................................................................................................. 15
   Academic Calendar ........................................................................................................... 15
   Courses of Study ............................................................................................................... 16
   Language Tuition ............................................................................................................... 17
   Library ............................................................................................................................... 17
   ECTS Credit Transfer System ........................................................................................... 17
Welcome Programme ............................................................................................................ 18
   Student sponsoring .......................................................................................................... 18
Practical Information ............................................................................................................. 19
   Health Insurance and Social Security ................................................................................ 20
Student Matters ...................................................................................................................... 22
   Student Life ...................................................................................................................... 22
   Student Tips ...................................................................................................................... 23
Located in an outstanding geographical area in the middle of the French Alps, Pierre Mendès University of Grenoble welcomes more than 19,000 students every year, including 3,000 foreign students. The University offers more than 200 diplomas in a wide range of programs in Social and Human Sciences such as Economy, Law, Government, Management, History, Art History, Philosophy, Town Planning, Psychology, Sociology, Education Sciences, Musicology, Applied Mathematics, Social Sciences, and more. The University consists of a number of Training and Research Units, Schools and Institutes (in French: UFRs) where these various subjects are offered.

Endowed with an ambitious international policy, Pierre Mendès University is ranked first place among the universities of Grenoble in terms of incoming and outgoing students in international exchange programs. UPMF benefits from its physical and academic attractiveness, from not only the quality of the researchers and the quality of programs taught, but also from its exceptional geographic location in the heart of Europe in the Rhone-Alps region.
The buildings of Pierre Mendès University are located in the city centre of Grenoble and on the vast campus, both serviced by the tramway. The students have access to the common services and equipments (common for the four universities), such as libraries, university restaurants and residences, swimming-pool, stadiums and sports facilities, university medical centre, language centre...

Stimulated by the presence of a large student community, Grenoble has become a resolutely modern city, with a rich heritage and a vibrant cultural scene. It is a lively and cosmopolitan place, offering a host of leisure opportunities. The campus is a landscaped urban park, covering 175 hectares, with 30,000 trees, an arboretum and 40 works of art scattered around.

**Grenoble 2 International Office**

The International Relations Department is the University’s equivalent to UCC’s International Education Office. The staff will be happy to answer any questions you may have about studying abroad.

Office 217, 2nd floor  
Building: Accueil Présidence Administration (APA) (Reception President Administration) Domaine universitaire  
38400 Saint-Martin d'Hères

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Université Pierre Mendès France - Grenoble 2  
Service des Relations Internationales, BP 47  
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The API (Pôle d'intégration des étudiants étrangers) is a student service which will provide both social and administrative services. API offers practical advice on student life and social opportunities, while also offering advice on insurance and other practical matters. To learn more, contact Edwige at 04 56 52 85 23 or by email at api@eve-grenoble.org.
Traditionally known as cosmopolitan and open-minded, Grenoble has a unique setting, with an exceptional natural and sport environment.

The city is close to natural wildlife reserves (Chartreuse and Vercors) and around thirty ski resorts (Chamrousse, Alpe d'Huez, Deux-Alpes...). A cultural hotbed would be the best way to describe Grenoble, with the outstanding Maison de la Culture which hosts the National Dance and Theater Center, or the Magasin, a national centre for contemporary art.

Grenoble, the largest urban area in the French Alps, boasts a unique mountain setting, and through the centuries has made its mark as a pioneering city open to the world. Grenoble is crossed by two rivers, the Drac and the Isère (“the lion and the serpent”), and is surrounded by three mountain chains, the Vercors, Chartreuse and Belledonne. The city received an award, Ordre de la Libération, for its role in the Resistance in World War II. Grenoble has its own Bastille, a series of medieval fortifications perched on the mountainside overlooking the city. The 1968 Winter Olympics took place in Grenoble. In recent years it has become a hub of scientific study, attracting students and researchers from around the world to its numerous institutes.

Out of this tremendous human melting-pot has emerged an economy that draws its strength from close ties between industry, university and research. Grenoble is the leading research centre in France outside the Paris area, with an established international reputation in several fields. Major facilities, international laboratories and the research and development units of many international companies have located in Grenoble to benefit from its outstanding academic and scientific environment.
CCSTI, France's first centre of scientific and industrial culture, was founded in Grenoble in 1979. It focuses on the impact new technologies have on the world, and offers a festival of science films, open days in laboratories, debates and conferences open to all visitors, a scientific café with scientists chairing discussions, classes in the history of science open to all students, and more.

The vibrant activity of the site, a constant flow of national and European public investments, and collaborative ties between the area's academic, research and business communities have enabled Grenoble's research to achieve sustained progress in its fields of expertise: mathematics, computing, physics, materials and electronics, now supplemented by centres of excellence in micro- and nanotechnology, language sciences, structural biology and life sciences, industrial engineering, information and communications science and technology, energy, and the environment.

A leading centre for mountain sports and open air leisure activities, Grenoble attracts many students and researchers who choose to stay because of its exceptional surroundings. Winter sports resorts just half an hour from campus and three natural parks at the city limits make running, skiing, trekking, climbing and paragliding easily available. Grenoble's nearby ski resorts are world-famous. Numerous lakes and the nearby Mediterranean (three hours away) provide a fabulous range of locations for sailing enthusiasts.

Grenoble and the surrounding region hosts a plethora of cultural festivals and events, such as: 38e Rugissants Festival, Grenoble Jazz Festival, Open air Short Films Festival, European Theatre Festival, summer concerts in the gardens and squares of the town centre, Graphic Design Month in Echirolles, Berlioz Festival, Festival Le Millésime, Festival of Mixed Arts, Festiv'arts, etc.
Accommodation

The Accommodation Office (Espace Logement Étudiant)
Every year, from the beginning of July to mid-September, the "Espace Logement Étudiant" operation helps new arrivals to find accommodation. You can consult a list of all the available accommodation in the city and get advice on formalities, transport, everyday life and healthcare in several languages.
For more information: www.grenoble-universites.fr/ele
E-mail. espacelogement@grenoble-universites.fr

Espace Information
1112, avenue Centrale BP 52
Domaine Universitaire
38 402 Saint-Martin-d'Hères Cedex
Tél. +33 (0)4 56 52 85 22

Tram B, C: Bibliothèques Universitaires stop

CROUS Accommodation Department (Centre Régional des œuvres Universitaires et Scolaires)
This service is available to students enrolling for the first time in a higher education establishment on an individual basis (4th or 5th year, Engineering school or IUT). You may obtain an application file from the accommodation department once you have received the go-ahead to enrol (attestation de pré-inscription). Accommodation is subject to availability.

Accommodation in town
The CROUS accommodation department has an up-to-date database of flats and rooms in Grenoble and the vicinity. The office is open to students from 9.00 to 15.00 on Mondays to Thursdays and from 9.00 to 12.00 on Fridays, or you may consult the list online at www.crous-grenoble.fr

CROUS temporary reception service (passagers)
Throughout the year, this service offers foreign students temporary accommodation in a hall of residence, subject to availability (at least 3 nights). Apply in writing, with a photocopy of your student card and/or internship contract, to CROUS.
For more information:
CROUS DSE
351, allée Berlioz Domaine Universitaire
38400 St.-Martin-d'Hères Cedex
Tél. +33 (0)4 56 52 88 03 (specify department)
www.crous-grenoble.fr
Tram B: Les Taillées stop
Tram C: Berlioz stop
Bleu University Exchange Student Accommodation Bureau

This service is available to students enrolling as part of an exchange programme between their home university and a higher education establishment in Grenoble.

A special application form must be filled in – the form is available online:

www.grenoble-universites.fr/bleu

For more information, contact the International Relations department of your host university.

Contact:
BLEU CROUS
4e étage - Bureau 43
5, rue d'Arsonval 38000 Grenoble
Tél. +33 (0)4 76 57 44 43
E-mail. catherine.morin@crous-grenoble.fr

www.crous-grenoble.fr

Tram A, B: Gares stop

If you have been awarded a French government or CNOUS-managed grant, you will automatically be allocated a room in a hall of residence on arrival, for a period of one year. There is no need to file an application.

University Halls

Once you have been accepted for an exchange, to find accommodation during your stay in France please apply to the accommodation service called CROUS BLEU (“Bureau de Logement pour les Echanges Universitaires”). At the end of May / beginning of June, you will receive a personal login and password to fill in a form online. In case of technical problems, a paper form can be directly sent to you by the “Service des Relations Internationales.”

To choose your accommodation, please read carefully the description of the residences. You will find short presentation videos of the different types of accommodation in Grenoble on the UPMF site, section “International” then “Venir étudier en programme d’échange” (studying through an exchange program). You can choose between:

- traditional residence: simple comfort, toilets common to the floor, no collective kitchen, no Internet connection (around €150/month).
- refurbished residence: more comfort, shower room in your bedroom, wifi Internet connection (around €250/month).
accommodation in a flat outside the campus: you can have temporary accommodation when you arrive, and then find yourself accommodation in town, alone or sharing a flat using ads available at the “Espace Logement Etudiant.”

Please note that students coming to Grenoble for two semesters are given priority for refurbished residences, and as they are very popular, fill in your application ASAP!

VERY IMPORTANT: Your online application should imperatively be filled in before July 10th if you intend to arrive in September, or before November 15th if your arrival is planned for January.

This is what you can expect to pay staying in a UPMF hall:

- Room in a conventional university hall of residence with modest facilities: €140 to €160 per month
- Room in a more modern university hall of residence: €250 to €300 per month

Beware: The number of rooms granted for international students is limited. You are to send your request for a University accommodation (two copies) to the international officer, before the end of June if you want to get a room in a Hall of Residence (either traditional or renovated).

A student accommodation dossier will be sent to you by UPMF after your application is accepted (except for ISEP and GUEST programs for which student accommodation in residence is automatic).

Remember to mention your date of arrival in Grenoble (coming a few days before the courses start is highly recommended) to your College International Officer.

Private Residences

If you wish to choose accommodation though a private individual, do not forget to take into account the specific conditions that this choice implies. First of all, you must come a few weeks in advance (a fixed address in France will be required when registering). You should know that owners generally ask for a “guarantor” for the accommodation, i.e. a person who will act as a guarantor in case there is a problem in paying the rent. This person must reside in the European Union and give proof of a monthly income at least three times the amount of the rent. Also keep in mind that accommodation will be more expensive than university residences (plan a budget of €400 to €600/month).

For your information, all accommodation outside the CROUS residences will require that you pay a council tax (“taxe d’habitation”) if you are in the accommodation on January 1st of the taxation year. Please note that all leases imply the payment of a guarantee (about one month’s rent) that you will be given back on your departure if no damage is noted in the flat. Never pay your rent in cash and ask for a receipt each time you pay your rent.
The best solution for accommodation outside university residences is flat-sharing (with French students!) that represents an intermediary budget (€250 to 400/month).

This is what you can expect to pay in a private residence in Grenoble:

- Hotel residence (room with kitchenette, bathroom and WC) €30 to €80 per night
- Room in a private home (generally sharing kitchen and bathroom): €250 to €400 per month
- Studio flat (one room) or small flat (F1 - 1 room and kitchen): €450 to €550 per month
- F2 (2 rooms and kitchen) and F3 (3 rooms and kitchen): €550 to €850 per month
- F4 (4 rooms and kitchen) and house: €800 to €1200 per month

The lease is a contract in writing setting forth the rules governing occupation of a lodging. Rental charges are payable on top of rent. The landlord must explain them in detail before the lease is signed.

The aim of a deposit is to guarantee that tenants fulfil all their obligations on leaving their lodging. It should not exceed the equivalent of two months' rent (excluding charges).

You must give notice before you leave accommodation, as specified in the lease, by registered letter (three months beforehand).

To find an apartment or flat share, consider these sites:
www.appartager.com
www.colocation.fr
www.recherche-colocation.com
http://e-cologis.com

**Housing Grants**

International students may be entitled to a housing grant called ALS (Allocation de Logement Social). The maximum amount given for a single student living alone is about €135 per month (the first month is not reimbursed). The procedure is long and complicated and you are unlikely to receive any money for several months. However, you will be reimbursed for the previous months if your application is accepted. As an international student you will need to have obtained your residence permit and be able to produce a récépissé (acknowledgement of receipt).

Information is available from the Caisse d'Allocations Familiales, 3 rue des alliés, Grenoble (Tel. 0 820 25 38 10) or the CAF terminal in the student social centre (EVE) on campus. You may also download an application form from: www.grenoble.caf.fr
Cost of Living

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accommodation (university)</td>
<td>€140 to €300</td>
</tr>
<tr>
<td>Accommodation (private)</td>
<td>€50 to €500</td>
</tr>
<tr>
<td>Food (university)</td>
<td>€200</td>
</tr>
<tr>
<td>Meal ticket</td>
<td>€2.75</td>
</tr>
<tr>
<td>One-month public transportation pass</td>
<td>€24</td>
</tr>
<tr>
<td>Clothing</td>
<td>€40</td>
</tr>
<tr>
<td>Sundries/hygiene</td>
<td>€25</td>
</tr>
<tr>
<td>Cinema ticket</td>
<td>€5.50 to €8</td>
</tr>
<tr>
<td>One-day ski pass</td>
<td>€20 to €25</td>
</tr>
<tr>
<td>Concert</td>
<td>€10 to €45</td>
</tr>
<tr>
<td>Paperback book</td>
<td>€6.50</td>
</tr>
<tr>
<td>Museum admission</td>
<td>Free-€6</td>
</tr>
</tbody>
</table>

You will therefore need at least €700 a month if you are living in a university hall of residence or approximately €900 if you are renting private accommodation.

**Be prepared to pay more for the first month's expenses** including:

- Enrolment fees (€180 to €470 depending on degree courses – some management courses may cost more than €1000)
- Health insurance, including social security (€189), complementary insurance (*mutuelle*, from €80)

**Housing Insurance**

Please note that for any accommodation occupied during your stay, compulsory accommodation insurance will be required either by your residence, or by the owner. You can take out accommodation insurance with the same organizations as the student Social Security (LMDE or SMERRA) or with a bank.

The cost of this insurance varies between €25/year for a room in a residence and €100/year for a room at a private individual’s. Please note that the accommodation insurance must include a civil liability that will cover the damage you could cause to others while being careless or neglectful.
Transport

Getting There

You have your choice of three airports near Grenoble: Grenoble Isére International Airport, Lyon International Airport, and the Geneva Airport. Ryan Air offers flights from Dublin to all three destinations. Some direct flights are offered from Cork to Geneva, but they can be expensive. You are probably better off flying out of Dublin. Many UCC students in the past have flown Aer Lingus to Lyon and taken the bus to Grenoble.

- Grenoble Isère International Airport, also known as St Geoirs, about 40 km from Grenoble, or about 35 minutes by coach. Coaches are available for €12.50 one way/€22 return, although only run a few times a day. This is a small airport although flights are more frequent in the ski season. Ryanair offers flights between Dublin and Grenoble Isère International Airport.
- Lyon International airport, also known as Saint Exupéry or Satolas, is farther away, about 100 km (1 h by bus, car or train). Buses go hourly to Grenoble. Tickets cost €20 one way, or €30 return (valid for 2 months).
- Another option is to fly into the Geneva Airport, 157 km from Grenoble, which is a popular destination of many flight companies, and therefore the choice of many international students. Generally this is the cheapest route from most major European cities. Remember that Geneva is a Swiss city and depending on your country of origin you may need a visa. It is also worth remembering that Switzerland has its own currency (the Swiss Franc); nearly all retail outlets in Geneva accept Euros but change is given in Swiss Francs. European Union citizens should not have problems travelling via Geneva.

To reach campus, you have the option of taking a bus or shuttle from these airports. Single journey by coach (Navette Satobus) between Grenoble and Lyon airport costs €20 euros (€15 for under-25s). The coach departs ever hour from the Grenoble bus station. The Geneva International Airport is two and a half hours away. Shuttle service between Geneva International Airport - Chambéry – Grenoble makes 3 trips daily.

Several high speed trains (TGV) from SNCF link Paris to Grenoble directly every day, for a three-hour trip of 640 km. Full price is about €70 for a one-way ticket. Young people and students will be entitled to a 12-25 discount which reduces ticket prices by a few Euros. Those staying for more than a few months and/or planning to travel by train a lot are advised to purchase a 12-25 card (around €50) which gives considerable additional discounts.

Hourly trains link Lyon (Part-Dieu station) to Grenoble, from 5:30 am to midnight (5am to 10pm from Grenoble to Lyon). This takes around an hour and a half via the regional trains (TER). Full price is €15. The train schedule sometimes includes buses. The price is the same, the duration is the same, and they start at the same station and arrive at the same point.
From Geneva, by train (several times daily) it takes about 3 hours to reach Grenoble; the price ranges from €26 to €44, depending whether it goes through Lyon. There are also direct buses to Grenoble for €56.

**Getting Around**

**Bus**
Lots of regional buses can take you from the *gare routiere* (in the town centre, by the train station) to ski stations and various towns in the surrounding countryside. For example, Grenoble to Chamrousse (bus 6010) ski station costs €2.70. It is better to buy tickets in advance for access to ski stations in high season - if the bus is crowded, you get priority. Tickets are sold at the main bus station and at the tourist information office (*maison du tourisme*) which is on tram lines A and B (stop: Hubert Dubedout- Maison du Tourisme). Be aware that the winter schedule (*saison neige*) is not the same as for the rest of the year.

**Tram**
Four tram lines cross the town with services every few minutes (less frequent on Sundays) and an extensive bus network operates within the city itself, the suburbs and villages further out. Individual tickets cost around €1.40, less if bought in lots of 10 or more, and various daily and weekly passes are available. Tickets are valid for one hour of travel across the Semitag network (bus and tram). Tickets can be bought in the bus from the driver, and from machines on the platform for tramways, or at the Maison du Tourisme. You must stamp (*composter*) your ticket for it to be valid - this is done on the platform at the tram stop or on entering a bus.

More information can be found here: [http://www.semitag.com/](http://www.semitag.com/)

**Bicycle**
Despite its mountainous surroundings, Grenoble itself is one of the flattest cities in Europe, so cycling is an easy way of getting around. Pleasant recreational cycle routes follow the Drac and Isere rivers. An old bicycle track along the Isère River passes in front of the town centre, and the main boulevards have dedicated cycle lanes. Bicycles are allowed on some smaller streets, but riders often have to use the same lane as buses (for the fearless only!). It is possible to rent bicycles for a day, a week or longer at the railway station and other *MetroVelo* offices - around €5 a day and about €15/20 per month.

For more information: [http://www.la-metro.org/fr/actualite/metrovelo_1.htm](http://www.la-metro.org/fr/actualite/metrovelo_1.htm)
Admissions Procedures

For Erasmus students, you are to send, ASAP your application form \( (exchange\ applied\ student\ application) \), including photos and exact dates of your stay, to the international officer of the college (frequently called UFR, shorter term for “Unité de Formation et de Recherche,” Research and Academic Program Unit) where you are going to attend your courses.

In return, you will receive an acceptance letter by the UFR or the International Department, as well as useful information such as, notably, the halls of residence's request (University residences). You will also receive general information relative to the dates of the beginning of term, etc.

For information on where to send your application, visit: http://www.upmf-grenoble.fr/7763815/1/fiche___pagelibre/&RH=U2EN_ETUDES2

For your administrative registration, you will need to fill in a form and transmit the following information or documents:
• A fixed address in France.
• Passport or ID card.
• Birth certificate and its translation into French.
• 2 ID photos.
• Health insurance certificate for European students (EHIC European card) and students from Quebec (RAMQ).

Academics

Academic Calendar

The standard French university calendar consists of two semesters:
• The first semester generally starts in September-October and ends in December-January.
• The second semester generally starts in January-February and ends in April-May.

The university holidays are quite similar to those of primary and secondary school. There are generally five holiday periods per year:
• vacances de la Toussaint: they can range from one to two weeks, in October-November; generally they are not granted to university students;
• vacances de Noël: a two-week holiday at the end of the year, involving both Christmas and New Year's Day;
- **vacances d'hiver**: a two-week holiday in February-March; generally, university students only have a one-week holiday;
- **vacances de Pâques**: a two-week holiday, most generally in April;
- **grandes vacances or vacances d'été**: as for primary and secondary school, they last two months in July and August; on the contrary, university students often have three or four months of holiday.

However, the university calendar depends on the Académie (regional educational unit), on the institution itself, on the education status (for example, post-graduate students have longer vacances d'été in order to allow them to intern at companies) and even on the curriculum! Thus, make sure to take a look at the current calendar on the university’s website.

### Courses of Study

To establish or modify your choice of classes, visit our web site [www.upmf-grenoble.fr](http://www.upmf-grenoble.fr) where all classes are listed in the section “Formations” (“Studies”). Please note that all classes corresponding to the “Undergraduate” level will be in the section “Licences”.

One of the key steps for setting-up your dossier is to establish a list of courses you wish to attend while in Grenoble. Students should choose "undergraduate" courses ("Licence" in French). The first year of Licence is usually mentioned as "L1;" the first semester is usually called "S1."

Some examples:
- "L1S1" stands for the first semester of Licence's first year
- "L1S2" stands for the second semester of Licence's first year
- "L2S3" stands for the first semester of Licence's second year.
- "L2S4" stands for the second semester of Licence's second year
- "L3S5" stands for the first semester of Licence's third year
- "L3S6" stands for the second semester of Licence's third year

"Licences" usually focus on one discipline (law, sociology, economy, philosophy...).

The course of “Société française contemporaine” (Contemporary French Society) is especially designed for students on exchange programs ... Make the most of it!

Your list of classes, established for the exchange program, should be validated by your pedagogical correspondent in your home university as well as in your host university. This mutual agreement is called “Learning Agreement”. It guarantees the transfer of your credits once your stay is over.

You should also know that it is compulsory for you to sit the final exams if you want to obtain a final mark and the associated credits.
Language Tuition

"Français Langue Étrangère", commonly referred to as FLE, is French as a Foreign Language. Courses are delivered at the Centre Universitaire d'Etudes Françaises. (CUEF: French Academic Studies Centre)

Here are some other courses available to learn French:

- Intensive French language training offered during 4 weeks (20h/week) at the “Centre Universitaire d'Etudes Françaises (CUEF)” during the summer and the academic year. Cost of the session: €640. Online registration: http://u-grenoble3.fr/cuef/ section “INSCRIPTION” (registration).
- One-week intensive training (24h of classes) at the “Centre de Langues Vivantes” on the campus. Cost of the session: €230€. Form available through your UPMF coordinator.
- All year long, there are free courses at the Centre de Langues Vivantes' of UPMF (2h/week). When you arrive in September, ask for more information directly at the reception desk of the “Centre de Langues Vivantes” (building called “CLV”) to know more about the dates of the tests relative to level groups. To know more about the classes proposed: http://upmf-grenoble.fr/clv/
- French language classes for foreign students at the Stendhal University: each class is generally worth 5 credits. The topics studied include the following: French grammar, translation, methodology, France and the European Union, social problems of modern France, professional French, the media and writing, texts and images, French literature, history of Grenoble and its region, etc. A meeting presenting the different classes will take place during the integration/reception week in September.

Library

The main library, SICD2, combines the services of three different university libraries:

- Droit-Lettres
- UPMF’s Human & Social Sciences library
- Stendhal’s languages and literature library

This combination offers students 780,000 books, 10,500 periodicals, 50 subscriptions to databases, and 25,000 electronic magazines.

ECTS Credit Transfer System

The European Credit Transfer and Accumulation System is a student-centred system based on the student workload required to achieve the objectives of a programme, objectives preferably specified in terms of the learning outcomes and competencies to be acquired.
ECTS is based on the principle that 60 credits measure the workload of a full-time student during one academic year. The student workload of a full-time study programme in Europe amounts in most cases to around 1500-1800 hours per year, and in those cases, one credit stands for around 25 to 30 working hours.

ECTS makes study programmes easy to read and compare for all students, local and foreign. ECTS facilitates mobility and academic recognition. ECTS helps institutions to organise and revise the study programmes and to adapt to the national and international requirements of academics and makes European higher education more attractive for students from other continents.

**Welcome Programme: Integration/Reception week (“semaine d’accueil”)**

A mandatory week to welcome the international students is held in September to introduce you to Grenoble and to register you at university. A few weeks before your arrival in Grenoble, you will receive by email all information concerning this week. The first day of this orientation will be dedicated to the administrative registering of students coming from non-European countries.

This week will enable all students to meet the faculty, but also to take part in the following modules:

- French university system
- Student life and culture in Grenoble
- Sports services and student associations
- Visit to the university library
- Activities proposed by the IntèGre association
- Practical visit of the town (transport in Grenoble, opening a bank account, etc.).
- Historical visit of the town (to learn about local culture)
- Tour of the campus (the different university canteens, the health center, etc.)
- Bar evening in Grenoble

**Student sponsoring**

To facilitate your arrival in Grenoble, the “IntèGre” association of international students can help you. Two programmes are offered to foreign students:

- The IntèGre “sponsoring” system consists of putting in touch an international student with a French student to help the foreign student when he/she arrives in Grenoble. The mentor student commits himself/herself to help the foreign student with his/her administrative procedure on arrival, but also help him/her discover Grenoble.
- The “Tandem” system puts you in contact with a person who is learning your language and wishes to improve it. This is a linguistic exchange but also a cultural one between the two persons involved.
IntèGre association ("International Etudiants de Grenoble") will be an essential contact when you arrive! Each Tuesday, the association organizes an evening at a bar in Grenoble. Outings during the weekends are also proposed several times a year. More information is available on the IntèGre web site: www.integre-grenoble.org/

You can also sign up for the weekly newsletter to be informed of upcoming events.

More information:
1st floor of the EVE building (“Espace Vie Etudiante”) in the reception center for foreign students (“pôle API”).
Tel: 04.56.52.85.24
Email: contact@integre-grenoble.org

Practical Information

Residence Permit Application
As an EU resident, you do not need to apply for a residence permit or a “carte de sejour.”

Student Offices
The “Espace Vie Etudiant” (http://www.eve-grenoble.org/), or EVE, can help you with everything from finding housing to making photocopies to meeting friends. EVE is the headquarters for student events, and it’s here where you can learn about upcoming concerts and performances. EVE is also the location of “IntèGre” and API, organizations specifically designed to help foreign students.

Around 120 associations put on events with the help of EVE:

- 70 concerts
- 30 debates
- 25 dances
- 20 international events
- 10 fundraising/humanitarian events
- 5 debut artists

Learn more about student life here: http://etu.grenoble-universites.fr/24132914/0/fiche___pagelibre/&RH=GUGIPFR_GVIE03&RF=GUGIPFR_GVIE
**Health Insurance and Social Security**
As soon as you arrive, get in touch with the International Relations Department, where you will get assistance with the various formalities (including enrolling at UPMF and obtaining your student card) and also meet the professor in charge of your course of study, who will guide you through your course syllabus.

Documents to bring with you:
- Passport or Identity Card (translated by a registered translator)
- Passport photos
- Health insurance certificate
- A civil liability certificate, which handles the physical or material damages caused by a third person (about €20)
- Copy of student card, or an enrollment certificate, from your home university.
- Documentary evidence of your Erasmus status
- Depending on your status, a birth certificate (original and with a translation certified true copy) to obtain your carte de séjour (residence permit)

You must be covered by a Social Security Insurance to enrol at the university, either by:
- Getting a Health Insurance Certificate from your home country (Erasmus students have to ask for a European Health Insurance Card from their current health insurance company);
- Or by subscribing to the Social Security Insurance (€195), mandatory to every international student under 28 years old coming from outside Europe and staying more than 3 months in France

In France, Health Coverage is mandatory. Whatever your nationality, you are entitled to register at the Student Social Security Coverage, which is a specific regime of the French general regime commonly named la Sécu.

The subscription is done during your administrative enrolment at the University, with one of the two student insurance companies: LMDE or SMERRA.

It is also strongly recommended to obtain a European Health Insurance Card from the Health Insurance authority of your own country. This card entitles you to the refund of any medical costs you may have to pay upfront while you are in France. You may receive your refund in France or very rapidly once you return to your home country.

Health Insurance coverage entitles you to the partial reimbursement of your medical expenses (35 % to 70 %).

You may also be covered by the French Universal Health Care System Couverture Maladie Universelle CMU. Enquire at the university social services department.

*La mutuelle*
In addition to mandatory coverage, LMDE and SMERRA offer a complementary insurance scheme, named *la mutuelle* (from €80 per year), which allows for greater
reimbursements of medical expenses. Subscribing to a “mutuelle” is not compulsory. The cost of such a complementary insurance may vary between €84 and €340 per year (in 2008–2009). Any student under 28 is eligible to join a “mutuelle.”


For more information on the individual services they offer, simply search “Grenoble mutuelles” in any search engine.

Inter-University Health Centre
You have access to many free services including reception services, consultations and preventive medicine in the areas of general medicine, nursing care, gynaecology, psychology, diet and nutrition, tobacco addiction, disabilities, etc. There are two locations, one on campus and one in the town centre.

For more information: www.grenoble-universites.fr/sante
E-mail : centre.de.sante@ujf-grenoble.fr

On campus:
180 rue de la Piscine 38400 St-Martin-d'Hères
Tél: 04 76 82 40 70
Tram B: Les Taillées stop
Tram C: Berlioz stop

In the town center:
5 rue d'Arsonval 38000 Grenoble
Tél: 04 76 57 50 90
Tram A, B: Gares stop
Student Matters

Student Life
UPMF has student associations active in all kinds of areas, such as culture, humanitarian action and local-community projects. All students can, through specially designed courses, incorporate in their training an introduction to the life of the city or, in the case of high-level musicians and athletes, pursue their cultural or sporting careers.

The student social centre (EVE) offers shops and cafés, right in the middle of the campus. UPMF also offers six student cafeterias and 17 residences, as well as all-year-round reception services for students. For €4 per year, you can support EVE’s entirely student-run programming and enjoy the huge array of events and opportunities it offers.

IntêGre also offers weekend trips, which will help you meet other international students.

The city of Grenoble affords students exceptional opportunities for sport. The campus itself has facilities open to all students, including:

- an Olympic swimming pool
- 36 tennis courts
- facilities for rowing and archery
- 18 sports grounds and halls
- climbing walls
- special courses to meet the requirements of high-level athletes
- France's top university sports club (GUC) with 22,000 members and training in 24 disciplines

As a centre of culture, Grenoble and UPMF offer a wide variety of festivals, associations, and more. Here’s a sampling of the opportunities to watch for:

- 120 cultural events scheduled every year on the campus
- 4 university orchestras with choirs and dance troupes
- Art and culture teaching modules open to all students
- 160 student associations (including Ski Club, Ciné-Club for movie lovers, Babyfoot Club for table soccer players, ALEG for role-playing gamers, and more)
- A student radio station broadcasting all over the urban area (Campus 90.8). The station plays all kinds of music, from reggae to pop, with the goal of introducing listeners to music they wouldn’t hear on the commercial stations
- 2 concert venues on the campus
- More than 100 cinema screens in the urban area
- 33 theatres and cultural centres and numerous concert halls
- 89 museums, archaeological sites, and castles in Isère
- One of France’s finest modern art collections at Musée de Grenoble
**Student Tips**

Erasmus is full of excitement and adventure, but also uncertainty and nerves. Although the International Education Office in UCC and the International Relations Department in Grenoble will help you as much as possible, nothing can beat the experience of being in your shoes. So here are some tips and tricks from UCC students who have studied in Grenoble.

**Academic Matters:**
- Take the chance to learn new things.
- Try and take some courses that allow you to learn more about French life, culture, history, or literature. You’ll never have quite the same opportunity in Ireland.
- Exam structure is very different; continuous assessment is limited.
- Most French students generally only study one subject in their degree, not two.
- Keep up with your reading!
- Consider taking a sports module. This is a good way to meet French students and see the countryside while doing outdoor sports.

**Accommodation:**
- Accommodation in Grenoble can be very difficult to find.
- Bed linen is not supplied- a sleeping bag is handy when you arrive, and for travelling.
- Always look through the peephole before answering the door.
- Bring pictures of home to put on the walls.
- Bring a 2-pin plug adaptor for any Irish electrical products.

**Travel:**
- Remember generally the earlier you book the flights, the cheaper they are.
- Some clubs organise really cheap day and overnight trips.
- If you are coming home for Christmas, it is a good time to bring back excess luggage.
- Taxis can be very expensive.
- SNCF’s under-26 discount is a good idea if you plan to travel by train.
- Beware of scammers organizing trips for international students as a way to steal deposit money. Make sure all events are school-sanctioned.

**Bureaucracy:**
- Bring multiple photocopies of any documentation you might need.
- Bear with the bureaucracy. It’s probably more than you are used to in Ireland, but the majority of form-filling will be finished by the end of the first month.
- EU citizens do not need a Carte de Séjour.
- Patience is helpful.
- It is a good idea to carry some sort of ID with you at all times.
Social:
- If you intend to join a sports club, it is advised to get a medical cert off your doctor before you leave Ireland.
- Buy local newspapers and magazine, and listen to local TV, radio, and music.
- Immerse yourself in the culture!
- French students have a different manner than Irish students. Do not be offended if they do not come up to you; it may take some time to get to know them.
- There is a great international student community.
- Consider purchasing a student discount card to save money on cultural attractions within France.

General:
- Bring a good French dictionary.
- Unlock your mobile phone before you leave Ireland if you want to put a French SIM card in it.
- Brings some books in English. Although you can buy some English language books in Grenoble, they can be expensive, and it is handy to have some for travelling and for when you first arrive.
- Look into phone cards – they are one of the cheapest ways to phone home.
- If you have a laptop and Internet access in your accommodation, look into getting Skype or other Internet phone packages.
- Set up Internet banking.