

THINGS TO KNOW

CAEN,

ADMINISTRATIVE
CAPITAL OF
CALVADOS, one of
the 5 departments
which make up the
Normandy Region

CAEN NORMANDIE METROPOLITAN AREA:

270,000 residents

CITY OF CAEN:

100,000 residents, half the
population is under 30

NORMANDY REGION,

10th FRENCH
REGION in terms of
hosting foreign
students
(10,000 foreign
students)

University of Caen Normandie:



29,000

students on 5 campuses

2,500

international
students representing
120 nationalities, 43 research
centers, 7 PhD schools



CAEN, RANKED 17th (out of 44) FRENCH CITIES WHERE IT'S GOOD
TO LIVE AND STUDY (awarded by L'Étudiant magazine) **WITH TWO GOOD
MARKS FOR THE QUALITY OF ITS EDUCATIONAL PROGRAMS AND
STUDENT/CAMPUS LIFE**

CAMPUS FRANCE

28 rue de la Grange aux Belles, 75010 PARIS - 01 40 40 58 58 - www.campusfrance.org



EXPLORING MY CITY



Campus France will guide
you through your first steps in
France and **exploring Caen**,
your new home.

WELCOME TO
CAEN



ARRIVING IN CAEN /

- ♦ **A One-Stop Welcome Desk for foreign students enrolled at the University of Caen Normandie (UNICAEN)**

The UNICAEN International Square is tasked with welcoming the university's international students and researchers.

The International Square created a single information desk which makes available to you:

- support in your administrative procedures (enrollments, residence permits, social benefits, bank accounts);
- housing assistance;
- preparation for university study in the French language;
- a cultural approach (outings and visits, sponsorships, thematic evenings)

Address:

Maison des langues et de l'international, Campus 1, Building i (MLi), Université de Caen Normandie, esplanade de la Paix, 14000 Caen.

Hours: Monday to Friday, 1:30pm to 4pm.

Contact: 02 31 56 61 75 or intl.b3i@unicaen.fr

Site: <http://international.unicaen.fr/> > unicaen et l'international > Le Carré international

♦ **Sponsors**

You can be assisted by a sponsor in Caen!

With the Erasmus & Internationals in Caen association, dedicated to international student support, your integration will be a success: <http://eicaen.fr/>

♦ **Your Higher Learning Institution**

Depending on the institution, two information services are available:

- International Relations Department (welcome and orientation office)
- the Admissions Department (enrollment and administrative procedures office).

♦ **National Services**

- students: www.etudiant.gouv.fr
- doctoral students, researchers: <http://www.euraxess.fr/fr>

HOUSING IN CAEN /

In Caen, there are numerous solutions for finding lodging: the housing park reserved for students and managed by CROUS, student and private residences, and rooms in private homes.

What's most important is to take care of this as early as possible, before your arrival.

• **Le Carré international** offers housing search assistance to international students enrolled at University of Caen Normandie. Its International Publics Hub (SPI) will assist and support you during the length of your stay. Contact the team: intl.b3i@unicaen.fr

• **The Normandy CRIJ** (Centre Régional d'Information Jeunesse, the regional youth information center) also has tips on finding housing. Address: CRIJ, 16 rue Neuve Saint-Jean, 14000 Caen. Contact: 02 31 27 80 80 or caen@crijnormandie.fr Site: <http://www.crijnormandie.fr/>

A FEW TIPS

♦ **For short-term lodging**

• **The Caen youth hostel** located near the city center. Address: 68 rue Eustache Restout, 14000 Caen. Contact: 02 31 52 19 96. Site: <https://www.hifrance.org/>

• **Other types of residences with hotel services:** Check out the Caen Visitor Center site which has a list and inventory of all types of housing: <https://www.caenlamer-tourisme.fr> > menu > séjourner & dormir > tous les hébergements

♦ **Long-term housing**

• **The Caen Normandie CROUS** (Centre Régional des Œuvres Universitaires - Regional Center for University Services) for **student housing**. Address: 23 avenue de Bruxelles, 14000 Caen. General Reception: Monday to Friday, 9am to 12:15pm and 1:15pm to 4pm. Contact: 02 31 56 63 00 (switchboard).

Financial Resources and Housing Office

- Telephone helpline: from 9:00am to 5:00pm +33 (0)2 30 08 02 14.

- Hours: Monday to Thursday, 1:15pm to 4pm.

Site: <http://www.crous-caen.fr> > Logement

On campus, the CROUS is also responsible for all low-cost food services (university restaurants, cafeterias, food-trucks, etc.)

• **Private Housing Platforms**

Some Caen establishments are members of Studapart, a platform specialized in private housing for students: <https://www.studapart.com/> > Rechercher par ville > Découvrez toutes nos villes > Caen

Other student residences, managed by private companies, are also available in Caen. Try these sites:

- <https://www.adele.org/>
- <https://www.immojeune.com/>
- <https://www.location-etudiant.fr/>
- <https://housinganywhere.com/fr/>

• There is also a **site managed by the CROUS, Lokaviz, which includes a listing of student accommodations in private homes:** <https://www.lokaviz.fr/>

• **Shared Leases:** consult *La Carte des Colocs*, a national site for shared leases that's free and simple to use: <https://www.lacartedescolocs.fr/>

• **Other solutions available on the Campus France site:** www.campusfrance.org > s'organiser > logement

♦ **If you need a guarantor to secure your lodging**

Visale is a new and free guarantor system: www.visale.fr

♦ **If you want to apply for the APL (Aide Personnalisee au Logement -personalized housing aid) (Aide Personnalisée au Logement)**

The CAF (Caisse des Allocations Familiales - family allowances fund) is available to assess your rights: 08.10.29.29.29 or www.caf.fr

♦ **If you need housing adapted to your special needs**

Contact the CROUS Social Services which will take action with your institution.

Some establishments have specialized services for special-needs students (housing assistance and also transportation and tuition).

At University of Caen, contact the Handicap Health Relay: <http://vie-etudiante.unicaen.fr/> > Vie étudiante & Culture > Santé- Handicap > Handicap



FIRST STEPS /

ENROLLMENT IN YOUR INSTITUTION

♦ **CVEC**

It is mandatory that you download proof of payment of the Contribution Vie Etudiante et de Campus (CVEC) – the student and campus life contribution fee before you can enroll in your institution.

- **Log in at:** <https://cvec.etudiant.gouv.fr/>


- **For additional information and special cases:** <https://www.campusfrance.org> > s'organiser > CVEC


♦ **Confirm Registration**

Take note! Even if you have a pre-registration letter, you are not officially enrolled.

You must validate your enrollment with the institution's Service de la Scolarité (Admissions) as soon as you arrive.


GETTING AROUND CAEN


 **Before your arrival, consult the University of Caen's practical information sheet** which will guide you based on where you arrive: <http://international.unicaen.fr> > étudier à Caen > comment arriver à Caen

 In Caen, the **Twisto Atoumod** card is a single transportation ticket which can be used for all travel: <https://www.twisto.fr/> > Titres et abonnements > Nouvelle billettique > La carte Twisto Atoumod

 **For getting around the city and suburbs**, use the public transportation (bus and tramway) network managed by Twisto for transportation in Caen: <https://www.twisto.fr/>

 There are regional trains **for getting around the Normandy region:** <https://www.ter.sncf.com/normandie> Coaches are also an option for low-cost travel: <https://fr.ouibus.com/> or <https://www.flixbus.fr/>

 **For carpooling, consult the collaborative site** <https://www.blablacar.fr>

 **For greater independence, rent a bike** (traditional or electric) with Twisto Vélo: <https://www.twisto.fr/> > Réseau Twisto > Nos mobilités > Twisto vélo

RESIDENCE PERMIT

◆ Information

- **Only for students enrolled at UNICAEN:**
- by appointment at the International Square International Publics Hub (SPI).

Address: SPI, Campus 1, Bâtiment i (MLi), Building i (MLi), Université de Caen Normandie, esplanade de la Paix, 14000 Caen.

Hours: Monday to Friday, by appointment, 9am to 12pm.

Free access for information requests is also possible from 1:30pm to 4:00pm.

Contact: intl.b3i@unicaen.fr

To learn more and schedule an appointment: <http://international.unicaen.fr/> > Etudier à Caen > Accueil et intégration

- **For all other students:**

Address: Services généraux, rue Daniel Huet, 14000 Caen.

The reception desk for the Office for Foreigners (Bureau du Séjour et des Naturalisations) is located rue Choron.

Hours: Monday to Friday, 8:45am to 12:40pm and 2pm to 4:15pm.

Contact: 02 31 30 64 00.

Site: <http://www.calvados.gouv.fr/>

- **Learn more about your rights and obligations:**

www.service-public.fr > Etranger > Titre de séjour et document de circulation

GOOD TO KNOW

- **If you arrive in France with a VLS-TS long-term student visa:** you must validate it online within three months of arrival: <https://administration-etrangers-en-france.interieur.gouv.fr>
- **If you are an Algerian national:** depending on your campus, your residence permit application is made at the Préfecture or with the Service des Relations Internationales at your campus.
- **Take note:** to renew your residence permit, you must apply within two months prior to its expiry.

EVERYDAY LIFE /

OPENING A BANK ACCOUNT

If you stay in France for more than 3 months, it will be much **easier day-to-day if you open a bank account**, online or in one of the 110 bank agencies located in Caen.

In France, opening a bank account is a right: www.service-public.fr > Argent > Comptes bancaires > Droit au compte

HEALTH CARE

In France, receiving medical treatment is **practically free** but you must be insured. **As a result, signing up for medical insurance is mandatory.**

Connect to the site

<https://etudiant-etranger.ameli.fr> site to register, to understand your rights, and to take the necessary steps.

Learn more:

<https://www.campusfrance.org> > S'organiser > Santé

As a student, you can also take advantage of the university medical services. In these health services where consultations are free, you'll be greeted by a team of doctors, nurses, and social workers who can give personalized advice in terms of health and prevention.

This is the case for the Université de Caen Normandie which has a health and prevention service: Service Universitaire de Médecine Préventive et de Promotion de la Santé (SUMPPS).

Address: SUMPPS, Campus 1, 47 avenue de Bruxelles, 14000 Caen.

Contact: 02 31 56 52 30 or sumpps@unicaen.fr

Site: <http://www.unicaen.fr/> > Université >

Organisation > Services > Service universitaire de médecine préventive et de promotion de la santé

INSURE YOUR HOME

In France, housing insurance is mandatory.

The "garantie risques locatifs" - rental risk guarantee - is housing insurance which you can subscribe with your bank or a private insurance company.

Online subscription is also often possible.

Learn more:

www.smeno.com

www.assistance-etudiants.com

www.assurances-etudiants.com

EMERGENCY NUMBERS

SAMU: 15 Emergency Medical Services

Police emergency: 17 in the event of violence, theft, robbery.

Fire Department: 18, in the event of fire, gas leak, water damage, natural catastrophe, or traffic accident.

112 European emergency services number that's accessible from anywhere in the European Union in addition to the French numbers above.

LEARNING FRENCH

Learning French is an opportunity to be seized! Find what works best for you:

- by consulting the Campus France site or the Français Langue Etrangère (FLE) - French as a foreign language - centers and universities which offer courses at all levels year-round:

<http://ecolesdete.campusfrance.org>

- by asking in your institution, at city hall, or in your host city's Maison des Associations - community centers.

FINDING A JOB OR AN INTERNSHIP

2 addresses:

- **Jobs and internships:** The Normandy CRIJ, the regional youth information center, can present several leads and publishes classified ads onsite: <http://www.crijnormandie.fr/>

- **Student jobs:** find a student job that's compatible with your studies on the CROUS Jobaviz site: <http://www.jobaviz.fr/>



THINGS TO DO IN CAEN /

PLAYING A SPORT

In your school, you may also have free access to sports facilities. Contact your Sports Department.

At UNICAEN, the SUAPS (Service Universitaire des Activités Physiques et Sportives, or university office for physical and sports activities) presents a wide range of activities: <http://vie-etudiante.unicaen.fr/> > Vie étudiante & culture > Sport > Activités proposées

In Caen, you can also find an activity including nautical sports, from among the numerous sports facilities managed by the City. Visit: <http://caen.fr/> > Bouger, découvrir > Sport

BE ACTIVE

Attend cultural and sporting events, or join a social or community group, through one of the numerous local or national student clubs and associations. To learn more, check with your school (Service de la vie étudiante, Student Services) or visit the following sites: www.animafac.net or www.letudiant.fr

At University of Caen, in collaboration with the CROUS, the **Maison des Étudiants** (student union), has an associations hub, an area dedicated to student associations.

Address and phone number: Maison de l'étudiant, Université de Caen, Campus 1, 02 31 56 60 96.

Site: <http://www.crous-normandie.fr/> > Culture > Nos lieux culturels > La Maison de l'Étudiant - Caen

In Caen, there is an association *Bienvenue à Caen* (Welcome to Caen), which puts international students in contact with volunteer host families. Contact: 02 31 30 44 43 or bienvenueacaen@gmail.com



GAINING CULTURE AND PARTYING

Caen offers many ways to cultivate yourself or party. Movie theaters, concerts, theaters, museums, exhibitions, and festivals are on the program and most of the time, at reduced cost for students: <http://caen.fr/> > Bouger, découvrir > Culture

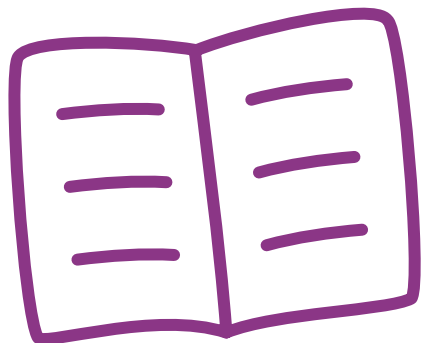
For entertainment or to pick up some culture, in Caen, there are:

- 3 multiplex theaters (student rates, rewards card) and 2 art-house cinemas including one with screenings on the UNICAEN Campus I.
- 4 major museums including the Caen Memorial Museum, a must-see (student rates): <https://www.memorial-caen.fr/>
- 10 performance centers including the Théâtre de Caen rebuilt after World War II.
- around twenty book shops: Caen is the city of book shops!
- an important network of libraries and multi-media libraries throughout the region: <http://bibliotheques.caenlamer.fr/>

In Caen, for going out or staying abreast of current events, read **the two major regional newspapers, La Manche Libre and Ouest-France**, available in newsstands or on the Internet:

- <https://www.lamanchelibre.fr/> > Communes > Caen
- <https://www.ouest-france.fr/> > Communes > Caen

You can also check out the cultural agenda of the Caen Visitor Center: <https://www.caenlamer-tourisme.fr/> > Evénements



MUST-SEE PLACES /

- The Caen Memorial Museum for Peace and History is near the D-Day landing beaches, a large space dedicated to the Battle of Normandy and the Second World War (student rates)
- The Caen Castle, one of the largest medieval enclosures in Europe
- The Normandy Museum, a panorama of life in the Normandy area (student rate)
- The Fine Arts Museum, located within the Caen Castle, is one of the largest in France (student rate).
- the royal tombs in the Men's Abbey and the Ladies' Abbey
- The neighborhood Vaugueux in Caen's old town with its timbered houses
- La colline aux oiseaux, a 17-hectare park located to the north of the city

Learn (and see) more: <https://www.caenlamer-tourisme.fr/>



IMPORTANT ANNUAL EVENTS /

MARCH

- **The Student Carnival in Caen**, 30,000 participants in the largest student carnival in Europe.

APRIL

- Festival Des Planches et des Vaches, meetings and performances organized around comic books

MAY

- The Nuit Européenne des Musées (European Museum Night), an occasion to visit museums differently (and for free).

JUNE

- Normandy World Forum for Peace, organized every year by the Normandy Region in parallel with the June 6, 1944, Allied D-Day landing commemoration festivities (numerous free activities and festive events): <https://www.normandie.fr/> > Les grands projets > Normandie pour la paix > Forum mondial Normandie pour la Paix.
- Fête de la musique: music everywhere in town (free concerts).
- Les Courants de la Liberté, a sporting event which brings together thousands of runners

JULY - AUGUST

- Festival Beaugard, a festival of contemporary music
- Les Sables Animés, free events organized on the beaches around Caen to explore water and beach sports

SEPTEMBER

- Les journées du patrimoine (Heritage days), free visits of cultural venues.

OCTOBER

- **World Student Night**, an essential event for international students at the start of the school year.
- **Fête de la Science in the University laboratories.**
- The Nördik Impakt, an electronic music festival



To stay informed, actively listen to others and the world, and share and dialogue with students, follow **social media** where Campus France has an especially strong presence!

Remember to sign up on the **France alumni** network to take part in discussion groups on various subjects, take advantage of cultural outings, and consult job and internship offers.

