

Université d'Orléans

Guide  
d'accueil  
Welcome book

2019





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A vous étudiantes et étudiants venus de tous les horizons, bienvenue dans notre métropole orléanaise. Vous êtes ici sur un territoire qui affirme jour après jour sa volonté de rayonnement à l'international en encourageant les échanges et la mobilité entre nations, autant de sources d'enrichissement mutuel pour mieux préparer l'avenir.

Orléans Métropole, capitale de la Région Centre Val-de-Loire est particulièrement attentive à l'enseignement supérieur et entend favoriser son développement en lien avec les mutations du monde d'aujourd'hui.

Forte d'un campus universitaire de 20 000 étudiants, dont plus de 2 500 sont de nationalité étrangère, l'Université d'Orléans place l'internationalisation de son campus parmi ses axes de développement prioritaires.

La Métropole orléanaise participe pleinement à cet élan à travers :

- Des partenariats très actifs scellés avec ses 13 villes jumelles. Orléans a récemment élargi ses accords de coopération avec Yangzhou en Chine et la Nouvelle Orléans aux Etats-Unis.
- Le développement de la marque « Orléans Grand Campus » dédiée à l'innovation scientifique en facilitant les échanges entre tous les acteurs économiques, scientifiques et institutionnels à l'échelle internationale.
- L'ouverture d'un Centre International Universitaire pour la Recherche en plein Centre-Ville permettant d'accueillir des chercheurs du monde entier.

La vie étudiante fait également partie de nos priorités : prix attractifs des loyers, offres de logements en augmentation, tarifications réduites pour les transports en commun, animations le soir en centre-ville et organisation d'évènements.

Depuis 2017, la traditionnelle Journée d'Accueil des Nouveaux Etudiants (JANE) est enrichie par la Nuit des Etudiants du Monde (NEM), grande soirée d'accueil pour les étudiants du monde venus étudier en France. J'espère que vous saurez trouver, ici, un accueil attentif et chaleureux.

Très belle vie étudiante à Orléans !

*Welcome in Orléans!*

Olivier Carré  
Maire d'Orléans  
Président d'Orléans Métropole



The University of Orléans, founded in 1306 as a well-known medieval School of Law, has evolved into a modern interdisciplinary and international centre of learning and research, linking high-level knowledge and human values.

With its more than 18,000 students, the University of Orleans is a reasonably sized university. Its main campus is situated one hour to the south of Paris. Linked by tramway to the vibrant city centre of Orleans, the University offers students and scholars a leafy setting with its lake and wooded surroundings. The University also has smaller campuses in several adjacent regional towns, and is thus deeply involved in the intellectual, cultural, and economic life of the entire Centre-Val de Loire Region, famous for the Loire river and its unique castles which have been labelled a UNESCO world heritage site for their historical importance and beauty.

Well rooted in history, the modern University of Orleans looks to the future with confidence: the quality of research and the high standards of the education programmes offered at undergraduate and postgraduate level attract more than 3,000 foreign students and scholars every year.

The quality of its green campus, the facilities provided, the cooperation with national research operators such as the CNRS, INRA and BRGM, and with local institutions such the Graduate School of Art and Design and the Regional Hospital Centre of Orléans, all implemented on the Orléans Grand Campus, provide a unique framework to carry out research and high-level studies in the best possible conditions.

We are looking forward to welcoming you at the University of Orléans.

Ary Bruand  
Président de l'Université d'Orléans



# THE SITES OF THE UNIVERSITY OF ORLEANS

## Campus of Orléans



Collegium  
Droit, Économie, Gestion (DEG)  
rue de Blois  
BP 26739  
45067 ORLEANS cedex 2



Collegium  
Lettres, Langues, Sciences Humaines (LLSH)  
10 rue de Tours  
BP 46527  
45065 ORLEANS cedex 2



Collegium  
Sciences et Techniques (CoST)  
1 rue de Chartres  
BP 6759  
45067 ORLEANS cedex 2



Polytech Orléans  
Site Vinci Rue Léonard de Vinci  
45072 ORLEANS cedex 2  
Site Galilée 12 rue de Blois  
45 067 Orléans cedex 2



Observatoire des Sciences de l'Univers  
en région Centre (OSUC)  
Campus Géosciences  
1A rue de la Ferollerie  
45071 ORLEANS cedex 2

### Your contact

Delphine REDON  
international.deg@univ-orleans.fr

Marion VILGARD  
Marie-Annie MANCEAU  
international.llsh@univ-orleans.fr

Marie TAUZI  
Céline CHENAULT  
vic.cost@univ-orleans.fr

Alexandra LETOURNEUR  
Dora REFOUVELET  
Fanny MICHAUX  
international.polytech@univ-orleans.fr

Fabienne GENTILLET



IUT d'Orléans  
16 rue d'Issoudun  
45067 ORLEANS cedex 2



ESPÉ Centre Val de Loire  
Siège académique, Orléans  
72 rue du Faubourg de Bourgogne  
45044 ORLEANS cedex 1

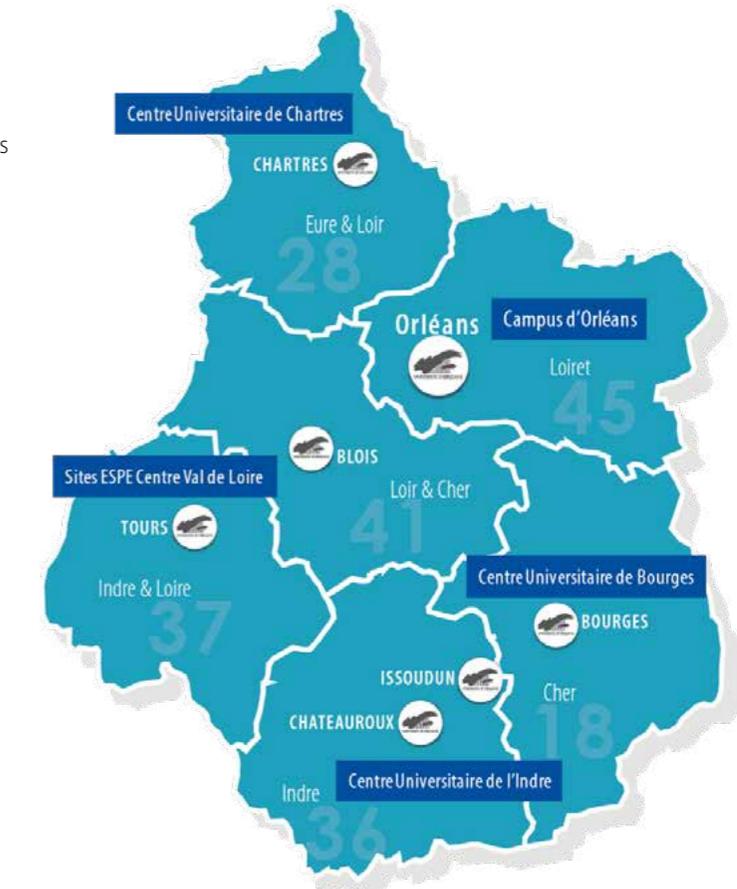


ESPÉ Centre Val de Loire  
Centre de formation d'Orléans  
Site Saint Jean  
110 faubourg Saint Jean  
45000 Orléans

### Your contact

Geneviève BEGUIN  
Hélène FERRANDEZ  
ri.iut45@univ-orleans.fr

Nina HUSS  
ri.espe@univ-orleans.fr



## And on the campuses of the Centre-Val de Loire Region

### Centres Universitaires de Bourges



Antenne universitaire du Collegium Sciences et Techniques de Bourges  
Rue Gaston Berger - BP4043  
18028 BOURGES cedex



Antenne universitaire du Collegium Droit, Économie, Gestion de Bourges  
Technopôle Lahitolle - Salle d'armes - 11 rue Michel Marest  
18000 BOURGES



IUT de Bourges  
63 avenue de Lattre de Tassigny  
18020 BOURGES cedex



ESPÉ - Centre de formation de Bourges  
rue Emile Hilaire  
18000 Bourges

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### Centres Universitaires de Chartres



Antenne universitaire du Collegium Sciences et Techniques de Chartres  
21 rue de Loigny la Bataille  
28000 CHARTRES



IUT de Chartres  
1 place Roger Joly  
28000 CHARTRES



ESPÉ - Centre de formation de Chartres  
5 rue du Maréchal Leclec  
28000 Chartres

### Centres Universitaires de l'Indre



Centre d'Études Supérieures (CES) de Châteauroux  
Antenne des Collegiums LLSH et DEG  
90 avenue François Mitterrand - BP 387  
36000 CHÂTEAURoux



IUT de l'Indre  
site de Châteauroux  
2 avenue François Mitterrand  
36000 CHÂTEAURoux



IUT de l'Indre - site d'Issoudun  
Formapole - 5 rue Georges Brassens  
36100 ISSOUDUN



ESPÉ - Centre de formation de Châteauroux  
102 avenue de Tours  
36000 Châteauroux

### Your contact

Pierre Olivier LOMBARTEIX  
Marie-José GILLET  
Muriel LEPINOIS

Christine SAUTEREAU  
Anouk MARISSAL

### Autres Centres Universitaires



ESPÉ - Centre de formation de Tours-Fondettes  
« Bel Air » La Guignière  
37230 Fondettes cedex



ESPÉ - Centre de formation de Blois  
9 avenue Paul Reneaulme  
41000 Blois

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# PREPARING FOR YOUR STAY

# FIND ACCOMMODATION

## Students with individual mobility

### CROUS Accommodation: University Housing

The CROUS is a state administrative organization independent of the university, which manages accommodation for students.

University registration does not necessarily include admission into university housing.

### International Student Housing Application File

In order to receive university accommodation, you must put together your international housing application file and apply for accommodation online at [www.messervices.etudiant.gouv.fr](http://www.messervices.etudiant.gouv.fr), then return it to the designated address. After reviewing all applications, a final decision is provided by email.

Find descriptions of all housing options on the CROUS website:

[www.crous-orleans-tours.fr/logements/nos-residences/Studio](http://www.crous-orleans-tours.fr/logements/nos-residences/Studio)

[www.crous-orleans-tours.fr/logements/nos-loyers/](http://www.crous-orleans-tours.fr/logements/nos-loyers/)

### Private Accommodation:

You can consult the following websites for private housing options:

[residence-orleans-universite.fr](http://residence-orleans-universite.fr)

[www.lokaviz.fr](http://www.lokaviz.fr)

[www.adele.org](http://www.adele.org)

[www.petitesannonces.fr](http://www.petitesannonces.fr)

[www.paruvendu.fr/immobilier](http://www.paruvendu.fr/immobilier)

[www.larep-immo.com](http://www.larep-immo.com)

[www.pap.fr](http://www.pap.fr)

[www.avendrealouer.com](http://www.avendrealouer.com)

[www.swapandstudy.com/#!](http://www.swapandstudy.com/#!)

[www.elogement.regioncentre.fr](http://www.elogement.regioncentre.fr)



Optional bedding kit = 2 sheets, blanket, and pillow for 25 €. This must be requested before your arrival.

The + of university housing: All housing options are eligible to receive housing financial assistance from the CAF (open to apply for once you are in France). Internet access is included in the rent. Reception and building staff are present on site. Civic service volunteers are there to help you integrate.

Please note: Students who have the “temporary exemption of residence card” distinction on their visa are not eligible for financial assistance from the CAF.

### Steps to get your accommodation:

- 1> Receive your housing admission notification by email
- 2> Pay for your reservation before the specified deadline
- 3> Return your housing file with the requested documents (please note that a guarantor is required)
- 4> Make an appointment to pick up your keys

### Temporary housing in youth hostel

If you haven't found a permanent housing upon your arrival at the University of Orléans, you can book a room at the youth hostel close to the campus. They offer bedrooms for 2 or 4 persons at competitive prices (from 21€ to 29€ per night). No minimum stay required. [www.aubergegedejeunesseorleans.fr](http://www.aubergegedejeunesseorleans.fr)

### Shared Accommodation:

Below you will find some examples of websites where you can find a flat share or roommate arrangement. The price usually ranges between 250€ and 400€ per month, depending on the location and size of the accommodation.

[www.appartager.com](http://www.appartager.com)

[www.lacartedescolocs.fr](http://www.lacartedescolocs.fr)

For all types of housing, mandatory rental insurance must be provided within the week following your arrival (it's possible to buy this insurance through banks, LMDE / SMERRA insurance companies)

**IMPORTANT:** A personal guarantor residing in France is required to rent a room in a CROUS residence hall, as well as a private or shared housing arrangement.

## Students with sponsored mobility

*Exchanges | Erasmus+ | Specific Programs | Double Degree*

The housing application form will be available when you complete your pre-registration on our online portal, MoveOn. The link to the MoveOn portal will be sent to you by your institution's international relations coordinator.

### CROUS Accommodation: University Housing

The CROUS is a state administrative organization independent of the university, which manages student accommodation.

**University registration does not necessarily include admission into university housing.**

**If you don't have a guarantor in France, you can use a resource called VISALE:**

Visale is for employees who are more than 30 years old and for young people who are less than 30 years old, who have to find an accommodation and who can't provide a guarantor to the lessor.

Visale is also for applicants who are tenants and housed by organizations which guarantee the payment of the rent. Visale can only guarantee accommodations whose rent is less than 1300€ (charges included).

Visale is a system in favour of housing managed by Action Logement. It is free.

For more information : [www.visale.fr/#/](http://www.visale.fr/#/)



Exchange program students and students in other specific programs only have access to 3 types of housing – rent is paid per semester.

Simple room:

[www.crous-orleans-tours.fr/wp-content/uploads/sites/16/2015/01/indien-ch-re.mp4?\\_=2](http://www.crous-orleans-tours.fr/wp-content/uploads/sites/16/2015/01/indien-ch-re.mp4?_=2)

Comfort room:

[www.crous-orleans-tours.fr/wp-content/uploads/sites/16/2015/01/roses-tri-fonction.mp4.mp4?\\_=1](http://www.crous-orleans-tours.fr/wp-content/uploads/sites/16/2015/01/roses-tri-fonction.mp4.mp4?_=1)

Studio:

[www.crous-orleans-tours.fr/wp-content/uploads/sites/16/2015/01/roses-studio-pmr.mp4.mp4?\\_=3](http://www.crous-orleans-tours.fr/wp-content/uploads/sites/16/2015/01/roses-studio-pmr.mp4.mp4?_=3)

[www.crous-orleans-tours.fr/logements/nos-residences/Studio](http://www.crous-orleans-tours.fr/logements/nos-residences/Studio)

[www.crous-orleans-tours.fr/logements/nos-loyers](http://www.crous-orleans-tours.fr/logements/nos-loyers)

#### TERMS AND CONDITIONS

- Fill out a housing application at the time of your pre-registration on the MoveOn portal.
- Receive your housing assignment from the International Central Office.
- Security deposit/reservation (=one month's rent) to be paid before your arrival (online payment or bank transfer are both possible).
- Payment by cash, credit card or bank transfer for one semester upon your arrival.

Dishes are not provided. There is a possibility to get them at the reception desk of your residence hall or from a student association (ESN Orléans).

### Accommodation in a Host Family

Families are selected by the International Central Office. The rent ranges between 475€ and 520€ per month (depending on the size of the room).

Accommodation includes the room, breakfast and dinner 7 days per week, as well as lunches on the weekend. The International Central Office will do its best to find a family that matches your preferences.

Some families will provide you with bath towels and give you access to a washing machine.

You will pay your rent directly to the family, at the beginning of each month. The family will give you a “receipt” showing the amount paid. You will sign a rental contract and an inventory of the room. A security deposit may be required (equivalent to one month's rent).

Accommodation with a host family requires special efforts from all foreign students to fully adapt to French life and customs.

Students must take into account the lifestyle of the family and will be responsible for complying with the house rules communicated to them.

We will ask you to sign the Good Conduct Policy in the Student Host Family Guide.

It is not possible to change your host family during your stay (except in cases of force majeure).



### Private Housing

EAround 350-550€ per month

You can consult the following websites for private housing options:

[www.adele.org](http://www.adele.org)

[www.pap.fr](http://www.pap.fr)

[residence-orleans-universite.fr](http://residence-orleans-universite.fr)

[www.leboncoin.fr](http://www.leboncoin.fr)

[www.avendrealouer.com](http://www.avendrealouer.com)

[www.petitesannonces.fr](http://www.petitesannonces.fr)

[www.paruvendu.fr/immobilier](http://www.paruvendu.fr/immobilier)

[www.larep-immo.com](http://www.larep-immo.com)

[www.lacartedescolocs.fr](http://www.lacartedescolocs.fr)

[www.swapandstudy.com/#!](http://www.swapandstudy.com/#!)

### FOR ALL TYPES OF ACCOMMODATION:

FINANCIAL AID – CAF - « Caisse Allocations Familiales » You may be eligible for the Aide Personnalisée au Logement (A.P.L), or Personalized Housing Assistance, if:

- you stay in France longer than 3 months
- you have obtained a long stay visa
- your visa obtained at the French Embassy or Consulate does not include the “temporary exemption of residence card” (dispense temporaire de carte de séjour) distinction.

The Caisse d’Allocations Familiales (CAF) will ask you to provide a birth certificate and its certified French translation. Financial assistance from the CAF is not paid for the first month of your stay in France.

In university residence halls: the “CAF” pays the ALS/APL financial assistance directly to the CROUS. You will be refunded at the end of the first semester, or you will pay only the remaining balance at the beginning of the second semester.

In private accommodation: the “CAF” deposits the financial assistance directly into the student's French bank account.

You have the option of translating the document in Orléans if necessary. –Cost covered by you: 50-100€ depending on the source language and the number of words to translate. To find a sworn translator in Orléans, please click on the link below:

[www.annuaire-traducteur-assermente.fr/fr/3/traduction\\_assermentee\\_de\\_document\\_juridique.html](http://www.annuaire-traducteur-assermente.fr/fr/3/traduction_assermentee_de_document_juridique.html)

### Doctoral students

The EURAXESS Mobility Center is available to support you in your process to secure accommodation.

Contact: [centredemobilite@univ-orleans.fr](mailto:centredemobilite@univ-orleans.fr)



# INQUIRE ABOUT INSURANCE

## Social Security



Overall, health costs are well-covered by the French health system. The main plan is «Social Security» (commonly called «la Sécurité sociale» or “la Sécu” in French). It is compulsory and can cover up to 70% of your medical expenses. In order to supplement this plan, it is possible to take out additional insurance, in the form of complementary health insurance or a health mutual. This is optional, but it can better cover you, especially in the case of hospitalization. From September 2018, Social Security becomes free for all international students. Online affiliation to Social Security general system called CPAM (Caisse Primaire d'Assurance Maladie) is strongly recommended because you will get a social security number which is necessary when you visit a doctor in France and to get reimbursed for healthcare expenses.

### STUDENTS FROM THE EUROPEAN ECONOMIC AREA

To be exempted from affiliation to the French Social Security system, you must obtain the European Health Insurance Card (EHIC) before your arrival in France. You can acquire it from the health insurance fund in your home country. It must be valid for the entire duration of your stay in France. If your EHIC expires before the end of your mobility in France, you will be automatically registered to French Social Security between the expiration date of your EHIC and the end of your mobility in France.

### STUDENTS FROM QUEBEC

To be exempted from affiliation to the French Social Security system, you must obtain a certificate from the Régie de l'Assurance Maladie du Québec (RAMQ) before your arrival in France and sign up for Social Security once you arrive.

[www.ramq.gouv.qc.ca/fr/evenements-vie/etablir-exterieur-quebec/Pages/assurance-maladie.aspx](http://www.ramq.gouv.qc.ca/fr/evenements-vie/etablir-exterieur-quebec/Pages/assurance-maladie.aspx)

### STUDENTS OF OTHER NATIONALITIES

Are you a foreign student? Interested in beginning or continuing your higher education in France? Registering at a French institute of higher education for the first time? Don't have a French Social Security number? You will need to register on <https://etudiant-etranger.ameli.fr/#/> for coverage of your health care expenses throughout your time in higher education.

Registration is mandatory and free of charge and will entitle you to reimbursement of your health care expenses.

To be reimbursed for your health care expenses at the highest possible rate, you can take out supplementary health care coverage or coverage from a **mutual fund**.

### DOCTORAL STUDENTS

- Doctoral students with a doctoral contract are eligible for Social Security and must sign up through MGEN.
- Doctoral students enrolled at the University of Orléans who are not employed must follow the student procedure (depending on the country of origin: Europe or outside of Europe).
- Doctoral students who are not enrolled at the University of Orléans must, in their country of origin, take out insurance that will cover their health expenses while in France.



## Complementary or Mutual Health Insurance

Complementary health insurance is not mandatory but aims to complement the reimbursements from the French Social Security system, as its name suggests. This concerns visits to general practitioners or specialists as well as medical procedures (examinations, X-rays...) and medicine. National health insurance under the Social Security system covers a portion of the health costs associated with each of these, according to agreements signed with practitioners. What then remains is called the “ticket modérateur” (co-payment), which in turn is paid by complementary health insurance.

For example, a consultation with a general practitioner costs €25, of which 70% is reimbursed by Social Security. Patients are responsible for the difference (€7.50), and it is precisely this sum that the health mutual or complementary health insurance covers.

For more information:

[www.unocam.fr/attached\\_file/componentId/kmelia245/attachmentId/227604/lang/fr/name/Questions%20pour%20comprendre%20et%20choisir.pdf](http://www.unocam.fr/attached_file/componentId/kmelia245/attachmentId/227604/lang/fr/name/Questions%20pour%20comprendre%20et%20choisir.pdf)

## Housing Insurance + Civil Liability

Housing insurance (or home insurance, rental risk insurance) is required in order to rent a room or apartment. It covers household incidents or accidents (fire, burglary, or water damage).

You can take out housing insurance at the bank when opening your bank account, with student mutuals (SMERRA or LMDE) or with an insurance company. The price varies depending to the size of your accommodation (generally from 40 € to 65 € for 1 year for a residence less than 15m<sup>2</sup> in size).

Please note: Civil liability insurance (also compulsory for your university registration) is generally included in your housing insurance.

## Repatriation Insurance

It is highly recommended that you take out repatriation insurance in your home country before your arrival in France.

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# GET YOUR VISA

## Getting a student visa

To enter and study in France, it is necessary to obtain a visa. However, nationals of European Economic Area countries, Monaco, Andorra, San Marino, Switzerland and the Vatican are all exempt from this requirement.

For students from countries where the «Études en France» procedure exists (<https://pastel.diplomatie.gouv.fr/etudesenfrance/dyn/public/authentication/login.html>), the student is guided through the visa application on the Campus France website: [www.campusfrance.org/fr](http://www.campusfrance.org/fr)

For students from countries where there is no "Études en France" procedure, the student must consult the website of the French embassy in their country of residence in order to follow the student visa application procedure. The processing time varies depending on the country and the duration of the stay requested, but usually takes several weeks. It is therefore necessary to plan your steps well. More information on the Campus France website:

[www.campusfrance.org/fr/inscription-etudiant-non-europeen](http://www.campusfrance.org/fr/inscription-etudiant-non-europeen)

For any stay that is longer than three months for studies, you must obtain a long stay visa (VLS-TS or VLS-T) which bears the "student" designation before your arrival in France. The request must be made to the French consular services in your country of residence at least three months before departure.

In order to obtain your visa, you will need to provide the following documents:

- Proof of admission or pre-registration to the University of Orléans,
- Proof of financial resources: the minimum amount of financial resources is set by each French Embassy (around €615 per month),
- Valid passport,
- Proof of housing.



### PLEASE NOTE

Erasmus exchange program students with a non-European nationality must apply for a long-stay student visa. You will need to go and see the French Consulate in your country of residence. The residence card from your country of residence allows you to travel in the Schengen area, but does not allow you to stay for more than 90 days in France.



## 2 types of visas are generally issued

### 1) The VLS-TS (Long Stay Visa with Residence Permit, or «Visa Long Séjour valant Titre de Séjour»)

This visa is issued for students wishing to carry out their studies in France for a period of at least 3 months. Within 3 months of arriving in France, students must validate their residence permit at the OFII (French Office for Immigration and Integration, [www.ofii.fr/home](http://www.ofii.fr/home)) which affixes a vignette on the student's passport to validate the residence permit. Students can request a renewal of the residence permit at the Prefecture within 2 months prior to the expiration of the VLS-TS visa.

### 2) The VLS-T (Temporary Long Stay Visa, or «Visa Long Séjour Temporaire»)

This visa is issued for students who wish to carry out their studies in France for a duration between 3-6 months. It is valid as a residence permit, and therefore the student does not need to have it validated by the OFII upon arrival in France. **This visa is not renewable in France and is not eligible to benefit from CAF services** ([www.caf.fr](http://www.caf.fr)), including financial assistance such as the APL (Personalized Housing Assistance, or Aide Personnalisée au Logement).

### PLEASE NOTE

Since the visa application procedure for doctoral students can sometimes be different than that mentioned above, doctoral and post-doctoral students should contact the service center who will know how to best guide them through the steps to take regarding the visa application: [centredemobilite@univ-orleans.fr](mailto:centredemobilite@univ-orleans.fr)



# GET SPONSORED BY MEMBERS OF THE ORLÉANS ERASMUS STUDENT NETWORK



The Orléans chapter of the ESN association aims to welcome international students and help them to integrate. Its members organize events of all kinds including cultural visits, integration parties and receptions, sports activities... in addition to guiding you through certain administrative procedures, for the CAF, for example. Feel free to contact them via their Facebook page: [www.facebook.com/esnorleans](http://www.facebook.com/esnorleans) or their e-mail address: [esnorleans@gmail.com](mailto:esnorleans@gmail.com)

ESN organizes a buddy system which allows you to get in touch with a University of Orléans student before your arrival and throughout your stay.

Co-funded by the Erasmus+ Programme of the European Union



# SOME TIPS AND TRICKS TO GET READY FOR YOUR STAY

Before coming to France, it is recommended that you take out health insurance in your home country that will cover you for the first few days after your arrival, before you are able to enroll at the university and sign up for Social Security.



Check to see if you will need a travel power adaptor or power strip for your stay in France.

Socket: Type E  
Voltage: 230 V  
Frequency: 50 Hz

In France, type E sockets are used. Type E sockets can be used with C and E plugs.



If you need ID photos for administrative procedures, you can have them taken in photo booths. You can find one in the E.Leclerc supermarket center near campus.

It is advisable to bring some cash with you when you arrive (a few dozen Euros should be enough).



It is advisable to always keep an eye on your belongings in order to avoid pickpockets, whether you are on the street or on public transportation. When you are not home, carry a copy of your passport with you (leave your passport at home).



Remember to bring your health records with you if you have them, as well as any prescriptions for medicine you plan on bringing to France.



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# ARRIVING IN ORLEANS

# How to get to Orléans

Here are the different means of transport to reach Orléans and the university.

## From Paris airports

### Airport shuttle to Orléans

Cost per person if several are traveling:

- From Roissy CDG airport: 50-75 Euros
- From Orly airport: 40-65 Euros

[www.pickmecab.fr](http://www.pickmecab.fr)  
[transpers.fr](http://transpers.fr)

[routairorleans.fr](http://routairorleans.fr)  
[www.airevasion-orleans.fr](http://www.airevasion-orleans.fr)



### Trajets des aéroports à Orléans

#### 1 - TRAVELING FROM THE AIRPORT TO PARIS



Charles de Gaulle Airport (CDG)  
→ Gare d'Austerlitz

[www.parisaeroport.fr/passagers/acces/paris-charles-de-gaulle/trouver-mon-trajet](http://www.parisaeroport.fr/passagers/acces/paris-charles-de-gaulle/trouver-mon-trajet)

- Option 1 (cost = 10 Euros)  
Take the RER B  
Direction: Gare de Massy Palaiseau  
Change at: St Michel Notre-Dame  
Then take the RER C  
Direction: Gare de Pont de Rungis  
Final stop: Gare d'Austerlitz
- Option 2 (cost = 17.50 Euros)  
Take the Direct 4 bus  
Direction: Gare de Montparnasse  
Final stop: Gare de Lyon  
Then walk to the Gare d'Austerlitz by crossing the Seine river (10-minute walk)
- Option 3 (cost = around 55 Euros)  
Take a taxi to the Gare d'Austerlitz

Paris-Orly Airport  
→ Gare d'Austerlitz

[www.parisaeroport.fr/passagers/acces/paris-orly/trouver-mon-trajet](http://www.parisaeroport.fr/passagers/acces/paris-orly/trouver-mon-trajet)

- Option 1  
Take the GO C Paris Shuttle  
Direction and stop: Gare de Pont de Rungis  
Then take the RER C  
Final stop: Gare d'Austerlitz
- Option 2 (cost = around 35 Euros)  
Take a taxi to the Gare d'Austerlitz

Paris-Beauvais Airport  
→ Gare d'Austerlitz

[www.aeroportparisbeauvais.com/acces-et-parking/acces-en-navette-bus-train-ou-shuttle](http://www.aeroportparisbeauvais.com/acces-et-parking/acces-en-navette-bus-train-ou-shuttle)

- Option 1  
Take the Paris-Beauvais Shuttle (1H30 travel time – 17 Euros)  
Stop: Porte Maillot  
Then take Metro Line 1  
Direction: Château de Vincennes  
Final stop: Gare de Lyon  
Then walk to the Gare d'Austerlitz by crossing the Seine river (10-minute walk)
- Option 2 (cost = around 85 Euros)  
Take a taxi to the Gare d'Austerlitz

#### 2 - Train Paris → Orléans



Gare d'Austerlitz  
→ to the Gare Les Aubrais (Orléans) or the Gare d'Orléans

[www.oui.sncf/billet-train](http://www.oui.sncf/billet-train)

[www.sncf.com/fr/horaires-info-traffic](http://www.sncf.com/fr/horaires-info-traffic)

Get a direct train ticket for Gare Les Aubrais (Orléans) or for the Gare d'Orléans (around 20 Euros)  
Don't forget to validate your ticket at the yellow ticket machine at the end of the platform, before boarding the train!  
Please note, there are 2 train stations in Orléans : Les Aubrais-Orléans and Orléans Centre.

#### 3 - Getting to the University



Gare Les Aubrais (Orléans)  
→ University of Orléans

[www.reseau-tao.fr/me-deplacer/itineraires/trouver-mon-trajet](http://www.reseau-tao.fr/me-deplacer/itineraires/trouver-mon-trajet)

Get a TAO ticket: Tram Line A  
Direction: Hôpital de la Source  
Final stop: Université

Gare d'Orléans  
→ University of Orléans

[www.reseau-tao.fr/me-deplacer/itineraires/trouver-mon-trajet](http://www.reseau-tao.fr/me-deplacer/itineraires/trouver-mon-trajet)

- Option 1  
Get a TAO ticket: Tram Line A  
Direction: Hôpital de la Source  
Final stop: Université
- Option 2  
Get a TAO ticket: Bus Line 7  
Direction: Petite Mérie  
Final stop: Université

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## By car



Adress:  
University of Orléans  
6 avenue du Parc Floral - 45100 Orléans - France

GPS coordinates:  
Latitude: 47.843044 (DD); N 47° 50' 34.959" (DMS)  
Longitude: 1.936507 (DD); E 1° 56' 11.424" (DMS)



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## By bus



Eurolines [www.eurolines.fr](http://www.eurolines.fr)  
Ouibus [fr.ouibus.com](http://fr.ouibus.com)  
Flixbus [www.flixbus.fr](http://www.flixbus.fr)



# GET AROUND ORLÉANS

It is easy to get around Orléans and the surrounding areas using the following types of transportation.

## In Orléans

### Trams and buses



Orléans has :

- 2 tram lines: A (north to south)  
B (east to west)
- and 42 bus routes

Fares: 1 way = 1,60 € (1,80 € on board) / 10 trips = 14,10 €  
Ticket valable 1h une fois composté

Unlimited travel packages:

1 month = 43,00 € / 1 year = 443,40 €

Special student fare: 1 month = 21,50 € / 1 year = 184,10 €

Using the transportation system:

- Purchase tickets at the tram office, or using the machines on tram platforms
- Tickets must be validated upon each boarding
- Cards: allow you to load tickets and travel packages

Website: [www.reseau-tao.fr](http://www.reseau-tao.fr)

### Self-service cars (Auto-Tao)

**auto'tao**

The short-term car rental service called "Auto-Tao" is available 24 hours a day, 7 days a week.

4 stations: Gare d'Orléans, Place de Gaulle, Carré St-Vincent, Croix St-Marceau

Fares: 5 € for 1 hour (10km).

Website: [www.reseau-tao.fr/multimodalite/nos-solutions-mobilite/auto-tao-la-voiture-en-libre-service](http://www.reseau-tao.fr/multimodalite/nos-solutions-mobilite/auto-tao-la-voiture-en-libre-service)

App: [www.reseau-tao.fr/63-Tao-sur-votre-mobile.html](http://www.reseau-tao.fr/63-Tao-sur-votre-mobile.html)

Be sure to check the validity of your driver's license in France before registering for Auto-Tao.

### Self-service bikes (Vélo+)

**vélo+**

Orléans has 35 self-service bike stations with many bikes to rent. They are easy to use and available 24 hours a day, 7 days a week.

Using the Vélo+ service:

- Purchase your Vélo+ card at the Vélo+ station at the Gare d'Orléans
- Enter your code at a Vélo+ station to rent a bike
- Duration of the rental: first 30 minutes free of charge

Website: [www.agglo-veloplus.fr/fr](http://www.agglo-veloplus.fr/fr)

Inscription 24 heures	1 €
Inscription 7 jours	3 €
Abonnement à l'année*	15 €
UTILISATION IMMÉDIATE (avec code temporaire 14 jours) Paiement par carte bancaire	
UTILISATION DIFFÉRÉE Paiement par chèque	
Abonnés annuels TAO*	5 €
UTILISATION IMMÉDIATE (avec code temporaire 14 jours) Paiement par carte bancaire	
UTILISATION DIFFÉRÉE Paiement par chèque	

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## Taxi



Private transportation, available 24 hours a day, 7 days a week, often around the train stations or by phone reservation.

Average taxi fare from Orléans city center to Orléans La Source: 20-30€

- Taxi companies: Taxis-Orléans (02 38 53 11 11),
- Agglo Taxi Radio (02 38 54 55 55), Ati (06 23 59 81 18)

## Outside of Orléans

### Train – SNCF



2 train stations: Orléans Centre (Place d'Arc) and Orléans Les Aubrais (4 km from the city center)  
With the "12/27" card, you can receive 30% off train ticket purchases.

Valid for 1 year. Price = 50€

Website: [www.oui.sncf](http://www.oui.sncf)

App: App Store et Android

### Coach buses



The main coach bus station in Orléans is located near the SNCF train station (2, rue Marcel Proust).

Several companies offer services for getting around the region: Rémi, Cars Dunois, Eurolines, Flixbus, Ouibus.

### Carpooling



Private shared car system where the driver offers a seat in his/her own car.

Different websites:

[www.blablacar.fr](http://www.blablacar.fr)

[www.idvroom.fr](http://www.idvroom.fr)

[www.covoiturage-libre.fr](http://www.covoiturage-libre.fr)

### By air



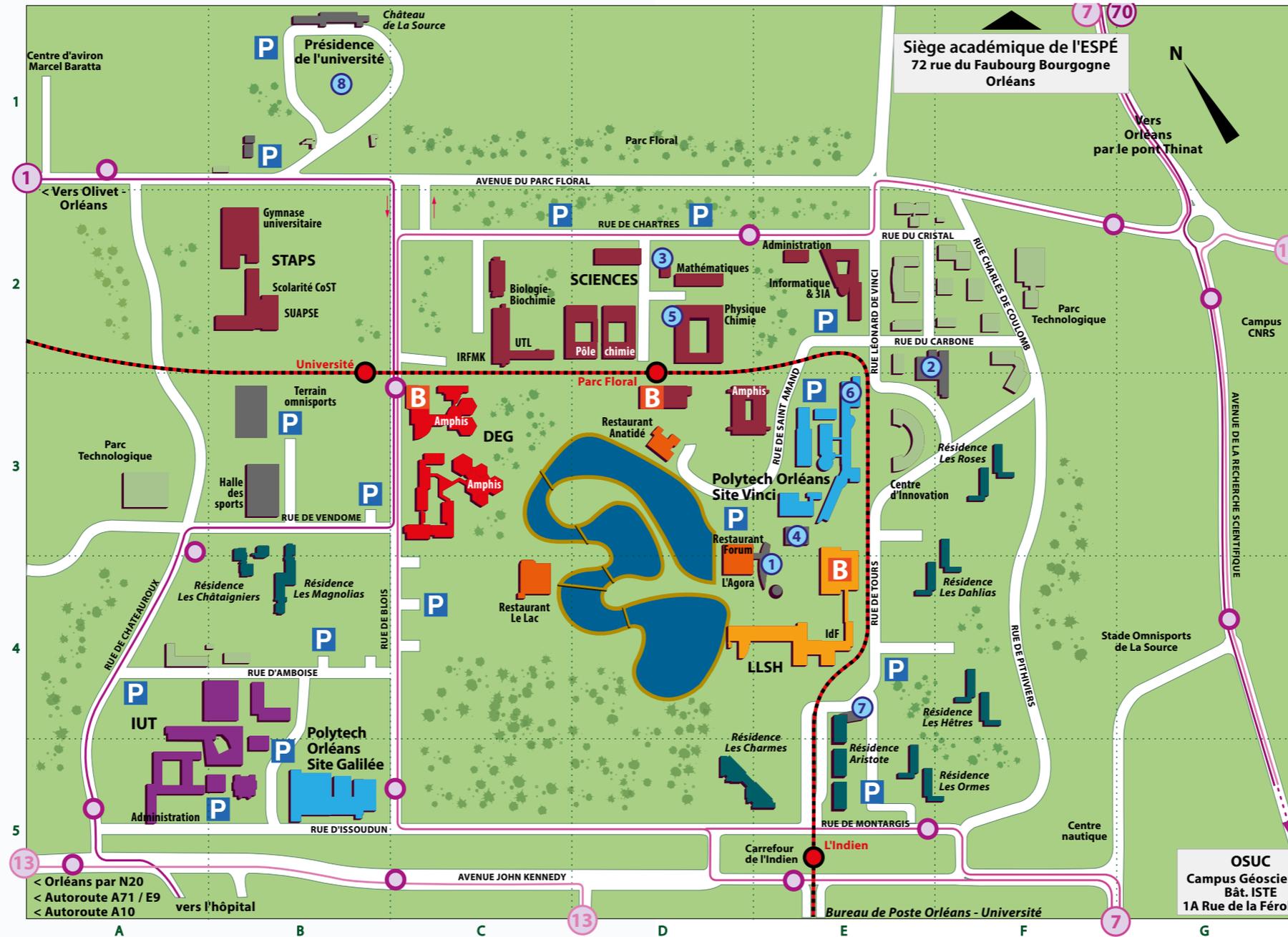
Orléans doesn't have its own airport. To travel by plane, you will need to go to the Paris-Orly Airport, Roissy Charles-de-Gaulle Airport (Paris), or the Tours Val de Loire Airport.



# FIND YOUR WAY ON CAMPUS

## SERVICES AUX PERSONNELS ET AUX ÉTUDIANTS

- 1** Maison de l'Étudiant
  - Service central de scolarité
  - Direction de l'Orientation et de l'Insertion Professionnelle (DOIP)
  - Observatoire de la Vie Étudiante
  - Passerelle Handicap
  - Service vie associative et citoyenneté étudiante
- 2** Direction Recherche et Partenariats
  - SEFCO
  - CFAIURC
  - DSI
  - Maison pour la science
  - Service Formation
- 3** Direction des Relations Internationales
- 4** Centre Culturel "Le Bouillon"
- 5** Services centraux (DRH, SAJ)
- 6** Centre de Ressources et d'Exploitation Audiovisuelle et Multimédia (CREAM)
- 7** Service de Médecine Universitaire
  - Service Universitaire des Activités Physiques Sportives et d'Expression (SUAPSE) B2
  - Institut de Français (IdF) E4
  - Médecine préventive (SUMPPS) E4
  - Radio Campus (Cône) E4
- 8** Agence comptable



### LÉGENDE

- Lignes de bus
- Arrêt de bus
- Ligne de tram A
- Arrêt de tram
- Parking public

UNIVERSITÉ D'ORLÉANS

- Collegium Droit, Économie, Gestion
- Collegium Lettres, Langues et Sciences Humaines
- Collegium Sciences et Techniques
- Polytech Orléans
- OSUC
- IUT
- Bibliothèque universitaire
- Bâtiments centraux

- Restaurant universitaire
- Résidence universitaire



# REGISTRATION ON THE WELCOME CENTER

The Welcome Center for welcoming international students takes place at the Library of the Faculty of Law, Economics and Management, from August 29 to September 28 2018, from 9am to 4pm.

The Welcome Center is the central meeting place for international students at the University of Orléans when they arrive on campus.

Student tutors and international relations staff welcome all international students who have come to carry out their studies at the University of Orléans.

Upon your arrival on campus, you will first have to go to the Welcome Center to receive a welcome bag and get important and useful information about the University of Orléans and the city. You will then receive a stamp on your welcome kit, which will then enable you to register with the academic department of your faculty/institute.

**Please note: Without this stamp, you will not be able to complete your registration.**

## The Welcome Center Services

All information necessary for a successful move and integration in Orléans is available there:

- Help with administrative formalities: university registration, residence permit...
- Accommodation, insurance, health
- Student, community and cultural life in Orléans, transportation...

Co-funded by the  
Erasmus+ Programme  
of the European Union



**YOU MUST VISIT THE ONE STOP SHOP PRIOR TO ANY REGISTRATION.**



Access to the Single Window  
on the campus of the University of Orléans

# FINALIZING ADMINISTRATIVE FORMALITIES

Upon your arrival, you will need to carry out the following administrative steps:

## Open a bank account:

Holding a French bank account is almost essential, though not mandatory. Payments for salaries or wages, reimbursements of health expenses, and housing allocations (CAF) can only be deposited into a French bank account.

Opening a bank account can only be done upon arrival in France.

Many bank branches are located in close to campus: BNP Paribas, Crédit Agricole, Société Générale, Banque Populaire, Caisse d'Épargne, Crédit Mutuel, CIC...

It is preferable to set up an appointment directly with a bank advisor to open a bank account.

In order to open a bank account in France, you must provide the following documents:

- proof of pre-registration at the University of Orléans, a certificate of enrollment (certificat de scolarité) or your student card from the University of Orléans
- copy of your passport or your ID card
- copy of your visa, for non-European students
- proof of residence in France (certificate of residence from the CROUS for students housed in university residence, invoice or receipt for rent...).

**Please take into account the emails and letters received from your bank. If there is a problem with your account and you do not answer, the bank reserves the right to close the account.**

Opening a bank account in France usually gives you access to a bank card that you can use to make payments or withdraw cash from ATMs. Payment by bank card is accepted by most merchants, but sometimes a minimum amount is required (around 10-15€).

The "contactless" feature of your bank card allows you to use it to pay without having to enter your PIN number at each use. Be careful, the number of daily contactless payments is limited and set by your bank (usually from 20€ to 30€/day).

Many ATMs are available in town for withdrawing cash. Some banks will charge you a small fee if you use a different bank's ATM multiple times.

The RIB (Relevé d'Identité Bancaire or Bank Identification Statement), issued to you by your bank in France, is often requested for payments/transfers to your bank account (reimbursement of your CROUS deposit, CAF, salary deposit, bill payment, etc...).

PLEASE NOTE: You can also take out housing insurance and civil liability insurance when opening your bank account.



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## Pay the Student and Campus Life Contribution (CVEC)

### What is CVEC?

The Student Life and Campus Services Fee (CVEC for short) was instituted by the French ORE (Student Orientation and Achievement) law of March 8th 2018. It will apply beginning with the 2018-2019 academic year.

The CVEC fee is designed to help fund:

- Student orientation and integration (social, healthcare, arts & culture, sports)
- Student health information, education, and awareness initiatives.

The cost is 90 €.



**The students coming in the frame of an agreement between their home university and the University of Orléans (Erasmus, Exchange...etc) are not subject to the CVEC.**

**The other international students have to pay this contribution.**

To pay and get the certificate, you have to:

- Create an account on [www.messervices.etudiant.gouv.fr](http://www.messervices.etudiant.gouv.fr)
- Connect on <https://cvec.etudiant.gouv.fr>

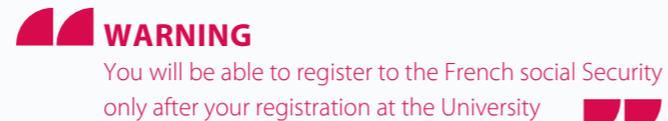


## Register to the French Social Security

From September 2018, the French Social Security becomes free for all students, including international students. You will have to register upon arrival at the University of Orléans and the whole procedure is online (it is therefore not necessary to go to the Social Security offices).

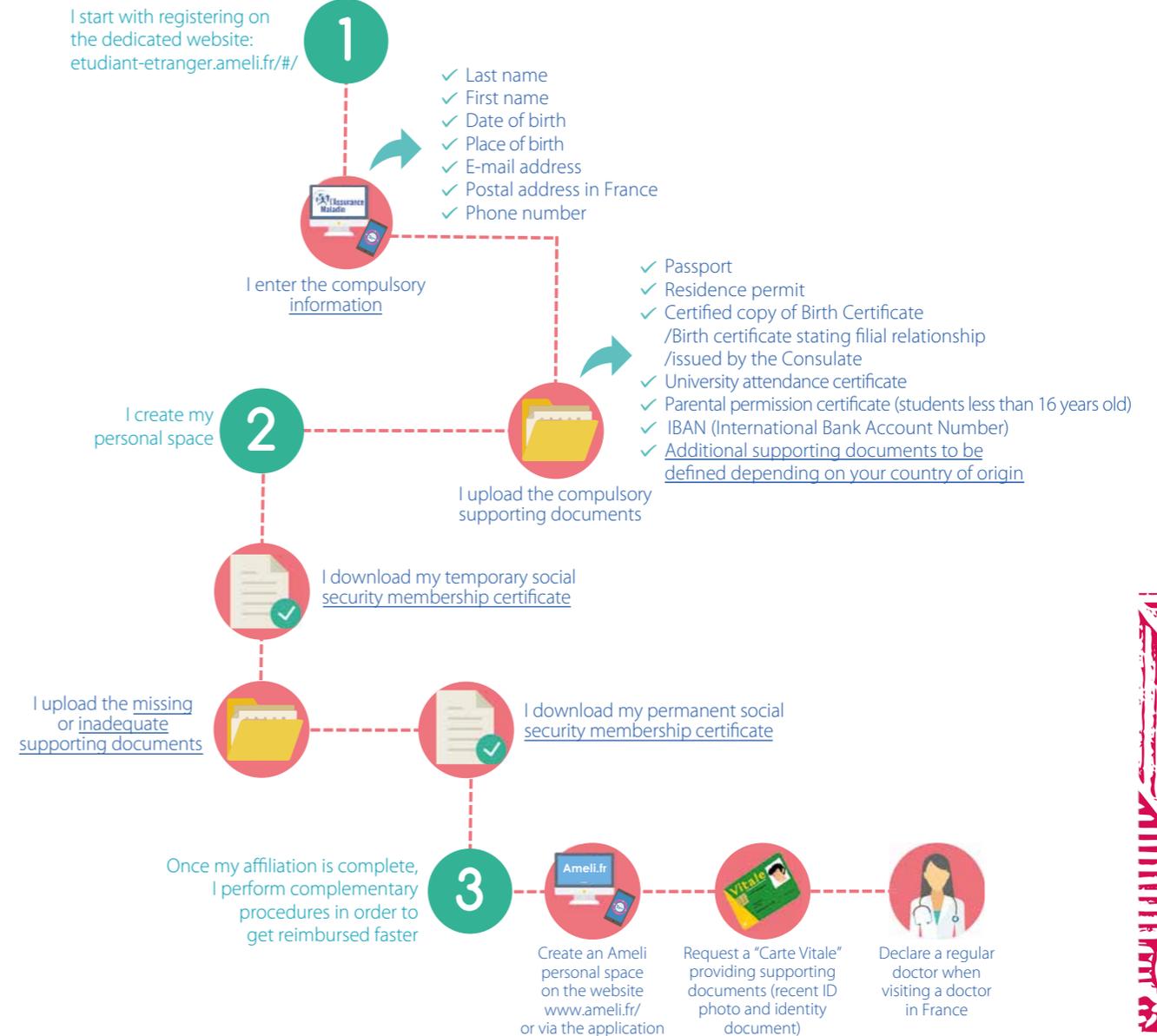
All the information will be provided at the Welcome Center.

**PLEASE NOTE:** In order to complete the registration, you will have to bring an original birth certificate (the translation of the document is not necessary).



## To register to the Health Insurance (Sécurité Sociale) in France...

I fill in my information and upload the supporting documents on the website !



## Take out housing insurance and civil liability insurance

You can take out housing insurance at the bank when opening your bank account, with a student mutual (SMERRA or LMDE), or with an insurance company.

In France, housing insurance is mandatory and a copy must be given to:

- The central administration of university residences (CROUS) if you have chosen a university housing,
- Your landlord if you have chosen private housing,

- Your host family if you have chosen accommodation with a family.

Civil liability insurance is usually included in your housing insurance. A copy of this insurance will need to be given at the time of administrative registration at the university. Without this document, you will not be able to finalize your registration.



## Carry out your administrative registration

You must definitively validate your administrative registration at the University of Orléans in order to obtain your student card and your certificates of enrollment (certificats de scolarité).

During your mandatory visit to the one-stop shop, a registration authorization label (or stamp) will be issued on your administrative registration file.

You will then have to visit your academic department with your completed administrative registration file accompanied by supporting documents.



## Activate your "Atout'Centre" student card

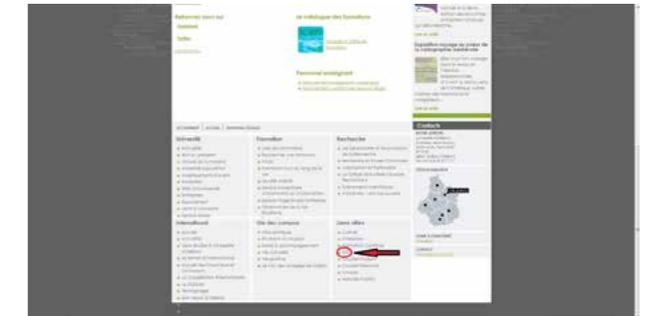
### Activation procedure for the "Atout'Centre" student card

Your «Atout'Centre» student card allows you to benefit from discounts for local tourism, culture and transportation, but it mainly allows you to use various types of services on campus. It's both your student card and a multi-service card:



### Consultation of the ENT (Espace Numérique de Travail) online digital workspace

The ENT digital workspace aims to provide students with educational content and to distribute administrative information or information related to university life. For example, it allows you to consult your e-mail, schedule, courses put online by the teachers, etc... Once your student card is activated, you can also connect to the University of Orléans WiFi network.



### IZLY account

Izly is the mobile payment method for CROUS, allowing you to pay for many CROUS and University of Orléans services from your smartphone or your Atout'Centre card.

With your IZLY account you can:

- Pay for meals in the CROUS dining halls, restaurants, and in some vending machines,
- Pay to use laundromats in university residences,
- Borrow books from the university libraries,
- Print and make copies on campus,
- Have access to certain areas with controlled access (rooms, parking areas...).



### Activation procedure for your IZLY account

## Apply for financial assistance for housing

If you are a foreign student who pays rent and you have applied for a residence permit from the OFII, you can benefit from financial assistance for housing paid by the CAF (Caisse d'Allocations Familiales, or Family Allowance Funds). This financial assistance for housing is calculated according to your resources. It is not retroactive, however. You must apply directly on the CAF website in order to receive this financial assistance.

Please note: Students with a visa marked «Dispense Temporaire de carte de séjour» (Temporary Residence Card Exemption) are not eligible for CAF financial assistance for housing.

### WARNING

Students with a visa marked «Temporary Residence Card Exemption» are not eligible for CAF Housing Assistance.

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### Financial Assistance for Housing Application Procedure

for students housed in CROUS residences

### Financial Assistance for Housing Application Procedure

for students housed in host families

### Financial Assistance for Housing Application Procedure

for students housed in private residences

### Students coming from a country belonging to the European Economic Area must provide the following documents

- Copy of birth certificate translated into French by a certified translator,
- Copy of passport or ID card,
- Proof of housing from or proof of rent completed by your landlord if you are in private housing or with a host family.

### Non-EEA students: To this list, you will need to add:

- Copy of your residence permit.



## Apply for a residence permit

When you arrive in France, if you have a long-stay visa with a residence permit (VLS-TS), you must validate it with the Minister of the Interior in order to give it value as a residence permit. This must be done within three months of your arrival. If this period is exceeded, your illegal status will run the risk of administrative penalties.

You must, within 3 months of your arrival in France, visit the website below and complete the procedure by yourself:

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

### You will need :

- a valid e-mail address,
- the information written on your visa,
- to give your entry date in France,
- to give your permanent address in France,
- your credit card to pay online the 60€ tax for the residence permit (see other means of payment on the website).

### WARNING

If you haven't completed this procedure within 3 months of your arrival in France, you will no longer be legally allowed on French territory.

### For any question : 0806 001 620

[dgef-support@interieur.gouv.fr](mailto:dgef-support@interieur.gouv.fr)



### TIP:

If you need photos for administrative procedures, you can have them taken in photo booths. You can find one in the E.Leclerc supermarket center near campus.



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# LIVE THE FRENCH WAY

When you talked about your plan to come to France, your family and friends most likely gave you lots of advice and told you the clichés, such as “the French regularly eat snails and frogs’ legs...”

The French have their own practices in terms of social life, politeness, and customs. Here are some pointers to help you better decipher all of the French subtleties that may be difficult to understand.



## Greetings in France

In France, avoid embraces and American-style “hugs” when greeting someone... You will surprise the French, or even shock some of them.

The French typically greet each other by doing the “bise” (or, the “kiss”). This unique French custom involves giving 2 to 4 kisses on the cheeks of the person you are greeting. The number of kisses varies according to the person or the region, and likewise for the direction of the kisses: do we start on the right cheek or the left cheek?

Therefore, keep in mind that in most cases, residents of Orléans do 2 kisses, one on each cheek, to say hello, and that they start by kissing the right cheek first. But be careful! Do not kiss everyone! It is up to you to then determine which behavior to adopt depending on the situation of the greeting.

### The “Bise”, yes – But when to do it?

If you meet a French man your age or younger for the first time, you can shake his hand.

If you meet a French woman your age or younger for the first time, you can do the kiss.

If you meet a French man who is older than you for the first time, you must shake his hand.

If you meet a French woman who is older than you for the first time, you must shake her hand.

Between friends, you can do the kiss.

With your teachers and the University’s administrative staff, you must neither do the kiss nor shake hands. A simple “Bonjour Monsieur/Madame” is enough.

## Vous ? Tu ?

In French, you can address someone either formally using “vous” or informally using “tu.”

When speaking to people your age or younger, you can use the informal “tu.”

When speaking to people older than you, you must use the formal “vous.”

Therefore, when you talk to a teacher, you must use the formal “vous.”

## Mealtimes in France

Recognized as an Intangible Cultural Heritage by Unesco in 2010, the “gastronomic meal of the French”\* is very important and the French therefore take time to eat.

Lunch usually takes place between 12:00pm and 2:00pm.

Dinner usually takes place between 7:00pm and 9:00pm.

Take these times into account if you want to eat in France, either in a restaurant or with friends.

\*(Unesco, 2010 : [www.unesco.org/culture/ich/fr/rl/00437](http://www.unesco.org/culture/ich/fr/rl/00437))

## Shopping in France

Most stores are open Monday afternoon from 2:00pm to 7:00pm, and Tuesday through Saturday from 10:00am to 7:00pm.

Please note that some shops close during the lunch break, from 12:00pm to 2:00 pm.

Many shops and restaurants are closed on Sundays and sometimes on Monday mornings.

## Speaking

In class, you must raise your hand before speaking or asking a question.

In everyday life, do not hesitate to ask questions, or ask for clarification if you do not understand something. It will not be taken poorly by those you are speaking with.

## Be careful not to be impolite!

UA number of things you should not do, in order to avoid appearing impolite to the French:

- Do not spit on the floor!
- Do not burp!
- Do not make noises while eating!

Additionally, you must knock on the door before entering an office!

For more information on values and customs in France, you can consult the information and videos (subtitled in several languages) at:

[www.ensemble-en-france.org](http://www.ensemble-en-france.org).





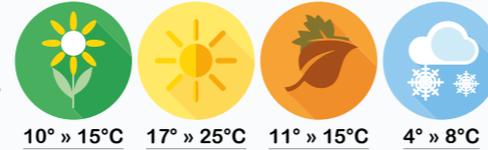
# LIVING IN ORLEANS

# LEARN ABOUT EVERYDAY LIFE

## Weather

The climate in Orléans is temperate-warm. Rainfall in Orléans is significant, with precipitation even during the driest month.

Average temperatures



## Foreign Exchange Office (Purchase and Sale of Foreign Currency)

Change Orléans  
20 rue Jeanne d'Arc - 45000 Orléans  
Monday-Friday from 9:00am to 6:00pm,  
and Saturday from 9:00am to 5:00pm.



## Markets

Prices for products such as fruit, vegetables and cheeses are often cheaper than in supermarkets. More often than not, they are sold by local farmers and producers.

### Near campus

- Place Albert Camus  
Thursday and Saturday, from 7:30am to 12:30pm  
(arrêt « Chèques Postaux »)



### Downtown

- Place de la République  
Wednesday, from 3:00pm to 7:30pm  
(Arrêt tram « Jeanne d'Arc »)
- Quai du Roi  
Saturday, from 7:30am to 12:30pm  
(Arrêt tram « Royale Châtelet »)
- Les Halles Chatelet - : Covered market  
from Tuesday to Saturday, 7:30am to 7:30pm  
and Sunday from 8:00am to 1:00pm  
(Arrêt tram « Royale Châtelet »).

## Supermarkets

### Near campus

- Carrefour Contact Orléans la Source  
22 avenue du Président Kennedy, Zac de L'Indien -  
45100 Orléans (tram « Université L'Indien »)  
Monday-Saturday from 8:00am to 8:00pm,  
and Sunday from 9:00am to 12:45pm
- Auchan Olivet  
600 avenue de Verdun - 45160 Olivet (tram « Zénith »)  
Monday-Saturday from 8:30am to 9:30pm,  
and Sunday from 9:00am to 12:30pm
- Leclerc Olivet  
181 rue d'Artois - 45160 Olivet (tram « Les Aulnaies »)  
Monday-Saturday from 9:00am to 8:00pm
- La Petite Villette  
1410 rue de la Bergeresse - 45160 Olivet  
(tram « Les Aulnaies »)  
Monday-Saturday from 9:00am to 7:30pm,  
and Sunday from 9:00am to 12:30pm
- Naturéo Olivet – produits « bio » et sans gluten  
25 rue De Guyenne - 45160 Olivet (tram « Les Aulnaies »)  
Monday-Saturday from 9:30am to 7:30pm
- Etik et Bio Olivet – produits « bio » et sans gluten  
105 rue d'Artois - 45160 Olivet (tram « Les Aulnaies »)  
Monday from 2:00pm to 7:00pm,  
and Tuesday-Saturday from 9:30am to 7:00pm

### Downtown

- Carrefour Orléans Place d'Arc  
2 Rue Nicolas Copernic - 45000 Orléans (tram « gare d'Orléans »)  
Monday-Saturday from 8:30am to 9:00pm

**Please note: several supermarkets offer a service order on the internet to retrieve his purchases at «DRIVE CAR».**



## Postal Service

After sticking a stamp (or several depending on the weight of your mail) in the top right corner of your envelope, send your letter: Be careful! The yellow mailboxes often have two slots, one destined for the Loiret department, and the other destined for all other departments.

Addresses of major post offices:

[www.laposte.fr/particulier/outils/trouver-un-bureau-de-poste](http://www.laposte.fr/particulier/outils/trouver-un-bureau-de-poste)

### Downtown

- La Poste Orléans Place d'Arc  
Place Albert 1<sup>er</sup> - 45000 Orléans  
Monday from 12:00pm to 6:00pm,  
Tuesday-Friday from 9:30am to 6:00pm,  
and Saturday from 9:30am to 5:00pm

- La Poste Orléans De Gaulle  
Place De Gaulle - 45000 Orléans  
Monday-Friday: 9:00am to 6:30pm

### On campus

- La Poste Orléans Université  
10 place Choiseul - 45100 Orléans  
Monday-Friday: 9:00am to 12:30pm  
and 2:00pm to 5:00pm



## Telephone

French telephone operators regularly offer phone plan packages for unlimited calls + unlimited SMS + Internet at reasonable rates (between 10 and 15€ depending on the internet speed).

The SIM card and the phone plan must be directly ordered on the telephone company's site. Be careful: Make sure to unlock your phone before your arrival.

There are also phones with prepaid SIM cards, which can be found in many phone shops.

The ESN Orléans association can give you a Lycamobile SIM card when you arrive, upon request. Ask the association for more information!



## Holidays in France

November 1	.....	Toussaint
November 11	.....	Armistice
December 25	.....	Christmas
January 1st	.....	New Year's Day
April 22	.....	Easter Monday
May 1st	.....	Labor Day
May 8	.....	World War II Victory
May 30	.....	Ascension Thursday
June 10	.....	Whit Monday (Pentecost Monday)
July 14	.....	National Holiday (Bastille Day)
August 15	.....	Assumption



### PLEASE NOTE

Each faculty in the university has its own calendar with holiday dates that may differ.

## University Closures

Christmas Break:	from the evening of December 20, 2019 to the morning of January 6, 2020
Winter Break:	from the evening of February 21, 2020 to the morning of March 2, 2020
Easter Break:	from the evening of April 10, 2020 to the morning of April 20, 2020
Long Ascension weekend:	Friday, May 22, 2020
Whit Monday (Pentecost Monday):	Monday, June 1, 2020
Summer Holidays:	to be confirmed

## Cost of Living

Here is some additional information concerning current expenses:

- Cinema ticket from 8€ to €12.30 (€8.30 for students with presentation of your student card)
- Baguette 0,90 €
- Postage stamp 0,85 €
- Tram/bus ticket 1,50 € (valable 1 heure après sa première validation)
- Fast food meal 6 € environ
- Café (in a bar) 1,60 €
- Meals in University restaurants and dining halls 3,25 €



# USING DIGITAL TOOLS AND RESSOURCES

Several digital tools allow you to learn about the services and resources at University of Orléans:

## On campus

### Online resources

#### Self-service computer rooms at all university sites:

- For accessing the ENT and your online courses,
- For communicating, printing documents,
- For using office tools or specific software,
- Rooms are reserved for students of each school division, with designated opening hours.

#### Access to the WiFi network:

- Free Internet access by logging in with your activated University account,
- Coverage of most buildings on campus: libraries, cafeterias, halls and rooms open all day to students,
- Help with configuration of your laptop from each school division's tech support and computer specialists.

The Mobile UO App: A multilingual mobile app that allows users to access ENT services.



### Digital tools and services

#### Carte Atout'Centre

- Your contactless student card provides access to a multitude of services. Its validity is unlimited,
- It is also a payment card with a digital wallet feature accessible online,
- If you do not recharge it, remember to present it in the university dining halls and restaurants in order to receive the student rate for meals,
- Features of the card and how to reload it are explained on: [rechargement avec IZLY](#).

#### L'ENT (Espace Numérique de Travail or Digital Workspace)

- The ENT is a web portal offering you a unique and secure access point to personalized digital services,
- Open access services: some services are accessible without logging in. You can discover them by clicking on the "Tools" tab,
- Logging in allows you to quickly access: your emails, class schedules, student file (grades, registrations), online courses (CELENE platform), exam schedules and results, documentary resources, internship and job offers, department news, CROUS services (housing, meals, scholarships...)



### University of Orléans website:

The University's website allows you to find relevant information to guide you in your school division, to study, to gather information, to enlighten yourself according to your profile (student, foreign student...), and to discover student life: sports, culture, internships, health, etc.

To follow University news and updates in real time, check out the University on social networks:



Facebook : [univorleans](#)



Twitter : [univ\\_orleans](#)



LinkedIn : [Université d'Orléans](#)



Youtube : [univorleans](#)

## City of Orléans

To connect to the WiFi in Orléans, download the "Orléans WiFi" app.

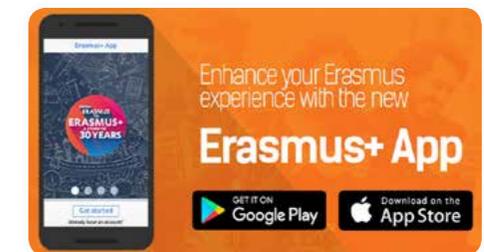
App download: [App Store](#)

For more information: [www.orleans-metropole.fr/974/wifi](http://www.orleans-metropole.fr/974/wifi)



## Erasmus+ App

The Erasmus+ app was designed for students, young people in training, and exchange students. Its main objective: to facilitate Erasmus+ mobility for young people by guiding them in their endeavors.



## France Alumni

The France Alumni networking platform is a network of former students and graduates French higher education that allows you to keep in touch with your classmates and increase your professional opportunities.

To join the alumni network of the University of Orléans: [www.francealumni.fr/fr/partenaire/13436](http://www.francealumni.fr/fr/partenaire/13436)

# LEARN FRENCH AND OTHER LANGUAGES

## At the University

Co-funded by the  
Erasmus+ Programme  
of the European Union



### French Language Support Courses at the Institut De Français, IDF

Language support courses in FLE (French as a Foreign Language, or Français Langue Etrangère) are intended for all foreign students and researchers enrolled at the University of Orléans, as well as language assistants who wish to continue improving their level of French. The goal is to support them in the success of their university studies.

Students can take written French and/or oral French courses. In the “advanced” and “higher” levels, students have an additional course option: grammar or French for university objectives (français sur objectifs universitaires, or FOU).

Registrations take place before a placement test in Office 26-2 in the UFR Lettres Langues et Sciences Humaines building (on the ground floor).

Each new student takes a placement test at the beginning of the semester (September or January) to determine their level.

#### Registration Details

- Bachelor and Master students (including Erasmus+, foreign exchanges, and specific programs)  
Price: 65€ per semester
- Doctoral students and foreign researchers/language assistants  
Price: 150€ per semester

#### Obtaining ECTS

Only Erasmus+ students will be able to obtain ECTS:

- Written French: 2 ECTS/semester
- Oral French : 2 ECTS/semester
- Additional course option (“advanced” and “higher” levels only): 2 ECTS/semester

\* There is no repeat session (retaking) for support courses.

### Language Center at the UFR Droit Economie et Gestion

The Language Center (Centre De Langues, or CDL) of the Law, Economics, and Management Faculty (Faculté de Droit, d’Economie et de Gestion) at the University of Orléans is an organization designed for training in modern languages. The Center is a welcoming place, easy to access and use for anyone wishing to develop or improve their knowledge of foreign languages.

It is located on the first floor of building C in the Faculty of Law, Economics, and Management at the University of Orléans (main entrance is at room C105).

The Language Center offers:



- initial training for students and staff
- continuing education for people who are already in professional life

Training offered in English, Spanish, German, and Italian is free and adapts to the rhythm and level of each student.

Training depends on individual needs:

- general language practice
- specialized language (economic, commercial, and legal)
- specific work on four skills: written and oral comprehension, written and oral expression
- preparation for language assessment tests: Cambridge exams, TOEFL, TOEIC, IELTS, Goethe-Institut exams, Cervantes exams... etc.

These types of language training make up a true “à la carte” program.



## In Orléans

### Other Centers

(Ask the organizations for more details)

### Some public organizations

Centre Académique pour la Scolarisation des Nouveaux Arrivants et des enfants du Voyage (CASNAV)  
GRETA Loiret : [www.greta45.ac-orleans-tours.fr](http://www.greta45.ac-orleans-tours.fr)

ASELQO (Animation Sociale Educative et de Loisirs des Quartiers d’Orléans) : [www.aselqo.fr](http://www.aselqo.fr)  
ACM FORMATION : [acmformation.com](http://acmformation.com)  
CRIIA 45 : [www.cria45.com](http://www.cria45.com)

### Some associations

INLINGUA : [www.inlingua-valde Loire.com](http://www.inlingua-valde Loire.com)  
PRESTIGE INTERLANGUAGE : [www.ecole-de-langues-orleans.com](http://www.ecole-de-langues-orleans.com)  
FORMATION LANGUES : [www.formationlangues.eu/fr](http://www.formationlangues.eu/fr)  
WALL STREET INSTITUTE : [wallstreetenglish.fr/ecoles/cours-anglais-orleans](http://wallstreetenglish.fr/ecoles/cours-anglais-orleans)

Many cultural and sport activities are offered throughout the year on the University of Orléans campus.

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# INTEGRATE INTO STUDENT LIFE ON CAMPUS

## LE BOUILLON, Orleans campus cultural center

Le Bouillon is a theatre and concert venue fully equipped and accessible for hosting both professional and amateur programming throughout the academic year: theater, dance, cinema, concerts of popular, classical and contemporary music, meetings...

- Quarterly program of Le Bouillon distributed throughout campus and downtown
- Website [www.lebouillon.fr](http://www.lebouillon.fr)
- Facebook page [www.facebook.com/BouillonOrleans](https://www.facebook.com/BouillonOrleans)
- 02 38 49 24 24

### IT'S YOUR TURN TO PLAY!

The Cultural Service accompanies you in your artistic and cultural projects through artist discovery workshops, the GRAND BAIN festival, assistance programs (FSDIE & Culture ActionS), competitions (short story, short film, photo, comics...) and springboards (Bouillon\*UP, Dining Hall Music...).

The Cultural Service offices are open in Le Bouillon Monday-Friday from 9:30am to 5:00pm.



## Radio Campus

All events organized at the Bouillon are free for students, including international students



Radio Campus is an independent student music radio station, broadcasting from the university campus to the Orléans area on 88.3 FM. It devotes a large part of its airtime to music. The 42 programs that make up its schedule are the result of the passions and talents of its members: musical genres, literature, history, politics, cinema, popular science, feminism, etc.



Throughout the year, Campus Radio Orléans welcomes new volunteers to participate in the development of musical programming, hosting of programs and shows, audio editing and event organization.

More information on [www.orleans.radiocampus.org](http://www.orleans.radiocampus.org)

## Community life

In order to help you integrate more easily into life on campus and more generally in France, student associations can guide you upon your arrival at the University of Orléans.

### ESN Orléans Association (Erasmus Student Network)

This association aims to welcome and help international students to integrate. Its members organize events of all kinds including cultural visits, integration parties, sports activities... and guide you in some of the administrative procedures, such as the bank and the CAF. Feel free to contact them via their Facebook page:

[www.facebook.com/esnorleans](https://www.facebook.com/esnorleans)  
or their email address: [esnorleans@gmail.com](mailto:esnorleans@gmail.com)

### ÔCampus Association

ÔCampus is the federation of Orléans student associations.



It aims to facilitate communication and sharing between associations, to organize events, and to contribute to student life in Orléans. It offers the opportunity for students from all different backgrounds to meet each other, among other things! Each week you can find the schedule of student parties at:

[www.facebook.com/OCampusFederation](https://www.facebook.com/OCampusFederation)

### Other integration assistance associations :



- Association of Guinean Students of Orléans**  
 (Association des étudiants Guinéens d'Orléans, AEGO - Les rivières du Sud): Mamadou Camara (President) and Facebook)  
 FB : [www.facebook.com/lesrivieresdusud45](https://www.facebook.com/lesrivieresdusud45)
- Association of Senegalese Students and Interns**

**Vietnamiens d'Orléans, or UEVO):**

Trong Dat Vu (president)  
 FB : [www.facebook.com/groups/167609871827/about](https://www.facebook.com/groups/167609871827/about)

Culture, Sports, Environment, Solidarity... There are a thousand and one ways to engage in student community life in order to put together a project, stand up for your opinions, or come together to achieve common goals...  
 Whatever your area of involvement or your motivations, a community experience will allow you to acquire new skills and discover a world founded on experience, unity, and solidarity.

Find the directory of all University of Orleans student associations:  
[www.univ-orleans.fr/vie-etudiante/les-associations-etudiantes](http://www.univ-orleans.fr/vie-etudiante/les-associations-etudiantes)

Seydou Ka (président)

- Association of Chadian Students and Interns**  
 Adoum Yaya (président)  
 FB : [www.facebook.com/etudiants.tchadiensdorleans.5](https://www.facebook.com/etudiants.tchadiensdorleans.5)
- Vietnamese Student Union (Union des étudiants**



## Sports Life

SUAPSE contributes to student success and fulfillment by promoting student involvement and by developing the practice of physical activity, a factor of social connection and integration.

SUAPSE sets up a weekly program of 35 activities:

- Recreational activities for all, supervised by qualified teachers.
- Qualifying training: the sport option for the IUT (Institute of Technology) allows you to validate teaching credits. Check with your faculty and the SUAPSE booklet online.
- High-level and university elite sports. There is a high-level athlete status, as well as university athletic sections for students involved at the federal level.

All of the activities offered, venues, and necessary information to begin are available at:  
[www.univ-orleans.fr/vie/vie-sportive](http://www.univ-orleans.fr/vie/vie-sportive)



# DISCOVER ORLÉANS AND THE SURROUNDING REGION

Today's regional capital of the Centre Val de Loire region, Orléans is proud of its historic past and therefore has aimed to implement a policy of valorization of its heritage, which has allowed it to receive the prestigious «Villes et Pays d'art et d'histoire» (Cities and Countries of Art and History) certification label in 2009.

## Cultural Activities

### Popular Music

L'Astrolabe (App Android and App Store)  
Le 108 (rue de Bourgogne)  
Le Zénith d'Orléans

### Classic and Contemporary Music

La Salle de l'Institut – Orléans Conservatory

### Orléans museums

Orléans Museum of Fine Art  
Joan of Arc House  
Museum of History and Archeology (Hôtel Cabu)  
Cercil  
Orléans Museum of Biodiversity and the Environment (MOBE, opening 2019)

### Cinemas

Cinéma des Carmes (independent films, downtown Orléans)  
Cinéma Pathé Place de Loire (multiplex downtown Orléans)  
Cinéma Pathé Saran (multiplex in the North of Orléans)

### Theater

- Théâtre d'Orléans: music, dance, circus shows, performances, theater productions (Scène Nationale, CADO, Centre Chorégraphique)

- Théâtre Gérard Philippe: Orléans La Source (near campus), programs for young audiences and shows for all ages
- Théâtre de la Tête Noire: Saran (north of Orléans)
- La Passerelle: Fleury les Aubrais (north of Orléans)

### Thematic conferences and exhibitions

- LAB'O (digital start-up incubator)
- Le Studium: public lectures on subjects of varied research, at the International University Center for Research (Centre International Universitaire pour la Recherche), Dupanloup Hotel
- Exhibition and Congress Park (Parc des Expositions et des congrès)
- Charles Péguy Center (exhibition center)
- The House of Associations (La Maison des Associations)
- Collegiate Church of Saint Pierre le Puellier (exhibition center)
- FRAC

### Useful links for keeping up to date with cultural events

- City of Orléans
- Let's go out! (On sort !)
- Pour info à Orléans
- JeunesOCentre



## Tourism

### The city of Orléans

Orléans has been developed in close connection with its river, the Loire. The city has passed through centuries and today reconciles the territory's urban development with its respect for its historical heritage. Come and discover inescapable parts of the city and take advantage of the Orléans City Pass in order to organize and make the most out of the city's buildings and tourist sites.

The Orléans **Office de Tourisme** offers many tours of the city as well as architectural and natural heritage discoveries..

### The Essentials Around Orléans

- The Notre-Dame Basilica of Cléry Saint André : burial place of Louis XI (about 15 km southwest of Orléans)
- The Meung-sur-Loire and Beaugency castles (between 25 and 30 km southwest of Orléans)
- The Sully-sur-Loire castle (about 40 km east of Orléans)
- The Germigny-des-Prés Oratory (about 30 km east of Orléans)
- The Saint-Benoît-sur-Loire Abbey (about 35 km east of Orléans)
- The arboretum of the Grandes Bruyères d'Ingrannes (about 30 km northeast of Orléans)

### The Châteaux de la Loire (Castles of the Loire Valley) and Other Essential Spots in the Region

The Centre-Val de Loire region is part of the UNESCO World Heritage Site where you can visit the following remarkable sites:

- Le Domaine de Chambord
- Le Château royal de Blois
- Le Château royal d'Amboise
- Le Clos Lucé (castle dedicated to the works of Leonardo da Vinci)

This list is not exhaustive and there are a large number of places to visit in the Loire Valley region. For more information, visit these sites:



Le Département du Loiret



La Région Centre Val de Loire



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## Greeters

“Greeters” welcome people who visit their city and take them on a personalized two or three hour walk to discover their city off the beaten track and beyond the tourist guidebooks.

Greeters are volunteers who love their city or region and look forward to sharing their enthusiasm and knowledge with you.

During your walk, you will discover the city on foot or by public transport. Whether you are visiting the city for the first time or you are a regular visitor, we will welcome you to our city and we will be happy to show you around.

Discover Orleans as you’ve never seen it before; let us tell you what life is like here; update yourself with the latest gossip and get acquainted with the place in a relaxed and informal atmosphere.

[orleans.greeters.online/nos-balades](http://orleans.greeters.online/nos-balades)

## Géomotifs

Take the time to raise your head!

Geomotifs is a fun mobile app designed to make you love and discover the wealth of decorations adorning different heritage sites.

Play with details and give a new dimension to strolls in your favorite cities and around monuments.

Use this site to find all of the motifs that you’ve discovered during your walks with Geomotifs!

[www.geomotifs.fr](http://www.geomotifs.fr)

## My Loire Valley

(Appli App Store et Android)

My Loire Valley is the website where you can learn about all tourist, cultural and gastronomic events in the Centre Val de Loire region.

[www.my-loire-valley.com](http://www.my-loire-valley.com)



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## Sports and Entertainment

The city of Orléans offers several sports complexes for practicing sports or participating in sports competitions.

- The Orléans sports Palace – 14 rue Eugène Vignat - 45000 Orléans – 02 38 53 97 27  
This sports complex includes a swimming pool and 13 gyms, the largest of which (3,000 seats) hosts major international competitions that take place in Orléans (Women’s Sabre World Cup, Tennis Open, International Badminton Challenge...) as well as Orléans Loiret Basketball or Fleury Loiret Panthers handball matches.
- The Argonaute – 73 Boulevard Marie Stuart - 45000 Orléans  
This is aimed at fans of the ball of all kinds with its 1,500 m2 room dedicated to team sports, bodybuilding and weight lifting experts, lovers of martial arts, dance or boxing, but also to music lovers with a 150 m2 space devoted to musical practice. Its goal is to meet the expectations for proximity, but also to organize major events.

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- The sports stadium at La Source  
7 rue de Beaumarchais - 45000 Orléans  
Located next to the nautical complex of La Source, this stadium is dedicated to soccer and track & field. It has several soccer fields, a grass field of play, an AstroTurf field, and five other grass fields as well as a track & field stadium with a track and throwing area. It is open to schools, students, and clubs.
- The Nautical Complex of La Source  
Located near the campus, the indoor municipal swimming pool and diving area are available for swimmers of all levels.
- Orléans Ice Rink  
1 rue A. Avisse - 45000 Orléans – 02 38 24 22 24  
The ice rink is a great place to go for fun with your friends.
- Orléans Bowling  
2 rue Moreau - 45100 Orléans – 02 38 66 31 55  
There are 16 bowling lanes, along with billiards, video games, and even a bar.
- Ile Charlemagne  
Levée de la Chevauchée - 45650 Saint-Jean-le-Blanc  
02 38 51 92 04  
Leisure center: soccer, beach volleyball, paintball... and swimming!
- Le Factory  
3055 Route de Sandillon - 45560 Saint-Denis-En-Val  
02 38 14 10 10  
The largest recreation area in the Loiret department.

For more information about sports and sport activities in Orléans: [Guide des sports à Orléans](#)

- La Loire à vélo  
A route of 800 km for biking. The Loire à Vélo allows you to discover all the beauties of the river. Flirt with the last wild river, its banks and its islands, its hillside vineyards, its towns, typical villages and castles to visit, its gastronomy and its unique atmosphere, to the estuary and the Atlantic.



## Associations

The city of Orléans has dozens of different associations (international, culture, society, training-teaching...etc.) All the associations are classified by category: [www.orleans-metropole.fr/892/annuaire-des-associations.htm](http://www.orleans-metropole.fr/892/annuaire-des-associations.htm)

# CARING FOR HEALTH PROBLEMS

European students who have a European Health Insurance card must present it at each doctor's visit in order to receive reimbursement for health care.

Non-European students will receive their Social Security certificate from the organization they have chosen during their administrative registration at the University of Orléans. They must then choose a general practitioner by completing a general practitioner declaration form. This will allow reimbursement of up to 70% of incurred health expenses. For your information, a consultation with a general practitioner costs around 25€.

## University Health Service

**University Preventive Medicine and Health Promotion Service,  
or Service Universitaire de Médecine Préventive et de Promotion de la Santé**

9 rue de Tours  
45072 Orléans cedex 2  
02 38 41 71 79

[sante@univ-orleans.fr](mailto:sante@univ-orleans.fr)

Open Monday-Friday continuously from 8:30am to 5:00pm

This center is a preventive health service. It does not prescribe medicine, but it proposes free services, such as:

- Consultation for special arrangements for studies and/or exams, a "blank year", and continuation of scholarship funds
- By appointment: Medical certificates for participation in sports (except competitive sports), or for work, advice, medical opinions
- Interviews with doctors or nurses
- Free vaccination for routine vaccines (DTcP, MMR, Hepatitis B, meningitis)
- Hearing and/or vision tests at the request of the student
- Rapid HIV test (TROD)
- Specialized consultations: psychologist, social assistant, and dietician
- Sophrology (relaxation) Workshop

### PLEASE NOTE

To make appointments with specialists, you need to have a referral from your general practitioner.



## Orléans Regional Hospital Center

Here you will find all general and specialized health services.

Emergency Room: 14 avenue de l'Hôpital - 45100 ORLEANS  
02 38 51 44 44

You will receive an invoice for your consultation or care services by mail after your hospital visit.

## The ORELIANCE Health Hub

Private clinic specializing in hand trauma.  
555 avenue Jacqueline Auriol - 45770 SARAN  
bus n°18 towards CAP SARAN - arrêt Pôle Santé Oréliance

## CEGIDD 45, dépistages gratuits

You have taken a risk, unprotected sex: need a morning after pill or screening.  
You are in a relationship and you want to stop using the condom!

Grand dispensaire d'Orléans - sans RDV - 02 38 74 45 54  
Rue Porte Madeleine  
45000 Orléans  
Tram B - Arrêt Croix Morin

## Family Planning – 45

Counseling and medical services for sexuality and romantic relationships.

Social center  
33 rue Romain Rolland - 45100 ORLEANS LA SOURCE  
Medical consultations by appointment: 02 38 70 00 20  
[contact@planning45.org](mailto:contact@planning45.org)

## General practitioners

[www.mondocteur.fr](http://www.mondocteur.fr)

[www.doctolib.fr/medecin-generaliste/orleans](http://www.doctolib.fr/medecin-generaliste/orleans)

## SOS Doctors

Private Home Emergency Medical Service.  
44 rue de Chanzy - 45000 ORLEANS  
02 38 54 44 44

## Pharmacies

### For your information:

**You can buy certain medicine without a prescription at a pharmacy or para-pharmacy. Keep in mind that supermarkets in France do not sell medicine.**

Also keep in mind that you can find the following in each university faculty:

- A Handicap Gateway contact person (handicap assistance)
- Personnel trained in First Aid
- An AED or Automatic External Defibrillator (this device allows you to voluntarily and briefly deliver an electric current to the heart when it has certain rhythm disorders)
- Safety instructions posted in several places (do not hesitate to take note, these may be useful to you one day).



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# ASSISTANCE FOR DISABILITIES

Do you have temporary or permanent difficulties related to health problems, a sensory, motor, psychological, cognitive or other type of disability, or special circumstances (pathological pregnancy, hospitalization...)?

- The University of Orléans provides a service to support your success.
- A team that welcomes you, informs you, and assists you in the completion of your academic and professional goals.
- A friendly place for exchanges and for work equipped with adapted computer equipment.

## Access to Knowledge and Academic Degrees

- Personalization of your academic path in collaboration with teaching teams.
- Study support (note takers, interpreters, educational supports...).
- Adjustments for exams (secretary, time increase...).
- Adaptation of educational documents (Braille transcription, text enlargement...).
- Loans and help acquiring specialized equipment.



Thanks to the Erasmus + programme, the Erasmus + students with disabilities will benefit from an individual support from the International Central Office and will get a financial support from their Erasmus + agency.

## University Life

- Assistance with transfers and meals.
- Support in your administrative procedures.
- Assistance in securing adapted housing nearby.

Support for Your Study and/or Professional Plans

The Handicap Gateway (Passerelle Handicap) assists you and informs you of the steps to follow and the appointments to take with university services

### Contact:

University of Orléans - Student House  
Passerelle handicap

Rue de Tours B.P. 6749  
45067 ORLEANS Cedex 2  
Tél: 02 38 41 71 76

[passerelle.handicap@univ-orleans.fr](mailto:passerelle.handicap@univ-orleans.fr)

Opening hours:  
Monday-Thursday from 8:30 to 18:30,  
and Friday from 8:30 to 18:00, continuously

[www.univ-orleans.fr/handicap](http://www.univ-orleans.fr/handicap)

# EMERGENCY CONTACTS

In order to make your stay in Orléans as pleasant as possible, please keep this document and read it carefully.

### Security Measures:

You are advised to follow the guidelines listed below in order to avoid any potential danger: arriving in a foreign country and being confronted with a foreign culture requires time to adapt. Also, try to adapt your behavior as much as possible to the French way of life.

Do not let anyone enter university residence halls without a key, badge or resident card. Foreign students in particular are advised to be vigilant when meeting people they do not know.

## Emergency Numbers



Emergency number  
on the Orléans campus:  
**02 38 49 48 00**

<b>15</b> SAMU Medical emergencies	<b>17</b> Police assistance
<b>18</b> Fire Department	<b>112</b> European emergency number
<b>114</b> Emergency number for people who are deaf or hard of hearing	
<b>02 38 54 44 44</b> SOS DOCTORS	

# PRACTICE YOUR RELIGION

The list below (not comprehensive) shows different places of worship that are all accessible by public transportation or on foot.

## Catholic



Sainte-Croix Cathedral (downtown Orléans)  
Place Sainte-Croix - 45000 Orléans

[www.orleans.catholique.fr/eglise-loiret/trouver-ma-paroisse/1216-cathedrale-sainte-croix](http://www.orleans.catholique.fr/eglise-loiret/trouver-ma-paroisse/1216-cathedrale-sainte-croix)

Saint-Yves Church (La Source)  
1 rue Antoine Lavoisier - 45100 ORLEANS

[www.messes.info/lieu/45/orleans/saint-yves-a-la-source](http://www.messes.info/lieu/45/orleans/saint-yves-a-la-source)

## Buddhist



Buddhist pagoda of Orléans  
32, rue du Colonel-O'Neill 45000 ORLEANS

[www.net1901.org/association/ASSOCIATION-DES-BOUDDHISTES-DU-LOIRET,742130.html](http://www.net1901.org/association/ASSOCIATION-DES-BOUDDHISTES-DU-LOIRET,742130.html)

## Jewish



Synagogue in downtown Orleans  
14 rue Robert de Courtenay - 45000 ORLEANS

[www.consistoiredefrance.fr/synagogue/1366.cc-orleans](http://www.consistoiredefrance.fr/synagogue/1366.cc-orleans)

## Islam



Annour Mosque (La Source)  
4 rue Jules Ferry - 45100 ORLEANS

[www.mosquee-orleans-sud.com/tags/mosquee-annour](http://www.mosquee-orleans-sud.com/tags/mosquee-annour)

## Orthodox



Orthodox Chapel of Campo Santo  
6 impasse Alexandre - 45000 ORLEANS

[www.paroisseorthodoxeorleans-christsauveur.com](http://www.paroisseorthodoxeorleans-christsauveur.com)

## Protestant



Protestant Temple of Orleans  
2 rue du Cloître Saint-Pierre-Empont - 45000 ORLEANS

[www.epudf-orleans.org](http://www.epudf-orleans.org)

# INTEGRATE INTO THE ALUMNI NETWORK ALUMNI

The France Alumni networking platform is a network of former students of French higher education. Since 2014, Campus France has been connecting former students and researchers, higher education institutions and companies through the France Alumni networking platform. Almost 70,000 alumni have already joined.



## France Alumni: A Global Network

Present in more than 116 countries, the France Alumni networking platform hosts more than 120,000 students and former students of French higher education (September 2017). It allows them to maintain a strong link with France by publishing articles and organizing meetings around the world.

## The France Alumni Directory

The France Alumni directory works as a professional social network. It makes it possible to find contacts in companies which interest you, in order to increase the value of your diplomas and your French experience. You can create a profile, fill in your personal information and get in touch with former classmates, colleagues, or any other member of the network.

## France Alumni Thematic Groups

On the France Alumni networking platform, thematic groups bring graduates together who share different areas of interest. These groups make it possible to create or maintain connections. Engage in conversations and multiply professional opportunities by doing so.

## Find a Job with France Alumni

France Alumni helps you to cultivate your career by providing you with many internship and job offers in France and abroad. Get advice and testimonials from alumni who have turned their French experience into an opportunity for professional success.

## Active and Prestigious Partnerships

Higher education institutions, companies, and institutional partners have dedicated spaces on France Alumni available to communicate easily with alumni. Follow them to keep an eye on their news and avoid missing any opportunity.

## France Alumni News

Stay connected to France by browsing the pages of the France Alumni website. For example, there you will find a cultural agenda, articles on the French language, or ideas for tourist trips, in order to prepare for your upcoming stay in France.

To join the University of Orléans Alumni Network:

[www.francealumni.fr/fr/partenaire/13436](http://www.francealumni.fr/fr/partenaire/13436)

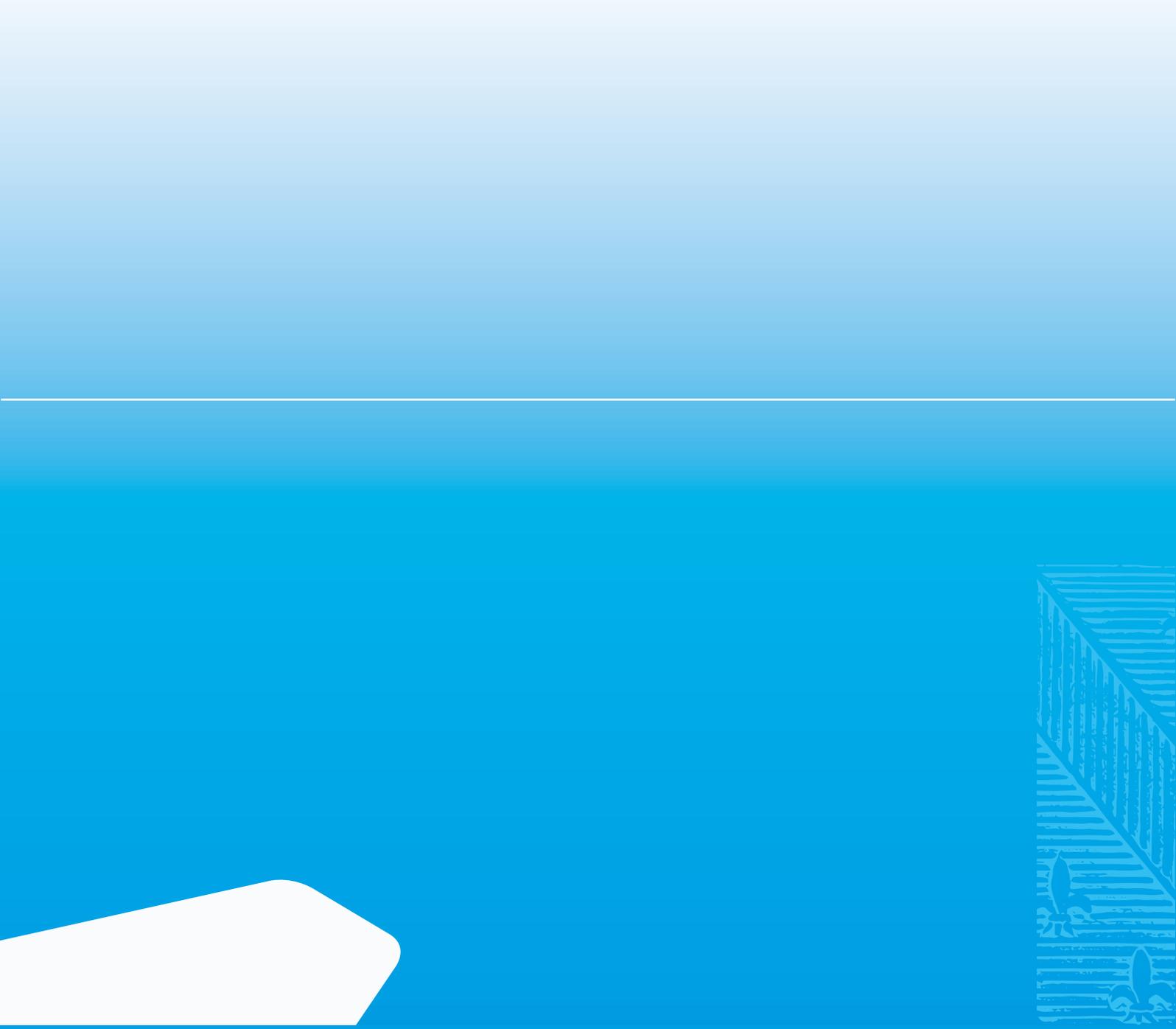
## «French Survival» Vocabulary

French	International Phonetic Alphabet (IPA)	English Translation
Bonjour	\bɔ̃.ʒuʁ\	Hello
Enchanté	\ɑ̃.ʃɑ̃.te\	Nice to meet you
Au revoir	\o və.vwaʁ\	Goodbye
S'il vous plaît	\sɔ̃il vu plɛ\	Please
Merci	\mɛʁ.si\	Thank you
De rien	\də ʁjɛ\	You're welcome
A bientôt	\a bjɛ̃.to\	See you soon
Oui	\wi\	Yes
Non	\nɔ̃\	No
Monnaie	\mɔ̃.nɛ\	Change
Liquide	\li.kid\	Cash
Carte bleue	\kɑʁt blø\	Debit Card
Combien... ?	\kɔ̃.bjɛ̃\	How much...?
Où est... ?	\u ɛ\	Where is...?
A droite	\'a dʁwat\	On the right
A gauche	\'a goʃ\	On the left
Tout droit	\tu dʁwa\	Straight ahead
Devant	\də.vɑ̃\	In front of
Derrière	\dɛ.ʁjɛʁ\	Behind
A côté de	\'a\	Next to
Adresse	\a.dʁɛs\	Address
Destination	\dɛs.ti.na.sjɔ̃\	Destination

French	International Phonetic Alphabet (IPA)	English Translation
Gare	\gɑʁ\	Station
Train	\tʁɛ̃\	Train
Navette	\na.vɛt\	Shuttle
Car	\kɑʁ\	Coach
Taxi	\tak.si\	Cab
Métro	\me.tʁo\	Tube
Tram	\tʁam\	Tramway
Billet	\bi.jɛ\	Ticket
Composter	\kɔ̃.pɔs.te\	Validate
Hôtel	\hɔ̃.'tel\	Hotel
Restaurant	\ʁɛs.tɔ̃.ʁɑ̃\	Restaurant
Réservation	\ʁe.zɛʁ.va.sjɔ̃\	Booking
Eau plate	\o plat\	Still water
Eau pétillante	\o pe.ti.jɑ̃t\	Sparkling water
Pain	\pɑ̃\	Bread
Sur place	\syʁ plas\	Eat in
A emporter	\'a ɑ̃.pɔʁ.te\	Take away
Police	\po.lis\	Police
Toilettes	\twa.lɛt\	Toilets
Université	\y.ni.vɛʁ.si.te\	University
Orléans	\ɔʁ.le.ɑ̃\	Orleans

## Some Acronyms to know

ALS	Allocation de Logement à caractère Social	LMDE	La Mutuelle Des Etudiants
APL	Aide Personnalisée au Logement	OFII	Office Français de l'Intégration et de l'Immigration
BRI	Bureau des Relations Internationales	OSUC	Observatoire des Sciences de l'Univers en région Centre
BU	Bibliothèque Universitaire	PAC	Passeport A la Culture
CAF	Caisse d'Allocations Familiales	RAMQ	Régime de l'Assurance Maladie du Québec
CDL	Centre de Langues	RER	Réseau Express Régional
CEAM	Carte Européenne d'Assurance Maladie	RIB	Relevé d'Identité Bancaire
CM	Cours Magistraux	RU	Restaurant Universitaire
CoST	Collegium Sciences et Techniques	SAMU	Service d'Aide Médicale Urgente
CPAM	Caisse Primaire d'Assurance Maladie	SIM	Subscriber Identity Module
CROUS	Centre Régional des Œuvres Universitaires et Scolaires	SMERRA	Société Mutualiste Etudiante Régionale
DEFI	Direction des Etudes et de la Formation Initiale	SMS	Short Message Service
DEG	Droit, Economie, Gestion	SNCF	Société Nationale des Chemins de Fer Français
DRI	Direction des Relations Internationales	SUAPSE	Service Universitaire des Activités Physiques Sportives et d'Expressions
DU	Diplôme Universitaire	SUIO	Service Universitaire d'Information et d'Orientation
DUT	Diplôme Universitaire de Technologie	SUMMPS	Service Universitaire de Médecine Préventive et de Promotion de la Santé
ECTS	European Credit Transfer Scale	TAO	Transports de l'Agglomération Orléanaise
EHIC	European Health Insurance Card	TD	Travaux Dirigés
ENT	Espace Numérique de Travail	TP	Travaux Pratiques
ESN	Erasmus Student Network	Tram	Tramway
ESPE	Ecole Supérieure du Professorat et de l'Éducation	UE	Unité d'Enseignement
Fac	Faculté	UFR	Unité de Formation et de Recherche
FLE	Français Langue Etrangère	UNESCO	Organisation des Nations Unies pour l'Éducation, la Science et la Culture
FSDIE	Fonds de Solidarité et de Développement des Initiatives Etudiantes	UO	Université d'Orléans
IDF	Institut De Français	VLS-TS	Visa Long Séjour valant Titre de Séjour
ITP	Institut Thématique Pluridisciplinaire	VLS-T	Visa Long Séjour Temporaire
IUT	Institut Universitaire de Technologie		
JPO	Journée Portes Ouvertes		
LLSH	Lettres, Langues et Sciences Humaines		
LMD	Licence-Master-Doctorat		



UNIVERSITE D'ORLEANS

*Direction des  
Relations  
Internationales*