



## DISCOVER YOUR CITY



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

# WELCOME TO LA ROCHELLE





## YOUR ARRIVAL IN LA ROCHELLE /

### ♦ Welcome for students enrolled at La Rochelle Université

At La Rochelle Université, a small university, your main point of contact is the **Direction des Relations Internationales, Europe et Francophonie (DRIEF)** which will help you complete essential administrative procedures.

A personalized welcome service has been set up for all new international students with a support team of mentors to help them find accommodation, complete their enrollment and obtain residence permits.

**Address:** La Rochelle Université, Direction des Relations Internationales, Europe et Francophonie (DRIEF), **Maison de l'international**, Technoforum building, ground-floor, 23 avenue Albert Einstein, 17000 La Rochelle.

**Hours:** from Tuesday to Friday from 9 am to 12 pm and from 1:30 pm to 4 pm (closed on Monday mornings and on Friday afternoons).

**Contact:** 05 46 45 87 47 / 05 46 45 91 14 or [drief@univ-lr.fr](mailto:drief@univ-lr.fr)

#### Learn more:

- check the **University web pages for international students**, whether exchange students or free-movers (regular admission): <https://www.univ-larochelle.fr> > International > Venir étudier à l'université.
- download the **Student Guide**, which has comprehensive information on a wide range of subjects <https://www.univ-larochelle.fr> > International > Venir étudier à l'université > Étudier en programme d'échange or Étudier en candidature libre.

### ♦ Le CDIJ de La Rochelle

The La Rochelle CDIJ, (Centre Départemental Information Jeunesse), the youth information center, is also an interlocutor to guide you setting up in La Rochelle: Housing, healthcare, student jobs, culture, international, clubs and associations, etc.

**Address:** Ecole Dor, 24 rue Saint Jean du Pérot (in the courtyard on the right), 17000 La Rochelle.

**Hours:** Monday to Friday, 1pm to 6pm.

**Contact:** 05 46 41 16 36 or [cdij17@yahoo.fr](mailto:cdij17@yahoo.fr)

**Website:** <https://www.infojeunesse17.com/>

### ♦ Welcome and orientation for doctoral students and researchers

**La Rochelle Université is a member of the Euraxess network which works to facilitate researcher mobility in Europe.**

Researchers and doctoral students may use the Euraxess portal (<http://www.euraxess.fr/fr>) or contact the university's Direction Recherche et Partenariat Innovants.

Contact: 05 46 45 87 27.

Site: <https://www.univ-larochelle.fr> > Recherche et innovation > La recherche à l'université > Accueil des chercheurs et doctorants internationaux.

### ♦ Buddy System

**ADRIEM Association.** Meet with local families and spend time together.

Contact: ADRIEM (Association pour le Développement des Relations Internationales avec les Etudiants du Monde), 07 82 83 14 32 or [adriem17000@gmail.com](mailto:adriem17000@gmail.com)

Site: <https://www.agglo-larochelle.fr/-/ils-accueillent-les-etudiants-du-monde>

### ♦ Welcome and orientation in other institutions

If you are enrolled in another institution, please consult the Campus France website for orientation.

The site presents a series of Information Sheets covering the different higher learning institutions:

<https://www.campusfrance.org> > Students >

Documentary resources > Practical information for students and researchers > Reception arrangements in institutions

If you cannot find your school in this list, then go directly to their website.

### ♦ National Services

- students: [www.etudiant.gouv.fr](http://www.etudiant.gouv.fr)

- doctoral students, researchers:

<http://www.euraxess.fr/fr>



Making you feel at home is a major concern for all French higher education institutions! The **Welcome to France label** is awarded to institutions that fulfil exacting criteria in the way they take care of their international students.



## ACCOMMODATION

### Finding somewhere to live is not always easy.

Rents are often high, and landlords require financial guarantees (such as a deposit).

Nevertheless, there is a wide range of accommodation on offer: halls of residence that are exclusively reserved for students and managed by the CROUS, student halls and private lodgings, rooms in private homes, flatshares...

**The main thing is to start preparing for this as early as possible, before leaving your home country.**

### To find out more:

• **The Student Guide** published by the University (see above) provides a number of tips and addresses. You can also check out the **accommodation pages** on the University website: <https://www.univ-larochelle.fr> > Vie étudiante > Vie pratique > Logement étudiant.

• **The Association Rochelaise d'Hébergement Pour les Etudiants et les Jeunes (ARHPEJ, formerly known as ARPAE)**, is an association for student and youth housing. Working in partnership with the City of La Rochelle and La Rochelle Université, it manages over 640 units: <https://arhpej.fr/>

• **The Comité Local pour le Logement Autonome des Jeunes (CLLAJ)**, a local committee for youth housing, publishes classified ad on its site for housing: <https://cllaj17.fr/>

• **The La Rochelle CDIJ** (Centre Départemental d'Information Jeunesse), the youth information center, gives advice on its site as well as a housing guide (Guide Logement) published by the Nouvelle-Aquitaine CRIJ. Download here: <http://www.infojeunesse17.com> > Vie pratique > Le logement.

### A FEW TIPS

#### ♦ Short-term housing:

• **La Rochelle youth hostel**, at the Minimes marina. Address and phone number: avenue des Minimes, 17000 La Rochelle, 05 46 44 43 11. Website: <https://www.aj-larochelle.fr/hostel/> or by telephone on +33 (0)5 46 44 43 11

• **For any other types of temporary accommodation, please use the search engine on the Tourist Office website:** <https://www.larochelle-tourisme.com> > Séjourner > Hébergements.

#### ♦ Long-term housing

• **CLOUS student housing, the La Rochelle Centre Local des Œuvres Universitaires**, the regional center for university services, **is a CROUS Poitiers satellite office.**

Address: Cité Antinéa, 15, rue de Vaux de Foletier, Les Minimes, 17000 La Rochelle.  
Hours: Monday to Friday, 8am to 12pm and 1pm to 5:40pm.

Contact: 05 46 28 21 30.

Poitiers CROUS site:

<https://www.crous-poitiers.fr/>

Trouver un Logement site:

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

#### • Private Housing Platforms

Other offers for student lodging, managed by private organisms, are also available in La Rochelle. Try these **sites**:

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

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

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

• **Other solutions available on the Campus France site:** [www.campusfrance.org](http://www.campusfrance.org) > Getting Organized > Accommodation.

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

Visale is a new and free guarantor system: [www.visale.fr](http://www.visale.fr)

♦ **If you want to make an application for public housing** funding (the APL "Aide Personnalisée

## GETTING AROUND IN LA ROCHELLE



**If travelling to La Rochelle from Paris**, take the train (around 3 hours by TGV - the high-speed train): <https://www.oui.sncf>



For travelling in and around the town you can use public transport (buses and sea-buses!) run by the **Yélo** network which manages transport in and around La Rochelle: <https://yelo.agglo-larochelle.fr> (special rates for students aged under 26 and a single travel-card for all types of transport).



There are Nouvelle-Aquitaine regional trains for getting around the region: <https://www.ter.sncf.com/nouvelle-aquitaine> or <https://transports.nouvelle-aquitaine.fr>. Buses are also an option for low-cost travel: <https://fr.ouibus.com/> or <https://www.flixbus.fr/>



For ride-sharing, refer to the collaborative websites  
- national site: <https://www.blablacar.fr/>  
- local website: <https://yelo.agglo-larochelle.fr> > Voiture > Covoiturage.



For a bit more independence, you can rent a bike from **Yélo** which also runs a self-service bike system: <https://yelo.agglo-larochelle.fr> > Vélo.

au Logement”), the CAF (Caisse des Allocations Familiales) can check your eligibility: 32 30 or [www.caf.fr](http://www.caf.fr)

♦ **For accommodations adapted to your special needs**, contact the CROUS Service Social which will work with your host institution.

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

**At La Rochelle Université there is a Relais Handicap** for disabled and special needs students. This service was put in place to promote smooth progress and success in their studies: <https://www.univ-larochelle.fr> > Vie étudiante > Etudiants en situation de handicap.

### The CROUS, at your service everywhere

Do you need any help and/or advice, somewhere to eat or to live, a job - or do you just want to find out all there is to know about student life? Then the CROUS is what you need!



The CROUS (Centre Régional des Œuvres Universitaires et Scolaires - Regional Centre of University and School Services) has branches in all major French university towns.

It manages university halls of residence and canteens, allows you to meet social workers, and offers cultural activities and job opportunities.



## FIRST THINGS FIRST /

### ENROLLMENT IN YOUR INSTITUTION

#### ♦ CVEC

Before you can enroll in your institution, you must download proof of payment of the Contribution Vie Etudiante et de Campus (CVEC)

- Connect to: <https://cvec.etudiant.gouv.fr/>

- For additional information and special cases:

<https://www.campusfrance.org> > Getting Organized > CVEC.

#### ♦ Confirm Registration

Take note! Even if you have a pre-registration letter, you are not officially enrolled. You must confirm your enrollment with the institution's Service de la Scolarité (Admissions) as soon as you arrive.

## RESIDENCE PERMITS

### WHAT YOU NEED TO KNOW

- If you have just arrived in France on a long-term VLS-TS student visa: you must **validate it online as soon as you arrive in France**, on the ANEF (Administration numérique pour les Etrangers en France - Digital Administration for Foreigners in France) website. This validation must be carried out within the three months following your arrival: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

- If you have Algerian citizenship or you are a student holding a “concours” visa or a visa bearing the mention “carte à solliciter dans les deux mois” (“card to be requested within two months”): your request for a residence permit must be carried out at the Préfecture.

- If you hold a “mineur scolarisé” (“minor in education”) visa and you have since attained your majority, you must request a residence permit directly on the ANEF website or at the *préfecture* of your place of residence within the two months following your attaining the age of legal majority: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

Please note: if you wish to renew your residence permit or VLS-TS, you must make your request during the third month preceding the date of end of validity of your current residence permit, on the following website: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

Please refer to the following tutorial for help with this procedure: [https://www.youtube.com/watch?v=-iGha\\_yqN04](https://www.youtube.com/watch?v=-iGha_yqN04)

- Your institution's student support services can assist you in case of any difficulties.

To find out more about your rights and obligations: <https://www.service-public.fr/particuliers/vosdroits/N110>



### OPENING A BANK ACCOUNT

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

In France, opening a bank account is a right:  
<https://www.service-public.fr> > Argent > Comptes bancaires (droit au compte).

### ACCESSING HEALTHCARE

Accessing healthcare in France is almost free, but you must be insured. **You must therefore be registered with the national health insurance programme.**

Please go to the <https://etudiant-etranger.ameli.fr> website to register, understand your rights and to carry out the requisite procedures.

Learn more:

<https://www.campusfrance.org> > Getting Organized > Health

**As a student, you can also take advantage of the university medical services.** In these health centers where consultations are free, you will be greeted by a team of doctors and nurses who can give personalized advice about health and prevention.

**That's the case in La Rochelle with the Service de Santé Universitaire, the university health center:**

<https://www.univ-larochelle.fr> > Vie étudiante > Le service social et de santé.

Address: Service de Santé Universitaire (SDSU), 42-44 avenue Albert Einstein, 17000 La Rochelle  
Hours: Monday to Friday, 9am to 12:30pm and 1:30pm to 5pm.

Contact: 05 46 45 84 46.

**Students enrolled at any other establishment should contact the Service de la Vie étudiante at their place of study.**

### TAKING OUT COMPLEMENTARY HEALTH INSURANCE ("MUTUELLE")

**We recommend you take out complementary health insurance in order to cover the totality of your healthcare costs, which are not all covered by the compulsory and free national health insurance programme.**

Please note: options and levels of insurance vary from one insurer to another. In order to choose the

complementary insurance that is best adapted to your situation and your budget, you can access more information on a student "mutuelles" price comparison website.

### HOUSING INSURANCE

**In France, housing insurance is mandatory.**

You can sign up for housing insurance called "garantie risques locatifs" - rental risk guarantee - at your bank or a private insurance company. Online subscription is often possible.

### EMERGENCY NUMBERS

**SAMU: Call 15** Emergency Medical Services

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

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

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

### LEARNING FRENCH

**Learning French is an opportunity that's not to be missed!** Find what works best for you:

- by consulting the Campus France site or the Français Langue Etrangère (FLE) - French as a foreign language - centers and universities which offer courses at all levels year-round <http://ecolesdete.campusfrance.org>
- by asking in your institution, at city hall, or in your host city's Maison des Associations - community centers.

### FINDING A JOB OR AN INTERNSHIP

**It is important that you have sufficient financial resources to come and study in France.**

Working in France as a foreign student is possible within limits, namely for a maximum duration of 964 hours per year. This can therefore only be a way of earning **supplementary funds.**

Please note: to work in France, if you are not a citizen of the European Union, you must hold a valid **student residence permit.**

**To help you find a job or work experience placement, useful websites:**

- The La Rochelle CDIJ (Centre Départemental

d'Information Jeunesse), the regional youth information center, publishes classified ads on its site: <http://jobs.pourlesjeunes.com>

- **La Rochelle Université** offers a Career Center (by Jobteaser) and recruits students every year for its various departments: <https://www.univ-larochelle.fr> > Orientation et réussite > Professionnalisation > Jobs étudiants

- **The Jobaviz website, run by the CROUS**, can help you find a student job compatible with your studies: <https://www.jobaviz.fr/>



## THINGS TO DO IN LA ROCHELLE /

### TAKE UP A SPORT

In your school, you may also have access to sports facilities. Contact your Service des sports.

**At La Rochelle Université**, the Service Universitaire des Activités Physiques Sportives et d'Expression (SUAPSE) proposes over 40 activities:

<https://www.univ-larochelle.fr> > Vie étudiante > Sport.

350 different sports facilities, covering 80 different sports, await you in La Rochelle, which obtained France's **"Active and Sporty City"** label:

<https://www.larochelle.fr> > Action municipale > Sport

### BE ACTIVE

Attend cultural and sporting events, or join a social or community group, through one of the numerous local or national student clubs and associations.

To learn more, check with your school (Service de la vie étudiante, Student Services) or visit the following sites: [www.animafac.net](http://www.animafac.net) or [www.letudiant.fr](http://www.letudiant.fr)

**At La Rochelle Université**, the **Maison de l'Etudiant** has opened a space called **Le Salon**, where the AFEV network of student volunteers organizes inter-association cafés, debates and other participatory events: <https://www.univ-larochelle.fr> > Vie étudiante > Initiatives étudiantes et en engagement.

### CULTURE AND NIGHTLIFE

Movie theaters, concerts, theaters, museums, exhibitions, and festivals are on the program and most of the time, at reduced cost for students: <https://www.larochelle.fr> > Action municipale > Ville culturelle.

**At La Rochelle Université** the **Maison de l'Etudiant**, houses the university cultural service. It promotes culture by organizing multiple disciplines, activities, and outings: <https://www.univ-larochelle.fr> > Vie étudiante > Culture.

La Rochelle Université is part of the **Art + University + Culture network**, the national network for cultural action in higher learning institutions.

**The University offers a free Pass'Culture** students with a choice of over 200 shows, concerts and exhibitions in 20 partner cultural venues:

<https://www.univ-larochelle.fr> > Vie étudiante > Culture > Pass'culture.

**For entertainment or to pick up some culture, you can choose from:**

- 4 multi-screen movie theaters (student rates, rewards card), including an arthouse movie theater, CGR Olympia, and La Coursive eclectic programming.

- 4 major municipal museums, including a science museum, the **Natural History Museum**, which houses archaeological, ethnographical and geological collections:

<https://museum.larochelle.fr/>

**Admission to La Rochelle's museums is free on the first Sunday of the month** (except in July and August).

- 1 international space for artistic residency, the Centre Intermondes, a venue for exhibitions and exchange, dedicated to all different forms of artistic creation: <http://centre-intermondes.com/>

- some ten concert and theater venues, including La Coursive, which is an important national stage in France: <https://www.la-coursive.com/>

- some dozen bookshops, including two independent bookshops, Les Saisons and Les Rebelles Ordinaires.
- a network of 5 multimedia libraries in and around La Rochelle: <http://bibliotheques.agglo-larochelle.fr>

In La Rochelle, for going out or staying abreast of events, read **the leading regional daily paper, Sud-Ouest**, available in news stands or on the Internet: <https://www.sudouest.fr/>

You can also consult:

- **the Tourist Office agenda:**

<https://www.larochelle-tourisme.com> > Agenda.

- **La Rochelle Université monthly cultural agenda:**

<https://www.univ-larochelle.fr> > Vie étudiante > Culture > L'agenda culturel.



## TOP ATTRACTIONS /

- The Vieux Port, with its two medieval towers, the Tour de la Chaîne and Tour St-Nicolas.

- The Tour de la Lanterne, dating back to the late 12<sup>th</sup> century, the last medieval lighthouse on the Atlantic coast.

- The Porte de la Grosse-Horloge, port-side gateway to the town.

- The old town, with its arcade-lined streets, Rue des Merciers and Rue du Palais in particulier, around the Hôtel de Ville.
- The Musée des Beaux-arts, with its classic and contemporary collections.
- La Rochelle Aquarium in the town center, facing the Vieux-Port, one of Europe's largest private aquariums.
- Parc Charruyer, the city's green lung located between the town center and the ocean.
- Beaches, such as Plage de la Concurrence on the edge of town, the large Plage des Minimes and nearby Châtaillon-Plage, an unspoiled seaside resort with a fine sandy beach and "Belle époque" architecture.
- Ile de Ré, accessible by bridge from La Rochelle, with its white houses and hollyhocks, a paradise for cyclists!

For more information, consult the La Rochelle Tourist Office website:

<https://www.larochelle-tourisme.com/>



## IMPORTANT ANNUAL EVENTS /

### APRIL

- **"Les Etudiants à l'affiche" student festival**, a cultural and artistic highlight for students at La Rochelle Université, who present their creations and take to the stage for two weeks.
- Terre & Lettres Festival, bringing together writers and environmentalists.

### MAY

- **Pint of Science**, a European initiative for learning about research in atypical venues.
- La Nuit Européenne des Musées (European Museum Night) offers an opportunity to discover museums and other cultural sites in a new light!

- "Sarabande des filles", women-only races through the streets of La Rochelle.

### JUNE

- **Fête de la Musique**: Music everywhere in town (free concerts).

### JULY - AUGUST

- **Francofolies** French music festival, a major event, attracting thousands of spectators each year (100 concerts held in several different venues throughout the town).

### SEPTEMBER

- **Green Party 2023**, an unmissable start-of-the-year student event to welcome all students at the Université: a party with the university services and student associations.
- **Babysitting Dating**, speed-dating for parents looking for babysitters for the school year, coordinated by the La Rochelle CDIJ.
- **Les Journées du Patrimoine** (heritage days), free visits of cultural venues.
- **Festival Ecran Vert**, a festival of eco-citizen films

### OCTOBER

- **Fête de la Science** in the University laboratories.
- **Ici en Corée Festival**, organized by the University (King Sejong Institute). Festival of Korean culture including exhibitions, concerts, films and conferences.

### NOVEMBER

- **Forum for International Mobility** coordinated by the La Rochelle CDIJ.
- **Chinese Movies Week**, organized by the University (Confucius Institute), films and debate.
- La Rochelle Marathon around the historic town centre and port.
- International Adventure Film and Book Festival, using adventure as an opportunity to explore the world...



**& SHARE  
PARTICIPATE**

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

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





# THINGS TO KNOW

## LA ROCHELLE

IS THE CAPITAL  
(PRÉFECTURE)  
OF THE CHARENTE-  
MARITIME  
DÉPARTEMENT,  
one of 12 départements  
in the greater Nouvelle-  
Aquitaine Region

## NOUVELLE- AQUITAINE REGION,

**6<sup>th</sup>** FRENCH  
REGION in terms of  
hosting foreign  
students (more than  
25,000 international  
students)

## LA ROCHELLE URBAN COMMUNITY

**175,000** residents

## CITY OF LA ROCHELLE

**77,000** residents

**15,000** STUDENTS

**1<sup>st</sup> MARINA ON THE ATLANTIC COAST,  
ONE OF THE SUNNIEST TOWNS IN FRANCE**

## La Rochelle Université:

**9,500** students including



**13% foreign students of 90 different nationalities,  
11 research laboratories, 1 multidisciplinary  
doctoral school, 220 doctoral students including  
40% international students**

**LA ROCHELLE IS WELL-RANKED 24<sup>TH</sup> AMONG 46 FRENCH  
UNIVERSITY CITIES WHERE IT'S GOOD TO LIVE AND STUDY, WITH AN  
EXCELLENT NOTE FOR ITS ATTRACTIVENESS (awarded by L'Étudiant Magazine)**

Most of the information presented in the Campus France City Information Sheets concerns all international students regardless of their institution.

In France, in each of the host cities, most foreign students study at universities. Accordingly, the City Information Sheets attach great importance to them without overlooking the other higher education institutions even if it is not possible to list them all here with their specific information.

For more information on the institutions' welcomes and orientations:  
<https://www.campusfrance.org/fr/recherche/categorie/nouvelle-aquitaine-554>

CAMPUS FRANCE

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