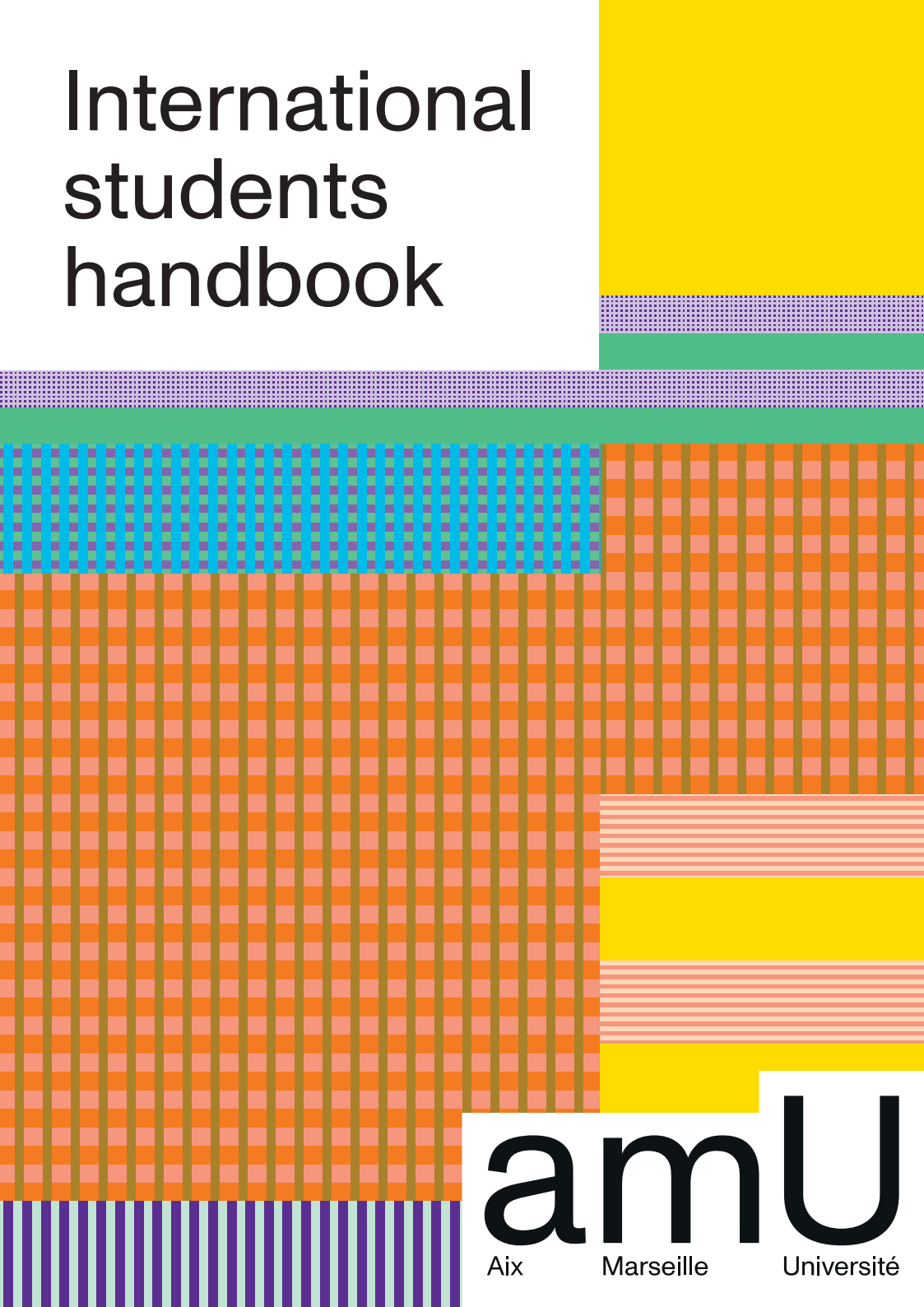
International students handbook



amU
Aix Marseille Université

Preamble

This guide is a valuable tool designed to support you in your initial steps of settling in France. It also aims to facilitate your enrollment and integration into the university. You will find a wealth of information, including university department services, practical advice, contacts, web pages, and more.

How to use your handbook?

Highlight it,

take notes,

mark pages,

☑ check off the steps you've completed on the checklist,

stick on post-it notes...

This handbook is your guide throughout your stay at the university!

Good to know
You can find advice from the International Student Welome Team in the "Good to know" bubbles.

QR codes

Scan the QR codes using your cell phone's camera. You can also download a QR codes application if your camera doesn't let you. These QR codes will lead you to the desired website(s) for more information.

Orange triangular symbols

While reading this guide, you will frequently come across an orange triangular symbol. This indicates that the information you are reading concerns **a mandatory and important procedure**. Be sure to pay special attention to this symbol!

Stickers

Personalize your computer, your cell phone... with stickers (p. 39). Use your imagination and share it with us at @univ_amu on instagram!

Note pages

While reading this guide, take notes as you go on the information you find important to remember.

Welcome to Aix Marseille Université

Bienvenue en France Label

Aix Marseille Université (amU) is actively committed to providing high-quality support for its international students. In 2024, this commitment was recognized with the award of the 3rd star of the Bienvenue en France label, granted by Campus France. This distinction reflects the university's ongoing dedication to enhancing its services to improve the welcome and integration of students from around the world.

Key figures about the university

amU and international Relations

84,000 Students, including over 12,000 international students

1 European Civic University (CIVIS)

1 Classes Internationales program

amU and the Region

54 Study sites across 4 departments

5 Major campuses (Aix-Schuman, Marseille-Centre, Marseille-Etoile, Marseille-Luminy and Marseille-Timone)

17 Faculties, schools and teaching institutes

150 Students associations

amU and Research

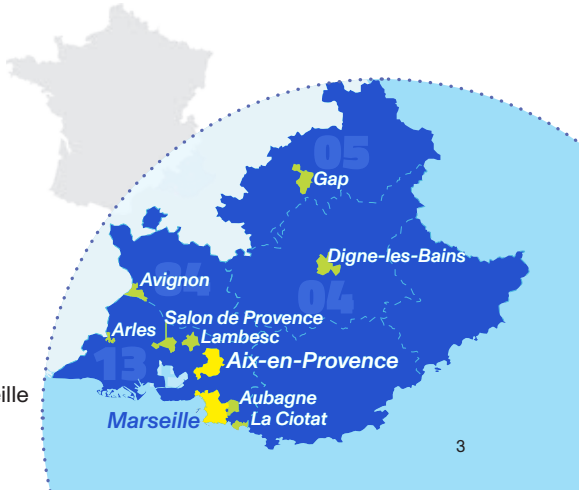
21 Institutional Institutes

12 Doctoral schools

121 Research units

1 Aix-Marseille Innovation and Knowledge Hub (CISAM)

1 University Foundation (A*Midex) with numerous partners: CNRS Inserm, IRD, CEA, AP-HM, Sciences-Po Aix, Centrale Marseille



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- I do sport with the University Physical and Sports Activities Service (SUAPS)
- I become a student entrepreneur with PÉPITE Provence
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A word from the President

Dear student,

On behalf of our university and all its members, I would like to welcome you. You are one of the almost 12,000 international students who choose to study at Aix Marseille Université every year, and we are delighted to welcome you within our vibrant university community.

Your decision to join our university is proof of your interest in an institution that is open to the world and internationally recognised for the quality of its courses. Rated three stars in the *Bienvenue en France* label, our university and its teams offer you the warmest welcome and the best conditions for your studies, in terms of infrastructure, teaching quality and support.

You are committing to an intense intercultural experience that will offer you much more than just academic knowledge. The road ahead is full of new perspectives and valuable encounters. It's a unique opportunity to build bridges by breaking down cultural, linguistic and social barriers, and to contribute to a more caring and respectful world. By opening up to others, you help to cultivate the fundamental values of tolerance and mutual respect.

amU is guided by an ambitious social and solidarity-based vision. We strive to create an environment in which everyone can flourish and succeed. With 160 associations, 60 libraries including 17 university libraries, more than 80 sports disciplines and numerous cultural events, you are joining a university on the move! We encourage you to take advantage of these assets and get involved in the many clubs and organisations on your campus. It's a great way to make new connections, explore your interests and make the most of your years with us.

You'll discover a land of unparalleled richness and energy, and no doubt you'll grow from this experience.

This guide will help you familiarise yourself with the university and your new surroundings. Don't hesitate to contact our teams: they will be happy to help you. We wish you a memorable and successful time at Aix Marseille Université!

Éric Berton,
President of Aix Marseille Université

I complete the administrative formalities for installation

I apply for my residence permit

mandatory step

Congratulations on your admission to Aix Marseille Université! When you arrive in France, before taking any other steps, make sure your immigration status is in order. Here are the essential steps to take depending on your profile..

Complete all your immigration formalities on the ANEF (Administration Numérique des Étrangers en France) website:

Case 1 : You are a national of a European Union member state

You do not have to take any migratory steps when you arrive in France.

Case 2 : You hold a Visa D with the mention *«carte de séjour à solliciter à l'arrivée en France»* "Card to be requested within 2 months" or "C.SEJASOLLIC"

Case 2 allows you to obtain a residence permit. This is done online via the ANEF website (see QR code), under the heading «*Je demande ou renouvelle un titre de séjour*.»

Got a question?
Visit our Visa FAQ's page:

Case 3 : You have a Long-Stay Visa equivalent to a residence permit (VLS-TS)

In case 3, the VLS-TS VISA does not require you to apply for a residence permit. **However, you must validate your visa online no later than 3 months after your arrival date in France.**

The procedures are entirely paperless on the ANEF website (see QR code):

- To validate your residence permit
  → "*Je valide mon VLS-TS*" section
- To renew your residence permit
  → Heading "*Je demande ou renouvelle un titre de séjour*" section.

Good to know
If you do not have a bank card, you can buy an electronic stamp at a tobacco shop and pay in cash.

Case 4: You hold a VISA marked "*Étudiants concours*"

If you hold a visa marked "*Étudiant concours*" valid for 90 days and have passed your entrance exam, you must go to the Préfecture within two months of your admission. You will then need to apply for a "*Étudiant*" D visa.

Case 5: You hold a "Mineur scolarisé" VISA

You hold a "*Mineur scolarisé*" visa, valid for 11 months. You must renew it during your stay in France, 2 months before you reach the age of majority. Go to the prefecture to apply for your "*Étudiant*" residence permit.

If you need to provide an identity photo validated by the ANTS, you will need to provide the 13-digit code found on the photo paper, on the right. You can obtain this e-photo at an ANTS-approved photo booth:

I join Aix Marseille Université

mandatory step

To officially become an amU student and begin your studies here, follow these 5 registration steps:

Step n°1 : CVEC payment

Before enrolling at university, all students must pay the Contribution de Vie Etudiante et de Campus (CVEC). This tax, collected by the CROUS, is used to improve the quality of student life on campus (reception, health services, cultural and sport activities, etc.).

1. I create my account on the Mes Services Etudiant website.

2. I pay the tax online, by bank card.

3. I download my proof of payment from my account.

Go to Mes Services Etudiant website:

You can be **exempted** from paying the CVEC if you are:

- A refugee
- Beneficiary of subsidiary or temporary protection
- Asylum seeker with the right to remain in the country
- Grant holder or beneficiary of an annual allowance granted in the framework of specific annual aid

Good to know
Please note that even if you are exempted, you must obtain and submit your "Certificate of exemption".

Step n°2 : Administrative registration (IA)

Administrative registration (IA) is a compulsory step in becoming an official student of the university. This is when you pay your registration fees. Once the registration process is complete, you'll receive your student card. You can do this online or directly from your department's Registrar's Office.

To complete your administrative registration:

1. I check my component's administrative registration dates

Online administrative registration generally opens from the end of June to mid-July and from the end of August to mid-September.

2. I fill in my connection ID

- Students admitted via **Etudes en France**: your login (EF+6 digits) will be sent to you by email as soon as registration is possible. Your password will be your date of birth in ddmmyyyy format
- Students admitted via **eCandidat**: your login is the same as your file number
- Students admitted via **MonMaster**: your login is available on the government's plateform under "Mes candidatures".

3. I fill in my application form

Fill in your application form online and upload the required supporting documents.

4. Pay the registration fees

You can pay your registration fees online by credit card. You will receive two emails with your login, password, list of documents to download and information about your schooling.

If you do not yet have a bank card, you can pay by:

> **Check** (payable to Agence Comptable Aix-Marseille Université)
> **Bank transfer**

Please contact your faculty's registrar's office for more information.

Good to know
To ensure that the system functions correctly, use the Mozilla Firefox browser. The service does not work on tablets and smartphones.

In case of difficulties, you can contact: deve-assistance@univ-amu.fr

The payment of differentiated tuition fees applies to all non-EU students enrolled at a university in France.

For more information, visit the page:

Step n°3 : Take out a civil liability insurance

You are legally obliged to take out civil liability insurance. Check with several companies to find the insurance that's right for you.

Step n°4 : Activate your digital workspace (ENT)

Once you have completed your administrative registration, you will receive an e-mail with instructions on how to activate your Espace Numérique de Travail (ENT) and your student account. The ENT will give you access to the AMeTICE teaching platform, your timetable, exam calendar and grades, as well as the online internship platform.

Step n°5 : Obtention of the student card

More than a student card, a real identity card, it will be given to you by the schooling desk at the end of your administrative registration and will allow you to:

- **Pay for your meals** and drinks in CROUS restaurants and cafeterias using the IZLY online payment system
- Access the various services offered by the **university libraries** (BU): online resources, lending of books, use of computer stations, photocopying and printing
- Register and practice **sports activities** at the SUAPS
- Benefit from a maximum number of **good deals** with numerous cultural partners in the region

In case of loss, the renewal of the student card costs 10 euros. For any problem with your card, fill out the Izly contact form:

Step n°6 : Pedagogical registration (IP)

Once your administrative registration is completed, you must then proceed to your pedagogical registration. This step is mandatory and will allow you to define your optional courses and then to enrol in tutorial classes and practical work groups. **It is also required to register for exams.**

The IP is done either in person at the schooling desk of your faculty or online via IPWEB.

Good to know
Contact the schooling desk of your faculty to find out more about registration procedures:

Good to know
At the beginning of the semester, response times may be extended, don't hesitate to consult our Registration FAQ's.

I find accommodation

Finding accommodation can be time-consuming. If you haven't already found a place to stay before arriving in France, there are several housing solutions available.
Below, find out about the 5 essential administrative steps involved in renting accommodation in the private sector (studios, apartments, shared flats, university residences, bed and breakfast, etc.).

Warning!
Do not make any payments to arrange a property visit. Be vigilant to avoid scams.

Step n°1 : Search based on housing category

1. Private housing

To be autonomous and independent, you can look for your own accommodation through real estate agencies and/or private individuals.
Accommodation can be rented furnished or empty. A studio costs around €600 a month.

Find out more about the different types of housing and discover offers:

2. Shared accommodation

With a shared apartment, you can have a private room in a larger property, where you share the common areas with one or more other people. It's a financially attractive form of accommodation.

To find out more about KAPS shared accommodation:

3. University residences

You may apply for a room in a CROUS university residence; however, accommodation is reserved for international Master's students and availability is very limited. We therefore strongly recommend starting your housing search as early as possible and exploring alternative accommodation options rather than relying solely on CROUS housing.

Private university residences are more expensive than CROUS residences, but are still affordable and offer many advantages.

4. Paid housing search platforms

Another option to optimize your search is to subscribe to a paid platform. These sites provide listings that are better suited to your needs, offer support, and reassure landlords.
You can consult our housing search website to get more information.

In case of difficulties

> **Temporary accommodation:**
It can take a long time to find permanent accommodation, which is not suited to the urgency of your situation. We therefore recommend that you look for temporary accommodation for your first nights in France! Think of youth hostels, Airbnb, hotels, campsites, etc.

> **Social networks:**
To maximize your chances of finding accommodation, you can post messages on social networks and reach out to different communities!

> **Student and Campus Life Department (DVEC):**
Scan the QR code on the right to find out more about all the housing schemes and assistance available to students!

> **CROUS Social Service:**
service.social@crous-aix-marseille.fr
04 42 900 800, Monday to Friday, 1:45 p.m. to 4:45 p.m.

> **Networks, associations and support tools for students:**
Find out more on their websites and/or contact them for help: Habitat Jeunes, ADIL13, Union Nationale des Maisons d'Étudiants, Le Dégaine, La boussole, Soliguide, etc.

> **Departmental House of Solidarity (MDS):**
You can also contact your local MDS for individual support tailored to your situation and needs.

> **Social residences, centers and houses for young people and students:**
These types of accommodation welcome students and young workers in difficulty: Famille Provence, Centre Laennec Marseille, Claire Maison Annexe Dragon, Claire Maison Annexe Ste Anne, FJT St Mitre, MAISON DE MARSEILLE CDTF, RS BLANCARDE AUGER, RS BLANCARDE LINNÉ, RS JOUVEN, RÉSIDENCE LES FERRAGES, RESIDENCE BRIAND, RESIDENCE FOCH, Logis des Jeunes.

> **Practical advice:**
Rent is more affordable in Marseille than in Aix-en-Provence. Even if you live in Marseille, you can study in Aix by taking the Aix-Marseille bus (line 50). Numerous buses run between the Marseille Saint-Charles bus station and the Aix-en-Provence bus station, every day from 5.45 a.m. to midnight.

Find out about emergency housing assistance:

Step n°2 : Put together a renting file

When you're interested in a property, you need to submit a rental application to the property manager or owner. Here are the essential supporting documents you need to put together in the file:

- Valid **proof of identity** (passport AND valid residence permit),
- **Proof of your student status** (enrollment certificate or letter of acceptance from the university),
- **Proof of income** (CAF certificate or simulation, scholarship award notice, irrevocable transfer certificate, student job contract),
- **Proof of financial support** from your parents or guarantors.

Good to know
Check out the government's website to help you put together a quality rental file and/or be in contact with a conselor:
contact@dossierfacile.fr

Good to know
Consult also the guide "Trouver un logement" produced by InfoJeunes Provence-Alpes-Côte d'Azur:

How to find a guarantor?

Option 1 : A natural person

A guarantor undertakes to pay your rent if you are no longer able to do so. You will need to include their supporting documents in your application: valid ID, proof of address, proof of employment, proof of income (last 3 pay slips) and tax notice.

Option 2 : The VISALE guarantee (from the French government)

If you're aged between 18 and 30, you can sign up online for the **VISALE** rental deposit scheme set up by the government's Action Logement group. This service is completely free of charge. If your application is complete and in order, you should receive a certificate within 48 hours.

Visit the VISALE website:

Option 3 : Guarantees from private organizations

If you are unable to subscribe to options 1 and 2, you can take out a paid guarantee from a private organization, such as **Garantme** *(currently not accepted by CROUS).*

Visit the Garantme website:

Step n°3 : Take out home insurance

Whatever type of accommodation you choose, you are legally obliged to take out home insurance covering at least water damage and fire.

mandatory step

Good to know
Compare several offers before choosing! Make sure you take out an insurance covering the entire term of your lease.

To find out about insurance procedures, visit:

Step n°4 : Sign a rental lease

Have you finally found your home? Congratulations! You can now make an appointment with the landlord, take an entry inventory of fixtures and sign the lease. The latter document defines the conditions of occupation of the accommodation:

- **The amount of rent and charges** (fixed monthly costs including cold water and maintenance of common areas).
- **The amount of the security deposit:** one month's rent in addition to the first month's rent to cover any damage you may make to the accommodation. This amount will be refunded to you in full when you leave, after the inventory of fixtures and if you return the accommodation in its original condition.
- **The length of the notice you must give when leaving** (approximately 1 month in advance): this is the period within which you must notify your landlord of your departure by registered letter with acknowledgement of receipt.

Good to know - glossary :
- T1, T2, T3...: number of rooms (excluding kitchen, bathroom, and toilet),
- CC: utilities included,
- DPE: energy performance certificate,
- SDB: bathroom.

Step n°5 : Activate the APL aid from CAF

The *Aide Personnalisée au Logement (APL)* is a financial aid from the *Caisse d'Allocations Familiales (CAF)* granted under certain conditions to help the beneficiary pay their rent. The accommodation in question must be subsidized, and the beneficiary must meet certain conditions.

Starting from July 2026, only European students and students receiving a financial aid grant from the CROUS will be eligible for APL.

If this applies to you, you are entitled to this aid if you meet the required criteria. However, you'll need to register with the French social security system (see p. 18 for details), and then apply directly online via the CAF website.

ALLOCATIONS FAMILIALES

To find out if you are eligible, do the online simulation!

Do you want to know if you are eligible for additional aids? Visit our Social Assistance FAQ's:

I open a bank account in France

As an international student living in France for a long period of time, you are strongly advised to open a bank account here. In some cases, it's even compulsory!
However, before taking any steps to open a bank account in France, you should know that you can keep your original account. Contact your bank to check the conditions for using your card abroad.

Find out how to use your original bank card in France. Beware of international transaction fees!

Why open a bank account in France?

In addition to **securing your cash** in a deposit box and making it **easier to pay for your purchases**, your RIB will make your day-to-day life easier. You'll be able to:

- **Pay your bills**! You can set up permanent automatic transfers to pay your subscriptions (electricity, internet, insurance, leisure...).
- Receive your salary, housing aid (CAF), medical reimbursements, etc.

Need to renew your residence permit? Use your bank account to prove that you receive your *Aide Personnalisée au Logement* (APL)!

Wondering how to open a bank account in France?

- Find out more about online banking.
- Make an appointment with a bank branch near you.

Be careful, and don't hesitate to compare the terms and conditions of several banks to choose the offer that suits you best.

What supporting documents do you need to provide?

- ☐ A valid identity document
- ☐ Proof of address
- ☐ Proof of school registration or student card

I take care of my health

Obtaining a CEAM or register to the Social Security system

mandatory step

To be reimbursed for your medical expenses in France, you can present your European Health Insurance Card (CEAM) or carte vitale.

Case 1 :

You are a student from:
- a member state of the European Union,
- Iceland,
- Lichtenstein,
- Norway or
- Switzerland

You are already in possession of a European Health Insurance Card (which must be obtained from your country of origin), so you don't have to register with the Social Security system. **You are reimbursed for your healthcare costs under the same conditions as if you were in your home country.**

Cas 2 :

You are a student:
- of non-European nationality or
- from a member country of the European Union, but you do not have CEAM

Joining the Sécurité Sociale is compulsory, and **means you will be reimbursed for up to 70% of your healthcare expenses.**

How do I register for social security?

1. Register online.
2. Submit required supporting documents.
3. Create a personal account on the ameli.fr website. which will provide you with a provisional social security number and then your carte vitale.

What supporting documents do I need to provide?

- Proof of registration for the current academic year
- Valid proof of identity
- Student Visa
- Proof of civil status (full copy of birth certificate OR family record book OR marriage certificate)

l'Assurance Maladie
Agir ensemble, protéger chacun

Log on to the Ameli platform to join the social security system:

- ☐ Residence permit
- ☐ Relevé d'Identité Bancaire (RIB) from your French bank account

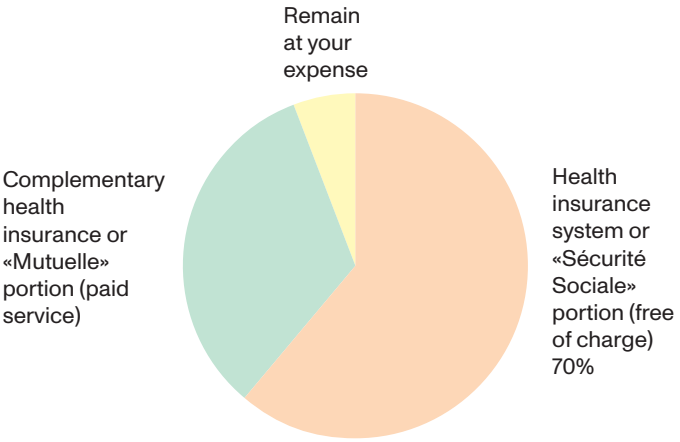
4. Once registered, you can book an appointment with a general practitioner. You can ask this doctor to become your general practitioner and he or she will be able to declare this online.

Visit the Doctolib website to make your medical appointments:

Book an appointment at a health center from your ENT:

☐ Subscribe to a complementary health insurance plan

To optimize your healthcare reimbursements, we recommend that you take out a complementary health insurance (or "Mutuelle"), which can cover the 30% of healthcare expenses not covered by the Sécurité Sociale or the CEAM.. This is not mandatory, but strongly recommended.



Distribution of medical expenses coverage in France.

Good to know
The CPAM offers a complementary health insurance, particularly for students:

I put together an administrative file

When you meet with the various organizations and university departments, make sure you bring all the necessary documents and certificates. Most of the time, the same documents are requested. Getting organized beforehand will save you time and enable you to start the process quickly.

Let's take a look at the list of **essential documents** to collect for your administrative file:

- ☐ **RIB**: bank details
- ☐ **Proof of address**: electricity, gas, phone or internet bill
- ☐ **Proof of civil status**: full copy of birth certificate or family record book, marriage certificate
- ☐ **Proof of student status**: student card, valid school certificate
- ☐ **Proof of identity**: front/back identity card, passport, residence permit
- ☐ **Proof of income**: CAF simulation/attestation, attestation of irrevocable transfer, notice of grant attribution...)
- ☐ **Social security number**: it can be found on your online certificate, which you can download from your personal space on Ameli.fr

Tips:

- Make a photocopy of all your documents and keep the originals.
- Keep a copy of all your documents in digital, .pdf format and keep them accessible on your computer or cell phone.
- Make sure you have easy access to your mail box. For security reasons, organizations often send confirmations by e-mail.

Do you have questions?
The international student Welcome Team is there to guide you!

I become part of amU student life

I am guided, accompanied and supported

All the teams at Aix Marseille Université are available to answer your questions and support you throughout your studies with us. Don't forget to download the Inst'amU application on Google Play or the App Store on your phone! It will give you access to your file, help you find your way around campus and keep you up to date with all the latest news from the university.

I meet the campus Welcome Officers for international students

Come and meet the international student Welcome Officers on campuses:

Aix-Schuman campus:
Cube building,
Ground floor

Marseille-Centre campus:
Saint-Charles site
Building 4,
Ground floor

Marseille-Étoile campus:
Saint-Jérôme site
Administration/
Amphithéâtres building

Marseille-Luminy campus:
Hexagone building,
Office 1.52

Don't hesitate to ask us your questions!

What services can I take advantage of?

1. **amU PREP'DAYS:** our pre-departure conferences and videos are a mine of additional information. They are available for replay on YouTube and the university website.

2. **Reception desks:** our reception staff is ready to assist you at our welcome desk, which is open year-round to provide ongoing support.
   You can find them at the Cube (Aix-Schuman campus), at the Hexagone (Marseille-Luminy campus), and in the DRI offices on the Saint-Charles (Marseille-Centre) and Saint-Jérôme (Marseille-Etoile) campuses.

   Opening hours vary throughout the year:
   > At the start of the academic year: walk-in service with themed workshops on administrative procedures. Hours vary by campus (see QR code).
   > Throughout the academic year: walk-in service and individual support during opening hours or by appointment (see QR code).

3. **Integration activities:** throughout the year, we organize activities to help you get to know each other and our region.

4. **The Buddy System**: This free of charge system will enable you to get in touch with an amU student so that he can show you around the university, the local culture and help you perfect your French!

I meet the administrative and teaching teams of my faculty

Your teachers, and more particularly the **"IR referent"**, are your main day-to-day contacts. Don't hesitate to share your doubts and your questions with them, they'll be able to guide you.

Your faculty's registrar's office can answer all your questions about:

> administrative registration
> payment of tuition fees
> pedagogical registration
> tutorials
> exams
> transcripts of marks
> diplomas.

Contact your Schooling Service:

I am supported by the Student and Campus Life Department (DVEC)

1. The Student Life Office (BVE)

Part of the DVEC, this office has 2 objectives: to promote student activities in which you can participate, and to inform you about university life. It will help you find your way around your campus.

2. Mission Handicap

This service enables students with disabilities to pursue their studies in the best possible conditions.
In conjunction with the University Student Health Service (SSE), it provides assistance and accommodation adapted to students' needs.

To benefit from measures adapted to your disability, contact the Mission Handicap service on your campus:

3. Student associations

The BVE helps set up and support student associations. It also supports their commitment(s).

There are more than 150 student associations at our university. You are bound to find one that suits you:

4. Vulnerability

The people in charge of combating student financial hardship are available to meet with you and guide you towards the various schemes available.

I build my academic and professional project with the University Integration and Orientation Service (SUIO)

The SUIO assists students in their search for internships and jobs. It offers CV and cover letter writing workshops, as well as simulated interviews.

Do you have a question? Contact them:

I take care of my health with the university student health Service (SSE)

As an amU student, you can benefit from medical consultations (some of which are free of charge): nursing appointments, general medicine, gynecology, psychology and psychiatry.

Are you a **student from outside Europe**?
You have to book a medical appointment with the SSE on your campus.The purpose of this consultation is to give you a general health check-up and to show you the results of the chest X-ray you need to do. If you have already had this done in your home country less than three months before arriving in France, you can thus present the results translated by a sworn translator.
If you haven't already done so, you can make an appointment at one of the Centres de Lutte Anti Tuberculeuse (CLAT).
The consultation is free of charge.

Good to know
To make an appointment, go to your ENT in the "e-bureau" tab or call 04 13 55 00 07 (Marseille) or 04 13 94 22 80 (Aix):

To have your chest X-ray taken, go to a Centre de Lutte Anti-Tuberculeuse (CLAT):

I am listened to by the Service for Respect and Equality (SPRE)

Aix Marseille Université looks after your physical health as well as your psychological well-being. It is the first university in France to set up a service dedicated to listening, prevention and support for victims and witnesses of violence, harassment and/or discrimination.

Qualified professionals are at your service. Do not hesitate to contact them if you need it, in French or English! Your exchanges will remain confidential.

Good to know
You can also consult Cnae, the new listening service dedicated to students who are experiencing violence or discrimination.
Toll-free number: 0800 737 800
cnaes@enseignementsup.gouv.fr
Languages: Spanish, English and LSF (French sign language)

04 13 550 550
respect-egalite@univ-amu.fr

In case of difficulty, I contact the CROUS Social Service

The Aix-Marseille Avignon CROUS is at your disposal to inform you of the assistance to which you may be entitled, and to advise you on the steps to take. They can also help you if you face any difficulties in your student life (psychosocial, family, financial, administrative, etc.). Its mission? To help improve living and working conditions for students.

To make an appointment:

I develop my skills and take part in activities with amU

Classes are important, but there is much more to student life than that! Our university values the activities you do outside your studies, thanks to a bonus system!

I improve my French with the University Language Service (SUL)

The language barrier can be a major challenge when you first move to a foreign country... Don't panic, we're here to help you!

French as a Foreign Language (FLE) courses are offered to international students throughout the university year.

Find out about the terms and conditions of the FLE courses:

Other language activities are available. Here is how to access them:

1. Connect to your ENT
2. Click on the Pédagogie section in the Menu and then on amUlangues
3. Choose the language activity or activities that interest you according to your level.

I participate in cultural activities with the Culture and Society Department (DCS)

Music, singing, dance, theater, cinema, photography, writing... The DCS organizes **numerous workshops and events throughout the year**, in partnership with student associations and regional organizations! It can also help you adjust your study program if you are a **high-level artist**.

For more information:
dcs-culture@univ-amu.fr

Good to know
Your student card gives you discounts throughout the region thanks to **PACTE'amU**: don't forget to carry it with you on weekends!

I play sport with the University Physical and Sports Activities Service (SUAPS)

Practicing regular physical activity can help you stay in shape and also improve your concentration skills.
With its **prime location between the sea and the mountains**, amU offers a wide range of sports activities - **over 80 individual and team sports**!

You can enjoy **benefits and discounted rates with partners**, take first aid training courses, or even obtain your boating license. To do this, go to your campus sports office (Bureau des Sports) and get your Pack Sport sticker to stick on your amU student card.

The SUAPS also allows you to adjust your study program if you are a high-level athlete. If you wish to participate in **university competitions** with the French University Sports Federation (FFSU), register at the start of the university year with the Sports Office.

Good to know
As places are limited, registration for the most popular sports should be done as soon as possible.
Some sports require a medical certificate. Make an appointment with a general practitioner before registration opens!

I become a student entrepreneur with PÉPITE Provence

Do you have an idea, a project or a business to develop? PÉPITE Provence can help you with the Student Entrepreneur status!

Find out more:

I get involved with the Sustainable Development Department (DDD)

Throughout the year, the university's DDD organizes a wide range of events and workshops enabling you **to contribute directly to the debate about building a sustainable future**.

Do you have a project on this theme that you'd like to develop? We can help! Find out more:

I study abroad with the International Relations Department (DRI)

As part of your degree, you'll also have the opportunity to **take part in an internship or continue your studies for one or two semesters at a partner university**. This experience will enhance the international dimension of your CV, allowing you to discover new landscapes, new cultures and, of course, new languages!

If you don't want to or can't be away for too long, consider the **Blended Intensive Programme (BIP)**, the new hybrid mobility program. Developed by the **CIVIS** alliance of European universities, of which our university is a coordinating member, BIPs enable you to combine online courses with a short stay abroad.

civis
Europe's Civic University Alliance

Discover all the mobility offers:

I study and prepare for my exams in the University Libraries (BU)

The university has many university libraries (*Bibliothèques Universitaires*) where you can revise your courses and prepare for your exams in complete peace of mind. Access is free of charge and is done on presentation of your student card.

You have access to reliable documentation and a wealth of online resources. You can also reserve study rooms for group works.

Good to know
If you have group work to do, don't hesitate to reserve a dedicated work space in the library of your choice!

I fit in with life in the region

I plan my monthly budget

To complete your studies in the best conditions possible, you need to **have sufficient financial resources that match the local cost of living.** Below is a provisional table that includes all the **monthly expenses** to be paid in the first month of your studies, and then the following months.
It is up to you to establish your actual monthly expenses by completing the third column of the table below.

	Forecast first month	Forecast following months	My real monthly budget
Residence permit procedures	50€		
Housing procedures			
Rent and charges	600€	600€	
Security deposit	600€		
Moving-in expenses	100€		
Insurances (liability, home, health)	60€	60€	
University fees			
CVEC	105€		
Food expenses (2 meals at CROUS/ day)	250€	250€	
Other expenses and leisure activities	200€	200€	
Subscriptions (internet and phone)	30€	30€	
Transportation	35€	35€	
TOTAL	**2030€**	**1175€**	

I do my grocery shopping

For your grocery shopping, several options are available depending on your preferences and what you are looking for.

Supermarkets

You will of course find many supermarkets open in your city and near the campuses. Just keep in mind that in France, many of them are closed on Sundays and typically don't stay open later than 8 p.m. on weekdays!

You can find the list of stores here:

Markets

Every week on specific days, you can also go to the markets to buy fresh and seasonal products directly from local producers.
Whether you want to do your shopping or just take a walk, markets are places not to be missed!

Solidarity Alternatives

Finally, if you have trouble making ends meet, you can always turn to:

Find out about food assistance:

AGORAE

amU has set up the AGORAé, social and solidarity-based grocery stores (ESS), on its campuses to support students facing financial difficulties. The goal? To give everyone access to food and basic necessities at reduced prices, in a supportive and caring environment.T
hese grocery stores based on social criteria will allow you to buy food, cleaning products or school supplies at reduced prices (between 10 and 30% compared to usual prices).

AMAP

The AMAPs network (Association for the Maintenance of Peasant Agriculture) offers you baskets of organic vegetables and fruits produced locally for an average of 7 € per week.

Find out more:

Aix-en-Provence :
Tél : +33 (0)6 28 27 71 18

Marseille Luminy
bio@luminy.org

CROUS university restaurants

Don't hesitate to take advantage of the university restaurants (RU) or CROUS cafeterias located near your campus. Full menus are available to students for 1 euro, to eat in or take away. **Don't forget to top up your IZLY card.**

Good to know
Find your nearest RU:

I take out a daily transport subscription

The most practical way to get around town and the surrounding area is by bus. Attention: each city has its own urban transport network, so there are multiple subscription options. Find out which one best suits your needs.

If you want to get around

In and around Aix-en-Provence:

Several “Aix en Bus” subscription options are available. If you are under 26, choose the student subscription for **€100 a year**.

Throughout the Aix-Marseille-Provence metropolitan area:

Choose the “Pass Annuel Métropole Étudiant” (under 26) for **€360/year**. You’ll be able to use all transport services (bus, tram, ferryboat, metro...), including **bus 50**, which runs between the Marseille Saint-Charles train and bus station and the Aix-en-Provence bus station located in the city center. Allow about half an hour for the journey outside peak hours. The city of Marseille encourages green mobility. With this pass, you can also use the bicycles available throughout the city, free of charge.

Throughout the Southern Region:

The region offers all students under the age of 25 unlimited travel on the ZOU networks for **90€/year**.

AIX en BUS

Consult Aix-en-bus season tickets:

RTM

LA METROPOLE Mobilité

Find out more about the “Métropole” student pass:

Find out more:

I can work during my studies

To finance part of your studies, you should know that French law authorizes international students to work 964 hours per year.

You are lucky! The Southern Region is home to a dense network of companies in strategic sectors that align perfectly with the courses offered by Aix Marseille Université:

- Natural environments
- Industries of the future
- Energies of the future
- Innovative therapies
- Silver economy
- Marine economy
- Tourism and creative industries
- Smart technologies

Find out about the French minimum wage rate:

To prepare yourself as of now for your future career, take part in the activities organized by the SUIO (workshops, recruitment fairs, etc.). Find out more on p. 24

Autorisation Provisoire de Travail

If you wish to work more than the authorized number of hours, your employer must apply for a temporary work permit (Autorisation provisoire de travail) or you must apply on their behalf with a mandate.

The working hours for students of Algerian nationality cannot exceed 50% of the annual working hours in the industry or profession concerned. You are also subject to the procedure for requesting a temporary work permit (Autorisation provisoire de travail).

This procedure is carried out directly online on the government website, ANEF:

More information on the government website:

amU student job offers

To support you in your search for a student job, we provide a large number of job offers **on our amU website** as well as on the **JobTeaser x Aix Marseille Université page**.

Additionally, the university and the International Relations Department (DRI) hire international students as temporary staff for various events organized throughout the university year. If you are interested, let us know by email.

Check out all amU offers:

I discover the *Région Sud* and its heritage

You have the chance to study in a region steeped in history and beautiful scenery. We thus encourage you to take full advantage of your student status and to enjoy all the assets of our territory.

The south of France means:

"1000 kms of coastline, a turquoise blue sea, lavender fields, vineyards, olive groves, remarkable forests, the song of cicadas..."

"A lively region with its festivals and international events..."

"The warmth of its people and their lilting accents"

The cities of Aix-en-Provence and Marseille are ideal starting points to discover our Provence landscapes. We particularly recommend planning one- or two-day excursions to the Camargue, the Luberon, the Alpilles and the nearby Mediterranean coast. All of these famous places of interest can be reached by bus or train (TER).

For more information on must-see attractions, great local spots, as well as cultural and festive events, we invite you to explore the following Instagram accounts, carefully selected especially for you:

Marseille:

- **@compass.aixmarseille**: your go-to account for the best places to eat, drink, and hang out in Aix and Marseille - plus exclusive discounts and deals for people under 26 years old!

- **@lecitadinguemarseille** and **@crazycitymarseille**: two accounts to help you discover Marseille's hidden gems, from unique local spots to the city's most photogenic places! Feel free to share your own pictures with us by tagging @univ_amu

- **@foodguidemarseille**: a "food guide" account to take your taste buds on a journey by discovering the local culinary culture and gastronomy with international influences.

Aix-en-Provence:

- **@aixenprovencetourism** : this guide, published by the Aix-en-Provence Tourist Office, helps you to discover all the city's treasures and provides a weekly list of events and outings for the weekend.

The Southern Region in general:

- **@fierdusud**: thanks to this account, discover the Southern Region from every angle: towns, sea, mountains, lakes, and all the good addresses that go with it!

- **@foodlovers_provence**: the best hotels and restaurants in the South of France! You will find each city and its addresses in the highlights of the account.

- **@lesjobastres** and **@maregionsud**: cultural and regional discovery.

Good to know
Follow @univ_amu on Instagram, many events are organized throughout the year!

I pay attention to my safety

As in all big cities, you must be vigilant! Make sure your bags are always closed and that you have very little cash on you. Don't worry, the vast majority of French shops accept payment by credit card.

Enjoy your student life BUT take care of each other! Very few public transportation systems are operational after midnight. Think about going out in groups so that you can get back together and make sure that everyone gets home safely!

We also recommend that you keep your drinks close at hand and do not accept those offered by people you do not know.

Finally, before leaving your home, don't forget to make sure that you have turned off your gas, that the windows are closed and that your door is locked... An accident can quickly arrive!

Directory of useful contacts

Emergency numbers

15 : **SAMU**
(Emergency Medical Service)
Before going to the hospital emergency room, if your doctor is not available, call 15. Emergencies are reserved for the most serious cases.

18 or **112** : **Fire department**
You can call the fire department when one or more lives are in danger (illness, serious injury, fire, road accident, drowning, flood, etc.).

17 : **Police**
In the event of danger (violence, theft, burglary, etc.), call 17 to be attended to by a policeman or gendarme from your department.

114 : **Emergency number for the deaf and hard of hearing**
A single, free national number dedicated to deaf and hard-of-hearing people. It can be reached by SMS or fax.

04 42 900 800 : **CROUS social service**
Are you experiencing difficulties during your stay? Contact CROUS by phone or e-mail: service.social@crous-aix-marseille.fr
(plus d'infos p. 25)

Find the location of all health services on our Google map::

Directory of useful contacts and addresses

Discover the location of all amU campuses and libraries, supermarkets, shopping centers and other places on this map

VISA and residence permits

- Préfecture de Marseille

66 bis Rue Saint-Sébastien
13006 Marseille

- Sous préfecture d'Aix-en-Provence

455 Av. Pierre Brossolette
13100 Aix-en-Provence

Day-to-day support

- Info Jeunes Provence-Alpes-Côte d'Azur

96 La Canebière,
13001 Marseille

- Le Repère Jeunesse

37 Bd Aristide Briand
13100 Aix-en-Provence

- Service des objets trouvés de la ville d'Aix-en-Provence

04 42 91 91 81

- Service des objets trouvés de la Ville de Marseille

04 13 94 85 70

Health

- CPAM Aix-Mansard - Quartier Encagnane

Av. du 8 Mai
13100 Aix-en-Provence

- CPAM Marseille la Canebière

164 La Canebière
13001 Marseille

Consult the list of Provence hospitals:

- Hôpitaux de Provence

Housing

- ADIL 13

15 Av. Robert Schuman
13002 Marseille
ADIL 13 can advise you on legal questions, financial and tax issues related to housing.

- Action Logement

174 Bd de Paris
13002 Marseille
Action Logement can provide you with housing aid: the VISALE guarantee, the loca-pass advance and the mobili- jeunes aid.

Olives cake

Ingredients

- 3 eggs
- 150 g flour
- 1/2 sachet of baking powder
- 100 ml olive oil
- 125 ml whole milk
- 100 g grated Gruyere cheese
- salt and pepper
- 200 g green olives

Utensils

- 1 large cake pan (25 cm)
- 1 sheet baking paper
- 1 salad bowl
- 1 pitter

Recipe preparation

- Preheat oven to 180°C.
- Stone 200 g of green olives.
- In a bowl, whisk together 3 eggs, 150 g lour and 1/2 sachet of yeast. Gradually add 100 ml oil and 125 ml hot milk. Add 100 g grated Gruyère cheese and the olives last; add salt and pepper.
- Pour the mixture into the cake tin lined with lightly greased baking paper.
- Bake at 180° for about 40 minutes. Check the end of the cooking time by pricking the cake with the blade of a knife, which should come out dry.
- Let it cool down then remove from the mould and cut into slices.

Provence Style Tomatoes

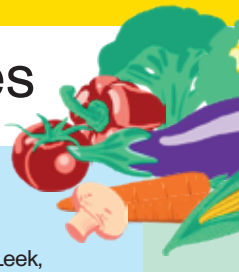
Ingredients (for 4 people)

- 6 round tomatoes
- 1 cup chopped parsley
- 4 garlic cloves
- 50 g breadcrumbs
- 2 tablespoons herbs of Provence
- oil
- salt and pepper

Recipe preparation

- Cut the tomatoes in half, salt them and turn them over on a plate to let them drain for about 15 minutes.
- Mix the parsley, garlic, herbs de Provence and breadcrumbs finely.
- Take a large frying pan or 2 medium ones. Heat a little oil, place the tomatoes face up and sear for 2 minutes over high heat. Turn them over, season with salt and pepper and slide them onto an oven dish.
- Cover with the parsley, garlic and bread crumbs mixture. Drizzle with oil. Bake at 220°C (thermostat 7-8) for 20 minutes. Serve and enjoy. You can accompany them with fried eggs, a delight!

Seasonal fruits and vegetables



January

Vegetables

Lamb's lettuce, Leek, Celery stalk, Carrot, Turnip, Brussels sprouts, Parsnip, Broccoli, Garlic, Lettuce, Shallot, Spring onion, Cauliflower, Lettuce, Jerusalem artichoke, Swiss chard, Dandelion, Onion, Red/white cabbage, Watercress, Rutabaga, Kale, Pumpkin, Endive, Spinach, Celeriac, Sweet potato, Squash and pumpkin, Mushroom, Potato, Fennel, Beetroot.

Fruits

Clementine, Mandarin, Kiwi, Pear, Apple, Grapefruit, Orange, Lemon, Lime.

February

Vegetables

Lamb's lettuce, Leek, Celery stalk, Carrot, Turnip, Brussels sprouts, Parsnip, Broccoli, Garlic, Shallot, Potato, Fennel, Endive, Beetroot, Artichoke, Spring onion, Cauliflower, Lettuce, Jerusalem artichoke, Swiss chard, Dandelion, Onion, Red/white cabbage, Spinach, Celeriac, Watercress, Rutabaga, Kale, Pumpkin, Sweet potato, Mushroom, Squash, Pumpkin.

Fruits

Clementine, Mandarin, Kiwi, Pear, Apple, Orange, Grapefruit, Lemon, Lime.

March

Vegetables

Lamb's lettuce, Leek, Celery stalk, Carrot, Turnip, Dandelion, Avocado, Brussels sprouts, Parsnip, Broccoli, Lettuce, Shallot, Spring onion, Cauliflower, Lettuce, Jerusalem artichoke, Swiss chard, Onion, Mushroom, Kale, Spinach, Red/white cabbage, Fennel, Sweet potato, Garlic, Celeriac, Radish, Rutabaga, Watercress, Potato, Cucumber, Asparagus, Beetroot, Endive, Artichoke, Zucchini.

Fruits

Clementine/Mandarin, Kiwi, Pear, Apple, Strawberry, Orange, Grapefruit, Lemon, Lime.

April

Vegetables

Lamb's lettuce, Carrot, Parsnip, Broccoli, Celery stalk, Lettuce, Shallot, Spring onion, Swiss chard, Garlic, Jerusalem artichoke, Onion, Watercress, Spinach, Fennel, Sweet potato, Parsley, Asparagus, Bell pepper, Rutabaga, Endive, Mushroom, Radish, Peas, Artichoke, Cucumber, Zucchini, Beetroot, Tomato, Morel mushroom.

Fruits

Kiwi, Pear, Apple, Strawberry, Orange, Grapefruit, Lemon, Lime.

May

Vegetables

Peas, Artichoke, Carrot, Radish, Cucumber, Parsnip, Broccoli, Zucchini, Lettuce, Shallot, Beetroot, Swiss chard, Garlic, Parsley, Morel mushroom, Jerusalem artichoke, Fava bean, Eggplant, Tomato, Onion, Watercress, Spinach, Fennel, Sweet potato, Asparagus, Bell pepper, Mushroom.

Fruits

Kiwi, Apricot, Apple, Strawberry, Orange, Grapefruit, Lemon, Lime, Cherry, Rhubarb.

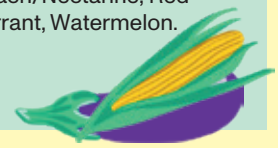
June

Vegetables

Carrot, Radish, Lettuce, Swiss chard, Garlic, Fava bean, Peas, Asparagus, Bell pepper, Mushroom, Artichoke, Beetroot, Cucumber, Parsley, Zucchini, Tomato, Green beans, Eggplant.

Fruits

Apricot, Strawberry, Cherry, Rhubarb, Blueberry, Melon, Peach/Nectarine, Red currant, Watermelon.



July

Vegetables

Radish, Lettuce, Swiss chard, Garlic, Peas, Bell pepper, Eggplant, Cucumber, Zucchini, Tomato, Beetroot, Green beans.

Fruits

Apricot, Cherry, Rhubarb, Blueberry, Melon, Peach/ Nectarine, Red currant, Plum, Watermelon, Blackberry, Raspberry.

August

Vegetables

Lettuce, Swiss chard, Bell pepper, Garlic, Onion, Cucumber, Zucchini, Beetroot, Green beans, Eggplant, Tomato, Shallot, Porcini mushroom, Parsley.

Fruits

Apricot, Rhubarb, Blueberry, Melon, Peach/Nectarine, Red currant, Plum, Watermelon, Blackberry, Raspberry, Mirabelle plum, Pomegranate, Blackcurrant, Fig, Grape.

September

Vegetables

Lettuce, Swiss chard, Garlic, Onion, Porcini mushroom, Sweet potato, Parsley, Spring onion, Cucumber, Zucchini, Beetroot, Green beans, Shallot, Eggplant, Watercress, Mushroom, Brussels sprouts, Potato.

Fruits

Rhubarb, Blueberry, Melon, Plum, Blackberry, Peach/ Nectarine, Red currant, Raspberry, Mirabelle plum, Pomegranate, Blackcurrant, Fig, Grape.

October

Vegetables

Lettuce, Swiss chard, Garlic, Onion, Porcini mushroom, Carrot, Parsley, Sweet potato, Spring onion, Beetroot, Avocado, Green beans, Watercress, Leek, Mushroom, Brussels sprouts, Potato, Celeriac, Broccoli, Celery stalk, Turnip, Endive, Fennel, Kale, Spinach, Dandelion, Cauliflower, Squash and pumpkin, Rutabaga, Shallot, Red/white cabbage.

Fruits

Rhubarb, Blueberry, Melon, Blackberry, Fig, Peach/ Nectarine, Red currant, Pomegranate, Grape.

November

Vegetables

Lettuce, Swiss chard, Garlic, Onion, Porcini mushroom, Sweet potato, Parsley, Shallot, Spring onion, Beetroot, Watercress, Leek, Mushrooms, Brussels sprouts, Potato, Celeriac, Broccoli, Jerusalem artichoke, Lamb's lettuce, Celery stalk, Turnip, Endive, Fennel, Pumpkin, Kale, Spinach, Dandelion, Cauliflower, Squash and pumpkins, Rutabaga, Parsnip, Red/white cabbage, Carrot.

Fruits

Grape, Orange, Grapefruit, Kiwi, Pear, Clementine, Mandarin.

December

Vegetables

Lettuce, Swiss chard, Garlic, Onion, Watercress, Carrot, Leek, Sweet potato, Spring onion, Beetroot, Shallot, Turnip, Mushroom, Potato, Red/white cabbage, Jerusalem artichoke, Celeriac, Broccoli, Endive, Kale, Lamb's lettuce, Celery stalk, Brussels sprouts, Cauliflower, Squash and pumpkins, Dandelion, Rutabaga, Spinach, Parsnip, Fennel.

Fruits

Grape, Lemon, Lime, Orange, Grapefruit, Kiwi, Pear, Apple, Clementine, Mandarin.

Notes :

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Join the university's international students Facebook and WhatsApp groups!

Facebook

WhatsApp

Also follow us on our social networks!

Instagram

LinkedIn

Facebook

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amU

Aix Marseille Université