

# BEFORE MY ARRIVAL

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# MY TOOLS

## My Online Welcome Desk

This multilingual online platform lets me explore my university remotely and create my personalized roadmap.

### A map to get my bearings

The **interactive map** allows me to geolocate UPEC in its environment. I can find out about its services, as well as activities and useful places near the campuses.

### My customized roadmap

In just a few clicks, I can generate and download my very own roadmap based on my profile.

It summarizes all the necessary procedures, information and documents step by step, from preparation in my home country to my arrival in France.

To retrieve my roadmap at any time, all I have to do is create my personal account on the platform.

#### ONLINE WELCOME DESK

More information:

[www.en.u-pec.fr/en/practical-information/preparing-for-your-arrival-in-france](http://www.en.u-pec.fr/en/practical-information/preparing-for-your-arrival-in-france)



Visit the site

[www.visium360-ssl1.fr/PACEM\\_IDF\\_V2/index.asp?fkl=38&profil=1](http://www.visium360-ssl1.fr/PACEM_IDF_V2/index.asp?fkl=38&profil=1)



# My Checklist

## Documents to bring with me:

### IDENTIFICATION

- ☐ Passport or valid ID card if I am from the Schengen area
- ☐ Birth certificate or extract with parentage (issued by the consulate) and certified translation

### STUDIES

- ☐ Registration certificate or acceptance letter
- ☐ Language proficiency certificates (French, English, etc.)
- ☐ Previous degrees, transcripts, and certified translations
- ☐ Visa if necessary

### HOUSING

- ☐ Proof of housing reservation
- ☐ Documents required to move in
- ☐ Contact info for my contacts in France

### HEALTH

- ☐ Health or vaccination record
- ☐ Documents related to my health coverage.  
Until I have health coverage in France, I get a private health insurance valid in France.

#### If I am European

- ☐ European Health Insurance Card (EHIC) or S1 form

#### If I am from Quebec

- ☐ SE401Q106 or SE 401-Q-102 bis form provided by the RAMQ

I scan or take photos of my documents and email them to myself or save them in the cloud so I can access them easily anytime.



# MY BUDGET

## Planning my expenses

Having financial resources suited to the cost of living in the Paris region allows me to study under good conditions.

### Expenses upon arrival

In addition to recurring monthly expenses, I should plan for moving-in costs: the first month's rent, activation of utilities (water, electricity, internet access), insurance...

### Estimated monthly budget

◆ Rent, including utilities (water, electricity)	650 to 1 200 €
◆ Insurance (home, civil liability)	20 to 45 €
◆ Groceries	380 €
◆ Public transport	87 €
◆ Phone/Internet	20 to 45 €
◆ School supplies	45 €
◆ Hobbies and outings	50 €

If I am an Independent student, I expect additional costs:

- ◆ **Student and Campus Life Contribution (CVEC)**, €105 (in 2025-2026) to be paid online before registering at UPEC
- ◆ **Stay tax** €75
- ◆ **University registration fees**, their cost depends on my level of study and program. If I come from outside Europe (EU EEA), Switzerland and Quebec, different fees apply

### INFORMATION ON DIFFERENTIATED REGISTRATION FEES

[www.en.u-pec.fr/registration-fees-international-students](http://www.en.u-pec.fr/registration-fees-international-students)

# Financial Aid

**There are various scholarships and financial aid programs.**

Depending on my situation, they may be granted by:

- ◆ my home country
- ◆ the French government
- ◆ the European Union
- ◆ an international organization

## Good to know

Beware of deadlines, as scholarship requests must be submitted very early. Many applications have to be submitted almost a year in advance.

I get information from my home institution, the French embassy in my home country and the Campus France website, which lists all available scholarship programs.

[www.campusfrance.org/en/bursaries-foreign-students](http://www.campusfrance.org/en/bursaries-foreign-students)

# MY ACCOMMODATION

## Finding accommodation

It's best to start early to find housing in the Paris area. UPEC advises me during my search and suggests listings well-suited to students' needs.

### Studapart

STUDAPART is a UPEC partner that offers an online platform with student housing listings (student residences, rooms in private homes, shared apartments, etc.). It allows me to find offers close to UPEC campuses for durations ranging from 1 to 24 months. **I can book my accommodation remotely before arriving in France.**

I can get multilingual support from the platform's staff throughout my search, by chat, e-mail or phone. All the formalities are carried out online, from creating the file to renting.

Online platform: [u-pec.studapart.com](https://u-pec.studapart.com)

A multilingual team is available to help with my search: [booking@studapart.com](mailto:booking@studapart.com)



| If I can't find accommodation before my arrival, I book temporary accommodation such as a hotel or youth hostel.

### CROUS

**Exchange students** may be able to secure a room in a Crous university residence in Créteil. Availability is limited, so please contact [relint@u-pec.fr](mailto:relint@u-pec.fr) to inquire as soon as you apply to UPEC.

# My rental file

**Before I can move into my accommodation, I will need to sign a rental contract, called a *bail* in French, and provide financial guarantees.**

To rent a place, I have to supply the following documents:

- ◆ Valid passport/ID card
- ◆ Proof of address
- ◆ Proof of financial resources
- ◆ Proof of acceptance to UPEC (admission letter, certificate of registration)

Beware of scams! Never pay rent in advance without visiting the accommodation or signing a lease, except on Studapart and for university residences.

## MY GUARANTOR

As a student, I need a guarantor to get an accommodation in France. It can be an individual or legal entity (company, bank, organization) that agrees to pay the rent on my behalf if necessary.

## SECURITY DEPOSIT

When signing the lease or getting the keys, I must give a security deposit (or caution) usually equal to one month's rent. This deposit will be refunded within 2 months after I move out, provided I return the accommodation in the same condition as when I moved in.

## HOME MULTI-RISK INSURANCE

This is a mandatory insurance in France. It covers risks such as fire, water damage, theft, etc. I can take out insurance with a bank or a *mutuelle* (French insurance provider).

## NOTICE PERIOD

Before leaving my accommodation, I give my landlord notice by registered mail with acknowledgment of receipt:

- ◆ 1 month in advance for furnished accommodation
- ◆ 1 to 3 months in advance (depending on the city) for unfurnished accommodation



### MORE INFO

Campus Life Office  
- Social Assistance  
Services Housing Unit  
[logement@u-pec.fr](mailto:logement@u-pec.fr)



# Housing Assistance

## Visale Guarantee

The *Garantie Visale* is a **free** guarantor scheme. To apply for it, I check my eligibility and start the process before my arrival in France at [www.visale.fr](http://www.visale.fr).

## Aide personnalisée au logement

*Aide personnalisée au logement* (APL) is a financial aid provided by the Caisse d'allocations familiales (Caf) under certain conditions. Having a lease in your name is essential to qualify for financial assistance. For more information, contact your local Caf or visit [www.caf.fr](http://www.caf.fr)



# Do I need a visa?

**If I come from a country outside the European Union or Schengen area, I need a visa to study in France.**

## Applying for a visa

Before submitting my application, I need to identify the type of visa I require:

- ◆ VLS-TS 'étudiant', long-stay visa valid as residence permit for students
- ◆ VLS-TS 'stagiaire', long-stay visa valid as residence permit for internships
- ◆ VLS-T temporary long-stay visa
- ◆ VLS 'passeport talent', for PHD students, researchers and teaching-researcher
- ◆ Visa 'mineur scolarisé', for minors (under 18)

I contact the French consular authorities in my country to get the list of documents required for my visa application as soon as I receive my acceptance letter from UPEC.

I will need to provide proof of sufficient financial resources to study in France, at least €615 per month.

I start the process as early as possible, as some documents may take a while to obtain and delays lengthen during peak periods, especially from July to September.

# MY VISA APPLICATION

## OFFICIAL SITE FOR VISA APPLICATIONS

<https://france-visas.gouv.fr/en/home>