

MY STUDENT AND CAMPUS LIFE

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Libraries contribute to my success

At UPEC, I have access to a **network of 11 libraries** spread across the different campuses. They offer comfortable spaces to study on my own (individual seats and booths) or for collective work, with group rooms that can be booked remotely.

Registration is free and seamless, with my student card serving as my library card.

On-site and online resources

The libraries have over **600,000 books and periodicals** available for borrowing, as well as DVDs and comic books at select locations.

Accessible remotely with my UPEC login, the **online library** contains several million electronic journals and ebooks, along with many databases covering all the disciplines taught at UPEC.

I can browse all available resources on **Athena**, the libraries search engine at <https://athena.u-pec.fr>

Personalized services

The libraries provide a wide range of services to support my studies:

- ◆ Bibliographic **appointments**
- ◆ Remote **question and answer service**
- ◆ On-demand **library training sessions**
- ◆ Workstations **adapted for visual impairment**
- ◆ **Drop boxes** for returning my books at any time
- ◆ **Reader account** to manage my loans online
- ◆ **Printers and copiers**
- ◆ **Remote reservation** service (seats, rooms, events, etc.).

MY LIBRARIES



UNIVERSITY LIBRARIES

01 45 17 70 05

web-scd@u-pec.fr



MORE INFO

bibliotheque.u-pec.fr

LEARNING FRENCH

Improving my French

To support my academic success and enrich my experience in France, UPEC offers free courses in French as a Foreign Language (FLE).

French courses to help me settle in

To help me adjust quickly to life in France and feel more at ease in my studies, I have the opportunity to take a 20-hour French as a Foreign Language course.

Classes are held in the late afternoon and offered every semester by the Intercultural and Language Space of the Office of International Affairs.

To attend, I register online at the beginning of the semester. Once I'm registered, I'll receive an email with the date and time of the mandatory placement test. This test assesses my level of French so I can be placed in the group that best fits me.

FOR INDEPENDENT INTERNATIONAL STUDENTS

Provided I attend classes regularly, I'll receive a certificate of completion at the end of the course.

FOR EXCHANGE PROGRAM STUDENTS

If the course is included in my learning agreement, I can earn 3 ECTS credits upon successful completion.

More information: langues@u-pec.fr

www.u-pec.fr/fr/international/interculturel-et-langues/fle

Opening up to the world

I enhance my language skills and explore cultures from around the world with these activities offered free of charge by the Intercultural and Language Space.

Available each semester, they allow me to practice my chosen language regularly and acquire knowledge and skills that are highly valuable in an international context.

- ◆ **Language and Culture Electives**, known as Unités d'enseignement d'ouverture en langues et cultures, complement my Bachelor's program (optional, 3 ECTS) with courses in Chinese, English, French as a Foreign Language, Italian, Portuguese and Spanish that delve into world cultures through original topics.
- ◆ **Conversation workshops** led by native-speaking students, these sessions provide a friendly and international atmosphere to improve my language skills and discover other cultures, without formal evaluation.
- ◆ **Bilingual tandems** offering the opportunity to practice my tandem partner's native language and "teach" them mine in a flexible and self-paced manner.
- ◆ **A carefully curated digital resources directory** to empower me to learn and progress autonomously in the language of my choice.

www.en.u-pec.fr/en/study-offer/intercultural-and-language-space



MY INTERNATIONAL SKILLS



CONTACT

langues@u-pec.fr

ART AND CULTURE

My artistic and cultural workshops

The Culture Unit enables me to explore cultural and artistic opportunities on campus and nearby.

Workshops

The Culture Unit, part of the Campus Life Office, offers free, non-graded artistic workshops each semester. They run either for one semester or the entire academic year. Pre-registration opens in September for the 1st semester and in January for the 2nd semester.

Elective courses

Known as *UE d'ouverture*, elective courses are available at the undergraduate level. They allow me to explore disciplines outside of my field of study, showcase my involvement in the community, and encourage artistic, sports, and cultural practices.

Cultural outings

The ticket office of the Culture Unit offers several free activities and outings each month, perfect for attending shows, exhibitions, and tours alone, in pairs, or in groups. UPEC partners with numerous organizations to provide cultural and artistic outings throughout the year.

My cultural activities

- ◆ Arts
- ◆ Dance and music
- ◆ Performing arts and literature
- ◆ Engagement and society



CONTACT

01 45 17 19 84
culture@u-pec.fr

VIEW THE LIST OF ACTIVITIES

www.u-pec.fr/fr/vie-de-campus/culture/ateliers-artistiques-et-culturels



Sports activities

UPEC offers around thirty sports activities to challenge myself, improve my skills, and push my limits.

Activities are offered recreationally and as elective courses, as well as in competitive or high-level settings. Discover a wealth of sporting activities from team and combat sports to racket sports, dance, fitness and well-being, horse riding, climbing, golf and swimming.

How to practice sports at UPEC?

- ◆ I register with **SUAPS** to participate in recreational activities for free.
- ◆ I choose a **sports elective**, *UE d'ouverture*, if I want to earn credit (3 ECTS).
- ◆ To **practice competitively**, I join 'AS UPEC', UPEC Sports Association, which is affiliated with the French University Sports Association.

How do I register?

FREE RECREATIONAL ACTIVITIES

I pre-register online for the chosen activities and meet with the instructor on the practice site to confirm my registration:

www.u-pec.fr/fr/vie-de-campus/sport/le-sport-en-loisir.

GRADED ELECTIVE COURSE

I register on **eCampus** at the end of September and/or in January.

COMPETITIVE SPORT PRACTICE*

I join 'AS UPEC' in September:

www.u-pec.fr/fr/vie-de-campus/sport/l-association-sportive

FOR HIGH OR GOOD-LEVEL ATHLETES

I contact **Benoît COURAUD**, the PE teacher in touch with all UPEC faculties.

www.u-pec.fr/fr/vie-de-campus/sport

* Intermediate to expert level

SPORT



SUAPS

01 45 17 13 84

suaps@u-pec.fr

BENOÎT COURAUD

01 45 17 13 84

couraud@u-pec.fr

FINDING A JOB OR AN INTERNSHIP

Working during my studies

International students are allowed to work in France. Here are a few rules to bear in mind.

I can work alongside my studies up to **964 hours per year**, which is 60% of the legal annual working hours in France, if:

- ◆ I am a student from the European Economic Area (EEA)
 - ◆ I have a student long-stay visa (VLS-TS) or a student residence permit
- Algerian students can work up to 50% of the legal annual working time.

www.campusfrance.org/en/working-student

What is the ‘Smic’?

In France, a **legal minimum wage is guaranteed**. It is commonly called, the ‘Smic’ (for *salaire minimum interprofessionnel de croissance*). The hourly rate varies annually.

Salaries are generally expressed in gross terms. To find out the net salary, I need to deduct mandatory social contributions (about 20%).

Internships

In some programs, international students, whether independent or seeking a dual-degree, must complete an internship to graduate. I inquire about the procedures at the *Bureau d'aide à l'insertion professionnelle* (BAIP) of my faculty.

PROFESSIONAL INTEGRATION AT UPEC

A Guidance and Career Center, the Service Commun universitaire d'Information – Bureau d'Aide à l'insertion professionnelle (SCUIO-BAIP) is available to provide guidance in building my study project and preparing for employment.

In each faculty, school and institute a ‘BAIP’ can help me with finding an internship, co-op program position, or job.

www.u-pec.fr/fr/etudiant-e/stages-emplois/bureaux-emplois-stages-des-composantes

Student jobs at UPEC

If I'm looking for a part-time job that is compatible with my studies, UPEC offers various positions:

- ◆ Student reception
- ◆ Assistant and support for individuals with disabilities
- ◆ Tutoring, help with using new technologies
- ◆ Support for library staff and other services
- ◆ Cultural, scientific, sports, and social activities, including health promotion and sustainable development
- ◆ Assistance with career planning
- ◆ Academic programs promotion

These activities are paid at the minimum wage (Smic).

Students can take on multiple roles at UPEC.

Recruitment process

1. I send my resume, cover letter, availability, and preferred roles to jobcampus@u-pec.fr my skills against the needs. If my profile is shortlisted, an interview is set up with the recruiter. Successful candidates are offered a contract. Unsuccessful candidates are informed by email.
2. The Campus Life Office employment coordinator and *composante** or service recruiting assess

Job offers outside UPEC

I can check job offers posted by recruiters on the Réseau Pro platform > <https://reseaupro.u-pec.fr>

Or on Jobaviz, the Crous student employment platform at www.jobaviz.fr

* The word *composante* is commonly used to designate the university's faculties, schools and institutes.



www.u-pec.fr/fr/vie-de-campus/vie-pratique/jobs-et-emplois-etudiants



GETTING INVOLVED

Become an engaged student

As a student, I can get involved in organizations, either as a volunteer or through a civic service. **My commitment contributes to university life and building my profile as an engaged citizen.**

I get involved to...

- ◆ Help build my university and society, in a spirit of openness, solidarity and social responsibility
- ◆ Contribute to university and campus life, through cultural, artistic, sporting and civic activities
- ◆ Acquire new valuable skills

I can choose to get involved...

- ◆ in an elected position or an association
- ◆ as a social or humanitarian project leader
- ◆ in a civic service
- ◆ by joining Aurora activities

I can ask my program coordinator for a partial or full exemption from certain courses if the skills I'm developing match my academic program. I can also improve my overall grade average by applying for recognition of my commitment.

I look into it as soon as the semester starts at www.u-pec.fr/valorisation-engagement-etudiant.

STUDENT ORGANIZATIONS

There are more than 70 student associations at UPEC. They contribute to university life, enable me to meet new people, advocate for causes, and develop skills by getting involved in concrete projects.

More info:

www.u-pec.fr/fr/vie-de-campus/vie-associative-et-engagement

Contact : engagement@u-pec.fr

My visits and outings

Participating in cultural or sports outings organized by UPEC allows me to explore Paris and the Ile-de-France region, meet new people, and integrate more easily into university life.

- ◆ **The Campus Life Office** runs a monthly program of free cultural and artistic activities, including guided tours, exhibitions and shows. Signing up for the newsletter makes sure I don't miss out on an opportunity: forms.office.com/e/v27XP8u8UT.
- ◆ **The Intercultural and language space** offers two cultural visits per semester exclusively for international students. I get to explore the capital's iconic landmarks as well as off-the-beaten-path sites. An email notifies me when registrations open.
- ◆ **The University Physical and Sports Activities Service (SUAPS)** frequently organizes outdoor activities and sporting events. I sign up to the mailing list for regular updates: forms.office.com/e/PsBTtixJ0m.

EXPLORING
THE PARIS REGION

