

*International students*  
**HANDBOOK**  
2023 - 2024





A WORD  
**FROM OUR PRESIDENT**



Dear student,

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

Your decision to join our university shows your interest in a global institution that is internationally recognised for the quality of its courses. Our educational offer is based on three strong pillars: interdisciplinarity, double degrees and internationalisation. We are a member of the CIVIS European Civic University, which brings together 11 European partner universities, 470,000 students and 68,000 members of staff, offering numerous opportunities for intercultural and academic exchanges. With the *Bienvenue en France* label and a two-stars rating, our university and its teams offer you the best welcome and study conditions possible, in terms of infrastructure, teaching quality and support.

AMU is guided by ambitious social and community values, making inclusion, gender equality and the fight against all forms of discrimination a priority. We strive to create an environment in which everyone can flourish and succeed. With 150 associations, 60 libraries including 17 university libraries, over 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 campus. It is a great way to make new friends, explore your interests and make the most of your year ahead.

You will discover a dynamic and heritage-rich region, and teachers and students who are passionate and dedicated to their field of study. You can be sure that the experience you are about to have will be enriching and unforgettable, and will enable you to grow both professionally and personally. This guide will help you to familiarise yourself with your 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

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PART 1 :  
**WELCOME TO  
AIX-MARSEILLE  
UNIVERSITÉ**

More than  
**80,000**  
students

Of which  
more than  
**12,000**  
are international  
students

**150**  
student  
associations

**12**  
doctoral  
schools

**20**  
institutional  
institutes

**1** European  
Civic University  
(CIVIS)

**1** City of  
Innovation and  
Knowledge Aix-  
Marseille  
(CISAM)

**122**  
research  
structures

**1**  
continued  
IDEX

**5** large  
campuses

**17**  
components

**54**  
sites

## THE "BIENVENUE EN FRANCE" LABEL

Aix-Marseille Université is located in the heart of Provence, between the sea and the mountains, mainly in the two cities of Aix-en-Provence and Marseille.

A genuine recognition of the quality of the services offered to international students by the entire university community, Aix-Marseille Université has been awarded two stars in 2019 under the "Bienvenue en France" label.

This guide testifies to the rich variety of services offered by AMU to make your stay in France and at our university a success!



## MAP OF THE UNIVERSITY IN FRANCE







PART 2 :  
**SETTLEMENT PROCEDURES  
IN FRANCE AND  
AT THE UNIVERSITY**



# OBTAIN YOUR RESIDENCE PERMIT

You've been accepted at Aix-Marseille Université and you've arrived in France - that's great news! We wish you a warm welcome. From now on, you must ensure that your immigration status in France is in order. Here are a few key steps not to be missed.

## You are a national of a European Union member state

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

## You hold a Visa D with the mention «residence permit to be applied for within two months of entering France»

Within two months of your arrival in France, you must apply for a **residence permit** from the prefecture of your place of residence.

Please note that tourist visa of any kind can never be converted into a student visa or a student residence permit, neither in France nor in any other European Union country.

For information about residence permits, visit the prefecture's website:



## You have a Long-Stay Visa equivalent to a Residence Permit (VLS-TS)

You must validate your visa **online** no later than 3 months after your arrival date in France:



What do you need to validate your VLS-TS?

- A valid email address
- The information on your visa
- Your date of arrival in France
- **Your address of residence in France**
- A payment card to pay the tourist tax online



### 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.

What's next?

- Once you have completed the online procedure, you will receive a first email with your login details to access your personal space and obtain a confirmation of the validation of your VLS-TS.
- You will receive a second confirmation email with a downloadable attachment summarising the information you have filled in online.

To officially become a student and begin your university life with peace of mind, you now need to register with the university. By following the next 5 steps, you'll officially become an AMU student and can begin your studies!

## STEP N° 1: CVEC PAYMENT

Each student must pay the CVEC, the *Contribution de Vie Étudiante et de Campus*, before enrolling at the university. This tax, as you will see later on, enables the financing of many services and activities to which you will of course have access!

- ▶ Create an account on the MesServices website



- ▶ Pay the €100 fee by payment card

- ▶ Download your "certificate of payment" of the CVEC from your account

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
- scholarship holder or beneficiary of an annual allowance granted in the framework of specific annual aid

### Good to know

Please note that even if exempted, you must obtain and present your "Certificate of discharge".



## STEP N°2: ADMINISTRATIVE REGISTRATION (IA)

The administrative registration (IA) is a compulsory step. It is the moment when you pay your registration fees and become officially a student of the university. It is only once your administrative registration is finalised that you receive your student card. Administrative registrations can be made **online** or with the enrolment services of your faculty.

*A standard registration takes about 15 minutes.*



### Good to know

For a better functioning of the system, use the Mozilla Firefox browser. The service does not work on tablets and smartphones.

To carry out your administrative registration you must:

- ▶ Check the opening dates for administrative registration specific to your faculty

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

- ▶ Fill in your 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 ddmmyyy format**
  - > Students admitted via eCandidat: your login is the same as the file number
  - > Students admitted via MonMaster: your login is available on the government's platform under "Mes candidatures"



*In case of difficulties, you can contact [deve-assistance@univ-amu.fr](mailto:deve-assistance@univ-amu.fr)*

- ▶ Fill in your application form online and add the required supporting documents:



- ▶ Pay the registration fee online by bank card. You will then receive two emails with your student account login and password and a list of documents to download and information specific to your enrolment service.

*AMU applies differentiated tuition fees to some of its non-European students. To find out which countries are concerned and how to apply for exemption, go to :*



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

- > make a bank transfer if the amount is higher than 300 € indicating your student number. Please note to provide the enrolment service with the proof of payment
- > pay in cash at the Accounting Agency (AC), once you arrive in France. If the amount is less than 300 € and if no other method of payment is possible.

### Any questions?

Contact the enrolment service of your faculty whose contact details will have been sent to you by email or here:



### STEP N°3: ACTIVATE YOUR DIGITAL WORKSPACE (ENT)

Once you have registered online, you will receive an email with the procedure for activating your digital workspace (ENT) and your student account. The ENT will give you access to the online educational platform AMeTICE, your timetable, the exams calendar, your grades, the online internship platform, etc.

### STEP N°4: GET YOUR STUDENT CARD

Many services are grouped together in a single card. More than a student card, a real identity card, it will be given to you by the enrolment service 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
- ▶ register and practice sports activities at the SUAPS
- ▶ access the various services offered by the university libraries (BU): online resources, lending of books, use of computer stations, photocopying and printing
- ▶ 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 the card, contact [izly.contact@crous-aix-marseille.fr](mailto:izly.contact@crous-aix-marseille.fr)*

### STEP N°5: 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 register to the tutorials classes and practical work groups. **It is compulsory to register for exams.**

The IP is done either in person at your enrolment service or online via IPWEB.

Contact your enrolment service to find out more about registration procedures:



Visit the website of your faculty to consult the registration calendar:





# FIND AN APARTMENT

## STEP N° 1: DO YOUR RESEARCH

### Aix-Marseille Université's partner platforms

Finding housing is not an easy thing to do and can take time. If you have not found your accommodation before arriving in France, you can get in touch with the accommodation partners of Aix-Marseille Université:

On the online platform **Studapart**, you will find hundreds of exclusive offers (studios, shared flats, student residences, etc.) and will be able to benefit from personalised assistance in your search.

The advantages of the platform: Studapart provides guarantees for you and that for the whole duration of your rental in France.

On the **Amastas** platform, you'll find not only flat-sharing offers, but also furnished and renovated studios and apartments at reasonable prices. The advantages of the platform: monthly rental prices include electricity, gas, water and even internet!

Visit either of these two platforms:



### Student residences

You can try your luck at the CROUS and apply to live in one of the public students residences in France. Subsidised by the French State, the CROUS provides students with rooms at moderate rents.

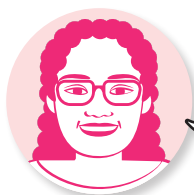
**Reserved exclusively for international students on Master's level**, places are very limited. It is essential to not rely solely on the CROUS and to broaden your search for accommodation in the private sector as soon as possible.



More expensive than CROUS rooms, private university residences are still very affordable and offer certain advantages: communal living, furnished rooms, internet, laundry, gym, etc. Many of them are listed on our **Studapart** platform.

### Private housing stock

Aix-Marseille Université has referenced for you a large number of websites dedicated to the search for accommodation.



#### Good to know

Students sometimes publish flatshare offers on Facebook! Do not hesitate to consult the pages dedicated to housing in Marseille and Aix-en-Provence.

## STEP N°2: PUT TOGETHER YOUR RENTING FILE

When you're interested in a property, you need to submit a rental application to the property manager or owner, indicating your wish to become a tenant. To compile your rental file you will need the following supporting documents:

- Valid proof of identity (national identity card, passport, residence permit, etc.)
- Proof of "professional" status (student card or valid school certificate)
- Proof of your income (CAF attestation or simulation, notice of grant allocation, parental financial support)
- Proof of guarantor(s)
- Proof of home insurance

Attention: the list may vary according to the requirements of the landlord.

### Good to know

Check out the government's website to help you put together a quality digital rental file that will give you every chance of finding a home.



You can write to [contact@dossierfacile.fr](mailto:contact@dossierfacile.fr) where advisers will help you put together your file.

### How do you find a guarantor?

#### Good to know

A guarantor is a person who guarantees to pay your rent if you are no longer able to do so. You will need to include the guarantor's ID and proof of income in your application.



#### Option 1 : A natural person

This guarantor must be a French tax resident. You will need to include his last three pay slips and tax form in your application.

#### Option 2 : The French government

If you are between 18 and 30 years old, you can subscribe to the **VISALE** rental deposit set up by the Action Logement group. This is a free scheme on presentation of a residence permit and a valid student card (or admission certificate).



#### Option 3 : A legal person (company)

If you are not able to subscribe to options 1 or 2, you can subscribe to the guarantee of **Garantme**. This is a paid service. *Garantme* is not currently accepted by **CROUS**.



### STEP N°3: GET YOUR HOUSING INSURANCE

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

Who can you turn to?

Heyme :



ADH :



#### Good to know

Make sure you take out a home insurance that covers your entire lease.



Other banks and insurance companies can also help you with this. Ask around to find the insurance that suits you best in terms of price and coverage.

### STEP N°4: SIGN YOUR RENTING FILE

Have you finally found your home? Congratulations! You can now make an appointment with the landlord, take an inventory of fixtures and sign the lease. This 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 period (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.

Before signing the inventory of fixtures, make sure that you have examined all the rooms without exception and noted all the details that caught your attention. This same document will be used by your landlord as a basis for the inventory of fixtures at the end of your stay, and may therefore influence whether or not your deposit is refunded.

### STEP N°5: ACTIVATE YOUR HOUSING AIDS

The *Aide Personnalisée au Logement (APL)* is a financial aid granted under certain conditions to help the recipient pay the rent. As a student you can apply for the APL from the *Caisse d'Allocation Familiale (CAF)*.

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



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





# OPEN A BANK ACCOUNT



As a foreign student living in France you can open a bank account in any bank in France. To do so, you just need to make an appointment with a bank advisor. Once your account has been created, the bank will provide you with a bank card, a cheque book and a bank account number (RIB). Opening an account in France will not only make your daily life easier, but you will not have to pay any fees if you decide to keep an account in your country of origin.

## Good to know

If you have not been able to meet our banking partners at the welcome desks, contact the welcome team who will help you to get in touch with one or more banks.



## A little tip:

Bank statements can be used as proof of payment of allowances in France when renewing your residence permit.



## What supporting documents do you need to provide?

- A valid identity document
- Proof of address
- A school certificate or your student card



# MAKE SURE YOU ARE COVERED FOR HEALTH CARE

## JOIN THE SOCIAL SECURITY SYSTEM OR OBTAIN A EUROPEAN HEALTH INSURANCE CARD (EHIC)

To be covered for treatment in France, you can present your EHIC or your carte Vitale.

### Case 1:

**You are:**

- a student from outside Europe, or
- a European student and do not have an EHIC

The French health system, called Sécurité Sociale, allows everyone to access quality health care. Joining the social security system is compulsory and will allow you to be reimbursed for up to 70% of your healthcare costs.

### How to join the social security system?

1. Register online
2. Submit the compulsory supporting documents
3. Create a personal account on the ameli.fr website, which will give you a social security number and your carte Vitale.



### What are the compulsory supporting documents to be provided?

- Proof of enrolment for the current academic year (school certificate, student card)
- Valid proof of identity (passport OR identity card (front/back) OR residence permit)
- Proof of civil status (full copy of birth certificate OR family record book OR marriage certificate)
- Bank account statement (RIB) from your French bank account

4. Once you are registered, you can go to the Doctolib platform : and make an appointment online with a general practitioner. During this first appointment, you will be able to ask this doctor to become your “attending doctor” and he or she will be able to declare this online.



A consultation with a general practitioner usually costs €25, but the cost of a consultation may vary from one doctor to another.

For more information, see the CPAM website



**Case 2:**  
**You are a student with the nationality:**  
**- of a European country,**  
**- of Iceland,**  
**- of Liechtenstein,**  
**- of Norway or**  
**- of Switzerland**

You are already in possession of a European Health Insurance Card (EHIC)  
- a compulsory procedure made in your country of origin - so you don't have to affiliate the French health system. You will be reimbursed for your healthcare costs under the same conditions as if you were in your home country.

### **SUBSCRIBE TO A MUTUAL HEALTH INSURANCE**

To optimise your health reimbursements, we recommend that you take out supplementary health insurance (or a mutual insurance company) which can cover the remaining 30% of health costs not covered by social security or the EHIC. This is not compulsory but strongly recommended.



#### **Good to know**

If you choose our partner Heyme, don't forget to enter the code 13AMU which will allow you to benefit of a **10% discount!**





## CHECKLIST

### Let's go over all the steps you will have to take when you arrive in France.

- Sort out your immigration situation for non EU students
- Join the university
  - CVEC payment
  - Administrative registration
  - Activate your digital workspace (ENT)
  - Get your student card
  - Pedagogical registration
- Find an accommodation
  - Rental file
  - Guarantor
  - Lease contract
  - Housing aid (APL)
- Open a bank account
- Make sure you are covered for health care

#### Any questions?

The International Students Welcome Team is here to help you!





PART 3 :  
**AMU STUDENT LIFE**



## BE ACCOMPANIED, GUIDED AND SUPPORTED

You are now registered at the university and you have managed to complete all the necessary steps for your installation. Congratulations! All the teams at Aix-Marseille Université are available to answer your questions and to accompany you throughout your time with us.

### MEET THE INTERNATIONAL STUDENTS WELCOME TEAM

Attached to the International Relations Department of our university, our team consists of 4 people:



**Emilie Farfouillon,**  
International Students  
Welcome Team Leader

*"I am here to ensure that the welcome services we provide meet your needs. I can also help to deal with dire circumstances. My motto? Every moment is a new opportunity to be seized."*



**Andrea Almarío Parra,**  
International Students  
Welcome Coordinator in  
Aix-en-Provence

*"The search for accommodation can sometimes be difficult, but I am here to redirect you to the appropriate sites and to help you with the steps to take."*

**Adelina Paganella,**  
International Student  
Welcome Coordinator in  
Marseille



*"I am the main contact for the prefectures and I am keen to help you with your questions related to your residence permit. I am also responsible for organising the integration events that we set up during the year and which I encourage you to attend!"*

**Suzy Vadnais,**  
International Students  
Welcome Coordinator in  
Aix-en-Provence



*"I help set up the welcome desks and am responsible for the recruitment and training of temporary students who are also there to help you at the beginning of the new academic year."*

We hope this guide will answer most of your questions and serve you throughout this first year. We remain at your disposal on the Helpdesk:



**Do not hesitate  
to ask questions**

## What services do we offer?

**Welcome desks** on the Aix-Schuman and Marseille Saint-Charles campuses from August 30 to September 13, 2023.

**One-on-one appointments** on Aix-Schuman and Marseille Canebière campuses from September 15 to 29, 2023 .

**AMU PREP' DAYS conferences:** our pre-departure conferences are a mine of additional information and remain available for replay on YouTube.



**Integration activities:** throughout the year we organize activities to enable you to meet each other while discovering our region.

**The Buddy System :** this free scheme will enable you to get in touch with a student so that he or she can introduce you to discover the university, the local culture... and even help you to improve your French!

... and soon on your campuses, a **permanent welcome desk in the student house!**

## AUGUST

Tu 1
W 2
Th 3
F 4
Sa 5
Su 6
M 7
Tu 8
W 9
Th 10
F 11
Sa 12
Su 13
M 14
Tu 15
W 16
Th 17
F 18
Sa 19
Su 20
M 21
Tu 22
W 23
Th 24
F 25
Sa 26
Su 27
M 28
Tu 29
W 30
Th 31

## SEPT.

F 1
Sa 2
Su 3
M 4
Tu 5
W 6
Th 7
F 8
Sa 9
Su 10
M 11
Tu 12
W 13
Th 14
F 15
Sa 16
Su 17
M 18
Tu 19
W 20
Th 21
F 22
Sa 23
Su 24
M 25
Tu 26
W 27
Th 28
F 29
Sa 30

Welcome desks

One-on-one appointments

Find out more about our welcome services



## MEET THE EDUCATIONAL TEAMS

Your teachers, and more particularly the International Relations advisors, are the main day-to-day contacts. If you have any doubts or questions, don't hesitate to ask them for advice.

The enrolment services are also available throughout the year to answer any administrative questions you may have about your university studies. Administrative and pedagogical registrations, tutorials, transcripts, diplomas... Don't hesitate to

contact your enrolment advisors directly on the campus of your faculty.

Click here for a list of contacts:



## BE SUPPORTED IN CASE OF DISABILITY OR GET INVOLVED IN AN ASSOCIATION WITH THE BUREAU DE LA VIE ÉTUDIANTE (BVE)

Other services are there to help you and answer your questions. The main objective of a student life office is to promote and develop all the student activities for which they qualify eligible.

In order to guarantee access for all, the BVE has set up the **Mission Handicap**. Its role? To accompany you and enable you to take advantage of all the university's services, which we will help you discover, whatever your disability situation (physical, sensory or psychological, dyslexia or any other long-term disabling health condition).

To benefit from measures adapted to your profile, scan the QR code and contact the **Mission Handicap** on your campus:



The *Bureau de la Vie Étudiante* is also responsible for listing all **student associations** and helping them to grow. Joining a student association can allow you to meet other people who share your interests, work on missions that are important to you, but also enhance your resume and open doors to future professional experiences.

There are more than 160 student associations at our university. You are bound to find one that suits you:



## THE UNIVERSITY SERVICE FOR INTEGRATION AND ORIENTATION (SUIO)

The SUIO team is there to help you build your study project according to your personal objectives and motivations. They can also help you develop your professional project and find the right company for an internship, work-study program or first job. They can help you to identify and develop your skills while acquiring the methods of

searching for an internship and a job that you will need through workshops on writing resumes and cover letters or simulating interviews.

Do you have a question?  
Contact them:



## 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!

More info:



### Good to know

The social part of the *Fonds de Solidarité et de Développement des Initiatives Étudiantes (FSDIE)* can help students with academic or professional projects linked to their studies, who are experiencing financial difficulties.





## TAKE CARE OF YOUR HEALTH WITH UNIVERSITY STUDENT HEALTH SERVICE (SSE)

You are now far from your loved ones but you can count on the SSE to take care of you. As an AMU student, you can benefit from medical consultations and various services ranging from psychology consultations to sophrology sessions, oral and dental screening...

Make an appointment by telephone, by email or directly online for the Saint Charles campus via your ENT!



If you are a non-European student, make an appointment directly with your nearest CLAT to do your chest X-ray:



### Good to know

The SSE will contact you during the first three years following your administrative registration for a preventive examination. The purpose of this consultation is to do a general check-up and to show the results of the chest X-ray that you must do on your arrival in France if you are a non-European student.



## BE LISTENED BY THE SERVICE FOR RESPECT AND EQUALITY

As well as for your health, our university looks after your well-being throughout your course. Aix-Marseille Université is the first university in France to have created a service dedicated to listening, prevention and support for witnesses and, of course, the victims of violence, harassment and 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.

**04 13 550 550**  
**[respect-egalite@univ-amu.fr](mailto:respect-egalite@univ-amu.fr)**





## DEVELOP YOUR SKILLS AND PARTICIPATE IN ACTIVITIES AT AMU

Classes are important, but your student life cannot be limited to that! Our university values the activities you do outside of your studies with a bonus system! You meet new people, have fun, develop your skills and enhance your resume while obtaining up to 0.5 points per semester.

Find out more:



Follow this label!

Activity eligible for bonus!

### LEARN FRENCH WITH THE 7SPEAKING PLATFORM AND THE SERVICE UNIVERSITAIRE DES LANGUES (SUL)

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

➤ Different activities will be proposed to you according to your level and interests. You can even chat with other members of the community!

The university has set up the free 7Speaking platform to help you improve your French and even other foreign languages!

If you prefer to take face-to-face classes and be assisted by a certified teacher, SUL is for you! As an international student, you can register for AMU's French as a Foreign Language courses directly at the secretary's office.

How to access it?

- Connect via your ENT
- Click on the *Pédagogie* section in the Menu and then on AMUlangues

Would you like more information? Go online:



Activity eligible for bonus!

### PARTICIPATE IN CULTURAL ACTIVITIES WITH THE CULTURE AND SOCIETY DEPARTMENT (DCS)

Did you have an artistic activity in your home country? You can pursue your passion here with the Culture and Society Department! Music, singing, dance, theater, cinema, photography, writing.... The DCS organizes many workshops throughout the year and can put you in touch with one of the many artistic groups it supports. 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

We encourage you to subscribe to the "culturez-vous" newsletter so that you don't miss out on any of the university's cultural events!

If you are not an artist yourself but you know how to appreciate exhibitions and cultural shows, you should know that your AMU card gives you access to discounts all over the country thanks to **PACTE'AMU**. Don't forget to keep it with you even on weekends to take advantage of it and discover the cities of your connecting campuses and those around them! Find all the news and good deals in the region on page 36.



Activity  
eligible for  
bonus!

## PLAY SPORT WITH THE UNIVERSITY PHYSICAL AND SPORTS ACTIVITIES DEPARTMENT (SUAPS)

Practicing a regular sport activity can help you stay in shape but also improve your ability to concentrate. Thanks to its unique location between the sea and the mountains, AMU, through the SUAPS, can offer you a wide range of sports activities, from the most common ones such as dance, basketball, tennis, swimming... to the most unusual ones such as paddle, archery, diving, rowing...

In total, more than 80 individual and group sports are offered.

Registration is online at the beginning of each semester and requires your AMU ID and a **medical certificate!**

You can benefit from advantages and preferential rates from partners such as discounts at Intersport, first aid training or the 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.

If you wish to participate in university competitions with the *Fédération Française du Sport universitaire (FFSU)*, you must register at the beginning of the year at the *Bureau des Sports*, in order to allow for the rapid constitution of teams.

The SUAPS also allows its high-level athletes to benefit from adjustments in their study program!

### Good to know

Places are limited and the most popular sports are gone in a few hours. We advise you to make an appointment with a general practitioner before registration opens and to log in on time to have a chance to reserve your spot.



## SHARE A MEAL WITH FRIENDS AT THE UNIVERSITY RESTAURANTS (RU)

Located near the university campuses, the CROUS restaurants (university restaurants, RU or cafeterias) offer complete menus for 3,30€ on site or to take away.



### Good to know

The CROUS does not accept cash, we recommend you to pay for your meal with your IZLY student card. Your card can be recharged by bank transfer, credit card or via the IZLY recharging terminals in the university restaurants. Find the RU closest to you.



## REVIEW AND PREPARE FOR YOUR EXAMS AT THE UNIVERSITY LIBRARIES (BU)

The university offers many university libraries (*Bibliothèques Universitaires*) but also a network of libraries associated with the common catalog in the faculties and institutes where you can revise your courses and prepare your exams in complete peace of mind. Registration is free of charge and is done on presentation of your student card. More than 1.6 million books and 70,000 online articles will be at your disposal!



### Good to know

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



International month

OCTOBER 2023

Su 1	
Mo 2	WELCOME NIGHT A night students of the world celebrate together!
Tu 3	
We 4	
Th 5	INTERNSHIP, WORK-STUDY and employment Forum
Fr 6	
Sa 7	Marseille Welcome week
Su 8	
Mo 9	
Tu 10	
We 11	
Th 12	WELCOME NIGHT A night of fun to welcome the new arrivals!
Fr 13	
Sa 14	Journée d'intégration
Su 15	
Mo 16	
Su 17	
Mo 18	
Tu 19	WELCOME NIGHT campus by night
We 20	
Th 21	
Fr 22	
Sa 23	
Su 24	
Mo 25	
Tu 26	
We 27	
Th 28	
Fr 29	
Sa 30	
Tu 31	

SEPTEMBER 2023

Fr 1	
Sa 2	
Su 3	
Mo 4	
Tu 5	
We 6	
Th 7	
Fr 8	
Sa 9	
Su 10	
Mo 11	
Tu 12	
We 13	
Th 14	
Fr 15	
Sa 16	
Su 17	
Mo 18	
Tu 19	
We 20	
Th 21	
Fr 22	
Sa 23	
Su 24	
Mo 25	
Tu 26	
We 27	
Th 28	
Fr 29	
Sa 30	

NOVEMBER 2023

We 1	All Saints' Day
Th 2	
Fr 3	
Sa 4	
Su 5	
Mo 6	
Tu 7	
We 8	
Th 9	
Fr 10	
Sa 11	Armistice 1918
Su 12	
Mo 13	
Tu 14	
We 15	
Th 16	
Fr 17	
Sa 18	
Su 19	
Mo 20	
Tu 21	
We 22	
Th 23	
Fr 24	
Sa 25	
Su 26	
Mo 27	
Tu 28	
We 29	
Th 30	

DECEMBER 2023

Fr 1	
Sa 2	
Su 3	
Mo 4	
Tu 5	
We 6	
Th 7	
Fr 8	
Sa 9	
Su 10	
Mo 11	
Tu 12	
We 13	
Th 14	
Fr 15	
Sa 16	
Su 17	
Mo 18	
Tu 19	
We 20	
Th 21	Christmas dinner
Fr 22	
Sa 23	
Su 24	
Mo 25	Christmas
Tu 26	
We 27	
Th 28	
Fr 29	
Sa 30	
Su 31	

JANUARY 2024

Mo 1	New Year's Day
Tu 2	
We 3	
Th 4	
Fr 5	
Sa 6	
Su 7	
Mo 8	
Tu 9	
We 10	
Th 11	
Fr 12	
Sa 13	
Su 14	
Mo 15	
Tu 16	
We 17	
Th 18	
Fr 19	
Sa 20	
Su 21	
Mo 22	
Tu 23	
We 24	
Th 25	
Fr 26	
Sa 27	
Su 28	
Mo 29	
Tu 30	
We 31	

FEBRUARY 2024

Th 1	
Fr 2	
Sa 3	
Su 4	
Mo 5	
Tu 6	
We 7	
Th 8	
Fr 9	
Sa 10	
Su 11	
Mo 12	
Tu 13	
We 14	
Th 15	
Fr 16	
Sa 17	
Su 18	
Mo 19	
Tu 20	
We 21	
Th 22	
Fr 23	
Sa 24	
Su 25	
Mo 26	
Tu 27	
We 28	
Th 29	

Christmas holidays

Exam dates are specific to each faculty

Exam dates are specific to each faculty

Christmas holidays

Winter holidays

## MARCH 2024

Fr 1	
Sa 2	
Su 3	
Mo 4	
Tu 5	
We 6	
Th 7	
Fr 8	
Sa 9	
Su 10	
Mo 11	
Tu 12	
We 13	
Th 14	
Fr 15	
Sa 16	
Su 17	
Mo 18	
Tu 19	
We 20	
Th 21	
Fr 22	
Sa 23	
Su 24	
Mo 25	
Tu 26	
We 27	
Th 28	
Fr 29	
Sa 30	
Su 31	

## APRIL 2024

Mo 1	Easter Monday
Tu 2	
We 3	
Th 4	
Fr 5	
Sa 6	
Su 7	
Mo 8	
Tu 9	
We 10	
Th 11	
Fr 12	
Sa 13	
Su 14	
Mo 15	
Tu 16	
We 17	
Th 18	
Fr 19	
Sa 20	
Su 21	
Mo 22	
Tu 23	
We 24	
Th 25	
Fr 26	
Sa 27	
Su 28	
Mo 29	
Tu 30	

Examination dates 2nd semester : Exam dates are specific to each faculty

Spring holidays

## Europe Month MAY 2024

We 1	Labor Day
Th 2	
Fr 3	
Sa 4	
Su 5	
Mo 6	
Tu 7	
We 8	Victory day/1945
Th 9	Ascension Day
Fr 10	
Sa 11	
Su 12	
Mo 13	
Tu 14	
We 15	
Th 16	
Fr 17	
Sa 18	
Su 19	
Mo 20	White Monday
Tu 21	
We 22	
Th 23	
Fr 24	
Sa 25	
Su 26	
Mo 27	
Tu 28	
We 29	
Th 30	
Fr 31	

Examination dates 2nd semester : Exam dates are specific to each faculty

Spring holidays

Pont de l'Ascension

## JUNE 2024

Sa 1	
Su 2	
Mo 3	
Tu 4	
We 5	
Th 6	
Fr 7	
Sa 8	
Su 9	
Mo 10	
Tu 11	
We 12	
Th 13	
Fr 14	
Sa 15	
Su 16	
Mo 17	
Tu 18	
We 19	
Th 20	
Fr 21	
Sa 22	
Su 23	
Mo 24	
Tu 25	
We 26	
Th 27	
Fr 28	
Sa 29	
Su 30	

Examination dates 2nd semester : Exam dates are specific to each faculty

AMU  
PREP  
DAYS

## JULY 2024

Mo 1	
Tu 2	
We 3	
Th 4	
Fr 5	
Sa 6	
Su 7	
Mo 8	
Tu 9	
We 10	
Th 11	
Fr 12	
Sa 13	
Su 14	National Day
Mo 15	
Tu 16	
We 17	
Th 18	
Fr 19	
Sa 20	
Su 21	
Mo 22	
Tu 23	
We 24	
Th 25	
Fr 26	
Sa 27	
Su 28	
Mo 29	
Tu 30	
We 31	

Summer holidays

## AUGUST 2024

Th 1	
Fr 2	
Sa 3	
Su 4	
Mo 5	
Tu 6	
We 7	
Th 8	
Fr 9	
Sa 10	
Su 11	
Mo 12	
Tu 13	
We 14	
Th 15	Assumption Day
Fr 16	
Sa 17	
Su 18	
Mo 19	
Tu 20	
We 21	
Th 22	
Fr 23	
Sa 24	
Su 25	
Mo 26	
Tu 27	
We 28	
Th 29	
Fr 30	
Sa 31	

Summer holidays



PART 4:  
**LIVING IN THE REGION**

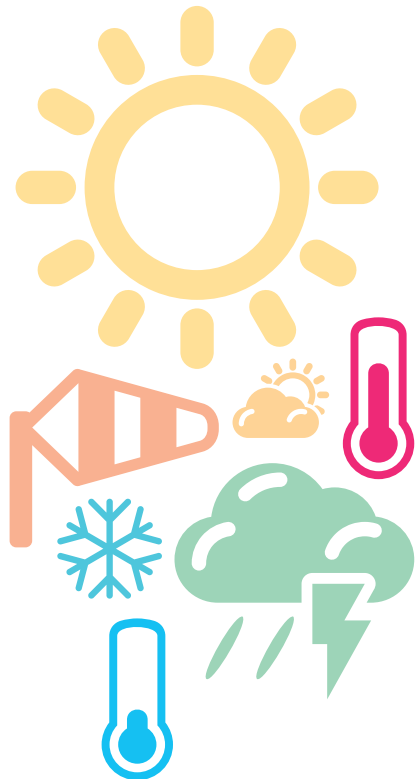


## ADAPT YOUR WARDROBE

The southern region enjoys a pleasant temperate climate with over 300 days of sunshine per year. In winter, however, temperatures can be quite cold (down to  $-4^{\circ}\text{C}$  /  $53^{\circ}\text{F}$ ). This year, we were even surprised by a small snowfall that covered our Provence landscape!

In summer, on the other hand, temperatures can rise very high (up to  $39^{\circ}\text{C}$  /  $102^{\circ}\text{F}$ ), especially in Aix-en-Provence which does not benefit from the sea breeze of Marseille which can sometimes lower the temperature. We therefore advise you to adapt your wardrobe according to the season: coat, hat and scarf in winter and shorts, tee-shirt, hat, sun cream and sunglasses in summer!

Consult the Météo France website for weather forecasts for the region:







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

You will of course find many supermarkets open in Aix-en-Provence and Marseille. Be careful though, in France, many of them close on Sundays and stay open during the week until 8 PM at the latest!

You can find the list of stores here:



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!

Consult the agenda of the markets of Provence here:



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

- The AGORAE, solidarity grocery stores accessible 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).

For more information:



- The AMAPs (associations for the preservation of rural agriculture) offer baskets of organic vegetables and fruits produced locally for an average of 7 € per week.

Find out more:

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



Marseille  
Marseille Luminy  
bio@luminy.org





## SUBSCRIBE TO A TRANSPORT PASS

The most convenient way to get around the city and its surroundings is by bus. But be careful, there are several types of bus passes depending on the city in which you live and, on your trips, so you must choose carefully!

- If you live and study in Aix-en-Provence and you only want to travel in its surroundings, choose the Aix en bus subscription for 100€ / year.
- If you live and study in Marseille and want to travel around Marseille and its suburbs, opt for the RTM subscription for 220€ / year. It allows you to use all RTM means of transport (bus, bikes, streetcars, ferryboats, metro, metropolis line...)
- If you live near Marseille and study on the Aix-en-Provence campus, there is a transport network that allows you to travel between Aix-en-Provence and Marseille. In this case, you should opt for the LeCar subscription for 21€ / month.

One of its advantages is that it passes by the Saint-Charles train station with the line 50: departure from 05h45 to 00h00 (every 5 minutes in rush hours)

In any case, these three subscriptions give you direct access to the different campuses.

There is also a pass that can simplify all journeys, the Pass Métropole Intégral. It costs 30€ / month with a 12-month commitment, otherwise it costs 45€ / month. It is certainly more expensive but it allows you to use all the transport (bus, tramway, metro, TER, boats, bikes...) of the whole Aix-Marseille Metropolis.

For more information on the different subscriptions and how they work, please visit our website:



# INTEGRATE THE REGION PROFESSIONALLY



The southern region is home to a dense network of companies in strategic sectors that are very well aligned with the university's training offer:

- Naturalness
- Industries of the future
- Energies of the future
- Innovative therapies
- Silver economy
- Sea economy
- Tourism and creative industries
- Smart

It has a dynamic employment pool with 2 million active workers and is also in the top three regions in France with the highest number of business start-ups. If you're serious and perseverance into it, you will be able to find a job in the region once you have successfully completed your degree.

*If you need to finance part of your studies, you should know that French law allows foreign students to work 964 hours per year, which is 60% of the legal working time. The minimum wage is set at 11,57€ gross/hour or 9,11€ net/hour.*

If you wish to work more than the authorized time, your employer must apply for a temporary work permit (Autorisation provisoire de travail) or you must apply on his behalf with a mandate. This can be done directly online at the government website, ANEF:



*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).*

More information on the government website:



In order to help you in your search, we have referenced on our website a set of links that may help you find a job. We ourselves hire international students as part of the various events we organize.

Feel free to check out all of our offers!





## DISCOVER THE REGION AND HAVE FUN

Don't forget that you have the chance to study in a region steeped in history and with beautiful scenery. We encourage you to take full advantage of your student status and to take advantage of all the assets of our territory.

### The Southern Region, it's:

*"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 human warmth of its inhabitants and their singing accent..."*

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 tourist places, good addresses but also cultural and festive events, we invite you to follow these Instagram accounts that we have selected especially for you:

#### Marseille :

- @Booj\_marseille: this account gives you all the good addresses and good plans to go out where there is entertainment and to party!
- @lecitydinguemarseille and @crazycitymarseille: 2 accounts to discover all the more secret places to observe in Marseille without forgetting the spots to take nice pictures. Don't hesitate to share them with us: @univamu!
- @foodguidemarseille: a "food guide" account to discover the local and international culinary culture and take your taste buds on a journey!

#### Aix-en-Provence :

- @aixenprovencetourism: this account maintained by the Aix-en-Provence Tourist Office in addition to making you discover the city, prepares a weekly list of all the events and outings to do for the weekend.
- @aix\_and\_food: an account full of good addresses in Aix-en-Provence, whether for brunch, lunch, snacks or dinner.

#### The South region in general:

- @fierdusud: thanks to this account, discover the Southern region from all angles: cities, sea, mountains, lakes, forests... and all the good addresses that go with it!
- @foodlovers\_provence: all the best addresses of hotels and restaurants in the South of France, including stories on the front page that group hotels and restaurants by city!



## TAKE CARE OF YOUR SAFETY

### Some advice

As in all big cities, you must be vigilant! Make sure your bags are well closed and that you have very little cash on you. Don't worry, the vast majority of shops in France accept payment by bank 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 home together and make sure that everyone gets home safely! We also recommend that you keep your drinks close at hand and do not accept drinks from people you do not know. It is better to be safe than sorry!




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!



## PHONE BOOK OF USEFUL CONTACTS

### EMERGENCIES NUMBERS

 **15** : **SAMU** (Ambulance):  
(Emergencies medical service)

 **112** : **European emergency call**

 **18** : **Firefighters**

 **17** : **Police**

Find all health services on our google map:



Need assistance at the university? The international student welcome team is at your service:



### FOUND OBJECTS

City Hall of Aix-en-Provence: 04 42 91 91 81

City of Marseille lost and found department: 04 13 94 85 70



### INGREDIENTS

- 3 eggs
- 150 g of 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 of green olives.

### UTENSILS

- 1 large cake pan (25 cm)
- 1 sheet of 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 of flour and 1/2 sachet of yeast. Gradually add 100 ml of oil and 125 ml of hot milk. Add 100 g of 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 of chopped parsley
- 4 cloves of garlic
- 50 g of breadcrumbs
- 2 tablespoons of herbs de 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!



# Oreillettes

## INGREDIENTS

- 500 g flour
- 0.5 pack yeast
- 2 tablespoons sugar
- 3 whole eggs
- 1 lemon
- 125 g butter
- 1 tbsp. orange blossom water
- Peanut oil
- 1 pinch salt

## RECIPE PREPARATION

- Make a well in the flour, add the sugar, baking powder and salt and dry mix.
- Stir in the eggs, one at a time, followed by the melted butter and the flavors (patis and orange blossom). Gradually add the water to form a ball of dough that won't stick. Leave to rest for 10 minutes.
- Flour the dough so you can roll it out with a rolling pin. Cut pieces into rectangles or rhombuses with a serrated roulette wheel (or knife).
- Bake them in a hot frying pan (90°C). Brown for a few seconds on each side.
- Drain and arrange on paper towels in a large dish. Sprinkle with powdered sugar just after draining. Enjoy warm or cold

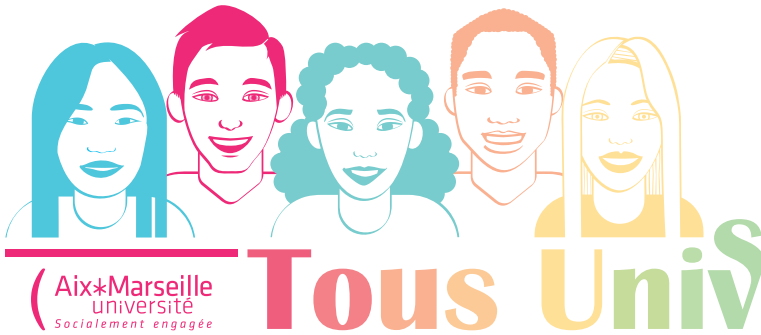
## TIPS

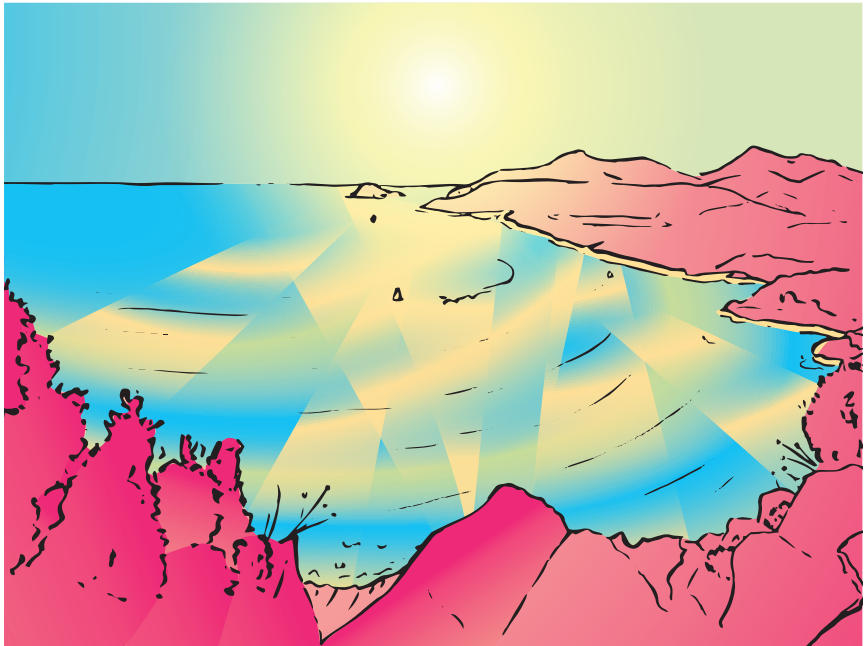
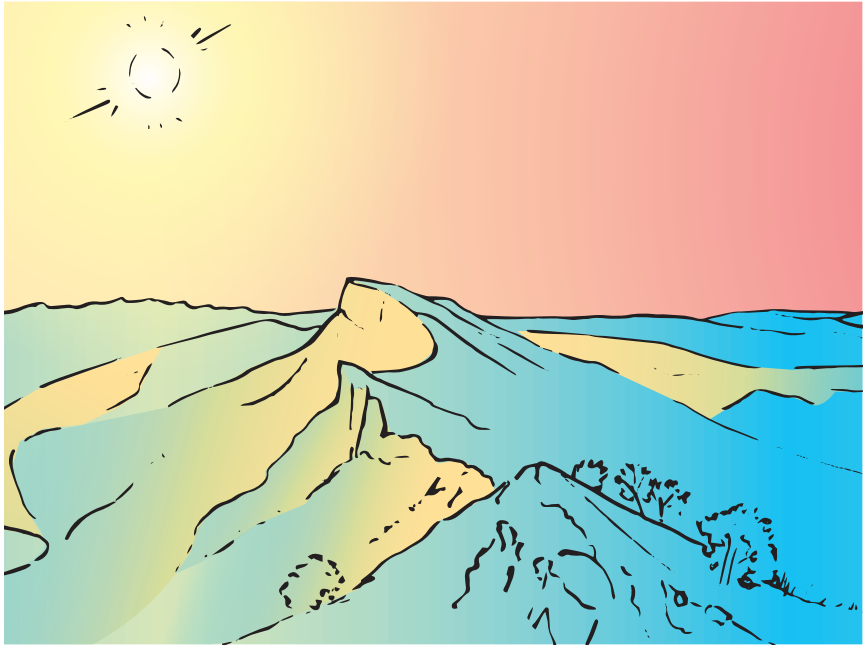
For a “slightly” lower-fat recipe, bake these “*oreillettes*” at 160°C for 10 to 15 min. Keep a close eye on the cooking time to prevent them from darkening too much.



PROMO AMU 2023-2024

PROMO AMU 2023-2024







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Join our community and follow us  
on our Facebook page in English!

