

# Welcome

## *guide*



25-26





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# Université Côte d'Azur

*The wealth of skills, the spirit of innovation, the diversity of the courses on offer, the strong student support, the professional immersion... Université Côte d'Azur offers the perfect exploration ground for those who dare to create.*

**300**

courses  
on offer

**21**

faculties

**14**

campuses

**33 000**

students

**20%**

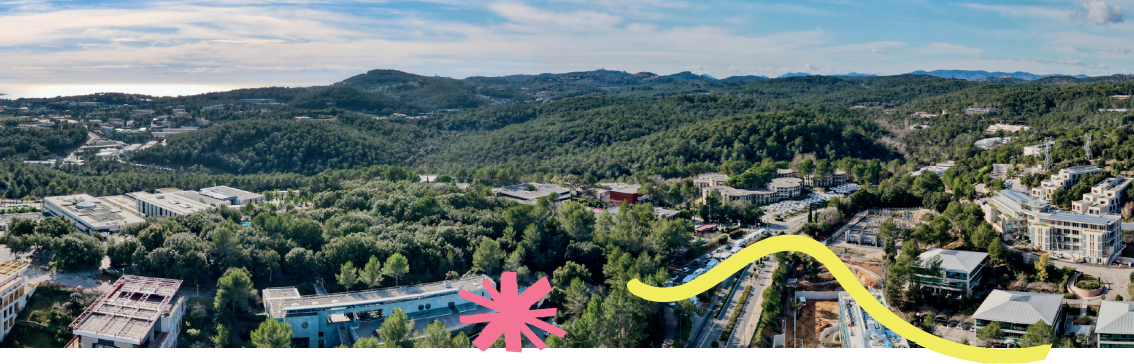
of international  
students

The campuses are located across the French Riviera. Nice, Cannes, Menton, Sophia Antipolis are all sites that promote an intense, welcoming and fulfilling living environment. Check out the campus maps on page 54.

Université Côte d'Azur offers university courses which can be completed in **Bachelors**, **Masters** or **PhD** in the following fields:

- Biology, Health, Sport
- Law, Politics, Economics and Management
- Education, Teaching, Training,
- Arts, Humanities, Languages and Communication
- Human and Social Sciences
- Sciences, Engineering, Technology, Environment





Université Côte d'Azur strives to develop disciplinary excellence while encouraging a multidisciplinary approach. The student is at the heart of innovative educational dynamics. All teaching is carried out by teacher-researchers, accompanied by laboratories and supported by key companies in the area.

Labeled « Initiative d'excellence », Université Côte d'Azur is one of France's top 10 research-intensive universities.



## Alliance Ulysseus



University of Côte d'Azur is part of the Ulysseus alliance among seven other European universities. This alliance allows students, researchers, and graduates to move freely between partner universities, undertake internships, and initiate high-impact research projects.

**225,475**  
students

**139**  
research  
centers

**143**  
faculties

**751**  
patents and  
trademarks  
filed

For more information, visit: <https://ulysseus.eu/>



## "Bienvenue en France" Certification Label



Campus France has awarded Université Côte d'Azur the 2-star "**Bienvenue en France**" certification label, attesting to the quality of its welcome for international students.

Université  
Côte

d'Azur is placing international engagement at the heart of its strategy by stepping up its internationalisation drive and by committing to a continuous improvement approach to the quality of its welcome for international students and staff.

### TWO STARS FOR ★★ UNIVERSITÉ CÔTE D'AZUR

Université Côte d'Azur meets the label's criteria for the quality and accessibility of information, reception facilities, the range of courses on offer, teaching support, accommodation, the quality of campus life and post-graduate support for international students.

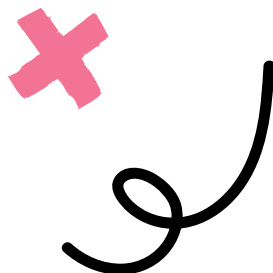
## International Incoming Support at Université Côte d'Azur



In line with these standards, Université Côte d'Azur has set up an International Incoming Support office to welcome and assist international students. This service facilitates their integration and enriches their experience.



# Before YOU LEAVE



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Before you arrive at Université Côte d'Azur, please make sure you have completed all the necessary registration formalities.

## Budget

Preparing your budget is the first step before settling on the French Riviera. At a minimum, plan a monthly budget of 800 €.

To increase your income, you can work as a student. Please note, French law authorizes students international workers to work a maximum of 21 hours per week.

<https://www.campusfrance.org/fr/preparer-budget-etudiant-France> ➡

## Official documents

Before leaving their home country, any foreign national wishing to study in France must obtain a long stay "Student" visa. You must apply in the French consular services of your country of residence. Nationals of the European Union, Andorra, Monaco, the Vatican, Switzerland, San Marino and Liechtenstein are exempt from the long-stay visa.

<https://france-visas.gouv.fr/web/france-visas/accueil> ➡



*All the documents required for an application (birth certificate, academic documents) which are written in a foreign language, must be translated into French by a sworn translator approved by the French consular services in your home country.*



*Your passport must be valid for the duration of your study period in France.*

## Insurance

Before your departure, we advise you to get health, travel and repatriation insurances. Other insurances will be necessary and mandatory to study in France : multi-risk home insurance (for rental contracts), civil liability (for academic registration and internships).



*Some banks offer these services when you open a bank account and choose a specific card package.*

Once in France, after registering at the University, you will have access to French Social Security.

<https://etudiant-etranger.ameli.fr/> ➡



## Banking

For day-to-day transactions (receiving a grant or salary, monthly bills, various payments) it is highly advisable to have a French bank account.

You will need the following documents to open a bank account:

- proof of identity
- proof of address
- proof of academic registration



*Online banks can be an alternative to traditional banks.*

## Accommodation

There are several housing options on the French Riviera: university rooms, student residences, shared apartments, etc.

The **CROUS**, which is a partner of Université Côte d'Azur, offers student rooms to international students who apply early, subject to availability.

<https://www.crous-nice.fr/se-loger/> ➡

The **Studapart** platform, created by Université Côte d'Azur, offers student accommodation throughout the year.

<https://univ-cotedazur.studapart.com/fr/> ➡

**Lokaviz** is a national website for private rental accommodation.

<https://www.lokaviz.fr> ➡

Discover **VISALE**, the free rental guarantee for students

<https://www.campusfrance.org/fr/VISALE-caution-locative-etudiante-gratuite> ➡

Map with public and private residences

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### USEFUL INFORMATION

Centre Régional d'Information  
Jeunesse – CRIJ

<https://www.infojeunes-paca.fr>

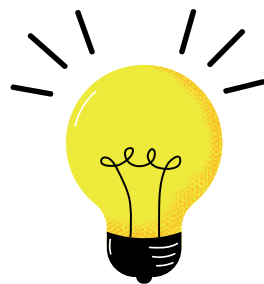
The **International Relations Offices** can provide support and advice for these procedures.

<https://univ-cotedazur.fr/partir-a-l-etranger/contacts/bureaux-ri-par-campus>





# Settling on **THE FRENCH RIVIERA**



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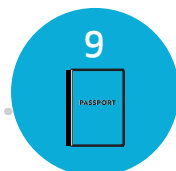
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**Registering on  
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**Renewing your  
Residence Permit  
Long Stay Visa**

The International Incoming Support team is available to assist international students with any of the above procedures.

## Registering at Université Côte d'Azur

The administrative registration is an online process, directly completed on the registration platform.

If you have technical problems registering, contact your school service:

<http://glpi-form-sco.unice.fr/> ➡

The process is the same for the academic registration, which is completed afterwards.

Once the registration is completed, the **ENT account** (Digital Work Environment tool) has to be activated on the "Sésame" platform. This process will grant access to the enrolment certificate. All of the institutional information will be sent to this new account and email!

Scan me



### EXCHANGE STUDENTS

must also prepare their learning agreement.

If you are admitted as part of an exchange program, administrative registration is done when you arrive at the International Relations Office (SRI).

To finalize your registration, the payment for the **CVEC (Contribution for Student and Campus Life)** is mandatory (€105 for 2025/2026).

**Erasmus+ students, refugees, asylum seekers and beneficiaries of subsidiary protection status are exempt from the CVEC fee.**

More information on:

<https://cvec.etudiant.gouv.fr/> ➡

### IZLY Card

Activate me on <https://izly.fr>

Use me to :

- pay for the university canteen
- access the library
- use the coffee machine

And much more! ;)



You can have discounts upon presentation of this card (transport, food & drinks, shopping, museums, etc.)!

## Transport

### TRAIN

**SNCF** offers a great alternative to traveling by plane or car.

<https://www.sncf.com> ➡

The **carte Zou** created by the Région Sud gives discounts on several train lines (TER : Trains Express Régionaux).

<https://www.ter.sncf.com/sud-provence-alpes-cote-d-azur/offres/cartes-abonnements/demandez-votre-carte-zou> ➡

### BUS & TRAMWAY

- Nice: **Ligne d'Azur** <https://www.lignesdazur.com> ➡
- Antibes and Sophia Antipolis: **Envibus** <https://www.envibus.fr> ➡
- Cannes: **Palmbus** <https://www.palmbus.fr> ➡

### TWO-WHEELERS:

**YEGO** offers self-service electric scooters, parked in public places and geolocalized on the Cityscoot app . Helmets can also be borrowed.

<https://rideyego.com/fr/how-it-works/nice>

**LIME TREE AND PONY** are bike rental services that can be used with a cellphone. Self-service stations are spread around the Nice Côte d'Azur metropolis.

<https://www.li.me/fr-fr/blog/les-vélos-lime-arrivent-enfin-sur-la-côte-dazur> ➡



*International driving license: Check its validity!*

<https://bit.ly/3vIkX5M> ➡

## Mobile subscription

You can take out a contract directly in store, contracts are often for a minimum of 12 to 24 months (before subscribing to anything, it is important to check if this matches with your stay length - you might have to pay a fee if you terminate your contract early).

Before any subscription, compare the offers!

<https://lemon.fr/forfaits-mobiles-comparateur> ➡

Prepaid cards are rechargeable and can be bought in a supermarket or a Bar-Tabac.

## Health System

The **Caisse Primaire d'Assurance Maladie** (CPAM) is the French organization in charge of covering most medical fees. For the CEAM holders (European Health System Card), registering with the French health system (Sécurité Sociale) is not mandatory.

Overseas students have to register online.

**This procedure is free and mandatory for students who:**

- have a VLS-TS or VLS-T or C and D visa (Schengen);
- are Europeans and don't have the CEAM (European Health System Card);
- are Europeans with a SI form;
- are not Europeans.

• For a medical service, the **CPAM** refunds **70%** of the total price, with **30%** left to pay.

• All health professionals are listed on the website **ameli.fr**, and divided by categories (secteur 1: medical fees are fully refunded, secteur 2: additional fees can apply).

The online registration can be completed on the following website:

<https://etudiant-etranger.ameli.fr> ➡

## Additional Health Insurance

A private health insurance can be subscribed to cover the remaining 30% fees – which are not covered by the CPAM.

<https://www.studyrama.com/vie-etudiante/assurance-sante-etudiants-informez-vous/quid-des-mutuelles-complementaires-87641> ➡

## Financial assistance

### Housing benefit

The **Caisse d'Allocations Familiales (CAF)** offers financial support for people living in France, if they meet the eligibility requirements. It is important to make an early application as the granting process might take a while.

<https://www.caf.fr> 

### Scholarships

Different scholarships are available, you can find out more on the French Government website:

<https://www.etudiant.gouv.fr/en/financial-support-and-grants-1663> 

## OFII registration

ANEF registration is mandatory for students with a long stay visa and must be completed no more than 3 months after arrival in France. The procedure fees are to be added to the visa fees.

<https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/> 



*Warning: penalties can apply during visa renewal if this procedure was not completed on time.*

### VISA RENEWAL

To extend your stay in France, it is possible to renew your visa.

If you wish to pursue your studies when your study visa validity is coming to an end, you have to apply to the prefecture to renew it at least two months before it expires.

You can apply for a temporary student residence permit (valid 1 year) or multi-year student residence permit (valid 2-4 years), subject to financial resources.

The procedure is as follows:

<https://www.service-public.fr/particuliers/vosdroits/>

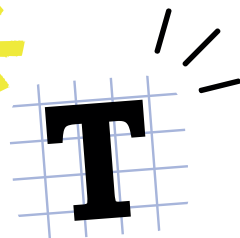
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# Studying at

# UNIVERSITÉ

# CÔTE D'AZUR



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# LOCATION OF THE CAMPUSES

ITALIE

*Les Alpes*

*Parc National  
du Mercantour*

*Parc Naturel des  
Alpes Maritimes*

ISOLA 2000



FRANCE

*Parc naturel régional  
du Verdon*

VINTIMIL

MENTON

MONACO

GRASSE

CAMPUS JACQUES LIONS

NICE



AÉROPORT NICE CÔTE D'AZUR

SOPHIA ANTIPOLIS

SOPHIA TECH

DRAGUIGNAN

INSPE

CANNES

GEORGES MÉLIÈS

SAINT TROPEZ

LA SEYNE/MER

INSPE



AÉROPORT TOULON-HYÈRES

*Mer Méditerranée*





## HOW TO GET TO CAMPUS

From Nice Côte d'Azur airport, the city's tramways provide access to several areas of the city. Tickets can be purchased at the ticket machines at each stop and also on the app Nice Ticket.

1,70€: single trip - 17€: 10 trip ticket

**The Sophia Antipolis technology park** can be reached with the **630** buses from Nice (Templiers stop for the SophiaTech campus). It is also possible to get there by bus from Antibes, Cannes and Grasse.

To get around the technopole, the university provides you with two electric bicycle stations located at the IUT and at the entrance to the Azur campus of the CNRS.

**The Menton campuses** are accessible by train from the Nice Ville train station (Tram stop «Gare Thiers»), or by bus (**n°110** from the airport, and **n°100** from downtown Nice).

**The St Raphaël campus** is also accessible by train from the Nice Ville train station (Tram stop «Gare Thiers»), or by bus **Zou83**, from the airport.

## Academic Calendar

Find all the highlights of your academic year.

<https://univ-cotedazur.fr/scolarité/calendrier-universitaire> ➡

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## Reception structures within Université Côte d'Azur

### International Incoming Support

Under the Direction du Développement International et Europe, International Incoming Support team of Université Côte d'Azur welcomes and assists international students.

This service provides information and guidance through all the administrative and practical procedures. The aim is to facilitate the integration of our students to Université Côte d'Azur and assure them of an unforgettable and positive experience. There is a wide range of services tailored to your needs:

- **Residence Permit Guidance**

Support with administrative procedures for obtaining or renewing your residence permit (titre de séjour).

- **Accommodation Assistance**

Help with finding accommodation via public or private enterprises in Nice and the surrounding areas.

- **French Language Courses**

French as a Foreign Language Courses (FLE) offered in association with the Centre Universitaire d'Étude du Français Langue Étrangère (CUEFLE).

- **Tutoring**

Tutoring offered for international students requiring individual support (social, administrative, technical, etc.).

- **"MEETERS" Student Club**

Throughout the year, we organise activities such as events, webinars, language exchanges and more to allow you to meet other international and local students while discovering our territory.

Address:

12, ground floor, Petit Valrose, Avenue Joseph Vallot, 06100 Nice

## Welcome Center

The Welcome Center provides information, advice and personalized assistance to researchers, doctoral students and teachers at Université Côte d'Azur before and during their stay on the French Riviera. It also has a "faculty club" residence to welcome international researchers.



<https://univ-cotedazur.fr/international/venir-a-universite-cote-d-azur/welcome-center> ➡

## Reception structures outside Université Côte d'Azur

### Maison de l'Étudiant

The student center is an information and service center created to support students, researchers and teachers with their procedures. Located on the St Jean d'Angély campus (Vauban tram stop), it is a place of expression and creativity where cultural and entrepreneurial projects are conducted.

<https://www.nice.fr/fr/jeunes-et-etudiants/la-maison-de-l-etudiant> ➡

## International Relations Office Contacts

Each campus has an **International Relations Office (SRI)**, which is responsible for the administrative management and follow-up of international students' exchange programs. The SRI supervises exchange students and supports the international activities of UCA's faculties and institutes. Each SRI is the contact point for international exchange students.

<https://univ-cotedazur.fr/partir-a-l-etranger/contacts> ➡

## Contacts BIO : Accompagnement et Orientation

Si vous avez des questions ou souhaitez de l'aide pour vous orienter ou réussir vos études, n'hésitez pas à contacter le service BIO.

Tous les détails sont disponibles ici : <https://univ-cotedazur.fr/formation/reussir-ses-etudes/du-lycee-a-luniversite/contacts>

Notre équipe est là pour vous accompagner dans votre parcours universitaire et répondre à vos questions sur les filières, les démarches administratives et l'orientation.

## Learning French as a Foreign Language

Do you want to improve your language skills? You have access to the **10 Language Resource Centers / Centres de Ressources Linguistiques (CRL)** located on all the campuses of Université Côte d'Azur. You can learn French, but also other foreign languages thanks to courses offered at very attractive rates. The CRLs also offer intensive summer courses in June and July (2 weeks duration, with daily classes from 9am to 1pm).

<http://www.unice.fr/scl/index.php/crl/> 

**All Erasmus students** have the possibility to participate in a **free French course** during their mobility. The course starts in February/ October and amounts to about 3 hours per week for 10 weeks. You will receive more details about this course after your arrival. There are no ECTS credits for this class.

## Tutorat International : Tut'top

This is a personalised tutoring programme for international students. You will be accompanied by other trained local students called "tutors", who are ready to help you with your immersion at university. The tutors will help you with social, administrative, methodological, pedagogical and logistical aspects, ensuring a smooth university experience. To be tutored, simply contact the International Incoming Support team at

the following e-mail address: [ddie.dispositifsdivers@univ-cotedazur.fr](mailto:ddie.dispositifsdivers@univ-cotedazur.fr)  
To become a tutor you can register on the following website:

<https://univ-cotedazur.fr/tuttop>



## Engagement Center

The **Engagement Center** encourages and values the commitment of students in activities of general interest, in addition to their studies and in line with the values of Université Côte d'Azur. The missions can be very varied and take place in local and international associations/organizations.

<https://univ-cotedazur.fr/reussir-ses-etudes/s-engager-pour-la-societe> ➡

## University Libraries (BU)

Each Université Côte d'Azur campus has a **university library (BU)**, with its own hours. Registered students have access to all BUs regardless of their course of study, **by presenting their student card**.

<https://bu.univ-cotedazur.fr/fr> ➡



## Intranet étudiant

One click gives you access to all the information you may need about your studies and student life at university, under 5 headings: **My info**: personal information, enrolment, exam timetable, grades and results, etc.

**My tools**: online courses, webmail, schedule, videoconferencing, etc.

**My studies**: schooling, study arrangements, career guidance and integration, internships and training and apprenticeship contracts etc.

**My student life**: library, health, sport, culture, social aid, equality and inclusion, entrepreneurship, etc.

**What's happening**: news, diary and info alerts.

<https://intranet-etu.univ-cotedazur.fr/> ➡

### EXPRESS YOUR COMPLAINTS: YOUR VOICE MATTERS AT ANY TIME

We are committed to providing you with a fulfilling learning environment that is attentive to your needs. If you encounter a problem or wish to file a complaint, several options are available to you:

- **GLPI Ticket**: Accessible via your student intranet, you can submit a ticket to report a complaint to the relevant service.
- **Class Representative**: They are your main point of contact to share suggestions or complaints on behalf of your class.
- **Dedicated Email**: You can contact the program coordinator directly for any assistance request.

## Activities at Université Côte d'Azur

### Université Côte d'Azur student card

Your student card gives you access to many services at within the university, but it also guarantees you discounts at day-to-day. Remember to always have it with you! Services: libraries academics; payment card for Resto U, photocopies or impressions; reductions in public transport, reductions on leisure and culture: cinema, museum, magazine subscription, music platform, access to UCA Sport or sports halls; beauty ; Fast food; ready to wear; hardware....

### UniCA SPORT

You want to get moving? You can sign up for sports activities at Université Côte d'Azur. The range is wide: climbing, paddle, dance, orienteering, etc.

<https://sport.univ-cotedazur.fr/fr/> ➡



*Note that regular practice of a sport can give you 0.25 bonus points on your curriculum (variable terms to be checked with your school).*



### News and Events

News and events that bring Université Côte d'Azur to life can be found on the website:

<https://newsroom.univ-cotedazur.fr/> ➡

## University Restaurants

The **University Restaurants** offer complete meals (starter, main course and dessert) for 3.30€.

<https://www.etudiant.gouv.fr/fr/carte-pour-trouver-les-resto-u-235> ➡

# University Health Service

The physical health and well-being of students is essential for Université Côte d'Azur. In addition to medical consultations, the University offers stress management workshops, free HIV/Covid tests, and consultations with psychologists and psychiatrists.

## Health Service

**Discover all the health services available:**

<https://univ-cotedazur.fr/sante-aide-sociale> ➡

**And the University Counseling Service (BAPU):**

<https://univ-cotedazur.fr/vie-pratique/sante-1> ➡

## Studies and Disability

For students with disabilities, it is possible to benefit from specific arrangements. For the steps to follow, please visit:

<https://univ-cotedazur.fr/responsabilite-ethique-et-universitaire/handicap/je-suis-etudiant-ou-souhaite-le-devenir> ➡

## Social services

If you encounter personal or financial difficulties during your studies, social assistance is there to help you find solutions:

<https://univ-cotedazur.fr/vie-pratique/aide-sociale-1> ➡

# Nice's International Summer School

Every summer, UIEN welcomes all students wishing to acquire or improve their knowledge of French, with language training for A1, A2, B1, B2, C1 and C2 levels. Courses in English or Russian are also offered.

The UIEN also offers FLE (French as a foreign language) teachers wishing to revitalize their professional practices, a pedagogical course (SP).

Université Côte d'Azur summer school is open for 6 weeks from July to mid-August.

The courses take place from Monday to Friday, i.e. 20 hours per week for a total of 40 hours of courses per session (preferential rate for students pre-registered at Université Côte d'Azur).

<http://www.unice.fr/scl/index.php/uien/> ➡



## Alumni

Registering on the Alumni network platform as soon as you arrive allows you to become part of the large Université Côte d'Azur community, by receiving news and participating in events. This platform is a springboard for alumni who can thus take advantage of a vast network of former graduates who have now become professionals.

It also includes internship and job offers, conferences and seminars.

<https://link.univ-cotedazur.fr/> ➡

## Community life

### Within Université Côte d'Azur

**The Meeters club**, run by Université Côte d'Azur's International Ambassadors network, is the ideal place to encourage interaction between local and international students. Through meetings, cultural and social activities, our Ambassadors, acting as mediators, create an environment conducive to the exchange of cultures and experiences. This makes it easier for international students to integrate into the life of the local community.

Want to find out more?

Here is the registration form:

<https://forms.office.com/e/EeMRBNwalk?origin=lprLink> ➡

For more information about activities, follow us on Instagram:

[https://www.instagram.com/international\\_unica/](https://www.instagram.com/international_unica/) ➡

Or Link <https://link.univ-cotedazur.fr/fr/group/club-meeters/140> ➡

**The «Bureau des étudiants» (BDE)** is a student association present on every Université Côte d'Azur campus that supports students by organising cultural, humanitarian and festive activities. It also offers advice and represents student interests within university institutions.

<https://univ-cotedazur.fr/vie-des-campus/vie-associative/associations-etudiants-1> ➡

**Leisure or sports clubs.** Discover six clubs offering sports and social activities at Université Côte d'Azur:

<https://univ-cotedazur.fr/vie-des-campus/vie-associative/clubs-uca-1> ➡





## Outside Université Côte d'Azur

**ESN (Erasmus Student Network France)** present in more than 30 university cities in France, works to facilitate international mobility and welcome students from around the world.

New in town? Come meet people, discover the region, and enjoy an unforgettable student experience! Throughout the year, ESN organizes events, trips, and projects to connect, explore other cultures, and fully enjoy your stay. Follow them on their Instagram to see their events and news: <https://www.instagram.com/esnnice?igsh=MWJleWwzd-npgcGdmMg==> 🐦

**La FACE 06**, the leading federation of student associations, it brings together 40 associations from Cannes to Menton, representing 85% of students on the central councils. A key player in student life, it organises events in collaboration with regional institutions to support and advise students in carrying out their projects, as well as helping, supporting and advising them in their dealings with the authorities.

<https://face06.org/> 🐦

**La Boussole des jeunes**, run by the Cap Jeunesse Côte d'Azur association in the Nice area, enables 15-30 year-olds to find out about services in their area and to be put in touch with competent professionals who can help them in their orientation, their search for employment or training and their search for accommodation.

<https://boussole.jeunes.gouv.fr/> 🐦

## Social media & community

Find all the university news on our social media:



UnivCotedAzur



Université Côte d'Azur



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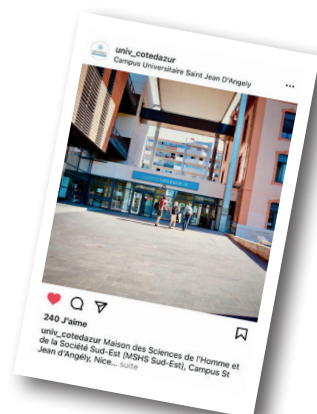
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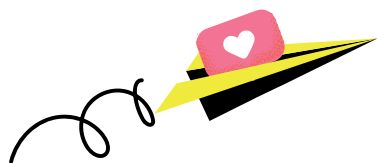


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# *Living on* **THE FRENCH RIVIERA**



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## To see on the French Riviera

- Promenade des Anglais
- Nice old-town and its flower market
- Have a swim at la Réserve de Nice
- Cimiez's Arenas
- Grasse, world capital of perfume
- Matisse museum
- Lérins islands (near Cannes)
- Visit Eze and its exotic garden
- Visit the Ephrussi villa
- Wander in St Paul de Vence
- Have a drink in Monaco
- Walk along the coastal paths in Antibes and Cap d'Ail
- Parc du Mercantour
- Gorges du Verdon

<https://www.nicetourisme.com/> ➡

<https://randoxygene.departement06.fr> ➡



- Every day at noon, the cannon is fired from the hill of the castle in Nice.
- Every 1<sup>st</sup> Wednesday of the month, the siren sounds throughout the city.



### NICE TRADITIONS

Between festivals and culinary specialties, Nice traditions are very present in Nice. Among the most famous, the party from the Mai to the Cimiez arenas, the salad niçoise, pan bagnat, socca, the cannon shot at noon and without forgetting the language niçoise: Le Nissart. Some words are still used around a conversation !

<https://www.nice.fr/fr/les-traditions-nicoises>

# Events



## February

- Nice Carnival
- Menton's Lemon Festival
- The Mimosa Festival in Mandelieu
- Play Azur Festival



## March

The Paris-Nice run



## April

The Côte d'Azur Garden Festival



## May

- The May Festival in Nice
- International Film Festival in Cannes



## June

Ironman in Nice



## July

- Nice Jazz festival
- Juan-les Pins Jazz Festival



## August

- Firework festivals in Antibes, Cannes & Monaco
- Nuits du Sud in Vence



## September

European Heritage Days



## October

Science Festival



## December

Christmas Markets

## Benefits of the Region

### The Culture PASS

With the **Culture Pass**, students can receive a check to spend on cultural products and activities in the southern region.

<https://pass.culture.fr/> 

### The Health PASS

Offered by the PACA region (Provence Alpes Côte d'Azur) to young people under the age of 26, the **health PASS** includes 12 coupons to cover various medical expenses (consultations, tests, contraception, etc.).

<https://passantejeunes.maregionsud.fr/> 

## Student jobs

It is important to check if you have the right to work in France.

<https://www.service-public.fr/particuliers/vosdroits/F2713> 

The minimum wage is 11,88 euros per hour. Warning: French legislation might cap the number of working hours for international students.

The website **Jobaviz** gathers job offers and advice (resume, cover letter, etc.).

<https://www.jobaviz.fr/> 

The **Centre Régional d'Information Jeunesse (CRIJ)** also shows job offers on its website:

<https://www.infojeunesse-paca.fr/trouver-un-job-en-2021-en-provence-alpes-cote-dazur/> 

## Useful contacts and addresses



### **Solid'Actes**

77 Avenue du Maréchal Lyautey  
06000 Nice

### **Epicerie sociale Arc-en-ciel**

3 rue Ribotti  
06300 Nice

### **Epicerie solidaire des Marguerites**

187 Boulevard de la Madeleine  
06000 Nice

## Emergencies

If you have a medical emergency, dial **#18** (firestation) or **#15** (SAMU). From a cellphone, dial **#112** (European emergency number). You will be able to speak to a doctor who will advise you on what you have to do.

<https://www.chu-nice.fr/urgences> ➡

<https://www.pagesjaunes.fr/annuaire/departement/alpes-maritimes-06/hopital> ➡



## Medical consultations and pharmacies

In France you must choose a GP (médecin traitant): the GP provides patients with routine care and preventive treatment and sends them to a specialist if need be. The GP is your first port of call if you are ill.

- A consultation with a GP costs **around 30 €**, part of which is reimbursed by student Social Security.
- A consultation with a specialist costs **between 30 and 90 €**, part of which can be reimbursed.

Generally, in France, you have to make an appointment to see a doctor. Usually, you have to wait a few days to have an appointment with a general practitioner, sometimes several months for a specialist. But some doctors consult without an appointment (you must check beforehand).

Some medicines can be purchased directly at the pharmacy and others are only available on prescription.

A prescription is given by a doctor, and most of the time you will be reimbursed for the drugs (not all drugs are reimbursed or not fully reimbursed).

Paracetamol is available without prescription (for pain-relief or fever).



## Abbreviations

**BU** : Bibliothèque Universitaire  
**CAF** : Caisse d'Allocations Familiales  
**CHU** : Centre Hospitalier Universitaire  
**CM** : Cours Magistral  
**CPAM** : Caisse Primaire d'Assurance Maladie  
**CROUS** : Centre Régional des Œuvres Universitaires et Scolaires  
**CVEC** : Contribution Vie Etudiante et de Campus  
**DES** : Dossier Social Etudiant  
**ECTS** : European Credit Transfer System  
**EEE** : Espace Économique Européen  
**FLE** : Français Langue Étrangère  
**OFII** : Office Français de l'Immigration et de l'Intégration  
**RH** : Ressources Humaines  
**RIB** : Relevé d'Identité Bancaire  
**RU** : Restaurant Universitaire  
**SAEH** : Service d'Accompagnement des Étudiants en situation de Handicap  
**SNCF** : Société Nationale des Chemins de Fer  
**SUAPS** : Service Universitaire des Activités Physiques et Sportives  
**SUMPPS** : Service Universitaire de Médecine Préventive et de Promotion de la Santé  
**TCF** : Test de Connaissance du Français  
**TD** : Travaux Dirigés  
**TGV** : Train Grande Vitesse  
**TP** : Travaux Pratiques  
**UE** : Union Européenne  
**UFR** : Unité de Formation et de Recherche  
**VLS-TS** : Visa Long Séjour valant Titre de Séjour



## Dos & Donts



**Greetings:** when you enter a shop/coffee/bus, always greet people with '*Bonjour*' or '*Bonsoir*' (after 6pm). Say '*au revoir*' (goodbye) when leaving. Don't forget to use '*s'il vous plait*' (please) and '*merci*' (thank you). This applies to administrative emails as well.

To greet someone, you can do '*la bise*'.

When you are invited, **always bring something**: flowers, chocolate or wine are common gifts.

**Compost your ticket** each time you get on the tram or bus.

**Respect your neighborhood** from 10 p.m.

**Collect dog droppings from your pet** or you will be fined.

**Sort your waste in the various containers** provided for this purpose.



When speaking French, do not use « *tu* » but « *vous* » instead, until the person offers to switch. It is more formal and respectful.

**Do not start your meal before everyone gets their food** – in France, eating is a serious matter.

**Being noisy when eating or drinking is considered rude.**

**Tips are not mandatory**, but you can leave some change if you were satisfied with the service.

**Don't be disappointed if social relationships take longer to develop than expected.** The French will not invite you to their homes right away; building a network is a bit more difficult but it pays to be patient: good things take time!

**It is forbidden to walk around the city topless.**





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