

Welcome Book for foreign students

Faculty of Medicine of Nice



International Relations Department

Administrator : Nathalie TESTI

Vice-Dean : Professor Pierre MARTY



Why Study on the French Riviera

- ❖ The quality of life on the French Riviera
- A nature of exceptional beauty (beaches, mountains with 14 ski resorts) with a very pleasant climate (300 days of sunshine per year)
- A dynamic economic environment (tourism, high tech, space industry)
- A cultural heritage : 84 museums, prestigious events, historical monument
- A very open area : 12 % of residents are of foreign origin
163 nationalities
307 348 foreign residents (including 100 776 European)

The region Provence Alpes Côte d'Azur (PACA)

Open to the world and a privileged touristic destination, the region is located in the South-East part of France, on the Mediterranean seaside and bordering Italy. Made of six departments, the PACA region is well urbanised, counting four big cities (Avignon, Marseille, Nice, Toulon), and many more famous ones, known for their charm or their history (Aix-en-Provence, Bandol, Cannes, Saint-Tropez...).

The PACA region is also brightful thanks to its natural, cultural and landscape heritage and is characterised by a wide geographical diversity. It counts four national parks (parcs des Écrins, du Mercantour, de Port-Cros, des Calanques) and six natural parks (parcs des Alpilles, de Camargue, du Luberon, du Queyras, du Verdon et les « Préalpes d'Azur »), among other preserved areas (massifs de l'Estérel, du Ventoux, de la Sainte-Baume, de la Sainte-Victoire,...). Its mediterranean climate is specially characterised by an enjoyable amount of sunshine.

Site for the regional committee of PACA region tourism : <http://www.tourismepaca.fr/>

From Nice to Sophia Antipolis

As the capital of PACA, Nice is a creative, dynamic, cosmopolitan and a student city. Located in the heart of the Alpes Maritimes, Nice is bordered by the Mediterranean Sea with 7 km of beaches and located near the mountains (the nearest ski resorts are an hour away from the city).

Famous for the beauty of its areas (starting with the Old Town), the unique lighting and the warm climate, Nice is also a very suitable city for sport activities and welcomes major events (triathlon «Ironman» France, Paris-Nice Cycling Race, International Tennis Tournament “Open Nice Cote d'Azur”, UEFA EURO 2016, etc...).

Also known for its winter Carnival, Nice is very attached to arts and culture, counting nearly twenty museum, as well as lots of private contemporary art galleries and artists' studios. If the quality of life is excellent, the cost of living in Nice is quite expensive, particularly regarding accommodation...

For more information : <http://www.nicetourisme.com/> (Nice Tourist Office)

Access to the Faculty of Medicine

Address :

Université Nice Côte d'Azur
Faculté de Médecine
28, avenue Valombrose
06 107 NICE Cedex 2

Means of transport to go to the Faculty :

- **Bus**

Lines 15, 22 et 24 : Bus stop at Commandant Gérome
Line 4 : Bus stop at Hôpital Pasteur

- **Tramway**

Line T1 Las Planas / Pont Michel
Bus stop Pont Michel

- **Car**

Highway A8 Exit n°55 Nice-East
Turn left towards Saint-André / Tourette-Levens / Sainte-Marie / CHU Pasteur
Continue on avenue Joseph Raybaud
Turn right on Rue Maurice Maccario
Turn right on Voie Romaine
Turn right on Av. Valombrose

Car-park :

- **Paid parking of Valombrose**

International Relations Office :

The International Relation Office (in French, BRI, standing for « Bureau des Relations Internationales ») is located on the Medicine campus.

Under the supervision of the Vice-Dean, it is charge of the administrative management and focuses on international students and exchange programs.

International Relation Officer : Nathalie TESTI

Email : Nathalie.TESTI@univ-cotedazur.fr

Tél : 04.93.37.70.50

Vice-Dean for International Relations : Professor Pierre Marty

Email : marty.p@chu-nice.fr

ESN Association

Erasmus Student Network (ESN) is an international network, created in 1990.

At the national level : ESN France was created in 2008 in Brussels.

At the local level : ESN Nice was created in September 2010 by a small group of Nice University students on their return from their studies abroad.

The team grew up and has a committee of 30 volunteers including French or international students and young professionals.

Active members are usually former « ERASMUS » students who want to share and continue their cultural experience with international students at UCA (Université Côte d'Azur).

Their association attracts every year about 2,000 students.

The target audience includes all international students from UCA and French students wishing to study abroad or discover other cultures.

In a nutshell, ESN aims to :

- Welcome all international students
- Improve the social and practical integration of international students
- Promote exchanges between international and French students
- Encourage and develop outward mobility

ESN Nice offers a wide range of cultural and sport activities including :

- A Welcome day at the beginning of each semester
The « International Students Welcome day » is organized by ESN with the help of UCA and the City of Nice. The goal of this event is to provide information and to present the different services offered. Various representatives of UCA and of the city of Nice give a presentation. Welcome Packs are distributed to all international students who can enjoy a free buffet offering local specialities. The induction day ends with an integration party.
- Cultural activities : « Each one teach one » (language exchange), Ciné Forum, visits to discover Nice and its area, exchange trips to nearby cities...
- Sports : Salsa, Krav Maga, running, biking, university sports teams
- Social Erasmus : it is a fast-growing project.
Its goal is to increase awareness of international and French students about social and environmental issues by organizing solidary and original activities. You may meet other people, get a lot of fun and be useful at the same time.

« Reach Higher ! Go Further ! Go social ! » is the Social Erasmus motto

If you want to be part of this project contact : socialerasmus@esnNice.fr

Contacts :

Web site : <https://nice.esnfrance.org/>

Email : esnNice@ixesn.fr

Joint them on Facebook : <https://www.facebook.com/ESN.Nice/>

Their office is located at :

Maison de l'Etudiant Olivier Chesneau, 5 avenue François Mitterrand - 06300 Nice

► arrêt Tram 1 "Vauban"

► Plan : <https://goo.gl/maps/r8ensoifAGkHGhDL9>

Buddying

Buddying consists in introducing a student in mobility to a French student. This buddy will be ready to help the international student to overcome all kinds of daily difficulties. This is a free and friendly event with no obligations.

Goals are :

- facilitating integration landmark- improve skills in French while in contact with a French student
- facilitating meeting and encouraging activities between buddies
- improve intercultural exchanges

Lien BuddySystem Nice : <https://esnnice.buddysystem.eu/>

Each on Teach one – « Café des langues »

This project aims at improving cultural exchanges between French and international students but also to promote international mobility.

Participating students meet every Thursday : round-tables meetings and specific topics debate are organized where they can practice 3 different languages per week, French being the reference language.

Every Thursday at the Bar « Le Sansas »(4 Avenue des Phocéens 06300 Nice)

More information : esnnice@ixesn.fr

Sport activities

SUAPS (which stands for “Service Universitaire des Activités Physiques et Sportives » and means « University Service for Sports and Physical Activities) offers students the possibility to practice more than 60 activities (team sports, combat sports, rackets’ sports, fitness activities, dances, water sports, field sports, sport practicing in wild nature).

You are entitled to participate in a large number of outdoors and sporting events (tournaments, entertainment sports, hiking, international encounters) and to access the premises and equipment on each campus : swimming pool, gym, etc).

You can find all the necessary information on their website : <http://unice.fr/suaps>

The Sports booklet is available online and in all Offices of Sport activities in almost every campus.

If you are willing to have a free sports practice, you should register online using your student card on the website : <http://unice.fr/suaps> and go directly to the time slot matching the considered activity.

You can choose 4 activities (one hour each) or 2 activities (2 hours each).

You need to obtain a medical certificate to practice sport activities

Contact Facebook : SUAPS - Le sport à l’université

UCA Culture Art Pass

In addition to the sport activities you can also ask for the "Pass UCA Culture Art".

It is free for Erasmus students and it entitles you to have 8 free tickets for Opera, Theater...within the limit of the number of places available.

The other shows will be at the preferential tariff of 5 euros.

If you are interested, once you get your student card you can ask for your « Pass UCA Culture » at :

La Maison de l'Étudiant

5 Av François Mitterand

06300 Nice.

Library :

Your student card entitles you to have free access to the Library of the Faculty of Medicine

It is on the 1st floor of the Faculty

You need to register at the reception desk to get a library card.

You will have access to numerous documents and books available for consultation at the library or online or that you can borrow for a limited period of time.

You can also ask to have access to a computer, to scan or print documents.

Food services

1 / University Canteen

The CROUS Cafeteria is located on the first floor of the Faculty of Medicine.

Open to students registered in a higher education institution, there is a university canteen (in French "RU", which stands for "Restaurant Universitaire") located on every campus, alongside with a cafeteria and/or a sandwich shop.

University canteens offer a wide range of full meals (composed of a starter, a main dish and a dessert), salads, hot and cold sandwiches, special dishes (grill, pizzas, buffet), set menu... for a very affordable cost.

You may find relevant information on the CROUS website, section "catering":

www.crous-nice.fr

A new means of payment without contact called « IZLY » is available since September 2015. Your IZLY account will allow you to pay all purchases at campuses (canteen, photocopier, vending machine, laundry ...).

<http://www.crous-nice.fr/restauration/izly-solution-de-paiement-mobile/>

2 / Restaurant

Nice holds an impressive list of restaurants, offering a wide choice for local as well as international food.

You can get yourself a selective list of restaurants, for all tastes and means through the following website : <http://www.yelp.fr/c/nice/restaurants>

3 / Markets

Nice is also famous for its marketplaces, taking place from Tuesday to Sunday (6 a.m until 1 p.m): - “Libération” (a market where you can find fruits, vegetables, flowers, fish, and local products – honey, cheeses...). - “Cours Saleya” (a market where you find fruits, vegetables and authentic products from Nice hinterland). - “Place Saint-François” (a fish market)

Psychological or Social help

If you encounter psychological or health problems :

- **Le BAPU Nice** : Bureau d’aide Psychologique Universitaire

The team is composed of psychiatrists and psychologists.

Contact : Tel : 04 93 87 72 78

Email : contact@bapunice.org

- **Other contacts** : Sophie Bereny, Psychologue
Service de médecine préventive
Email : sophie.bereny@univ-cotedazur.fr

<http://unice.fr/vie-etudiante/medecine-preventive-sante>

If you have social or financial problems you can meet a social worker

- **Jessica CHEVALIER** : 04.89.15.14.67 (SJA, Médecine et Sophia),

Sexist or Sexual violence :

- **Email** : cvss@univ-cotedazur.fr (Free appointments)

Teleconsultation is possible in case of confinement

Covid Symptom

In case of Covid symptom you must contact :

- ▶ cellule-info-virus@univ-cotedazur.fr,
- ▶ or infocovid19@crous-nice.fr (if you are in a CROUS residence)

Disabled students

UNS facilitates disabled students' integration for university education as well as for other activities related to student life. A service to accompany disabled students has been created to assist, guide, advice and find appropriate and specific solutions :

La Mission Handicap et son Service d'Accueil et Accompagnement Handicap (SAEH)

More especially, its goal is to provide :

- Adjustments for studies (note-taking, tutoring, or other ways to assist disabled students...).
- Adjustments for examination (increased time, secretariat, special needs equipments, individual rooms...).

Students suffering from one or many health disorders can contact the service.

<https://univ-cotedazur.fr/responsabilite-ethique-et-universitaire/handicap>

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

Contacts :

Email : handicap@univ-cotedazur.fr

Nadia Prevost Email : nadia.prevost@univ-cotedazur.fr

Tél : 07 64 37 53 33

Tourism

Nice Tourist Office : <http://www.nicetourisme.com/>

You can visit this website :

<https://randoxygene.departement06.fr/randoxygene-8938.html>

You will find a lot of beautiful hikings and other sport activities in Nice and its area !

Transports

• Train SNCF has two offers:

- **Carte ZOU** (less than 26 years) : this card will allow you unlimited travel on certain directions in the region PACA and on the network TER (determined during the purchase of the card) and will give you up to 75 % discount on normal prices.

- **Carte Jeune** (18-27 years) : up to 60% on regional and national travelling Price : 50€/year. <http://www.sncf.com/fr/tarifs-reduits/carte-jeune>

For any information on trains, go and check SNCF's website: <http://www.voyages-sncf.com/>

• Bus and tram Lignes d'Azur offers the monthly and annual subscription cards with two specific fees for students and public from 19 to 25 years.

For occasional rides on Bus and Tram Network, the "solo" ticket unit price is 1.50€ for 74 minutes allowing connections. Student price for 10 rides: 8.5€. Noctambus lines (night buses) provide buses until 1:10am.

For more information : www.lignesdazur.com/

• Vélos Bleus and Autos Bleues Vélos bleu is a free bike service which can be used very simply: a bike can be borrowed in any Blue Bicycle Station, and then be handed back in another one (among the 175 set in Nice!), close to your destination.

Price : 25€/year (15€ if you have a card Ligne d'Azur) + price for each ride (between 0-30 minutes free, 1 hour = 1€, + 2€/hours if more).

Subscription can be made online: <http://www.velobleu.org/>

Autos Bleues is a free electric car service (a première in Europe !), available 7 days a week and 24 hours a day. Unlike Blue Bicycles, Blue Cars must be handed back at the same station you took it. Price: 26€ (registration fee) + 8.5€ per hour (all included : electricity, mileage and insurance).

For subscription: <http://www.auto-bleue.org/fr/register/process>

Insurances :

For your practical internship at the hospital you must send me by email before your arrival **a health insurance** (European Health card for example) and **a professional liability insurance**.

If you don't have any professional liability insurance you can get one at **MACSF insurance in Nice** and you can subscribe it on your arrival (15 euros for all year).

Contact : **MACSF**, 4 Av Félix Faure, tél : 04.88.69.00.06.

You must ask for "Assurance responsabilité civile professionnelle".

Open everyday, except during the weekend :

In the morning everyday : 9h30 to 12h30 -

On Monday : 15h30 to 17h30

Tuesday/Wednesday/Thursday/ Friday : 13H30 to 17h30

French courses :

You have the possibility to follow free French courses thanks to the CUEFLE at the end of the afternoon, once a week, during the 1st semester or the 2nd semester. I will send you in September the information to take the level test and to register.

The courses usually start in October.

In fact there is a program for the 1st semester and a separate one for the 2nd semester (a student cannot follow the French courses for the whole year).

Generally the French courses for the 2nd semester begin in February but they accept the students from Medicine to begin in March.

Grading system for the internship :

At the end of each practical internship you get a mark out of ten on your trainer's notebook.

Don't forget to bring me a copy of your mark at my office at the end of each internship.

You can also take an oral clinical exam for each internship but it's not compulsory.

Accommodation

Regarding your accommodation you have the possibility either to register for a student accommodation at the CROUS of Nice (procedure sent by email in advance).

Be careful the deadline is the 31st of May for the next Academic year.

- There is also a new residence for housing students, 2 minutes walk, from our Faculty with all the facilities.
The cost is around 630 euros per month (but you will receive normally around 200 euros of help from APL = help for housing from CAF).

All information are on this site website : <http://www.cite-saint-francois.fr/> : "résidence étudiante"

The places are limited (around 40) so the quicker you answer the better it is.

- **Here is also a list of websites and of private renters to help you find an accommodation :**
www.seloger.com
www.abritel.fr
www.adele.org
www.lokaviz.fr
www.appartager.com (colocation)
www.leboncoin.fr
Site "Flatshare Nice" sur Facebook
www.lacartedescolocs.fr
<https://www.adele.org/residence/agglomeration/nice/logement-etudiant>
<http://www.mapiaule.com/logement-etudiant.html>

Residence Lou Pantai

E-mail address: residenceloupantai@wanadoo.fr

Hosting Solutions for Université Côte d'Azur Students

The Université Côte d'Azur, like all French universities, does not have its own student residences. However, different possibilities exist for lodging in the territory of the Alpes-Maritimes.

Here are the information to help you in your search for housing, depending to the type of housing you have chosen.

- I. Public student residences
- II. Private student residences
- III. List of private residences in Nice

I. Public student residences

In France there are public student residences, which are managed by the CROUS (a regional body for university student support), a public organization that is completely independent from the universities.

The CROUS of Nice has 10 residences in Nice, 2 residences in Sophia Antipolis and 1 in Cannes. Some residences offer housing of different sizes ranging from a university room (9 m²) to a studio (20 m²). All types of accommodation are furnished and equipped with internet connection.

To apply for university accommodation, you must establish a Student Social File (Dossier Social Etudiant) online on the CROUS web site and follow their procedures.

The application period runs from January 15th to May 31st.

However, a request for CROUS accommodation is also possible during the year.

Students who submit their application after May 31st will be put on a waiting list.

Every year the Nice CROUS faces a significant demand for housing and its capacity is limited. It is not possible to offer housing to all students. Obtaining housing from the CROUS is not guaranteed.

Of course, other options are possible. You can also choose accommodation in a private university residence or through a private landlord.

II. Private student residences

Though they are generally more expensive than the university residences managed by the CROUS, there are private residences available for students. Depending on the residence, it is possible to stay in a studio or a 2-room apartment ranging from 17 m² to 40 m².

These residences are furnished and offer various services.

Warning: some residences ask the payment of application fees during the reservation of your housing. It is important to check and compare all information on the websites of these residences.

III. List of private residences Nice

You will find below the list of registered residences.

For your information, the closest campus to the residence is indicated each time. However, be aware that the urban transport network (tram and bus) can quickly reach other campuses in most cases.

Residence « Les Estudines Méditerranée »

Close to the Faculté des Lettres, Arts et Sciences Humaines (LASH) and the Faculté de Droit et Science Politique (DSP): <http://www.estudines.com/residence-logement-etudiant-nice-11-42.html>

Residence « Les Estudines Nice Baie des Anges »

Close to the Campus Saint Jean d'Angely : <https://www.estudines.com/residence-logementetudiant-nice-11-285.html>

Résidence Etudiants Saint François

Close to the Faculté de Médecine and Campus Saint Jean d'Angely : <http://cite-saintfrancois.fr/services/residence-etudiants/>

Résidence Nexity « Studea Riquier »

Close to the Campus Saint Jean d'Angely : <https://www.nexity-studea.com/locations-etudiantes/nice/studea-riquier-po0000098>

Résidence Nexity « Studea Nice Port »

Close to the Campus Saint Jean d'Angely : <https://www.nexity-studea.com/locationsetudiantes/nice/studea-nice-port-po0000108>

Résidence Nexity « Studea Californie »

Close to the IUT, tram and bus stops for the Faculté de Droit et Science Politique (DSP) and the Faculté des Lettres, Arts et Sciences Humaines (LASH): <https://www.nexity-studea.com/locationsetudiantes/nice/studea-californie-po0000065>

Résidence Nexity « Studea Nice Centre »

Close to the Faculté des Lettres, Arts et Sciences Humaines (LASH) et de la Faculté de Droit et Science Politique (DSP): <https://www.nexity-studea.com/locations-etudiantes/nice/studea-nicecentre-po0000140>

Résidence Nexity « Studea Nice Valrose »

Close to the Faculté des Sciences :

<https://www.nexity-studea.com/locationsetudiantes/nice/studea-nice-valrose-po0000062>

Résidence « Azur Campus 1 »

Close to the Faculté de Médecine and Campus Saint Jean d'Angely :

<https://www.azur-campus.fr/azur-campus-1-studio-meuble-nice/>

Résidence « Azur Campus 2 »

Close to the Faculté des Sciences: <https://www.azur-campus.fr/azur-campus-2-studio-meublenice/>

Résidence « Azur Campus 3 »

Close to the Faculté des Sciences: <https://www.azur-campus.fr/azur-campus-3-studiomeuble-nice/>

Résidence « Student Factory Nice Gare du Sud »

Close to the Faculté des Sciences:

<https://www.student-factory.com/fr/residencesetudiantes/nice-gare-du-sud>

Résidence « Etudiante Neoresid Nice »

Close to the Faculté des Sciences: <http://www.neoresid.com/residence/residence-etudiante-nice/>

Résidence étudiante « Nice Acropolis »

Close to Campus Saint Jean d'Angely and tram stops for the Faculté des Sciences:

<http://www.studylease.com/residence-etudiante-nice-acropolis-a-nice>

Résidence « Malausséna Nice »

Close to the Faculté des Sciences:

<https://www.fac-habitat.com/fr/residences-etudiantes/id-14-malaussena>

Résidence « Reine Jeanne Nice »

Close to the Faculté de Droit et Science Politique and bus stops for the Faculté des Lettres, Arts et Sciences Humaines: <https://www.fac-habitat.com/fr/residences-etudiantes/id-17-reine-jeanne>

Résidence « Pertinax Nice »

Close to the Faculté des Sciences and tram stops for Campus Saint Jean d'Angely:

<https://www.fachabitat.com/fr/residences-etudiantes/id-16-pertinax>

Résidence « Le Scribe Nice »

A few tram stops from the Faculté des Sciences and Campus Saint Jean d'Angely, and a few bus stops from the Faculté de Droit et Science Politique:

<https://www.fac-habitat.com/fr/residencesetudiantes/id-19-le-scribe>

Résidence « Le Vélasquez Nice »

Close to Campus Saint Jean d'Angely and a few tram stops for the Faculté de Médecine:

<https://www.fac-habitat.com/fr/residences-etudiantes/id-8-le-velasquez>

Résidence « Le Van Gogh Nice »

Some bus stops for the IUT, the Faculté de Droit et Science Politique, the Faculté des Sciences and the Faculté des Lettres, Arts et Sciences Humaines:

<https://www.fac-habitat.com/fr/residencesetudiantes/id-7-le-van-gogh-4>

Assistance for accommodation search

- ESN Nice created a Facebook group whose main goal is to gather information on student accommodation searches and offers : Students Accommodation in Nice by ESN Nice.

- Lokaviz is a homepage website offering a variety of accommodation solutions for students. It facilitates the connection between students and private owners. You may also find vacant CROUS college rooms, no matter the period of the year, on this website. It is possible to explore the database according to favored criteria (city, number of rooms, furnished or unfurnished, maximal rent cost, availabilities, etc.).

Lokaviz: <http://www.lokaviz.fr>

Financial support for housing

Whatever the chosen type of accommodation, assistance can be provided by : CAF (which stands for “Caisse d’Allocations Familiales”) grants transfers designed for covering partially the rent.

There are two types of accommodation financial support offered by CAF:

- ALS (which stands for “Aide de Logement Sociale”) and
- APL (which stands for « Aide Personnalisée au Logement »).

You should know that ALS and APL cannot be hold concurrently.

More information on ALS and l’APL :

<http://vosdroits.servicepublic.fr/particuliers/N20360>

Simulator of financial support for housing:

<http://www.caf.fr/wps/portal/caffr/aidesetservices/lesservicesenligne/estimervosdroits/lel>

How to open a bank account

Open a bank account will allow you to receive your housing allowance (APL), to get subscription cards for public transport or telephone, use the Velo Bleu system or simply pay in shops without transaction fees.

Opening a bank account is usually free and requires the following documents :

- copy of the passeport
- justification of housing
- student card or pré-inscription
- visa or residence permit

Emergency numbers :

Medical Emergency : 15 (SAMU)

Police emergency : 17 (Police secours)

Fire brigade : 18 (Pompiers)

Emergency SMS : 114

General European number : 112 - ambulance, fire safety or police

Railway police : 31 17 7 (or 31 17) – (police ferroviaire sms sncf)

Rape or sexual assault : 0 800 05 95 95 « SOS Viols Femme Informations »
Free call from Monday to Friday, from 10 a.m to 7 p.m

Domestic violence : 39 19 (free and anonymous call, 7 days a week, from Monday to Friday, 9 a.m to 22 p.m, and on Saturday, Sunday and national holidays from 9 a.m to 6 p.m)

Psychological distress due to confinement : 0 800 130 000 - toll free number
(numéro vert détresse psychologique liée au confinement)

Emergency Shelter : 115 (SAMU social - hébergement d'urgence)

Electricity (breakdown and emergency rescue service) : **09.72.67.50.26 / 09 70 83 19 70** (service de dépannage et intervention d'urgence)