



FOREIGN STUDENTS SURVIVAL GUIDE



INTERNATIONAL OFFICE (BREI) / POLYTECH ORLEANS
International.polytech@univ-orleans.fr

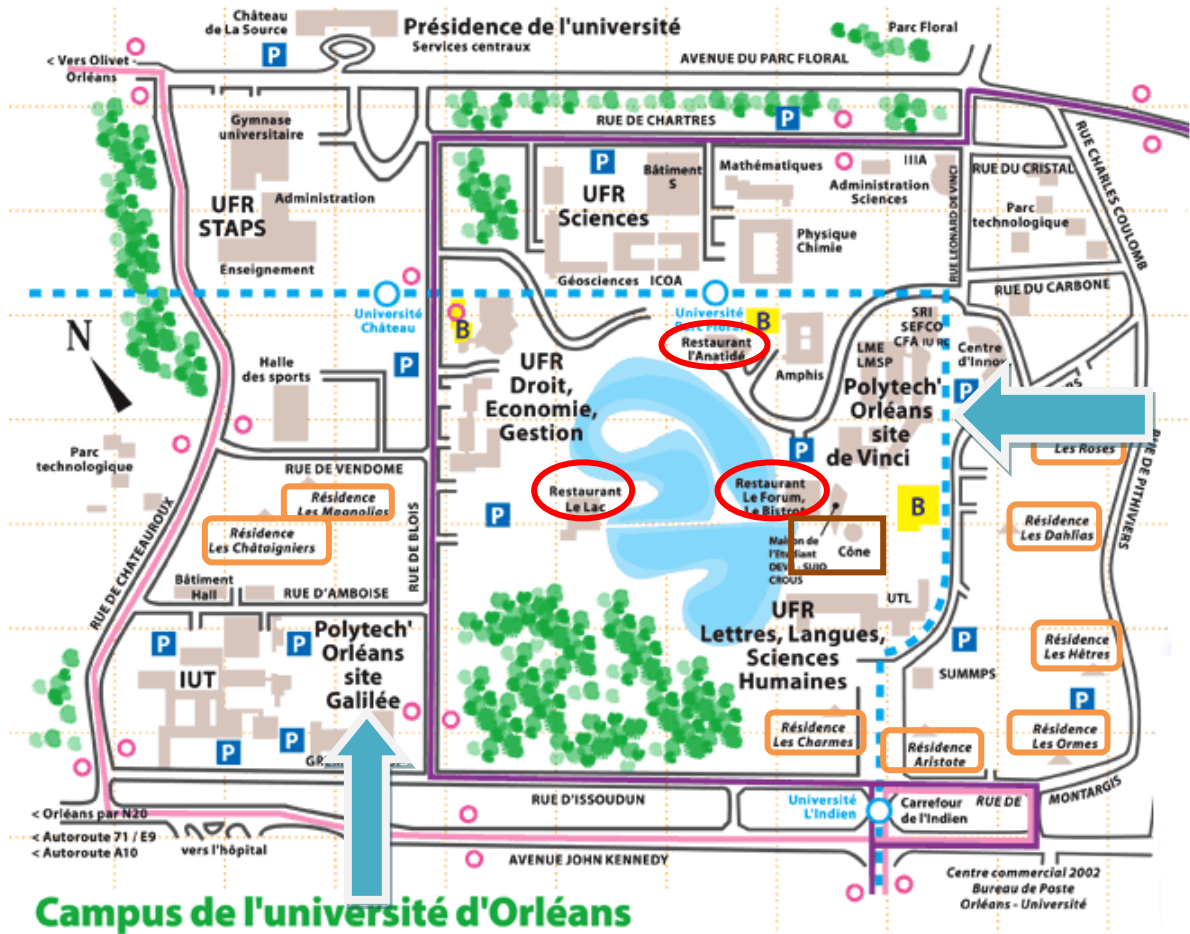
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- International Relations Offices on campus
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- University restaurants, cafeterias
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The Campus



Campus de l'université d'Orléans

Legend :

	Tramway stops		University Library
	Bus stops		Parking
	Tramway line		University Restaurants
	Bus line 13		University Dormitory
	Bus line 7		Student's Hall



Polytech Orléans buildings

Your student card



Your student card is not only an ID card but it's also an "Electronic purse".

You can consult and charge your electronic purse at any internet access point : computer, smartphone, etc...

- Directly on CROUS website : <https://monetique.crous-orleans-tours.fr/CrousVAD>
- via your ENT : tab Bureau > Carte Atout'Centre

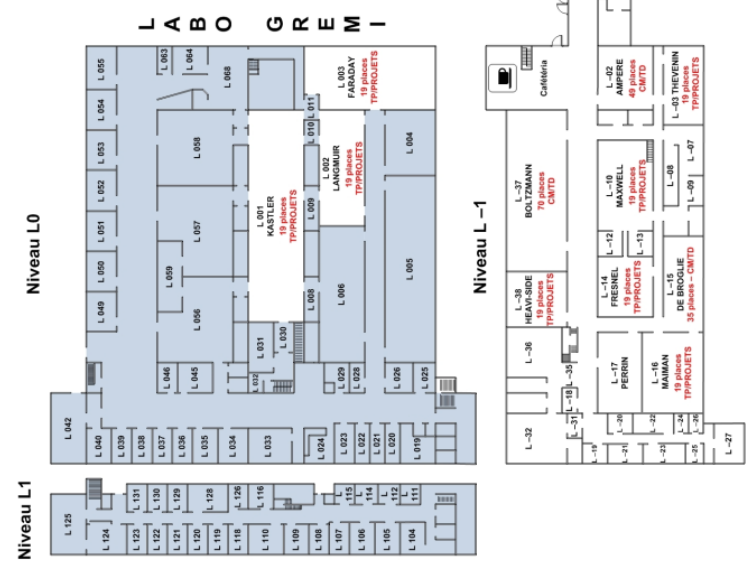
[You will get your student card once registered at Polytech Orleans](#)

You can use your student card:

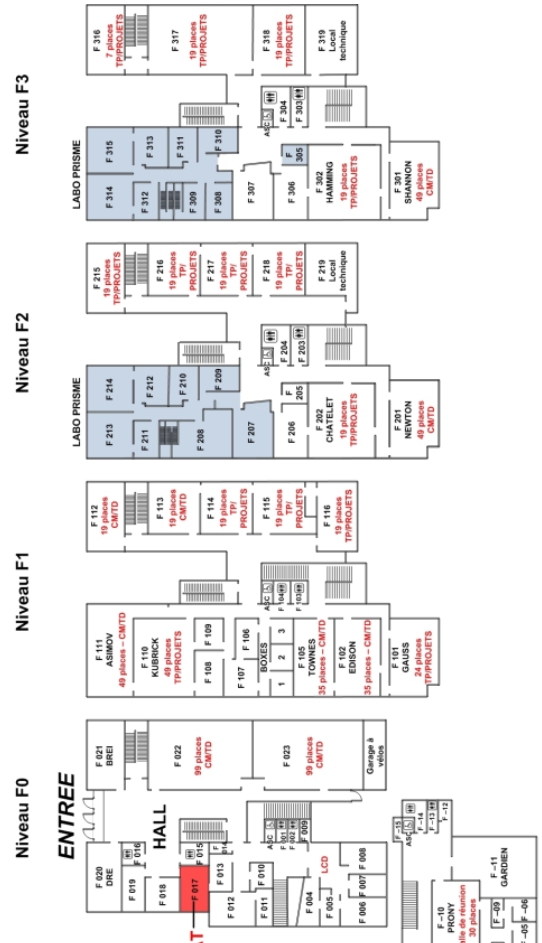
- ✚ to eat on campus in the University restaurants and cafeterias or at the pizzeria.
- ✚ to borrow materials from the Library
- ✚ to do your laundry in the dorms
- ✚ to get discounts

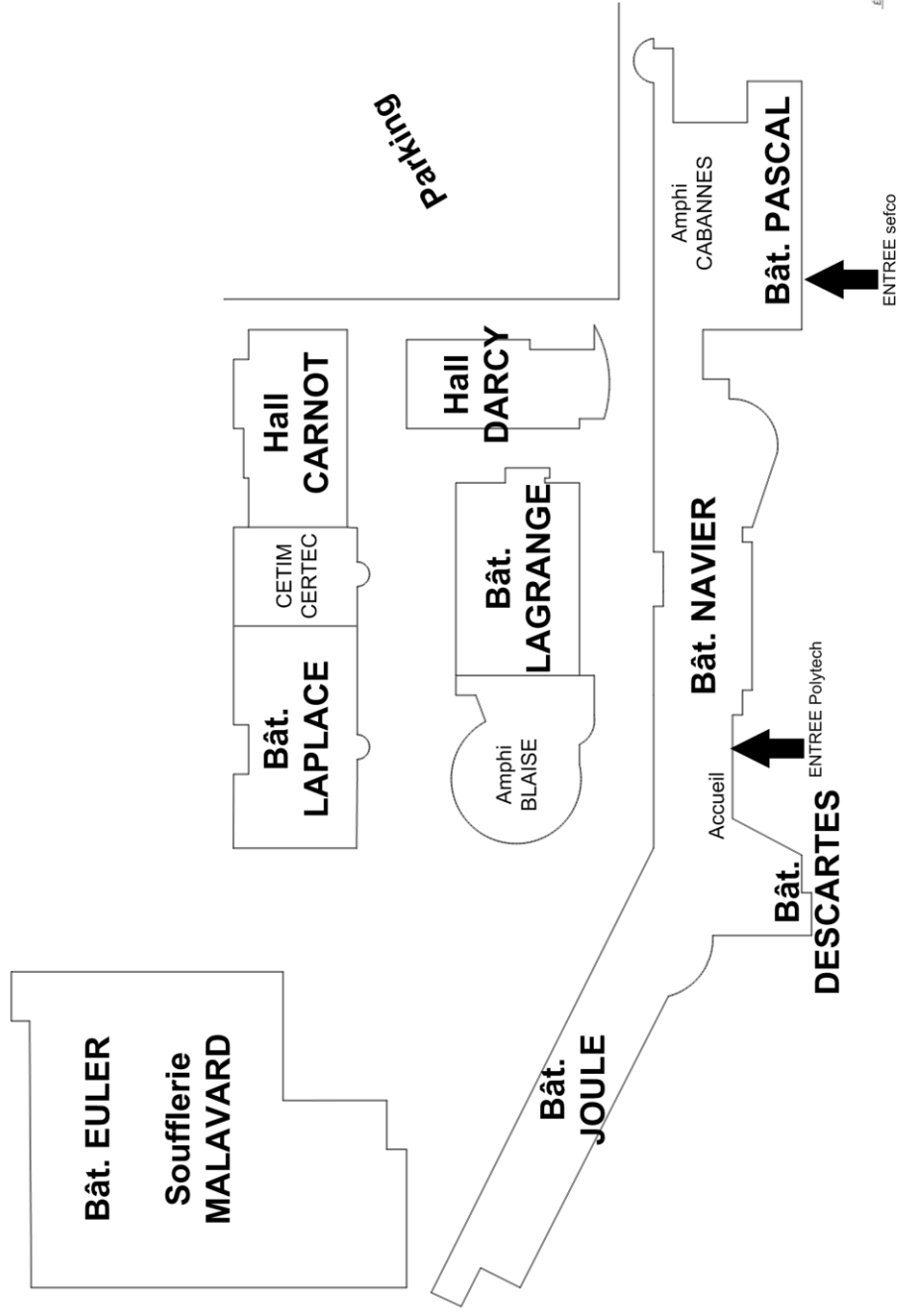


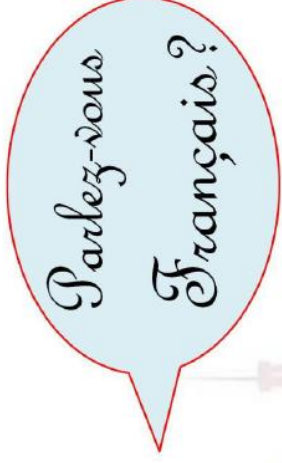
BATIMENT LANGEVIN (L)



BATIMENT FOURIER (F)







Venez nous rejoindre

La Table Française!

Come and join us for lunch and
improve your knowledge of French
popular culture

On Thursdays 12:15 to 13:30
Departure from the BREI

THE BREI TEAM

International.polytech@univ-orleans.fr

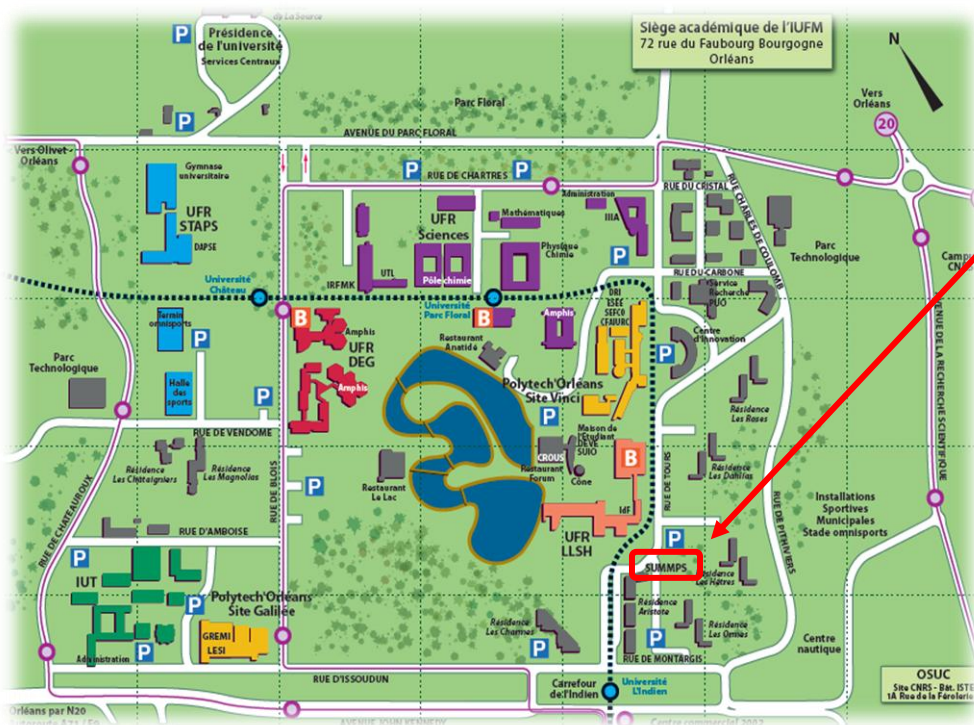




The healthcare center on campus

(SUMPPS in French)

The Healthcare center allows students to benefit from medical care on campus.



Médecine
Préventive

"Jean Zay"

9, rue de Tours

45072 Orléans
cedex 2.

Téléphone:

02.38.41.71.79

Open from Monday to Friday from 8:30 AM to 5:00 PM



The OFII Procedure

ONLY FOR NON EEC STUDENTS

The BREI, international office at Polytech Orleans, will assist you with the OFII Procedure **if you are a student coming from a country outside Europe** and if you need to get a student residence permit.

STEP 1:

Please do not forget to provide the BREI with:

- The form « demande d'attestation OFII » filled out and signed
- A copy of your passport,
- A copy of your visa
- A copy of your passport with the stamp of your arrival in France

STEP 2:

The BREI will send your documents to

Direction territoriale de l'OFII
43, Avenue de Paris
45 000 Orléans

STEP 3:

The OFII will send you a letter in order to give you an appointment.
This might take at least two or three months!

You will have to go to this appointment with the requested documents.

THE CAF

Caisse d'Allocations Familiales



www.caf.fr

CAF DU LOIRET
2 Place St Charles
45946 ORLEANS Cedex 2

The CAF is a financial aid from the government. It helps the students pay for their accommodation.

Students registered at the University of Orleans for 1 semester:

- You pay the rent for your accommodation at the beginning of the semester to the CROUS. (the full semester is required)
- You get a partial refund directly on your bank account after your departure

Students registered at the University of Orleans for the full academic year:

- You pay the rent for your accommodation at the beginning of the first semester to the CROUS (one full semester is required)
- In January, you only pay for the remaining accommodation fees not taken into account by the government help

Compulsory student social security



There are 2 companies which provide students under 28 with social security coverage.

→ LMDE

La Mutuelle Des Etudiants (agence Orléans)
9 boulevard de Verdun
45000 ORLEANS

☎ 32 60 dites « LMDE » (0,15 € TTC / mn)

Emergency numbers: 0 800 30 20 30 (free call from home phone)
+33 549 348 347 (number from abroad)
06 77 90 04 37 (SMS for deaf and hearing-impaired persons)

→ SMECO

SMECO La Mutuelle Etudiante
2 Rue Saint-Paul
45000 Orléans

☎ 02 38 53 10 11

Emergency number: 01 40 25 19 58

Students over 28 get coverage from the **CPAM**

CPAM Orléans
Caisse Primaire d'Assurance Maladie du Loiret
Place de Général de Gaulle
45000 Orléans

☎ 36 46

How to attend French courses?



FOR ERASMUS STUDENTS:

Free French courses are offered to the Erasmus students at the French Institute on Campus twice a week.

French in general: 2 ECTS

French grammar: 2 ECTS

Erasmus students have to take a written exam on their arrival to determine their level.

FOR INTERNATIONAL STUDENTS:

A French course free of charge is available to foreign students registered at the University of Orleans on Thursdays at the French Institute:

No ECTS for this course !

Sports



It's free to practice a sport on campus.

Please visit the following website in order to get the necessary information regarding an activity:

<http://www.univ-orleans.fr/sites/default/files/DAPSE/documents/livretdapse2013.pdf>

Team Sport	Individual Sport	Team/Individual Sport	Sport of relaxation
acrobatic gymnastics	Aerobic	Athletes	Aqua gym
Basket Ball	Dance	Badminton	Fitness
Soccer	Golf	Canoe Kayak	Gymnastic
Hand Bal	Gymnastic	Climbing	Relaxation
Rugby	Judo/Ju-Jitsu	Fencing	Fitness – PPG
Volley Ball	Karate	Squash	Tai Ji Quan
Water polo	Bodybuilding	Tennis	Yoga
	swimming	Table tennis	
	Qi Gong	Sailing	
	Stretching		
	Taekwondo		
	Trampoline		
	Ultimate		

Please make sure you subscribe early in the semester, some activities are very popular and there is a limited number of participants!

Transportation in Orleans:



Orleans has a network of urban transport to allow its inhabitants to move freely.

Bus and tram:



One hour ticket

Price : **1.50€**

Ticket for the day

Price : **3.70€**



Ticket for the week-end

Price : **3.70€**



These tickets are for sale in TAO agencies, vending machines of stations, in the bus * or by internet.

Students can benefit from tickets over long periods in preferential rates.

Pass for a month



Price : 29,80€

You can travel quite freely during 31 consecutive days after the first validation

The use of this pass is subjected to the preliminary establishment of a card "Moda Pass" in TAO agencies Your personal card Moda Pass ' is valid 5 years and its extension is made in agency.

This ticket is for sale in agencies, at the authorized shops and in the vending machines of tram stations.

Pass for a year



Price : 242€

You can travel during one year as from the first month of use.

This ticket is for sale in TAO agencies from July 1st till December 31st.

Payment in cash or by direct debit 10 monthly salaries of 24.20€

The use of this ticket is subjected to the preliminary establishment of a card Moda Pass ' in agencies TAO. Your personal card Moda Pass ' is valid 5 years and its extension is made in agency.

Price of the "Moda Pass"

The card 5€

Lost, stolen or broken card 7€

Extension of the card 5€

To create this card, the students have to be less than 26 years old and study in the town. They have to show the following documents:

- ID card
- Proof of address
- Student card of the current year.

To be valid, the tickets must be stamped every time you get on a bus or tram.

Bikes:

350 bikes are available in 33 stations, 7 / 7 and 24 hours/24.(caution 150€)

Annual	20 euros (10€ for annual subscribers)
Weekly	3 euros
Daily	1 euro

The first half an hour is free then you pay for the time you keep the bike.

Ride Sharing and carpool:

www.covoiturage.orleans.fr

A low cost means of transportation

Outside Orleans :

With the SNCF (FRENCH NATIONAL RAILWAY COMPANY)
you can travel everywhere in France
by means of the train and of the TGV.

The “18 – 27 ans” card gives them until 60 % off.

This card is valid during one year and costs 50€



Example: Price for an Orléans-Paris in second-class for one person (2 way)

Without the card 18-27	With the card 18-27
40.60€ (aller/retour)	20€ (aller/retour)

To get this card, you must:

- Go to the train station. There are 2 train stations:
Gare d'Orleans downtown and Gare des Aubrais at Fleury les Aubrais in the suburb.
- Show a proof of address and an ID card.
- Have a recent passport photo

Rental cars



Europcar Orleans Olivet

02 38 63 88
00

www.europcar.fr/Olivet



Auto Perrault Location

02 38 53 65
60

[www.http://www.location-voiture-vehicule.com/location-voiture-auto-perrault-location-orleans_2870.htm](http://www.location-voiture-vehicule.com/location-voiture-auto-perrault-location-orleans_2870.htm)



Ecoto Sarl

02 38 77 92
92

http://orleans.yalwa.fr/ID_102912098/Ecoto-SARL.html



Hertz France

02 38 62 60
60

www.hertz.fr



SIXT

02 38 73 01
00

<http://www.sixt.fr/location-voiture/>

To rent a car you must have:

- A national or international driving license
- An ID card
- A credit card
- A proof of address (certificate of accommodation, bill....)

CARPOOLING



BLA BLA CAR



contact online

<http://www.covoiturage.fr/>





Supermarkets



Several supermarkets can be found close to our campus.

<p>Ed</p> 	<p>22, avenue J.F. Kennedy 45100 Orléans</p>	<p>From Monday to Friday : 9h00 - 12h30 15h00 - 19h30</p> <p>Saturday : 9h00 - 19h30</p>	<p>Bus 13-7 / stop : arrêt université l'Indien</p>
<p>Aldi</p> 	<p>Rue Condorcet 45100 Orléans</p>	<p>From Monday to Friday : 9h - 12h15 14h - 19h</p> <p>Saturday : 9h - 19h</p>	<p>Bus 1/13 : Stop: I.U.T</p>
<p>Auchan</p> 	<p>600 Avenue de Verdun 45161 Olivet</p>	<p>From Monday to Saturday : 08h30 - 22h00.</p>	<p>Tram : Stop : Zénith Parc des expositions</p>
<p>Leclerc</p> 	<p>181 RUE D'ARTOIS 45160 Olivet</p>	<p>From Monday to Friday 9h - 20h</p>	<p>Tram : Stop: les Aulnaies</p>
<p>Carrefour</p> 	<p>Place Albert-1^{er} 45000 Orléans</p>	<p>From Monday to Saturday 8h30 - 21h</p>	<p>Bus 1/7 tram : Stop: gare d'Orléans</p>

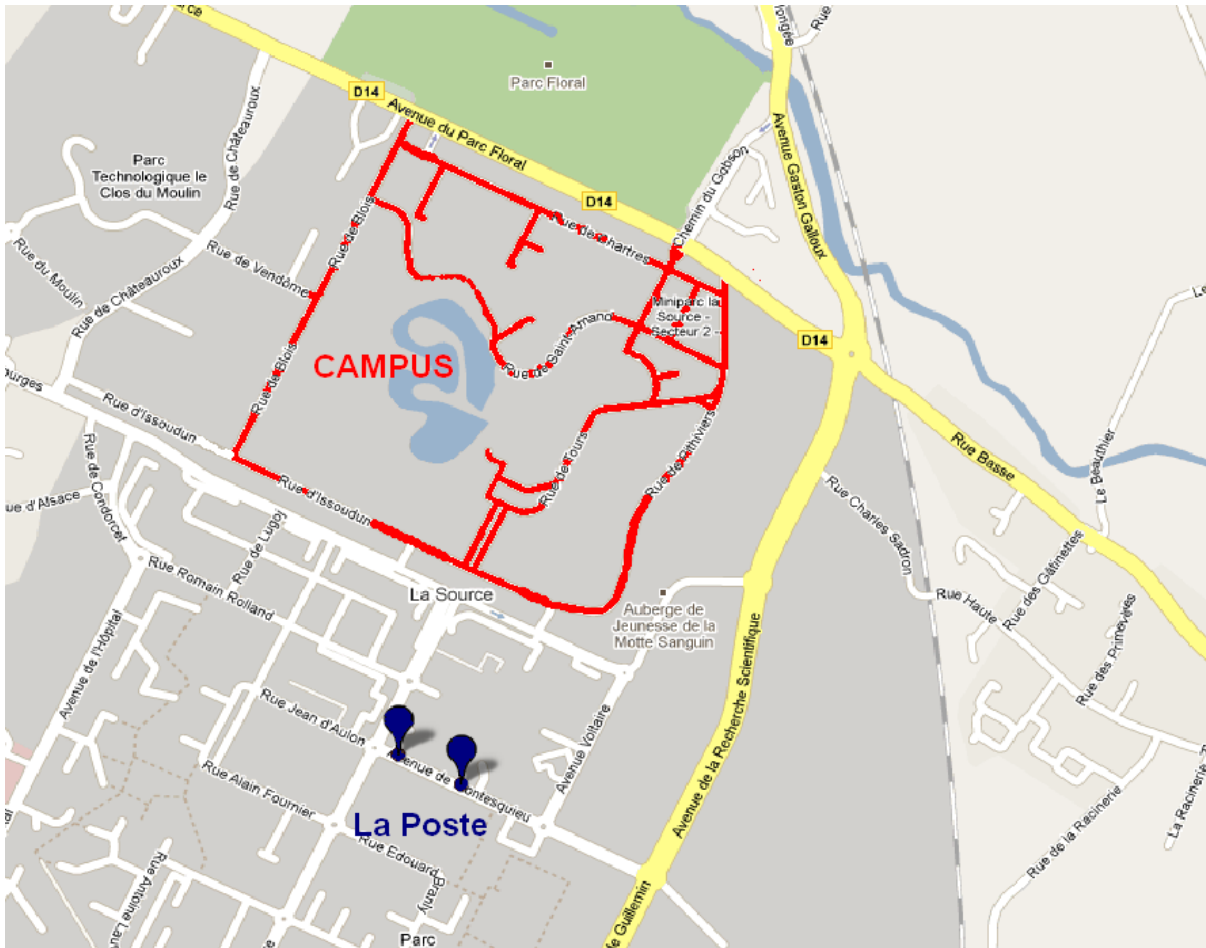
Markets :

 tissue	Sunday	8h 30 - 13h 30	Avenue de la Recherche scientifique Orléans La Source	Tram arrêt : Université l'Indien
	Thursday and Sunday	7h00 - 12h00	Place Albert Camus Orléans La Source	Bus 13/7 tram arrêt : Chèques Postaux
 food	Third Wednesday of the month	15h30 - 19h30	Place de la République Orléans	Tram arrêt : De Gaulles
	Saturday	6h00 - 12h30	Quai du Roi Orléans	Bus 7 arrêt : Sainte Euvette Correspondance Bus 2 : arrêt Lavedan
	Sunday FRIDAY olivet	7h30 - 12h00	Allée Pierre Chevallier Orléans	Tram arrêt/ Gare d'Orléans Correspondance Bus 18 : arrêt Pierre Chevallier
	From Tuesday to Saturday Sunday	7h30 - 19h 7h30 - 12h30.	Les Halles-Châtelet Orléans	Tram : arrêt Châtelet
 Second-hand	Saturday	7h - 19h	Boulevard Alexandre Martin Orléans	Bus 7 : arrêt Carré Saint Vincent ou Tram : arrêt Gare d'Orléans
 books	Friday	8h - 18h	Pace du Martroi Orléans	Tram : arrêt De Gaulles

To the post-office

To go to the post-office:

- tram : tram stop « Chèques Postaux »,
- bus n° 7 : bus stop « Chèques Postaux ».



Where can I go shopping?

Olivet



- ❖ Zone d'activités
Tram A stop
Zénith Parc des Expositions
- ❖ Parc d'Activités
"les Aulnaies"
Tram A stop
Les Aulnaies

Orléans



- ❖ Shopping center Place d'Arc
Bus 7/Tram A stop :
Gare d'Orléans
- ❖ Rue de la République
(shops)
Tram A stop :
République
- ❖ Halles Chatelet (30 shops)
Tram A stop :
Châtelet

Saran

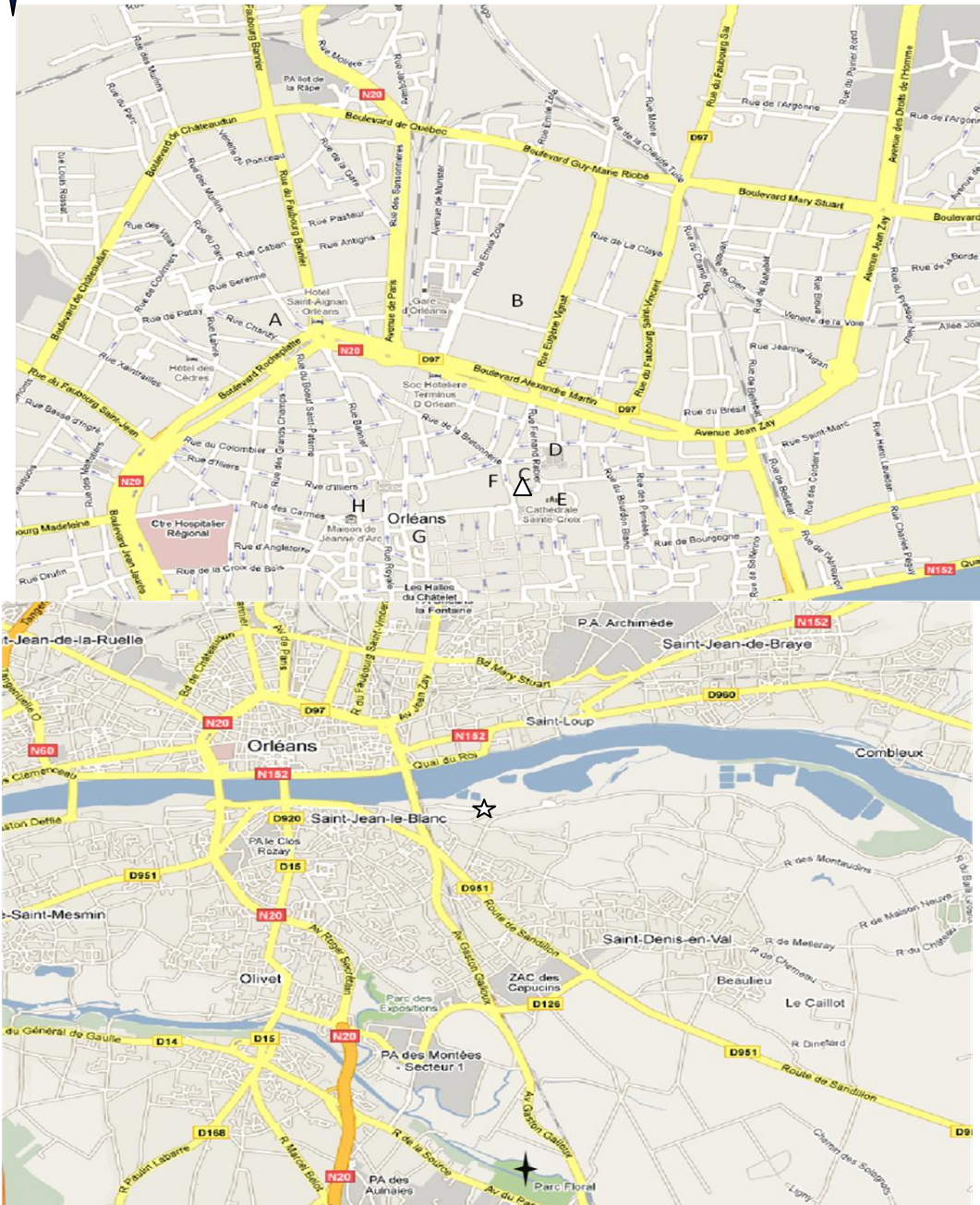


- ❖ Shopping center
Cap Saran
- ❖ Shopping district "Les
Tuileries"
Tram A stop :
Libération
Correspondance
Bus 1 stop :
Les Tuileries/Frères Lumières

Visit Orleans



- A-The Media library,
- B-Museum of Natural sciences,
- C- Museum of Beaux Arts
- D-The Campo Santo,
- E-The Cathedral,
- F-Museum of History and archeology
- G- The house of Joan of Arc,
- ☆ Ile Charlemagne
- △ Ancient city hall: "Hôtel Groslot"
- ◆ The Floral Park see the second map



Activities in the region

<p>Chateaux</p>	<p>1. Cande, 2. Chamerolles, 3. Châteaudun, 4. Vendôme, 5. Talcy, 6. Meung-sur-Loire, 7. La-Ferté-Saint-Aubin, 8. Sully-sur-Loire, 9. Gien,</p>	<p>10. Chambord (+ les mini châteaux), 11. Troussay, 12. Cheverny, 13. Beauregard, 14. Amboise, 15. Villandry, 16. Chenonceau, 17. Montpoupon.</p>
<p>Gardens</p>	<p>1. Domaine de Voisins, 2. Les jardins de la Régie, 3. Les jardins de Roquelin,</p>	<p>4. Les jardins du Petit Courtoiseau, 5. Près des Culands.</p>
<p>Theme parks</p>	<p>Astérix, Disneyland Paris, Futuroscope,</p>	<p>Fantasy Forest, Le zoo parc de Beauval. Léo parc, ile charlemagne</p>
<p>Museum</p>	<p>1. Le musée de la photo, 3. Le musée du cirque et de l'illusion,</p>	<p>2. Le musée du chocolat, 4. Le musée du verre et de ses métiers. 5. Le musée du vinaigre 6. Le musée des cloches</p>
<p>Other</p>	<p>1. Briare : touristic boat, 2. Gien: la faïencerie, 3. castle of Clos Lucé : Léonard de Vinci,</p>	<p>4. Le domaine du Ciran, 5. Pithiviers : le circuit découverte.</p>
<p>Bike ride</p>	<p>La loire à Vélo (VELO +) : see website http://www.agglo-orleans.fr/upload/document/deplacement/FILE_4f4f7f5c67f9d_carte_velo_2012.pdf/carte_velo_2012.pdf</p>	

Go out/Relax

Students can benefit from discounts with the passeport à la Culture.
It costs 8 euros.

Please find below a list of activities:

Swimming pools:

Saint Jean de la Ruelle
Orleans
La source, by the campus
Olivet (L'Inox)

Clubs

L'Amazone, Le KA, Le Gardel's	Le Privée Le Christies, Le Pavillon
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Ice rink in Orleans

Karting in Saran

Laser Games in Olivet and Saran

Movie theaters

Pathé Orléans by the river Loire	Pathé Saran	Pathé place d'Arc (in the shopping mall)
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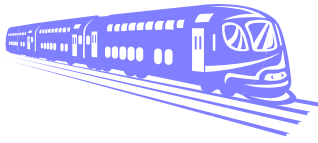
Bowlings

Saran
Olivet

Paint ball

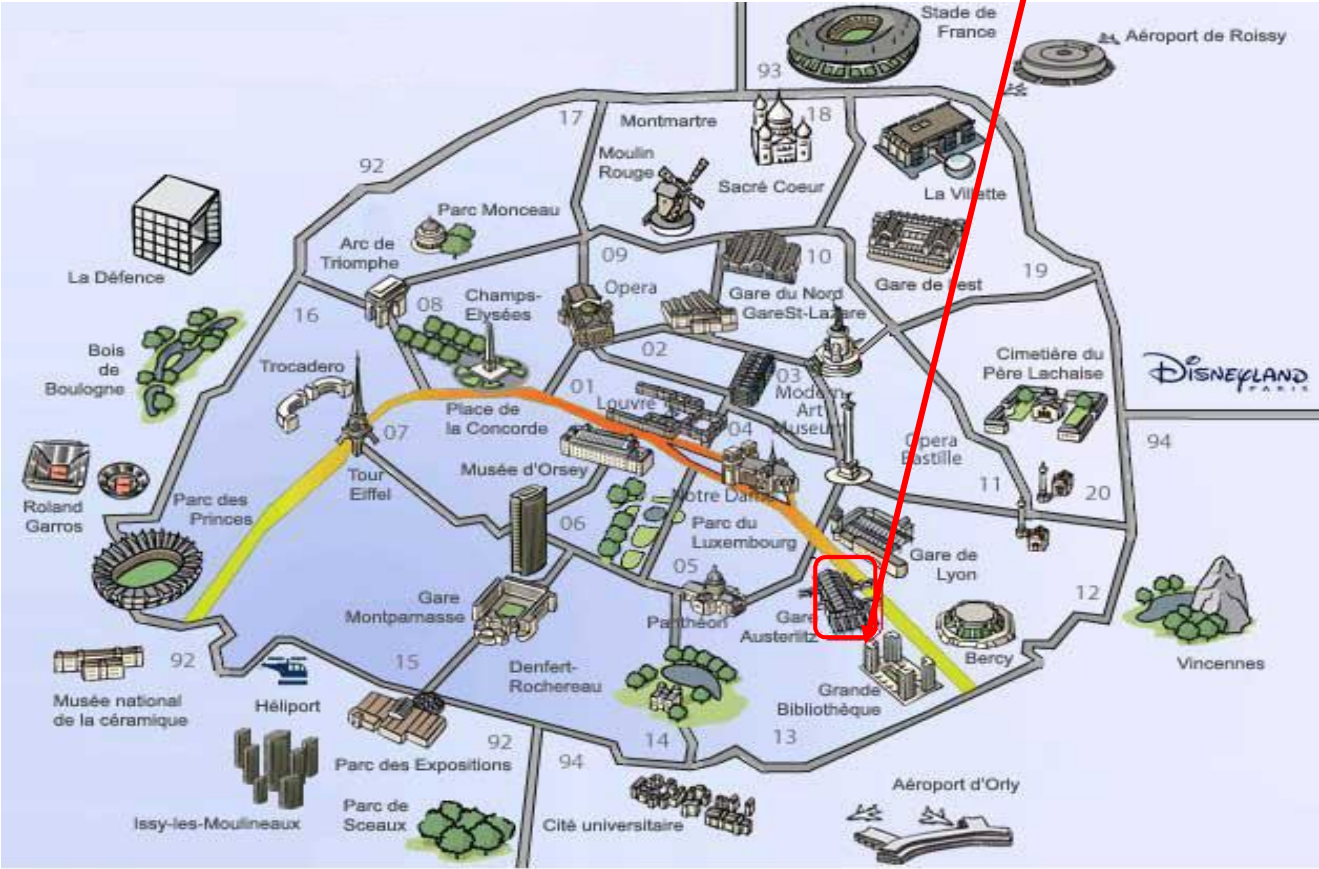
Saran
Orléans : Léo Parc, île charlemagne

DISCOVER PARIS



Austerlitz train station

Monuments:



To travel in Paris, various means of transportation are possible, these circulate every day.

The subway	the RER	the bus	the tramway

To use these various means of transportation, you have to buy a ticket which is valid for one person, for a one-way trip.

Tickets are sold single or by 10;
They are available in subway stations and RER (REGIONAL EXPRESS NETWORK)
They are sold by the bus drivers. By bus, your ticket is valid only for a one-way trip



You can use the same ticket on a bus or a tram as many times as you want for one hour and a half.

Tickets are for sale in subway stations, RER stations, some commercial RATP agencies, vending machines of the stop points of Roissybus, counters RATP(PARIS PUBLIC TRANSPORT SYSTEM) terminals 1 and 2, aboard Roissybus.

For those who wish to visit all the monuments in Paris they can buy a ticket called Paris Visite. It is a card and a coupon, this ticket opens the doors of the whole network in Ile-de-France: subway, RER(REGIONAL EXPRESS NETWORK), Bus, tramways, commuter trains SNCF(FRENCH NATIONAL RAILWAY COMPANY). It is valid from the first day of validation.



The ticket is for sale in all the subway stations or in all the RER stations:

- The ticket offices(or distributors) of the terminal of bus,
- the stations of commuter trains SNCF(FRENCH NATIONAL RAILWAY COMPANY),
- the airports of Paris,
- the Regional Reception centers of the Tourism,
- the Tourist offices in Paris.

The Ticket “Young people Weekend” is a pass reserved for those who are less than 26 years,
and only available on Saturdays, Sundays or during a holiday.

Warnings



It is important you make sure that you:

- × Don't go out alone at night (especially if you are a girl)
- × Never go out with a big amount of money in cash
- × Watch for your belongings (wallets, bags...)
- × Keep an eye on your drink in clubs
- × Always have a light with you at night
- × Always keep a copy of your passport with you

Useful Contacts:



<p>Polytech'Orléans 8 rue Léonard de Vinci 45072 Orléans cedex 2 02.38.41.70.50 www.univ-orleans.fr/polytech</p>	<p>From Monday to Thursday : 8h00-12h30 / 13h30-17h00 Friday: 8h-18h00 / 13h30-16h30</p>
<p>Centre Régional Des Œuvres Universitaires et Scolaires (CROUS) 17 avenue Dauphine 45000 ORLEANS 02 38 22 61 61 www.crous-orleans-tours.fr</p>	<p>From Monday to Friday 9h00-12h00 / 13h30-16h30</p>
<p>Caisse d'allocations Familiales (CAF) Place Saint Charles 45946 ORLEANS CEDEX 9 0 820 25 45 10 (0,112 € la 1ère minute puis 0,09 €/minute) www.caf.fr</p>	<p>From Monday to Friday : 8h30 - 16h45</p>
<p>TAO Agence Martroi 4 rue de la Hallebarde 45 000 ORLEANS 02 38 71 98 00 www.semtao.fr</p>	<p>From Monday to Saturday : 8h30 - 18h30.</p>
<p>S.N.C.F 6 Rue St Yves 45000 Orléans 02 38 62 57 63 www.voyages-sncf.com</p>	<p>From Monday to Saturday : 5h50 – 20h10 Sunday and holidays 9h25 – 20h10</p>
<p>Centre Régional Information Jeunesse (C.R.I.J) 5 bd Verdun 45000 ORLEANS 02 38 78 91 78 www.informationjeunesse-centre.fr</p>	<p>Monday, Tuesday, Wednesday, Friday 10h-13h / 14h 18h Saturday and Thursday 14-18h</p>
<p>Office Du Tourisme 2 Place de l'Étape 45000 ORLEANS 02 38 24 05 05 www.tourisme-orleans.com</p>	<p>From Monday to Saturday 10h-13h / 14h-17h</p>

POLYTECH ORLEANS ACADEMIC CALENDAR

FALL SEMESTER: Beginning of September - December

SPRING SEMESTER: from January to May

BREAKS:

- ✘ One week off during the fall semester
- ✘ 2 weeks off in December –January for the Christmas break
- ✘ One week in February
- ✘ One week in April

Our international students are required to arrive a week before the beginning of the semester in order to do all the administrative paperworks and attend at the same time the orientation week.

IMPORTANT! Polytech Orleans courses are compulsory.

Useful contacts:

Police	17
Firemen	18
SAMU	15
Taxi	02.38.53.11.11
Information	118 218
Emergency	112
BREI cell phone	Alexandra LETOURNEUR / Elizabeth LOSANGE 06 31 23 31 99 international.polytech@univ-orleans.fr
Student buddy	Information given after the arrival in France

**We wish you a pleasant stay in
Orleans and hope you get the
best of your experience!**