

CHECKLIST

OF THE STEPS TO TAKE UPON ARRIVAL

You are arriving in France to do a PhD at Université Grenoble Alpes ?
Find here 10 steps to take to settle in well, and thus enjoy your stay !

□ GETTING INTERNET ACCESS UPON ARRIVAL

Wi-Fi is available in airports, acafés, in the city center, university restaurants and student residences...
Pre-paid sim cards are sold in post offices and tobacco shops.

□ ENTERING MY ACCOMMODATION

- Sign the two copies of my rental agreement ('bail').
- Subscribe to a housing insurance with a student insurance company ('mutuelle étudiante'), a bank, or an insurance company.
- Do the entry inventory ('état des lieux d'entrée') with the owner and get my keys.

□ OPENING MY BANK ACCOUNT

- Check if my bank in my home country has a partnership with a French bank.
- Prepare my documents: proof of identity, proof of address, proof of my doctoral status if I have already registered and my work contract if I have one.
- Choose my bank and make an appointment at an agency to open my bank account.

□ CONCLUDING CONTRACTS FOR WATER, ELECTRICITY, GAS AND INTERNET

- Check with my residence, agency or landlord whether these charges are not already included in the rent.

If not:

- Choose my providers for electricity, water, gas (if needed).
- Choose my internet provider.

□ TAKING OUT CIVIL LIABILITY INSURANCE

- Check whether my housing insurance already includes a civil liability insurance ('responsabilité civile vie privée').

If not,

Get it from a student insurance company ('mutuelle étudiante'), a bank, or an insurance company.

□ REGISTERING AT UNIVERSITY

- Complete my academic enrollment with the Doctoral school.
- If it applies to my situation, obtain my CVEC attestation and pay for the registration fees.
- Complete my administrative registration with the Doctoral college & obtain my student card.

□ HEALTH INSURANCE

Having a health insurance is mandatory for the whole duration of my stay.

- Check whether I need to register for French state health insurance on the UGA international portal: international.univ-grenoble-alpes.fr/getting-organized/ Section Insurances > Health insurance > Health insurance and complementary health coverage.

If I need to register:

- Transmit all the requested documents to be able to later obtain my health insurance certificate and my medical card 'carte Vitale'.
- Chose my primary care physician (« médecin traitant ») and declare it to the French state health insurance.

□ SUBSCRIBING TO A COMPLEMENTARY HEALTH INSURANCE ('MUTUELLE')

Social security covers only part of the medical expenses.

- To be better reimbursed, I subscribe to a complementary health insurance (also called 'mutuelle').

Good to know: If I have a limited budget, and am registered with French state health insurance, I can apply to the 'Complémentaire Santé Solidaire' from the CPAM.

□ VALIDATING MY VISA OR APPLYING FOR A RESIDENCE PERMIT

- If I have a visa, I follow the procedure that corresponds to my situation on the UGA international website: international.univ-grenoble-alpes.fr/getting-organized/ Section Visas and residence permits

□ APPLYING FOR CAF HOUSING ALLOWANCE

- Check if I can benefit from a financial help to pay my rent offered by the government (via CAF) by doing a simulation on: www.caf.fr/allocataires/aides-et-demarches/mes-demarches.

FAMILY : If I arrive with my family, check the UGA international website to know their rights and administrative procedures on arrival (health insurance, schooling etc).

FIND OUT MORE +

Visit the UGA international web portal
> international.univ-grenoble-alpes.fr/getting-organized/
Section The steps of your stay

NEED HELP?

Contact the International Students & Scholars Office (ISSO)

In Grenoble : isso@univ-grenoble-alpes.fr

In Valence : isso-valence@univ-grenoble-alpes.fr