

PREPARING FOR YOUR STAY AND GETTING SETTLED



Practical guide
for international PhD students

2026-2027

WELCOME TO THE UNIVERSITÉ GRENOBLE ALPES

Congratulations, you are going to prepare your PhD in one of the Doctoral schools of the Université Grenoble Alpes! Getting a PhD degree is a scientific and human experience that requires a lot of effort, creativity and dedication. For international PhD students, this adventure comes with major changes: you not only have to complete your research work, but also discover and learn about a new country!

To avoid being overwhelmed upon arrival, you need to keep in mind **the steps you must take and the roles of the different people** with whom you will interact.

This guide, **written specifically for new international PhD students registered with the UGA Doctoral college**, will give you an overview of all the steps awaiting you, from the admission phase by your Doctoral school to your registration with the Doctoral college which will officially confirm the beginning of your PhD.

More detailed information about the day-to-day practical matters covered in this guide can be found in the section 'Getting organized' of the UGA international web portal: <https://international.univ-grenoble-alpes.fr/getting-organized/>.

For information concerning the progression of your doctoral training program, you can also refer to the dedicated portal of the Université Grenoble Alpes: <https://doctorat.univ-grenoble-alpes.fr/english/>.



KEY FIGURES

57000 students
2900 PhD students
40% of PhD students are foreigners
150 nationalities

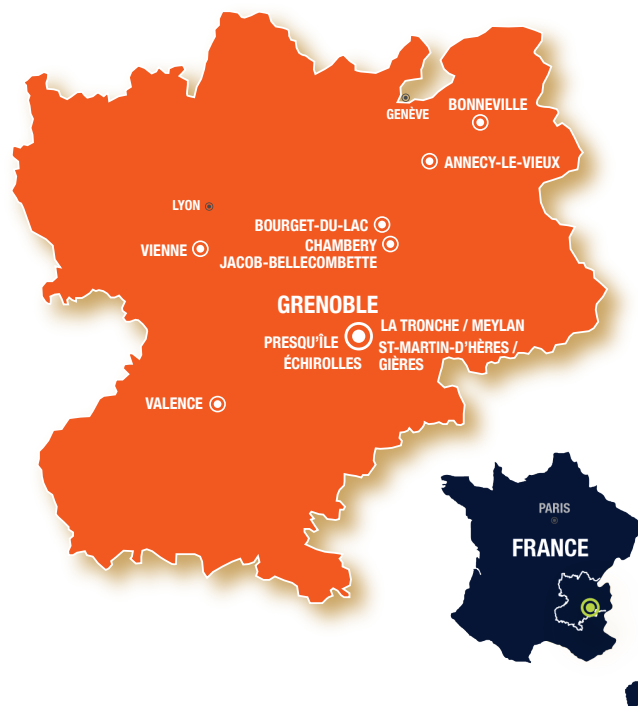
UNIVERSITÉ GRENOBLE ALPES

The Université Grenoble Alpes is a major global research hub in the Auvergne-Rhône-Alpes region. It is internationally renowned in many scientific areas, as attested by international rankings, the number of «highly cited scientists» or the number of «European Research Council» awards (137 since 2007).

The site benefits from **major European instruments** such as the European Synchrotron Radiation Facility (ESRF), hosts **prestigious research organizations** such as the CEA, CNRS, Inria and the Institut Laue Langevin (ILL), and is close to the CERN. The Université Grenoble Alpes is at **the heart of the development of the city of Grenoble and its dynamic ecosystem**, which is based on a solid cooperation between higher education, research organizations and the socioeconomic world.

With its stunning mountain views, the campus offers the highest quality of life and work. The Université Grenoble Alpes boasts 11000 international students, 2900 PhD students, 40% of whom are international, and 1,200 partners around the world. It truly is **an international community**.

MAIN SITES OF THE UNIVERSITÉ GRENOBLE ALPES



FRENCH PHD DEGREE

In France, PhD is a research training program leading to the highest university degree. Preparing a PhD normally takes three years, and requires holding a national Master's degree or other degree equivalent to the Master's level. The research work undertaken is assessed through the writing of a thesis followed by its «defense» (“soutenance” in French) by the student in front of a jury (the equivalent of a PhD examining board or panel of examiners), which will be made up of academic staff and other specialists in the discipline, leading to the award of the degree of Doctor. Alongside your research work, you will also have to take training courses, both in your own scientific subject area as well as in other cross-disciplinary subjects, like career integration.

FIND OUT MORE +

> <https://doctorat.univ-grenoble-alpes.fr/english/>

THE STATUS OF PHD STUDENTS

A PhD is both **a research training program and a professional research experience**. Since there are several types of funding (scholarship, contract, personal funds, etc.) and doctoral options (full thesis, joint thesis, CIFRE, etc.), the status of PhD students is halfway between that of a student and of a regular employee.

Knowing your status is important, both so that you can identify who to contact for specific needs and inquiries, and because some administrative procedures vary depending on your status (getting a visa or Social security, for example).

In short, there are two major different status for PhD students:

- **PhD student with a French employment contract:** PhD students with a doctoral or CIFRE contract.
- **PhD student without a French employment contract:** PhD students with a scholarship or with personal funding.

THE DOCTORATE STAKEHOLDERS

Laboratory, Doctoral college, research organization, Doctoral school, university... All these institutions have different missions and action scopes, and you will probably be in contact with all of them at some point of your stay.

To help you find your way, this section will present each institution's activities in relation to PhD students.

RESEARCH STRUCTURE



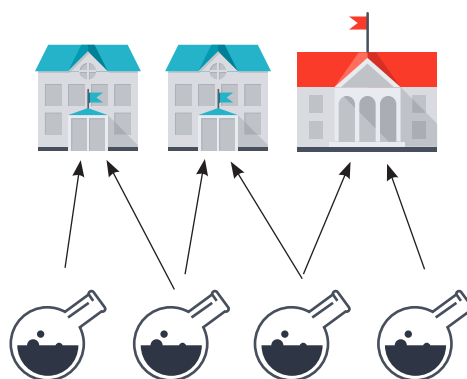
Universities and research organizations:

- Host different laboratories
- Coordinate research policies
- Are researchers' direct employers (so the primary contact for all questions related to human resources)
- Provide the «convention d'accueil» (hosting agreement) and «convention de séjour de recherche» (research stay agreement) (used in particular for visa applications)

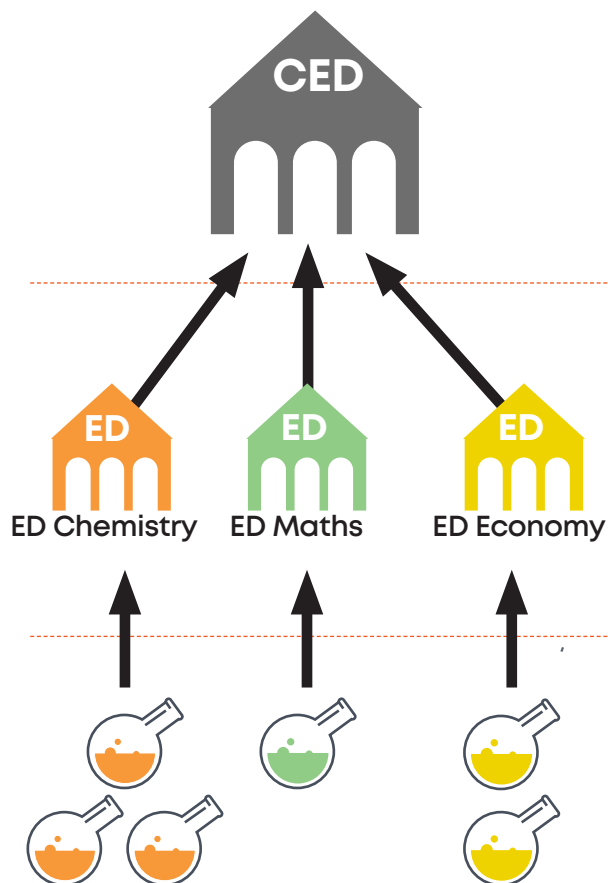
Laboratories / research units:



- are workplaces for researchers and doctoral students of a specific research field. They are administratively attached to one or several universities, and/or one or several research organizations.



DOCTORATE STAKEHOLDERS



The Doctoral college, which pools and harmonizes the Doctoral schools' practices:

- Deals with registration (student card)
- Issues and awards PhD diplomas
- Coordinates trainings that are unrelated to the subject area of the dissertation (including professional integration training)
- Develops business connections

The Doctoral school, which brings together PhD students around big scientific fields (Law, Chemistry, etc.):

- Deals with the admission phase
- Is responsible for the follow-up of the dissertation
- Manages the disciplinary learning offer

The laboratory, or research unit, brings together researchers and PhD students around one or several research areas.





Prepare your stay...

STEP 01

YOUR APPLICATION HAS BEEN ACCEPTED BY YOUR RESEARCH UNIT

Several months before your arrival...

- 1 Your application and admission with the Doctoral school [p.9](#)
- 2 Planning your budget [p.9](#)
- 3 Searching for accommodation [p.10](#)
- 4 Obtaining a visa [p.11](#)
- 5 Learning about health insurance coverage [p.12](#)

STEP 02

YOU WILL ARRIVE SOON

Several weeks before your arrival...

- 6 How to get here and move around town [p.15](#)
- 7 Booking temporary accommodation [p.17](#)
- 8 Preparing your arrival: checklist and tips [p.18](#)

STEP 03

YOU HAVE JUST ARRIVED

The first few weeks...

- 9 Getting internet access [p.21](#)
- 10 Finding accommodation [p.22](#)
- 11 Opening a bank account [p.23](#)
- 12 Taking out civil liability insurance [p.23](#)
- 13 Obtaining a CVEC attestation [p.23](#)
- 14 Completing your enrollment [p.23](#)
- 15 Registering for health insurance and getting a complementary health coverage [p.24](#)
- 16 Validating your visa or applying for a residence permit [p.26](#)
- 17 Finding out about childcare and schooling for your children [p.27](#)
- 18 Need help? Your contacts [p.28](#)

... in the Université Grenoble Alpes



STEP 1 YOUR APPLICATION HAS BEEN ACCEPTED BY YOUR RESEARCH UNIT

FOR THIS FIRST STEP, WE WILL ASSUME THAT YOU ALREADY:

- Have a clear notion of your PhD subject
- Have obtained the approval of your PhD supervisor and the director of your host laboratory
- Have defined the funding
- Have a degree equivalent to the Master's level

If you do not yet meet these criteria, please check the Université Grenoble Alpes portal or the Campus France website to find more information on the subject.

FIND OUT MORE +

> [https://doctorat.univ-grenoble-alpes.fr/english/Section Preparing a PHD](https://doctorat.univ-grenoble-alpes.fr/english/Section%20Preparing%20a%20PHD)
> [https://www.campusfrance.org/en/researcher Section Doctorate](https://www.campusfrance.org/en/researcher/Section%20Doctorate)

YOUR APPLICATION AND ADMISSION WITH THE DOCTORAL SCHOOL

Now that you have defined the scientific aspects of your Doctorate with your Doctoral supervisor and your laboratory, **you will need to apply to be admitted in one of the 13 Doctoral schools of the UGA**. The Doctoral school director makes sure that the scientific, material and financial criteria are met, so that you can prepare your Doctorate in the best possible conditions.

The application file and admission procedures vary with each Doctoral school. We thus invite you to visit their website to find out more.

FIND OUT MORE +

> [https://doctorat.univ-grenoble-alpes.fr/english/Section Doctoral College > Doctoral Schools Section Preparing a PhD > Doctorate enrolment](https://doctorat.univ-grenoble-alpes.fr/english/Section%20Doctoral%20College%20>%20Doctoral%20Schools%20Section%20Preparing%20a%20PhD%20>%20Doctorate%20enrolment)

PLANNING YOUR BUDGET

Before leaving, it is essential to estimate your budget. Note that besides recurring expenses, you will have to spend a lot upon arrival!

MONTHLY EXPENSES

Accommodation is the main expense for a Doctoral student and can be as much as 50% of the monthly budget. Expect to spend between €250 and €800 per month depending on the type of accommodation, plus charges (water, electricity, and gas, €50 to €150). Food ranks second: you will spend about €250 per month.

Then come leisure activities, transportation, phone and internet subscriptions, not to mention health care costs, which, even if they are well reimbursed in France, still represent a cost.

EXPENSES UPON ARRIVAL

Beware, there are lots of expenses upon arrival, and it is possible that you will spend more than €1000: university registration fees, the first month rent, a deposit for accommodation, subscriptions for water, electricity, telephone and the internet, insurances, etc...

FINANCING YOUR STAY

Work

To finance your studies, **if you do not already have an employment contract for your Doctoral research**, you can work part-time for up to 964 hours per year of validity of your residence permit, i.e. 60% of the legal annual number of working hours in France.

GOOD TO KNOW

In some cases, the type of visa you hold may not allow you to work in France. If you have any questions, please contact the International Students and Scholars Office - ISSO. You will find all useful contact details at the end of this guide.

GOOD TO KNOW

International PhD students can apply to the CAF (Caisse d'Allocations Familiales) for financial assistance to pay for their rent.

However, please note that eligibility for this benefit depends on several criteria, including financial resources and nationality.

FIND OUT MORE +

A detailed list of the main monthly expenses and the expenses upon arrival:
> [https://international.univ-grenoble-alpes.fr/getting-organized/Section Budget > Cost of living](https://international.univ-grenoble-alpes.fr/getting-organized/Section%20Budget%20>%20Cost%20of%20living)

SEARCHING FOR ACCOMMODATION

Finding accommodation in the region can be challenging, especially in Grenoble, but there are many options. We recommend you start looking for accommodation at least two months prior to your arrival in France.



CROUS GRENOBLE ALPES RESIDENCES

• International Residence Galilée

This residence located in the city center of Grenoble is dedicated to international PhD students.

It is accessible throughout the year for short or long stays, but the number of rooms available is limited. We advise you to apply well in advance, particularly during the August-October period.

• Other student residences

If you do not have direct funding (employment contract or grant), you can also apply to a CROUS student residence.

Please note that student requests have priority and the number of rooms available is very limited, but this can be an interesting alternative during the December-July period.

FIND OUT MORE +

> <https://www.crous-grenoble.fr/se-loger/>
Section Hébergement courts séjours

PRIVATE STUDENT RESIDENCES

Rents are higher than for CROUS public student residences, but they offer other benefits: communal living, furnished rooms, air conditioning, laundromat, gym, etc.

Requests must be sent directly to the residences.

PRIVATE RENTAL SECTOR

The rental offer in the private sector is far greater.

However, it may be challenging for an international doctoral student to find accommodation remotely. It is generally preferable in this case to book temporary accommodation for a few weeks and then search for permanent accommodation on arrival (see the section “Booking temporary accommodation” in this guide).

GOOD TO KNOW

Temporary accommodations booked on online platforms cannot be used as proof of address in France, document which is required to open a bank account in France.

FIND OUT MORE +

> <https://international.univ-grenoble-alpes.fr/getting-organized/>
Section Accommodation > Looking for Accommodation



PERSONALIZED ASSISTANCE IN GRENOBLE

If you register with ISSO's International Researcher Support Database, you will receive free of charge:

- Personalized advice to help you look for accommodation
- Access to negotiated prices for stays in hotel residences
- Furnished accommodation offers from private landlords and residences, under negotiated terms and conditions

To register:

<https://international.univ-grenoble-alpes.fr/getting-organized/>

Section Support for international researchers

FINDING A GUARANTOR

French law protects tenants from evictions, that is why almost all owners require tenants to have a guarantor for rent payment.

A guarantor is a person or an organization which agrees to pay your rent in your stead if you can no longer ensure the payment. Guarantors residing outside of France are rarely accepted, so if have difficulties in finding a guarantor in France, other solutions exist. The most commonly used is called «Visale», which is free of charge if you are less than 31 years old.

> www.visale.fr

> www.campusfrance.org/en

Section Students > Getting organised > Accommodation

OBTAINING A VISA

Except for nationals from the European Economic Area, Monaco, Andorra and Switzerland, it is necessary to get a visa to enter and complete a PhD in metropolitan France.

TO FIND OUT WHETHER YOU NEED A VISA:

> <https://france-visas.gouv.fr>

WHAT TYPE OF VISA TO APPLY FOR?

• If you have an employment contract from France, or from your home country, or if you have a scholarship at least equivalent to the minimum given to doctoral students in France (2300€ gross in 2026, around 1780€ net):

You will follow the visa application procedure for “Talent - Chercheur” (or “Scientifique - chercheur” if you are an Algerian national).

• If you do not have a French employment contract, and your scholarship does not meet the minimum stated above:

You will follow the visa application procedure for a Long Stay Visa (“Visa Long Séjour”, “VLS-TS”) bearing the statement “Étudiant”.

PREPARING YOUR APPLICATION FILE

According to the type of visa you apply for, various documents will be required, including a proof of address in France (which might be temporary accommodation).

For the “Talent - Chercheur” visa, you will have to provide a document entitled “Convention d’accueil” (hosting agreement). The Human Resources contact point of your host laboratory will provide you with this document.

For doctoral students applying for a visa bearing the statement «Étudiant», the consulate will require your admission letter, and a proof of resources at least equivalent to €615 per month for the duration of your visa.

FAMILY

If you are coming with your spouse and/or children, they will have to apply for a visa. To make the process easier, we recommend that they apply for their visa while you are applying for yours.



LEARNING ABOUT HEALTH INSURANCE COVERAGE

In France, it is compulsory for every international doctoral student to have health insurance. Whatever your situation, you will find here useful information to anticipate the different steps to take, and thus be covered straight from your arrival and throughout your period of doctoral studies.

HEALTH INSURANCE («SÉCURITÉ SOCIALE»)

■ You will have a French work contract

From the first day of your employment contract, you will be covered by the French state health insurance.

However, affiliation is not automatic: you will need to submit an affiliation form and supporting documents (including a birth certificate, if possible dated within the last year) to your health insurance organization. The choice of the organization will depend on your nationality and the type of visa you have (more information in the «Registering for health insurance» section of this guide).

To ensure that you are covered from the moment you arrive in France, and before your employment contract begins, we recommend that you take out travel or private health insurance for the first few weeks of your stay.

FIND OUT MORE +

> <https://international.univ-grenoble-alpes.fr/getting-organized/>
Section Insurances > Health insurance

■ You will not have a French work contract

- You are from Europe (EU/EEE), Switzerland, the UK, Québec, or from the Principalities of Andorra or Monaco:

Prior to your arrival in France, you must contact the health insurance organization in your country in order to obtain, depending on your situation, one of the following documents: a European Health Insurance Card (EHIC) or an S1 form, a Global Health Insurance Card (GHIC), or one of the forms or certificates specific to your country or Principality.

Make sure to check the expiry date of these documents. And if you come with an EHIC, also check how long your medical expenses will be covered for.

- You are of another nationality:

Prior to your arrival in France, you must take a travel insurance or private health insurance in order to be covered during the first weeks of your stay, and until you are able to register with the French state health insurance.

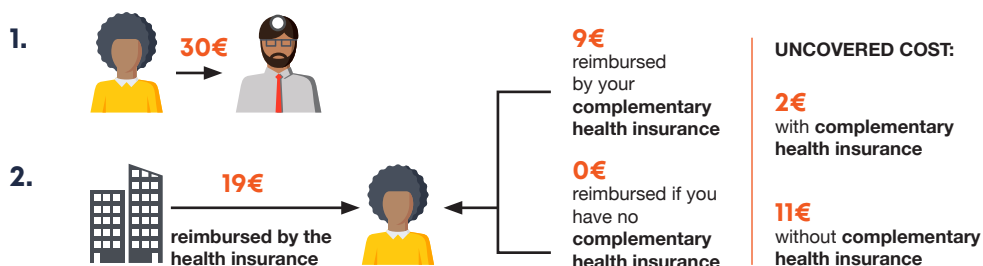
You will have to register with the French state health insurance once arrived in France, after your enrollment with the Doctoral college.



HEALTHCARE COST COVERAGE

Health insurance, covers only a part of healthcare costs, and the reimbursement rate varies according to the type of treatment needed. To cover the remaining healthcare costs that are uncovered by social security, we highly recommend you take an additional health insurance, after your arrival in France, known as «**complémentaire santé**» or «**mutuelle**». If you will have a French employment contract, and will receive a salary from university or a research organization, joining your employer's group complementary health insurance scheme may be mandatory. It would then be referred to as 'protection sociale complémentaire' or 'PSC Santé'.

Healthcare cost coverage example for a visit to a general practitioner at the standard health insurance rate:



FAMILY

- **Children (under 18):** If you come to France with your children, they will also need to subscribe to a health insurance. It is possible to add your children to your own health insurance plan. In this case, this will be done at the same time as your own subscription.
 - **Spouse:** If you come with your spouse, he/she will also have to subscribe to a health insurance. It is not always possible for spouses to register with a health insurance organization straight upon arrival in France. We therefore recommend subscribing to a private health insurance for the first months of their stay.
- > <https://international.univ-grenoble-alpes.fr/getting-organized/>
Section Insurances > Health insurance

GOOD TO KNOW

There are two other mandatory insurances to be taken upon arrival in France: the housing insurance, and the personal civil liability insurance.

For more information, see the section "You have just arrived" in this guide.

REPATRIATION INSURANCE

We also advise you to take out repatriation insurance for the duration of your stay, before your arrival in France, in order to cover for repatriation expenses in the event of serious illness or death. Some bankcards include a repatriation insurance, check with your bank before leaving.

GOOD TO KNOW

If you need to subscribe to a private health insurance for your first months of residence, before you register with French state health insurance or for your family, please note that you can benefit from negotiated offers from a partner insurance company as part of the EURAXESS network (by registering with the International Researcher Support Database, through the UGA international web portal).

> <https://international.univ-grenoble-alpes.fr/getting-organized/>
Section Support for international researchers

The background features a complex geometric design. It includes several large triangles in various colors: a green one in the upper left, a grey one in the lower left, a dark blue one in the center, a light blue one to its right, a yellow one in the upper right, a large olive green one in the top right, and a large orange one in the bottom right. These triangles are overlaid with a pattern of small, light grey dots, some of which are arranged in larger, irregular shapes. A solid orange horizontal band cuts across the middle of the image, serving as a backdrop for the text.

STEP 2

**YOU WILL
ARRIVE SOON**

HOW TO GET HERE AND MOVE AROUND TOWN



FROM PARIS

There are two airports for Paris:

- Paris-Charles de Gaulle airport, located in the northeast of Paris,
- Paris-Orly airport, located in the south of Paris.

> www.parisaeroport.fr/en/homepage

Getting to the train station «Paris - Gare de Lyon»

From the airport, you will need to go to the train station «Paris-Gare de Lyon», to then go to Grenoble or Valence by TGV (high-speed trains). There are several options: by bus, by RER (Paris's suburban railway), by metro or by taxi.

By bus:

From Paris-Charles de Gaulle airport, take the bus line 9517 to the «Saint-Denis Pleyel» station.

You then need to take metro line 14 to get to the «Paris-Gare de Lyon» train station.

By RER (Paris's suburban railway) or metro:

- From Paris-Charles de Gaulle airport:
 - RER line B to the «Châtelet-Les Halles» station, then RER line A to the «Paris-Gare de Lyon» train station.
- From Paris Orly airport:
 - Metro line Orlyval, then RER line B to the «Châtelet-Les Halles» station, and then RER line A to the «Paris-Gare de Lyon» train station.
 - Or metro line 14 directly to the «Paris-Gare de Lyon» train station.

> <https://www.ratp.fr/titres-et-tarifs/billet-aeroport>

GOOD TO KNOW

You can check information related to public transportation in Paris on the RATP website: <https://www.ratp.fr/en/>

The RATP also provides a smartphone application to help you plan your trip:

<https://www.bonjour-ratp.fr/en/>

By taxi:

In France, taxi fares are regulated, but fairly expensive. Licensed taxis have an illuminated sign on the roof of the vehicle. Price: about 45€ from Paris-Orly, and 56€ from Paris-Charles De Gaulle.

From Paris-Gare de Lyon to the Université Grenoble Alpes

From the «Paris-Gare de Lyon» train station, highspeed trains («TGVs») serve Grenoble in 3 hours, and Valence in 2 hours 30 minutes. You should try and book your ticket in advance to benefit from better pricing.

> <https://www.sncf-connect.com/en-en/>

> www.thetrainline.com

FROM LYON

From Lyon airport to the Université Grenoble Alpes

> www.lyonaeroports.com/en

By bus:

The buses of the companies Flixbus and BlaBlaCar-Bus go to Grenoble and Valence.

> www.flixbus.fr

> <https://www.blablacar.fr/bus>

By train:

You can go to Grenoble or Valence from one of these 3 train stations:

Lyon-St Exupéry train station (airport)

Lyon-Part-Dieu train station (Lyon town center)

Lyon-Perrache train station (Lyon town center)

> <https://www.sncf-connect.com/en-en/>

> www.thetrainline.com

FROM GENEVA

From Geneva airport to the Université Grenoble Alpes

> <https://www.gva.ch/en/>

By bus :

The buses of the companies Flixbus and BlaBlaCar-Bus go to Grenoble or Valence.

> www.flixbus.fr

> www.blablacar.fr/bus

By train:

From the Geneva airport, you will first need to go to the Geneva-Cornavin train station, to then go to Grenoble or Valence by train.

> <https://www.gva.ch/en/>

Section Access & Transport

> <https://www.sncf-connect.com/en-en/>

> <https://en.oui.sncf/en/>

GOOD TO KNOW

Some European destinations are also served by two local airports: Grenoble Alpes Isère airport and Chambéry Savoie Mont Blanc airport. Please note that these flights are seasonal, and do not operate all year round.

For more information

> www.grenoble-airport.com/en

> www.chambery-airport.com/en

ENVIRONMENTALLY FRIENDLY MOBILITY

Transport is responsible for a large proportion of greenhouse gas emissions. While air travel is often necessary for long-distance journeys, trains and buses are an interesting alternative for short- and medium-distance journeys within Europe. Per person and per kilometre, trains pollute 14 times less than planes.

MOVING AROUND TOWN

Every city has its own public transportation network. Upon arrival, you can easily get tickets for 1 ride, 10 rides, day or 3 to 7 day passes. Monthly and yearly passes are the most cost-effective.

Grenoble

The network of public transportation in Grenoble is called M réso. Greater Grenoble is well served by almost 50 separate bus routes and by 5 tram lines.

> www.reso-m.fr

Valence

The public transportation network in Greater Valence is called Citéa.

> www.valenceromansmobilites.fr/



BOOKING TEMPORARY ACCOMMODATION

Upon arrival, if you have not found permanent accommodation yet, you can still book a room at a youth hostel, a private individual's place, a hotel, an aparthotel or at the Galilée CROUS hotel residence.

IN GRENOBLE

Youth hostel - FUAJ (Fédération Unie des Auberges de Jeunesse)

10 avenue du Grésivaudan - 38 130 Échirolles
+33 (0)4 76 09 33 52

grenoble@hifrance.org

> <https://www.hifrance.org/auberges-de-jeunesse/grenoble-agglomeration/>

Grenoble tourist office

> www.grenoble-tourisme.com/en/where-to-sleep/

The Galilée CROUS residence

located in the heart of Grenoble and served by two tramlines, the Galilée CROUS hotel residence offers a few short-term accommodations, in addition to long-term accommodations.

> Residence-galilee@crous-grenoble.fr

IN VALENCE

Valence tourist office

> <https://www.valence-romans-tourisme.com/en/be-organised/accommodation/all-accommodation/>

GOOD TO KNOW

In order to open a French bank account, you will need to provide a proof of address in France. Temporary accommodations do not always make it possible to get such a document.



PREPARING YOUR ARRIVAL: CHECKLIST AND TIPS

DO NOT FORGET:

- Valid identity card (European nationals) or passport.
- Health record and vaccination certificates (if available).
- Original of your birth certificate with filiation (if possible a recent one, dated within the last year).
- The original of your Master's degree (or equivalent).
- Your driver's license if you want to use a car in France.
- Socket adapter (the plugs in France are type C or E/F).

Doctoral students who have a «Talent - Chercheur» visa:

- The "Convention d'accueil" (hosting agreement) issued by the Human Resources department of your host university or organization.

Doctoral students who have an «Étudiant» Long-Stay Visa («VLS-TS»):

- The acceptance letter signed by the person in charge of your laboratory, or the «séjour de recherche» agreement.
- Proof of your financial resources (scholarship, salary, etc.).

For European (EU, EEE), British nationals, Swiss nationals, or nationals from Québec, Andorra or Monaco:

- European Health Insurance Card (EHIC) or S1 form, Global Health Insurance Card (GHIC), or the form or certificate from your national health insurance or social security office.

GOOD TO KNOW

Certain documents written in a language other than French (birth certificate, driver's license, etc.) must be translated by a translator sworn by the French courts. If you want to translate these documents before leaving, we recommend asking the French embassy or consulate in your country, in order to have the translations legalized or apostilled.

FAMILY

In addition to the documents mentioned, do not forget to bring:

- Your marriage certificate.
- The family record book or birth certificate of each family member.
- The health record and vaccination certificates of each child
- School reports of children.
- Proof of family resources for the last tax year.

For European (EU/EEA), and Swiss nationals:

- European Health Insurance Card (EHIC) (or the S1 form, or the refusal certificate of the S1 form, see with your organization) provided by the health insurance in your country, and for each family member.

TIPS

- Scan all your important documents and send them to your mailbox. Also take two or three photocopies of these documents with you, you will quickly need them upon arrival.
- If you travel by plane, keep all the documents from the checklist with you: they can be claimed upon arrival by the border control services.
- Write down the essential information in case you do not have internet access upon arrival: accommodation's address, reception telephone number (for residences), directions between the station and your accommodation with bus and tram numbers, contact at your laboratory, etc.
- If your country uses a currency other than the euro, consider changing money to make your first payments. Before leaving, check the terms of overseas money withdrawal with your card, since the opening of a bank account in France can take one or two weeks (see the "Opening a bank account" section in this guide).
- If you do not have a European Health Insurance Card, or Global Health Insurance Card, or forms from the RAMQ, or from your Monegasque or Andorran social security office, remember to get a private health insurance contract in order to be covered during the first weeks of your stay in France.



The background features a large, abstract geometric design. It consists of several overlapping triangles in various colors: dark blue, light green, light blue, orange, yellow, and grey. These triangles are set against a white background with a pattern of small, grey halftone dots. The dots are arranged in a way that creates a sense of depth and texture, with some areas being denser than others. The overall composition is modern and minimalist.

STEP 3

**YOU HAVE JUST
ARRIVED**

GETTING INTERNET ACCESS

Lots of wifi spots are available for you to use upon your arrival:

- In airports, cafes, but also in different places in the town centre.
- In university restaurants and students residences.
- On university campuses: on enrollment at the university, you will get your logins and passwords to access the «wifi-campus» network.
If you have access to the Eduroam network in your home university, you can have access to this network in France too with the same login and password.

In Grenoble, computers are available with free access to the internet at the MUSE welcome center on campus, or in libraries in the city.

In Valence, free access computers are available in public libraries.

All mobile tariffs in France include, on top of calls, an (almost) unlimited Internet access. You can get monthly subscriptions, or buy pre-paid cards.

GOOD TO KNOW

Remember to check the roaming charges from your provider in your country if you wish to access the internet with your mobile phone upon arrival in France.



FIND OUT MORE +

Wifi in Valence:

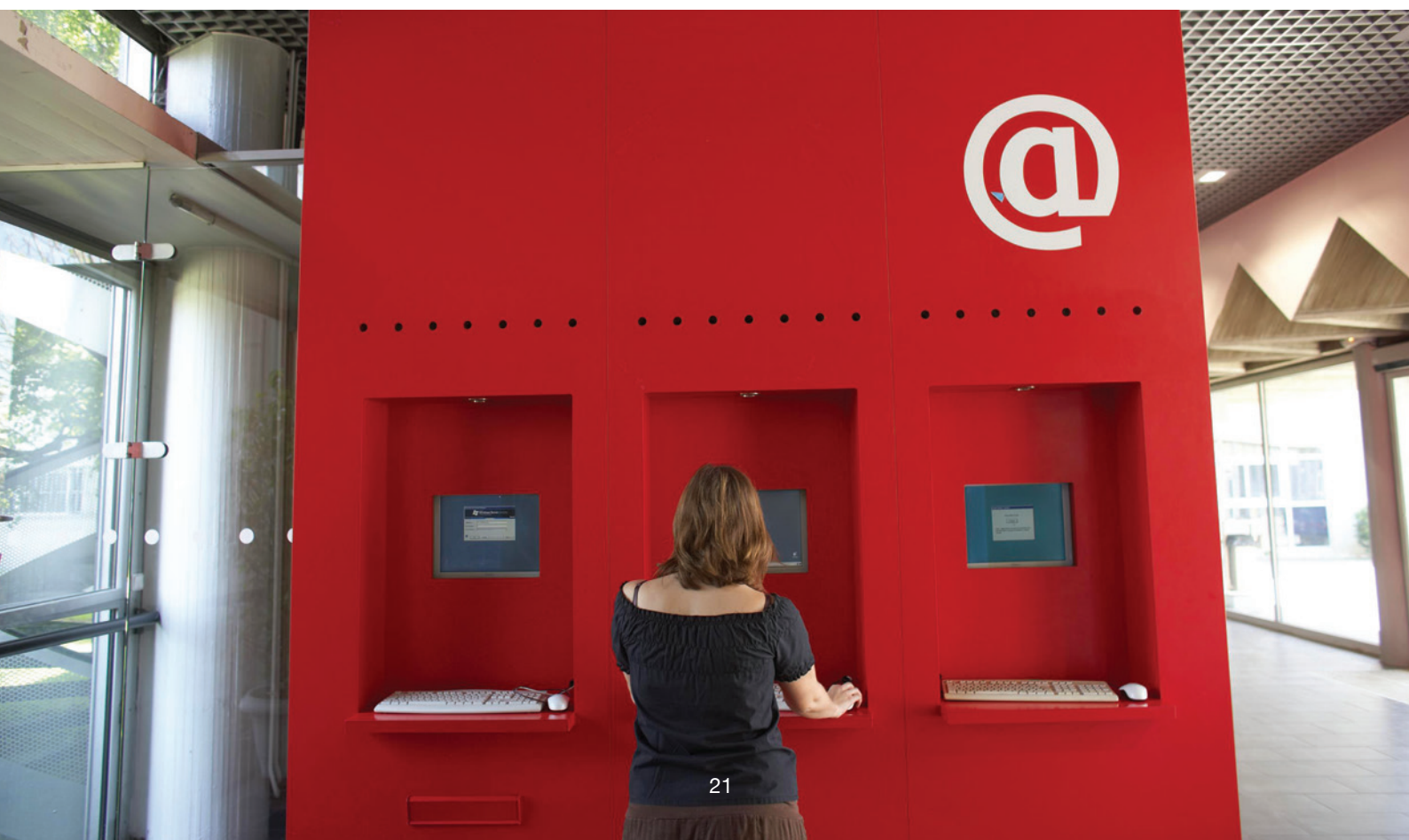
www.valence.fr/ma-ville/ville-connectee/

Free access computers at libraries in Valence:

[https://mediatheques.valenceromansaglo.fr/Section Services > Espaces numériques](https://mediatheques.valenceromansaglo.fr/Section%20Services%20>%20Espaces%20num%C3%A9riques)

Access to wifi and computers in Grenoble:

<https://www.solidarites-grenoble.fr/aide/133/957-wifi-a-grenoble.htm#acteurs>



FINDING ACCOMMODATION

FINDING ACCOMMODATION ONCE YOU HAVE ARRIVED

Finding accommodation requires engagement and time: regularly check offers on the Internet and with real estate agencies, and do not hesitate to seek advice from your host laboratory.

When visiting accommodations, remember to bring several copies of all the necessary paperwork: this will allow you to be first in line if you find the place of your dreams! You can also prepare and transmit your file to the owner more securely using the «Dossier facile» platform.

> <https://www.dossierfacile.logement.gouv.fr/>

FIND OUT MORE +

Glossary of accommodation terms:

> <https://international.univ-grenoble-alpes.fr/getting-organized/>

Section Accommodation > Looking for accommodation > Tips for finding accommodation

Documents that may be required for signing a rental agreement:

> <https://www.service-public.fr/particuliers/vosdroits/F1169?lang=en>

WHEN ENTERING YOUR ACCOMMODATION

Signing the rental agreement (“bail”)

Before you can move in, the landlord and yourself must sign a rental agreement, called «bail» (lease) in French. This agreement is drawn up in two copies and defines the rental conditions, stating the amount of the rent, the surface area of the accommodation, the duration of the agreement, etc. When signing the agreement, you will have to pay various entry fees, such as:

- the security deposit
- the agency fees (if you rented through a real estate agency), and the inventory fees
- the first month's rent on a pro rata basis

FIND OUT MORE +

> <https://www.service-public.fr/particuliers/vosdroits/N349?lang=en>

> www.adil38.org (Grenoble)

> <https://adil.dromenet.org/> (Valence)

Insuring your accommodation

All rented accommodation must be insured by the tenant for rental risks: fire, water damages, and explosions. However, this insurance does not necessarily cover possessions you have in your home, for example in case of burglary. You can get information from banks and insurance companies which offer rental liability insurance contracts and “multi-risk” insurance contracts. You will have to provide a certificate of rental insurance to your owner or the agency before you move in.

> <https://international.univ-grenoble-alpes.fr/getting-organized/>

Section Insurances > Home insurance

<https://international.univ-grenoble-alpes.fr/getting-organized/>

Entry Inventory (“État des lieux d’entrée”)

An entry inventory is a procedure whereby the owner and the tenant review the state of the apartment and record any defects or damage in a written report. It must be carried out systematically before renting, and your presence is mandatory. It also defines the responsibilities of each party in case of litigation. At the end of the stay, it will be compared to the exit inventory. This step generally occurs before the keys are handed over, but can be performed the same day. If the inventory is carried out by a professional, you will be charged partly.

GOOD TO KNOW

During the inventory, pay close attention to any defects or damage in the accommodation and do not forget to read the inventory report before you sign it. A copy of the inventory must be given to you. If you want to modify or add to the inventory, you must send a registered letter with proof of delivery (“recommandé avec accusé de réception”) or an email, detailing the modifications you want to make, within 10 days after moving in.

Taking contracts for water, electricity, gas, internet and a landline

If water, electricity and gas are not included in the rental charges (in student residences, they are usually included), you have to take out contracts with providers of your choosing, even if you already can use water, electricity and gas when you move in. Starting each new contract is charged around 25€.

GOOD TO KNOW

If you need financial help to pay for your rent, you can apply for a housing allowance to the CAF (Caisse d’Allocations Familiales).

Applications are to be submitted online, on the CAF website, as soon as you move in your accommodation.

The award and the amount of this housing allowance are based on several criteria: financial resources, family and personal situation, amount of the rent, type of accommodation.

Please note, from 1 July 2026, it is expected that non-European students will no longer be eligible for housing benefit from the CAF. As the details of how this new law will be implemented are not yet known at the time of writing this guide, we advise you to check the eligibility criteria again upon your arrival in France.

> <https://international.univ-grenoble-alpes.fr/getting-organized/>

Section Accommodation > Housing allowance - CAF

OPENING A BANK ACCOUNT

The opening of a French bank account is not mandatory, but almost essential. A bank account in France will allow the payment of possible wages, and facilitate the payment of bills or subscriptions, allowances or reimbursement of medical expenses. You will need to provide a proof of address in France to open a bank account. Note that temporary accommodations do not always make it possible to get such a document.

Steps to follow to open a bank account in a traditional bank (with a physical branch):

- Choose bank
- Make an appointment with a bank advisor.
- Prepare your file with the requested documents, which usually are:
 - proof of identity (ID card, or passport)
 - proof of address with your name on it (rental agreement or 'bail', certificate of university students residence, rent receipt, electricity bill, etc.)
 - Student card (optional, in case of special offers)

GOOD TO KNOW

Opening an account is usually free of charge, but some services may have to be paid for (credit card, money transfers, overdraft facilities, etc.). Get as much information as possible and do not hesitate to compare several bank offers!

FIND OUT MORE +

<https://international.univ-grenoble-alpes.fr/getting-organized/>
Section Budget > Bank

OBTAINING A CVEC ATTESTATION

The Student and Campus Life Contribution (CVEC) is used to fund initiatives to improve living conditions on campus in the areas of health, sport, culture and student initiatives. But beware, the CVEC is not insurance!

You will be asked to provide proof of payment of the CVEC in order to finalize your registration with the Doctoral College, unless you are doing a joint PhD ('cotutelle') and are not paying registration fees at the UGA.

Do not hesitate to contact the Doctoral College if you have any doubts.

FIND OUT MORE +

<https://cvec.etudiant.gouv.fr/>

TAKING OUT CIVIL LIABILITY INSURANCE

There are three mandatory insurances in France: health insurance, rental liability insurance, and civil liability insurance. The civil liability insurance ('assurance responsabilité civile vie privée'), covers any damage you may involuntarily cause to others. If you have taken out a «multirisque habitation» insurance, it usually contains the personal civil liability insurance, check with your insurance provider.

GOOD TO KNOW

Some laboratories require you to take personal civil liability before you arrive in France. It is possible to get this insurance from a Euraxess partner insurance provider, by registering to ISSO's International Researcher Support Database. For more information, contact the Human Resources department of your university or host organization, or ISSO.

COMPLETING YOUR ENROLLMENT WITH THE DOCTORAL COLLEGE

At this point, your Doctoral school will have approved and confirmed your admission and the academic aspects of your application, and will have forwarded your file to the Doctoral college.

The Doctoral college's registration office («service de scolarité») will email you the registration details, so that you can complete the process online or by appointment, and pay the registration fees. This final step will officially confirm the start of your PhD.

FIND OUT MORE +

<https://doctorat.univ-grenoble-alpes.fr/preparing-a-phd/doctorate-enrolment/>

GOOD TO KNOW

Once your enrollment is completed, you will receive your student card (proof that you are now officially a Doctoral student at Université Grenoble Alpes) as well as your access codes to login to the wifi campus or Eduroam networks.

REGISTERING FOR HEALTH INSURANCE AND GETTING A COMPLEMENTARY HEALTH COVERAGE

HEALTH INSURANCE (“SÉCURITÉ SOCIALE”)

Registration procedures vary depending on your situation and nationality. If you have any doubts about which procedure to follow, do not hesitate to contact either your Human resources department, or the International Students & Scholars Office (ISSO).

You have a French employment contract

Registration is not automatic. You will need to fill in a form called «demande d’ouverture de droits» or «demande d’affiliation», enclose all the required documents, and send it all to your health insurance organization:

- **If you have a «Talent - Chercheur» visa:** you must send your registration file to the CPAM in Paris (« SRI/Talents » service), either by postal mail, or via their online document submission platform.
- **If your employment contract is less than 10 months long, and you do not have a «Talent - Chercheur» visa:** you must send your registration file to the CPAM of your place of residence.
- **If your employment contract is more than 10 months long, and you do not have a «Talent - Chercheur» visa:** you must send your registration file to the MGEN of your place of residence; you can go directly to the MGEN agency.

You do not have a French employment contract

- **You are a student from Europe (EU/EEE), Switzerland, the UK, or the Principality of Andorra:** you must have a valid European Health Insurance Card or Global Health Insurance Card, or the specific form from your Andorran social security office: no registration is required. If you have none of these documents, or if you have an S1 form, register with the French state health insurance on:
> <https://etudiant-etranger.ameli.fr/#/>.
- **You are a student from the Principality of Monaco:** you must have your certificate from your Monegasque social security office and do not need to register with French state health insurance.
- **You are a student from Quebec:** whether you have the specific RAMQ form or not, you will need to register with French state health insurance, either with a paper form or online on <https://etudiant-etranger.ameli.fr>, depending on your situation.

- **You are of another nationality, and have a visa:** on arrival in France, and right after completing your enrollment with the Doctoral college, register with the French state health insurance via the website dedicated to new international students:
> <https://etudiant-etranger.ameli.fr/#/>.

This registration is free of charge. Only three documents are necessary to start registering: passport, visa and a proof of registration at university (provided by the Doctoral college).

FAMILY

Children (under 18): If you come with your children, you will have to add them to your health insurance plan or to your spouse's if he/she comes with you to France. You will have to do this at the same time as your own registration and with the same organization (CPAM, MGEN), by filling in an underage children's registration form (“formulaire de rattachement des enfants mineurs”).

Spouse: If your spouse moves to France with you, they must have their own health insurance plan. The health insurance organization he/she will need to register with depends on your and his/her situation. More information available on ISSO's website:

> [https://international.univ-grenoble-alpes.fr/en/Section Family > Family health](https://international.univ-grenoble-alpes.fr/en/Section%20Family%20>%20Family%20health)

ADVICE

Always keep a health insurance certificate with you, in case you go to a doctor, or in the event of an accident.

COMPLEMENTARY HEALTH INSURANCE («MUTUELLE»)

The health insurance («sécurité sociale») covers only part of the medical expenses. To be better reimbursed, we highly recommend you take out an additional health insurance, known as «complémentaire santé» or «mutuelle».

In some cases, particularly if you have a French employment contract, joining a complementary health insurance scheme may be mandatory. Your employer would then cover 50% of the cost of this complementary health coverage.

- If you do not receive a French salary, note that many insurance providers have special offers for students. Take your time to compare the different offers according to your needs.
- If you have a limited budget, and are registered with the French social security, you can apply for the «complémentaire santé solidaire» at your local CPAM.
- If you have a French employment contract, and will receive a salary from university or a research organization, joining your employer's group complementary health insurance scheme will be mandatory (except in cases of exemption). This new scheme, which came into effect in May 2026, is called «protection sociale complémentaire» or «PSC santé», and is managed by MGEN. Check with your human resources department to see if you are eligible and to find out how to register.

FIND OUT MORE +

> <https://international.univ-grenoble-alpes.fr/getting-organized/>
 Section Insurances > Health insurance > Health insurance and complementary health coverage > Complementary health insurance
 Section Budget > Financial assistance > Healthcare costs

HEALTH CENTERS ON CAMPUS

In Grenoble, all PhD students enrolled in the Université Grenoble Alpes can benefit from free consultations at the Student Health Service.

The team of health professionals at the Student Health Service provides information, consultations, and preventive actions throughout the academic year.

> <https://etudiant.univ-grenoble-alpes.fr/sante-et-bien-etre/vous-soigner/trouver-un-medecin/a-grenoble-le-service-de-sante-etudiante/>

In Valence, the Youth Health Centre also provides free access to consultations and preventive actions.

> <https://etudiant.univ-grenoble-alpes.fr/sante-et-bien-etre/vous-soigner/trouver-un-medecin/a-valence-le-centre-sante-jeunes/>



FIND OUT MORE +

> <https://international.univ-grenoble-alpes.fr/getting-organized/>
 Section Insurances > Health insurance
 Section Daily life > Health
 > CPAM
<https://ameli.fr/>
 > MGEN
www.mgen.fr

VALIDATING YOUR VISA OR APPLYING FOR A RESIDENCE PERMIT

If you have obtained an «Étudiant» or «Talent-Chercheur» visa, you will probably have to carry out some procedures on arrival in France.

In most cases, this will be an online validation of the visa, but you may also have to apply for a residence permit, or you may not have to do anything.

This depends on the type of visa you have obtained («C» or «D»), but also depends on the mention that bears the visa.

To find out which procedure applies to your situation, the UGA provides you with a tool on the international web portal:

> <https://international.univ-grenoble-alpes.fr/getting-organized/>

Section Visas and residence permits > On arrival in France

GOOD TO KNOW

If you need to apply for a residence permit, all the documents in your file must be translated into French, with the exception of your passport. The translation must be done by a sworn translator approved by a French Court. If the translation is done abroad, the translator's signature must be legalized by the French consulate.

FAMILY

■ If you come with your spouse or adult children (aged 18 or over), their validation procedures on arrival depend on yours: they cannot start until you have completed your procedures. So don't wait too long!

■ Underage children (<18 years old) may need a visa to enter France, but they do not need a residence permit to stay in France.

If you plan to travel out of France after the expiration date of their visa, you will have to ask for a specific authorization ("Document de Circulation", called "DCEM").

For more information, contact ISSO.

FIND OUT MORE +

> <https://international.univ-grenoble-alpes.fr/getting-organized/>

Section Visas and residence permits



FINDING OUT ABOUT CHILDCARE AND SCHOOLING FOR YOUR CHILDREN

CHILDCARE

There are several childcare solutions: nursery, day-care center, micro-nursery, childminder, home care... Your choice will be based on several criteria: your child's age, where you live or where you work, your time constraints, your needs (occasional or regular), your financial resources, etc.

For more information, feel free to contact ISSO.

FIND OUT MORE +

> <https://international.univ-grenoble-alpes.fr/getting-organized/>
Section Daily Life > Family

Developed by the CAF, the Monenfant.fr platform provides information on finding childcare, as well as on topics related to early childhood and parenting.

> <https://monenfant.fr/>

GOOD TO KNOW

In grenoble: the "pôle accueil petite enfance" (center for early childhood)

A single information, advice and guidance centre to help parents in their search for the right childcare solution. It is also the only, central place for all nursery/municipal crèche enrollments.

> <https://www.grenoble.fr/716-le-pole-accueil-petite-enfance.htm>

In Valence: the «point info petite enfance» (early childhood info point)

Childcare professionals welcome, advise, guide and support you in all your steps.

> <https://www.valenceromansagglo.fr/pratique/familles/petite-enfance/>

IN GRENOBLE : NEW IN 2026

A new daycare center («crèche») will open on the St-Martin-d'Hères campus on 1 September 2026. Applications are made online, but please note that places are limited, and submitting a pre-registration application does not guarantee admission.

SCHOOLING OF CHILDREN

French school system

In France, going to school is a right for all children. Schooling is mandatory for girls and boys from 3 to 16 years old. Public school is secular and free, while private ones are pay-schools. Depending on the age of the child, his/her schooling will be organized between kindergarten ("école maternelle"), elementary school ("école élémentaire"), middle school ("college") and high school ("lycée").

Enrollment in a public (state-funded) school

- **To enroll your child in kindergarten ("école maternelle") or elementary school ("école élémentaire", also called "primaire"),** you must contact the town hall of the city or town you live in.
- **To enroll your child in middle school ("college") or high school ("lycée"),** you must book an appointment with your child in your closest "Centre d'Information et d'Orientation" ("CIO", Information and Guidance Center). Your child will take a placement test and will be redirected to the class corresponding to his/her level.

Enrollment in a private school

If you wish to enroll your child in private rather than a state-funded school, you should contact the school directly to know more about enrollment procedures and fees.

FIND OUT MORE +

> <https://international.univ-grenoble-alpes.fr/getting-organized/>
Section Daily life > Family

Information on schooling organization is available in the form of bilingual welcome booklets, on the French administration official website, page 'École primaire (maternelle ou élémentaire) pour un élève venant de l'étranger'

> www.service-public.fr/particuliers/vosdroits/F1866

> <https://www.service-public.fr/particuliers/vosdroits/F21304>

NEED HELP? YOUR CONTACTS

You are about to begin a life and research experience in France. You will find in this last section contacts and privileged interlocutors to facilitate your integration.

PRIMARY CONTACTS FOR PHD STUDENTS

Your Doctoral School is your main point of contact, whatever issues you may encounter. Please also feel free to contact Caroline Skudder, Project Officer for 'Support for International PhD Students'.

WHAT YOU NEED	WHO TO CONTACT
PhD studies organization and progress, aspects relating to your field of research	> Doctoral dissertation supervisor > Doctoral school
Preparation of your stay and arrival, information on administrative procedures and practical matters relating to your daily life (including for your accompanying family)	> International Students & Scholars Office (ISSO) (See page 29 of this guide)
Health insurance ■ Social security registration, getting the medical card «carte Vitale», reimbursement of medical expenses	> CPAM > MGEN (See pages 24 and 25 of this guide)
Health insurance, if you are a salaried PhD student ■ Mandatory «Protection sociale complémentaire» scheme («PSC santé») of the MGEN ■ Sick leaves	> CPAM > MGEN (See pages 24 and 25 of this guide) > Your employer's Human Resources (HR) department
Your employment contract, if you are a salaried PhD student ■ Sick leaves, working hours, right to vacation/leave	> Your employer's Human Resources (HR) department
Medical consultations	> Student health service (in Grenoble) > Youth health center (in Valence) (See page 29 of this guide)
Health at work, if you have a French employment contract - Work-related distress, workplace adjustments, disability, etc.	> Occupational medicine («Médecine du travail») > Your employer's Human Resources (HR) department
Situation of distress	> Student health service (in Grenoble) > Youth health center (in Valence) (See page 29 of this guide) > Listening service (bilingual) «Bulles d'air» of the Doctoral college > Your employer's Human Resources (HR) department (only if you are a salaried PhD student)
Social support : personal, administrative or financial difficulties	> Social service of the CROUS Grenoble Alpes (if you are not a salaried PhD student) > Staff social service (if you are a salaried PhD student)
Accommodations for people in a situation of disability	> UGA's Students with disabilities office > Your employer's Human Resources (HR) department (only if you are a salaried PhD student)
French as a foreign language courses	> International relations office of the Doctoral College (before your arrival in France) > PhD Career Center of the Doctoral college (after your registration with the Doctoral college)
Skills development Career progression	> Doctoral dissertation supervisor > Department for training courses and professional integration of the Doctoral college

ISSO WELCOME CENTERS (UGA)

In Grenoble and Valence

The International Students & Scholars Office (ISSO) is a welcome and support service dedicated for international students, PhD students, researchers and their families.

The ISSO multilingual team welcomes and helps you upon arrival, and throughout your whole stay, for different administrative steps:

- Accommodation
- Visa validation procedures and residence permits
- Bank account opening, social security, insurances, CAF, practical matters
- Schooling, baby-sitting and family integration

Address and opening hours of ISSO's welcome centers:

> <https://international.univ-grenoble-alpes.fr/getting-organized/service-centers-on-campus/international-students-scholars-office/>

TWO KEY LOCATIONS ON YOUR CAMPUSES!

• In Grenoble: MUSE

The student services center (MUSE, Maison universitaire des services à l'étudiant) is situated at the heart of the St- Martin-d'Hères campus. This building houses a large number of CROUS Grenoble Alpes and Université Grenoble Alpes (UGA) services for UGA students. Here you will find ISSO, the student health service, the service for students with disabilities, etc.

• In Valence: the Maison de l'étudiant Drôme Ardèche

The Maison de l'étudiant Drôme Ardèche, located on the Place Latour-Maubourg, brings together on the same site various associations and services dedicated to students, including ISSO.

More information on:

> <https://international.univ-grenoble-alpes.fr/getting-organized/>

Section Service centers on campus

ASSOCIATIONS FOR PHD STUDENTS

The Université Grenoble Alpes boasts many Doctoral student associations. In all disciplines, and with the aim of uniting young researchers, they promote mutual aid, experience sharing and the valorization of research work.

> <https://doctorat.univ-grenoble-alpes.fr/english/Section Campus life> > PhD students associations

STUDENT ASSOCIATIONS

To facilitate your integration, join or follow the activities of the student associations that brighten up the campuses life: culture, sports, solidarity... you will probably find one that corresponds to your interests !

> <https://etudiant.univ-grenoble-alpes.fr/experiences-et-engagements/vous-engager/>

ASSOCIATIONS FOR INTERNATIONAL STUDENTS

In Grenoble: IntEGre association

IntEGre is a dynamic association of Grenoble students whose aim is to welcome international students within the Université Grenoble Alpes, and thereby facilitate cultural exchanges through a variety of activities, outings, special welcome evenings, and discoveries of local and national heritage.

The association organizes in particular at the beginning of each semester visits round the campus and the city of Grenoble, as well as 'discovery' weekends.

> www.integre-grenoble.org

> www.facebook.com/Association.IntEGre

> www.instagram.com/association.integre/

GOOD TO KNOW

BUDDY SYSTEM: UGA's mentoring system

By signing up for the mentoring programme, you can be put in touch with a student already at the UGA, who will be able to guide you, advise you and help you take your first steps in Grenoble.

> <https://international.univ-grenoble-alpes.fr/internationalization/>

Section Integration opportunities

> <https://buddysystem.eu/fr/register>

THE "MAISON DE L'INTERNATIONAL" IN GRENOBLE

The "Maison de l'International" (International House) is a privileged place of welcome, exchange, information, documentation and exhibitions devoted to international matters. As it is managed by the City of Grenoble, you will find information on the international associations present in the city.

> <https://www.grenoble.fr/lieu/1388/137-maison-internationale-grenoble.htm>

CROUS SOCIAL SERVICES

If you are experiencing personal or financial difficulties, you can request an appointment with a CROUS social worker. To find out how to make an appointment, particularly depending on your city of study, visit the CROUS Grenoble Alpes website.

> <https://www.crous-grenoble.fr/contacts/social-et-accompagnement/>

In Grenoble, you can also meet a CROUS social worker at the «Maison du doctorat».

> <https://doctorat.univ-grenoble-alpes.fr/pendant-la-these/social-et-lutte-contre-les-comportements-inappropriés-/permanence-assistance-sociale-du-crous-grenoble-alpes-a-la-maison-du-doctorat--1004044.kjsp>

SOCIAL SERVICES FOR UGA STAFF

If you are employed by the UGA, you can benefit from the support of a social worker from the staff social service.

Please visit the staff intranet for more information.

> <https://www.univ-grenoble-alpes.fr/personnel-de-l-universite/consulter-l-intranet-des-personnels/>
> assistantes-sociales-personnels@univ-grenoble-alpes.fr

COMBATING HARASSMENT, DISCRIMINATION, SEXUAL AND GENDER BASED VIOLENCE (UGA)

The Université Grenoble Alpes is committed to preventing and punishing sexual and gender based violence and all forms of discrimination and harassment.

Among the measures put in place, a reporting system is available to all UGA PhD students:

> <https://international.univ-grenoble-alpes.fr/getting-organized/>

Section Daily life > Help and support

OCCUPATIONAL MEDICINE FOR UGA STAFF

If you are employed by the UGA, you can contact the occupational health service for any questions relating to your health in the workplace or in relation to your work.

Please visit the staff intranet for more information.

> <https://www.univ-grenoble-alpes.fr/personnel-de-l-universite/consulter-l-intranet-des-personnels/>
> medecine-du-travail@univ-grenoble-alpes.fr

SERVICE FOR STUDENTS WITH DISABILITIES (UGA)

The aim of the 'Service Accueil Handicap' is to ensure access by students with disabilities to all university training programs and help them participate fully in student life. This service thus accompanies in their studies all students confronted with difficulties related to illness or disability, whether permanent or temporary.

For PhD students in Grenoble and Valence

> <https://etudiant.univ-grenoble-alpes.fr/votre-situation/etudiant-en-situation-de-handicap/>

HEALTH CENTERS

Students and PhD students can consult doctors, nurses, or psychologists, without having to pay in advance, at the student health service or youth health center.

In Grenoble

Student health service (UGA)

> <https://etudiant.univ-grenoble-alpes.fr/sante-et-bien-etre/vous-soigner/trouver-un-medecin/a-grenoble-le-service-de-sante-etudiante/>

In Valence

Youth health center (UGA and City of Valence)

> <https://etudiant.univ-grenoble-alpes.fr/sante-et-bien-etre/vous-soigner/trouver-un-medecin/a-valence-le-centre-sante-jeunes/>

EMERGENCY AND HEALTH CONTACTS

- All kinds of emergencies France & Europe: 112
- Medical emergencies SAMU: 15
- Police: 17
- Fire services: 18
- Emergencies for deaf and hard of hearing (in French): 114 (SMS)
- Poisoning and intoxication: 04 72 11 69 11
- St-Martin-d'Hères Campus Security Service 'Les Gardes du Campus': 04 76 82 82 82
- Grenoble/La Tronche University Hospital (CHU): 04 76 76 75 75
- Valence Hospital : 04 75 75 75 75

ON-DUTY PHARMACIES

- www.servigardes.fr or 0825 74 20 30 (0,15€/min)

ON-CALL MEDICAL SERVICES

- Consult the map of available places of care on the Santé.fr website, and directly contact the chosen place of care: <https://www.sante.fr/carte-des-lieux-de-soins>
- Or contact the Healthcare access service (Service d'accès aux soins, SAS) by calling 15.

USEFUL ACRONYMS

ADIJ: Association Départementale Information et Initiative Jeunesse
BU: Bibliothèque Universitaire
CAF: Caisse d'Allocations Familiales
CDD: Contrat à Durée Déterminée
CDI: Contrat à Durée Indéterminée
CEAM: Carte Européenne d'Assurance Maladie
CED: Collège Doctoral
CHU: Centre Hospitalier Universitaire
CM: Cours Magistral
CSS: Complémentaire Santé Solidaire
CPAM: Caisse Primaire d'Assurance Maladie
CROUS: Centre Régional des Œuvres Universitaires et Scolaires
CUEF: Centre Universitaire d'Études Françaises
CVEC: Contribution Vie Étudiante et de Campus
DSDA: Département Sciences Drôme-Ardèche
ECTS: European Credit Transfer System
EEE: Espace Économique Européen
EVE: Espace Vie Étudiante
FLE: Français Langue Étrangère
GEG: Gaz Electricité de Grenoble
GHIC: Global Health Insurance Card
ISSO: International Students and Scholars Office
LMD: Licence, Master, Doctorat
MGEN: Mutuelle Générale de l'Éducation Nationale
MUSE: Maison Universitaire des Services à l'Étudiant
RAMQ: Régie Assurance Maladie du Québec
RATP: Régie Autonome des Transports Parisiens
RH: Ressources Humaines
RIB: Relevé d'Identité Bancaire
RU: Restaurant Universitaire
SAH: Service Accueil Handicap
SNCF: Société Nationale des Chemins de Fer
SUAPS: Service Universitaire des Activités Physiques et Sportives
TCF: Test de Connaissance du Français
TGV: Train Grande Vitesse
UE: Union Européenne
UFR: Unité de Formation et de Recherche
VLS-TS: Visa Long Séjour valant Titre de Séjour

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