

CAMPUS FRANCE

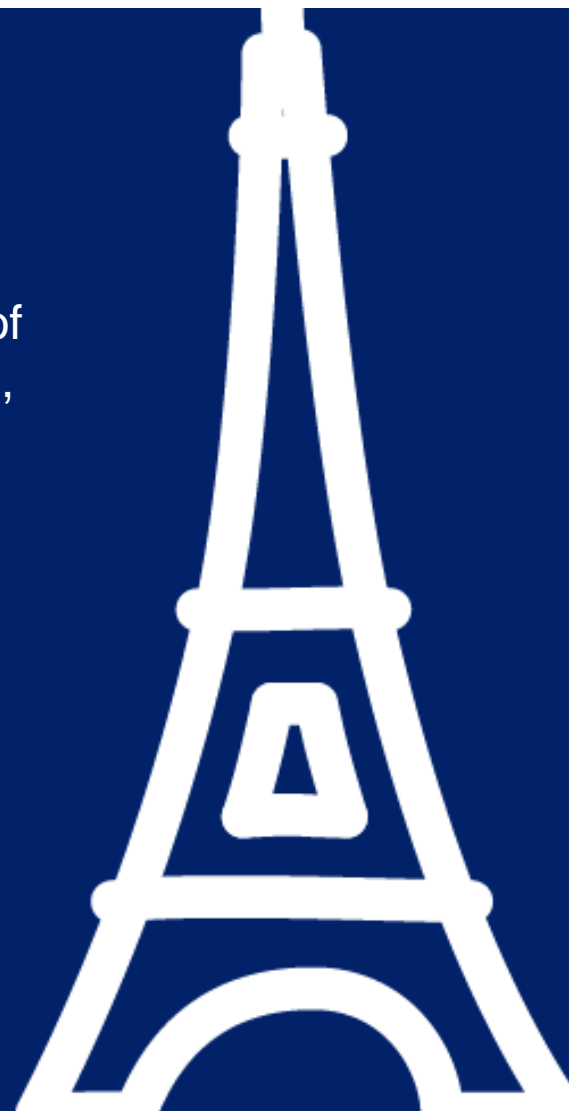
The French national agency for the promotion of higher education, international student services, and international mobility

250+ offices in the world

4 offices in Canada:

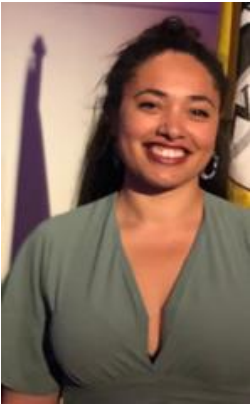
- Ottawa
- Toronto
- Montreal
- Vancouver

campusfrance.org
canada.campusfrance.org



CONTACT

French Embassy in Canada



Campus France Toronto contact: Salomé LIMERY (she/her)
toronto@campusfrance.org



PRE-DEPARTURE IN FRANCE

INFORMATION SESSION

What are the steps to take before/after your arrival in France?

EEF AND VISA APPLICATION

LONG STAY VISA VALIDATION

ACCOMMODATION

SOCIAL SECURITY

OPENING A BANK ACCOUNT

BUDGET PREPARATION

STUDENT WELCOME SERVICES

LIFE IN FRANCE



PRE-DEPARTURE IN FRANCE

INFORMATION SESSION



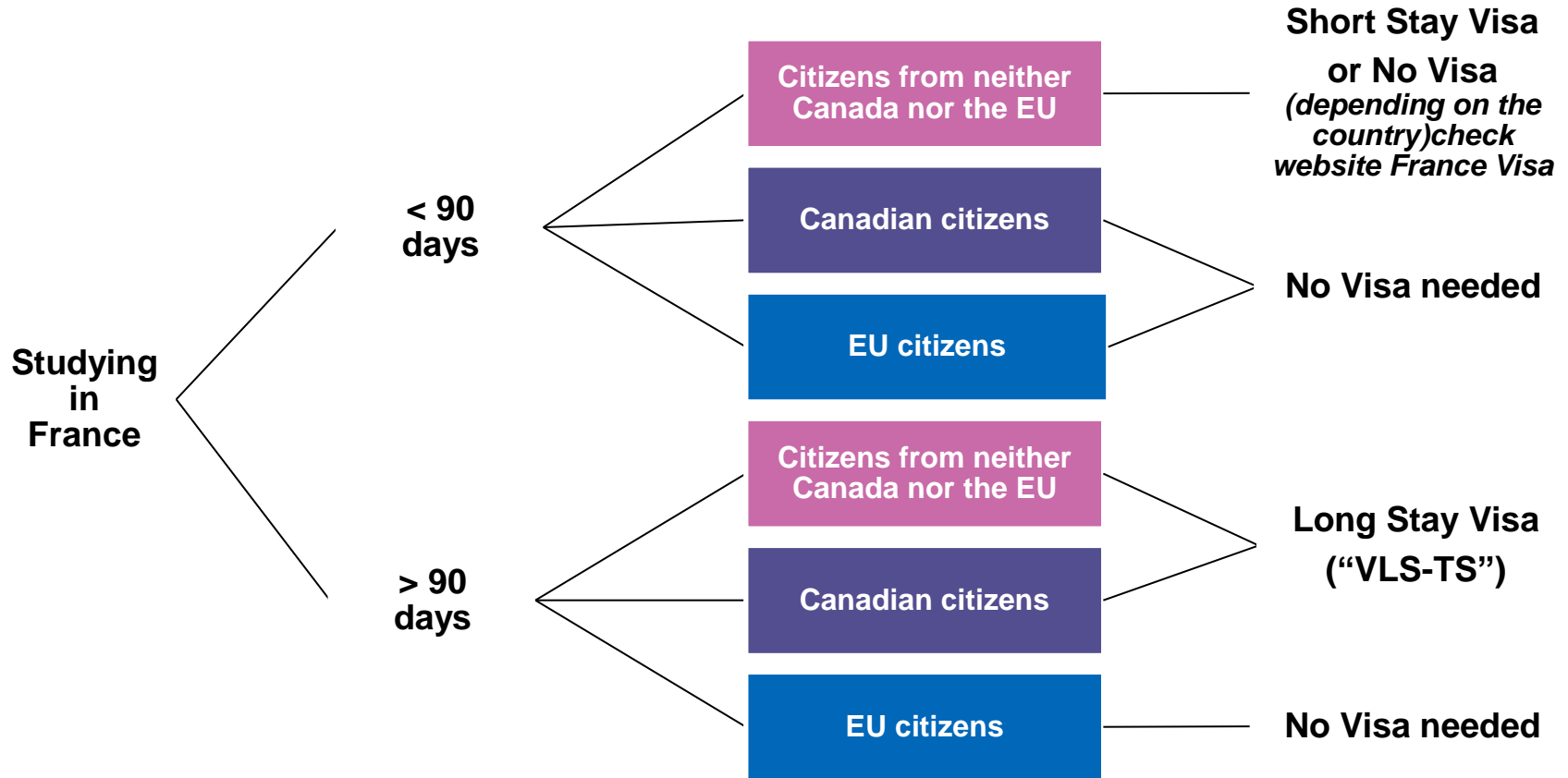
Congrats for your acceptance in France !

- More than **300 000 international students** in France every year
- High quality of education in the universities and schools in France
- A forever network on French Alumni on **France Alumni Canada**



VISA APPLICATION PROCEDURE

Do I need a visa?



If you need a Long Stay Visa, the pre-visa **Etudes en France** procedure is **mandatory**



VISA APPLICATION PROCEDURE



As soon as you receive your acceptance letter from your French institution:

- Register on the [Etudes en France](#) platform
- Create a pre-consular application file: select "***I have already been accepted***"
- Follow the steps, fill out the required information and upload the required supporting documents

Documents to be uploaded onto the platform:

- Your **passport** (valid until at least 6 months after the start of the exchange)
- Your Canadian permanent resident card or student permit (if applicable)
- Your updated resume
- Your latest transcripts
- A **certificate of enrollment** from your home institution or a **document from your home institution** stating that you have been selected for an exchange
- The **letter of acceptance from your host institution** (signed and stamped, with the dates of the exchange)



VISA APPLICATION PROCEDURE



- You will be asked to pay a **\$150** fee for the processing of your *Etudes en France* application.
 - *Exemptions: recipients of a scholarship from the French government, students with a French high school diploma (baccalauréat)*
- Once the payment made and your application approved, you will receive a **confirmation document from *Etudes en France***, with your EEF file number (ex. : CA24-00000). Save and print this document as it is **necessary for your visa application**.
- If you encounter any problem during the Etudes en France procedure, you can write to peefcanada@campusfrance.org for support
- You can also ask any questions to your local Campus France office: Toronto@campusfrance.org



VISA APPLICATION PROCEDURE



- Create an account on the official website for visas to France: [France Visas](#) (available in French and English)
- Fill in your online visa application and upload the requested documents
- Visa fee for EEF applicants (half-price): €50
- Once completed, you will receive a **summary of your application** that you must print and sign for your visa appointment
- An **in-person appointment** is required for **document checking and biometric data collection**
- *You can only book an appointment once you have completed all the previous steps, otherwise your visa request will be denied*



VISA APPLICATION PROCEDURE



- All visa application files for France are collected by a service provider, **VFS Global**: **book an appointment** with the centre of your choice

Don't forget to print and bring all the requested documents to the appointment, including the **EEF confirmation document**

Vancouver

580 Hornby Street, Unit 440
Vancouver, BC V6C 3B6

Montréal

1010 rue Sherbrooke Ouest, Unit 206
(entrée par la rue Metcalfe)
Montréal, QC H3A 2R7

Toronto

415 Yonge Street, Unit 801
Toronto, ON M5B 2E7

Ottawa

2211 Riverside Drive, Unit 403
Ottawa, ON K1H 7X5

⚠ Keep in mind that **VFS will keep your passport between the time of your appointment and reception of your visa. Do not plan to go abroad during this time.**

- You can track your application online and you will be notified when your passport is ready for pick-up: you can retrieve it in person (walk-in) or it can be shipped to your personal address (for an additional fee).
- Campus France **is not involved in the visa process and cannot intervene**. Should you have any specific question regarding your visa application, please contact **VFS** at info.francecanada@vfsglobal.com or (+1)-613-927-9266



VISA APPLICATION PROCEDURE



*If you have dual citizenship and an EU passport (valid for the entire period of your stay in France), you don't have to request a visa but don't forget to **bring your Canadian passport to France with you**, so you won't have any issue coming back to Canada.*



VALIDATE YOUR LONG STAY VISA

- If you hold a long-stay student visa as a residence permit (“VLS-TS mention étudiant”), you must **validate it within 3 months** upon arrival in France.
- This is a mandatory and **online procedure**: <https://administration-etrangers-en-france.interieur.gouv.fr>
- A VLS-TS allows you to work during your studies in France (max. 20h/week)

What do you require to validate your VLS-TS?

- A valid email address
- Information on your visa
- Indicate your date of entry in France
- Indicate your address in France
- A payment method for the visa validation fee (50€)

[More information](#)



FRANCE
VISA STAMPS COLLECTION



SEARCHING FOR AN ACCOMMODATION

General advice

- **Check if your host institution can help.** Some institutions (especially the *Grandes Ecoles*), have partnerships with public or private housing providers, or have a system for connecting their students with housing providers.
- **Start your search early:** if you are not able to secure accommodation before your arrival, it is important to at least get some understanding of the prices, neighbourhoods, local housing market and what types of documents might get asked to apply.
- If you search for an accommodation in the private market:
 - **Watch out for scams:** beware of suspiciously low rents; never send money remotely until you've signed a rental agreement and had direct exchanges with a property owner or agent
 - Look for furnished rentals (*meublé*)
 - Be prepared to pay the first month's rent + the security deposit (usually a month's rent) before or when you move in
 - If you wish to leave your accommodation, you must formally notify your landlord one month in advance



[Read the Campus France housing guide](#)



SEARCHING FOR AN ACCOMMODATION

Resources

Finding a temporary accommodation for the first days

- www.airbnb.fr
- <https://www.hifrance.org/> (youth hostels)

Finding accommodation for the duration of your stay

- CROUS residence halls (publicly owned): if available, apply through the international relations office of your host institution
- <https://www.lokaviz.fr/>
- Private student residences: [Maison des étudiants Canadiens](#) (Paris) ; www.estudines.com ; www.studelites.com ; www.nexity-studea.com
- Private rental: <https://www.leboncoin.fr/> ; www.pap.fr ; www.seloger.com ; www.entrepaticuliers.com
- Apartment-sharing: www.appartager.com ; <https://www.lacartedescolocs.fr/> ; <https://fr-fr.roomlala.com/> ;
- <https://www.immojeune.com/colocation.html>

Living with a host family

- <https://students-francestay.com/fr> (Paris) ; <https://cohomly.com/>
- Intergenerational housing (living with an elderly person): <http://ensemble2generations.fr/> ; <https://reseau-cosi.org/>

Housing subsidies

The **CAF** (*Caisse d'allocations familiales*) can grant **monthly housing subsidies** (*APL* or *ALS*) to **all students**

- The grant amount depends on the rent
- Available even for apartment-sharing
- Only available for holders of a VLS-TS or an EU passport, not for short-term stays
- Applications usually take a few weeks/months to process and a French bank account is needed



SEARCHING FOR AN ACCOMMODATION



CONNECTE EMPLOI ET LOGEMENT

What is VISALE ?

- When renting accommodation, owners usually ask for a **guarantor**, and it can be complicated for international students because oftentimes a French guarantor is needed
- The VISALE visa is a **guarantee** granted by *Action Logement*, who takes charge of the payment of the rent in case of default of payment.

⚠ The VISALE “visa” is distinct from the visa issued by the consulate to enter France. It is a certificate that entitles the bearer to a security deposit; it confers no right to enter or reside in France.

How to obtain a VISALE visa from Action Logement?

- Apply online on visale.fr
- The process is **entirely free**
- If you need a VLS-TS to study in France, you must wait until you receive your VLS-TS to apply
- **Apply before you arrive in France**: the process takes 2-15 days to be validated and the VISALE “visa” certificate must be presented to the owner before the lease is signed
- For people aged between 18 and 30

[Read the Campus France guide on VISALE](#)
[Watch the video tutorial](#)



REGISTERING TO SOCIAL SECURITY

- Registration to French social security is free and mandatory for all students in France.
- Apply on <https://etudiant-etranger.ameli.fr> (website available in English) as soon as possible **after your academic registration is complete**.
- Social security covers:
 - **70% of medical expenses**
 - 35 to 65% of pharmaceutical costs
 - 80% of hospital costs
- You will receive a *carte vitale*: take it with you when you go to the doctor's or the pharmacy, it can act as a payment method (for the part covered by health insurance)
- If you want a better or complete coverage of your health expenses, you can buy a complementary health insurance called a "*mutuelle*"
- Some higher education institutions have a list of doctors (some of whom are English-speakers) to recommend to international students
- [Read the Campus France guide](#) and [watch the video tutorial](#)



*If you are a EU citizen, you can ask for the **European Health Insurance Card** that will cover you for the entire period of your stay in France; then, you don't need to register to French social security.*



OPENING A BANK ACCOUNT

Why open a bank account in France?

- Euro: unique currency common to the 20 countries of the Euro Zone
- Avoid exchange rate charges
- With your student status, you can benefit from preferential rates
- You will be able to cash any wages you receive and it's easier to be reimbursed for healthcare expenses and to pay your bills or any membership (Internet, electricity, gym membership...)



How to open a bank account?

- Before leaving Canada, ask your bank if they have any bank partners in France
- Ask for a reference letter to your bank in Canada (with translation in French)
- Choose any bank in France and schedule an appointment with a counsellor
- **3 documents are needed to open a bank account:** ID, proof of residence in France and a university registration certificate or a student card. If you don't have any accommodation yet, you may be able to use the address of the international relations office of your institution.
- After you open a bank account, you will have the right to have a bank card and a cheque book.
- No credit and debit cards, only one card for all payments
- Online banks such as [Revolut](#) can be a good solution for travellers, and you can also check this [webpage](#) for some recommendations
- Close your bank account before leaving France for good (after transferring the remaining money!)

Make sure to watch [the tutorial](#) on YouTube!



COST OF LIFE IN FRANCE

BUDGET PREPARATION

- In France, students benefit from many financial aids and **discounts for many aspects of the daily life** (housing, groceries, transportation, culture, leisure).
- **Bring your student card everywhere you go** so that discounts can apply!
- In Paris, the cost of living is significantly higher than in other cities in France.

DAILY EXPENSES	PARIS	OUTSIDE OF PARIS
Rent in university housing	≈ €500 to €700 /month	≈ €300 to €500 /month
Rent in private sector	≈ €650 to €1,200 /month	≈ €400 to €800 /month
Tenant insurance	From €10 /month	From €10 /month
Food	From €400 /month	From €400 /month
Transportation	≈ €80 /month	≈ €20 to €60 /month
Social security	€0 /month	€0 /month
Additional health insurance (' <i>mutuelle</i> '), optional	From €20 /month	From €20 /month
Hobbies	From €150 /month	From €150 /month
TOTAL	From approx. €1,200/month	From approx. €1,000/month



COST OF LIFE IN FRANCE

WORKING DURING YOUR STUDIES

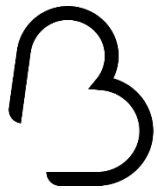
- European and international students can work during their study stay in France (as long as they have a residence permit or a VLS-TS). This won't be enough to cover all your expenses but it can help you finance your stay.
- Students can work up to 964 hours a year, which represents around **20 hours a week**.
- The *SMIC*, or minimum legal wage, is regulated in France. The hourly rate varies from a year to another and at the moment is of €11.88 gross per hour.
- Some institutions and the CROUS ([Jobaviz platform](#)) have regular job offers for their students (on-campus jobs).
- Other websites to look for a job: [Indeed](#), [Monster](#), [LinkedIn](#), etc.
- Find more information on the [Campus France's website](#)
- You might need to **adapt your resume to the French standards**



STUDENT WELCOME SERVICES

International student welcome desks (*guichets uniques d'accueil*)

- Located in all major university cities of France
- Search if there is one in your city on this [interactive map](#)
- Many administrative tasks can be done with help from these welcome desks: study permits, health insurance, housing subsidies...



Buddy System

Buddy System (*système de parrainage*)

- An international mentoring system allowing each international student to find a French student to mentor them: <https://buddysystem.eu/en/>
- Service available in 36 university cities in France
- Free, easy to access and multilingual service
- Pairs are made according to common criteria (age, language, hobbies, school, interests, etc.)
- Good opportunity to participate to cultural activities, meet new people, have a successful integration in your new environment...



THE FRENCH UNIVERSITY SYSTEM

Different types of classes

- “*Cours magistraux*” (CM) or “*cours d’amphi*”: lectures
- “*Travaux dirigés*” (TD) or “*Travaux pratiques*” (TP): tutorials or lab work, in small groups
(at Sciences Po, they are called CDM)
- There are mandatory classes as well as options that you must choose at the beginning of the academic year or the semester

Different types of exams

- « *Les partiels* »: exams at the end of the semester
- « *Contrôle continu* » (continuous assessment): smaller exams and assessments all semester long (written tests, oral presentations, individual or collective works, etc.)

Grading system

- On a **scale from 0 to 20**
- 10/20 is usually the minimum grade to pass, and 14/20 is usually considered “good”



CAMPUS FRANCE ONLINE RESSOURCES



Online tools

- ✓ Campus France [international website](#) and [Campus France Canada website](#)
- ✓ [E-ambassadors blog](#)
- ✓ Campus France [Youtube channel](#): videos about life in France ([accommodation](#), [work](#), [health](#), [opening a bank account](#), etc.)



Online documents

- ✓ [Student cities](#)
- ✓ [Introduction to French institutions](#)
- ✓ [Housing solutions](#)
- ✓ Read the [checklist before your arrival](#) in France
- ✓ Online guide [Choose France](#)



CONTACT

Embassy of France in Canada

Campus France Canada:

[Website](#) / [Facebook](#) / [Instagram](#)

Campus France Toronto contact:

toronto@campusfrance.org

Questions about the *Etudes en France* procedure:

peefcanada@campusfrance.org

Questions about visa:

- VFS centers: info.FranceCanada@vfsglobal.com
(+1) 613 927 9266
- Consulate General of France - Visas department:
info.montreal@diplomatie.gouv.fr

