

# WELCOME GUIDE

For International Students



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Erasmus+ Programme  
of the European Union



# IS BA

**Institut Supérieur  
des Beaux-Arts  
Besançon / Franche-Comté**

# WELCOME IN BESAC!

**Thank you for choosing ISBA Besançon for your international mobility!**

This practical guide will help you prepare your arrival and facilitate your first days in Besançon.

## BESANCON – FIRST TIME HERE?

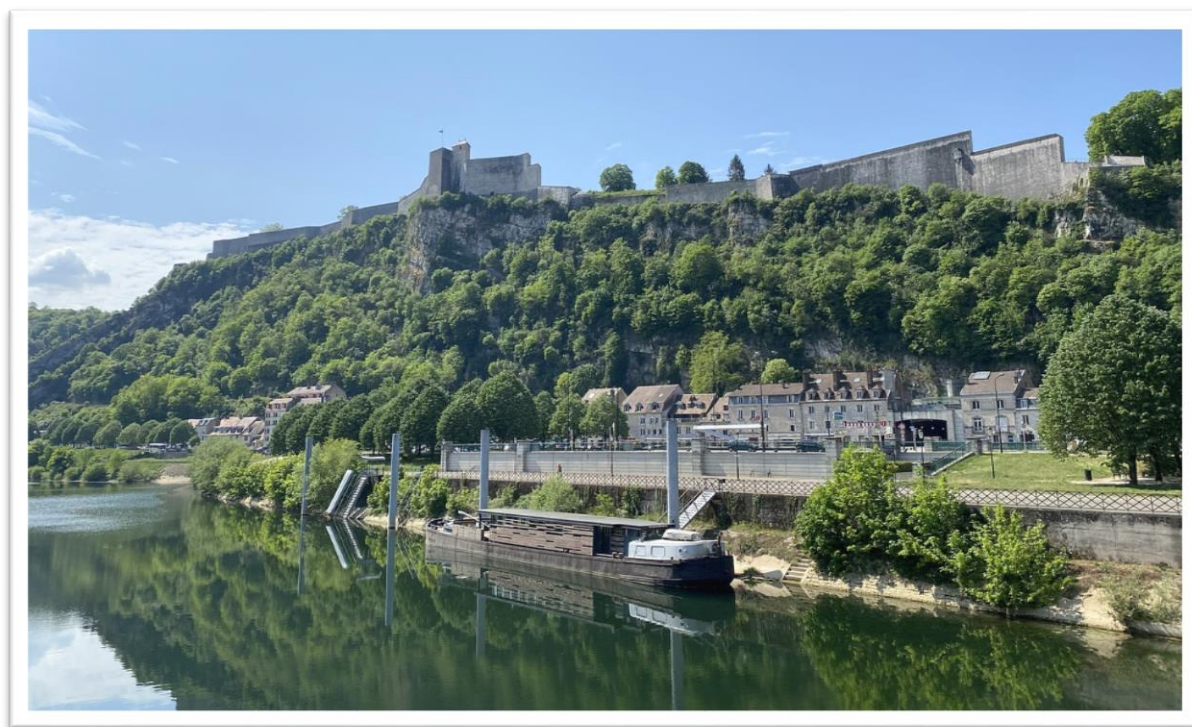
Besançon is situated in **the region of Franche-Comté**, in the East of France, close enough to the Swiss border.

The city has a population of 118000+ people.

Residents are called **"Bisontins"** and **"Bisontines"**.

Since 1986, Besancon has been known as **"the city of art and history"** due to its rich historical and cultural heritage.

Since 2008, the fortifications built by military engineer Vauban figure on the **UNESCO World heritage list**.



Citadel of Besançon © Guillaume Bonzoms

# CLIMATE - ...IS RAIN A THING HERE?

The city of Besancon is subject to **a double climate effect:**

- an oceanic climate: significant & frequent rainfall ;
- a strong continental effect with
  - o **hard winters** (heavy frost, snow)
  - o **warm, dry summers**

You will need warm clothes and shoes in winter (October to April) and light clothes in summer.

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**BEFORE YOUR  
ARRIVAL**

Before arriving in France and Besancon, You have to make sure that you have your **Erasmus+ /other scholarship** sorted and have contacted the CROUS (regional organization for student support) to secure a **student accommodation**.

At the end of this chapter, you will find a little **checklist** that summarizes what you need to have ready before leaving.

## SOCIAL AND MEDICAL COVER

If you're an EU-citizen, you can benefit from the **European Health Insurance Card** (CEAM in French).

It will grant you rights to health insurance and medical care according to the laws and procedures in force in our country.

Do not forget to submit your request to your Health Insurance Fund at least **15 days before your departure**.

**Please note:** *this card is individual and personal. Each family member should have their own, including children under 16 years.*

With this card, you won't need to include any health insurance document in your application.

## CHECK LIST: IMPORTANT DOCUMENTS

**Erasmus for non-EU students (not resident in the European Union) :**

- ☐ A valid passport
- ☐ A student VISA
- ☐ A health record or vaccination certificate
- ☐ A private health insurance certificate
- ☐ A civil liability insurance certificate

**Erasmus for EU students:**

- ☐ A valid passport or identity card
- ☐ A European card of health insurance / CEAM
- ☐ A Civil liability insurance certificate

# HOUSING – YOUR OPTIONS AS A STUDENT

## Accommodation in CROUS Residences:

ISBA signed an agreement with the CROUS to ensure that every foreign student enrolled in the Erasmus+ program gets access to **a renovated room in a university residence**.

Before your arrival, ISBA will contact you to ask you if you want to benefit from this partnership and live at CROUS.

### ➤ Résidence Colette (on Campus) :



15min walk from  
ISBA

20min from the  
city by bus

- **9m<sup>2</sup> room** =  
€250/month
- **50m<sup>2</sup> 2-room** =  
€600/month

### ➤ Résidence Canot (in the center) :



Near the CLA  
(French  
learning  
center)

- **11m<sup>2</sup> room** =  
€260/month
- **15m<sup>2</sup> room** =  
€290/month

### ➤ Résidence Mégevand (further in the center) :

- **20m<sup>2</sup> room** = €300
- **30m<sup>2</sup> room** = €420

Housing dep. | CROUS Besançon

[pole-hebergement-besancon@crous-bfc.fr](mailto:pole-hebergement-besancon@crous-bfc.fr)

Tel: +33 3 81 48 47 47

Visit their [website](#)

Washing machines and dryers are generally available in the student residences of the CROUS.

If you do not have a washing machine in your accommodation, you can use a self-service laundromat.

### **Private housing:**

If you choose private housing, you can have a look at ads:

- on the CROUS dedicated website: [lokaviz.fr](http://lokaviz.fr)
- on the CRIJ dedicated website: [jeunes-bfc.fr/logements](http://jeunes-bfc.fr/logements)
- other private websites: [leboncoin.fr](http://leboncoin.fr) & [topannonce.fr](http://topannonce.fr)

...or ask estate agents (expect an additional cost of around 1 month's rent).

### **Documents to provide:**

Whatever your situation, as a tenant, you must:

- ☐ Fill out a **standard lease** and make an inventory of fixtures at the reception
- ☐ Pay a **deposit** (1 month of the rent) at your arrival. It will be given back to you at your departure if no damage was observed
- ☐ Provide a **certificate of insurance** for fire, water damage and civil liability.

### **Housing Assistance (CAF):**

As a tenant, you may benefit from government grants such as:

- ALS (social housing allowance)
- APL (individual housing)

The grant amount is calculated according to your resources.



CAF du Doubs = **social security, family allowances**  
2 Rue Denis Papin, 25000 Besançon  
[www.caf.fr](http://www.caf.fr)



## LIVING COSTS – WHAT TO EXPECT

### The first month:

Accommodation	€250-600 + <b>€320+ deposit</b>
Housing insurance	€60 for the year
Work projects supplies	€150
<b>Total</b>	<b>€780-1130+</b>

### For the following months:

Accommodation (university residence)	€250-600
Housing taxes	€30-60
Food	€250
Transports	€20-30
Work projects supplies	€20
Phone	€2-60
Internet	€10-30€
<b>Total</b>	<b>€600-1050</b>





# COMING TO BESANÇON – BOOK YOUR TICKETS!

## BY PLANE:

Several airports can get you closer to Besançon:

- Paris airports Charles de Gaulle & Orly
- Lyon Saint-Exupéry Airport
- EuroAirport Basel-Mulhouse
- Geneva Airport

*GOOD TO KNOW: Dole (DLE) is the closest airport, but it only covers a couple of European and Mediterranean destinations.*

From these airports, **shuttles and trains are available** to get to Besançon.

## BY TRAIN:

While booking your train tickets to Besançon, you may come across **two main stations**:

- **"Besançon-Viotte"** is the main city station, close enough to the centre.
- **"Besançon - Franche-Comté TGV"**, the high-speed train station, is 20km from Besançon.

To get to Besançon-Viotte, you can then book a TER (Express regional train) on [sncf-connect.com](https://www.sncf-connect.com)

**(TIP: get the app!)**

Estimation for a one-way trip for **under-29 individuals** without a discount card:

Paris-Besançon	€40-50
Lyon-Besançon	€40-50
Mulhouse-Besançon	€30
Genève-Besançon	€60-80



**AT YOUR ARRIVAL**

## GETTING AROUND IN BESAC – FROM ① TO ②

### Getting your student bus/tram card:

If you are staying in Besançon for a semester+, you should really consider subscribing to a bus/tram monthly pass:

Pricing: 1 reload card (€4) + 1 student monthly pass: €16.80

**Total: €20.80**

Everything can be done online at [ginko.voyage/boutique](https://ginko.voyage/boutique), you will need to provide:

- ☐ ID card
- ☐ Identity photo
- ☐ School certificate
- ☐ RIB/bank details (if you're paying through transfers)

You can then choose to have it delivered within 7 days or pick it up the next day at [GINKO's office](#).

**GINKO** [www.ginkobus.com](http://www.ginkobus.com) = **Local bus services**  
Place de la Révolution, 29 Rue des Boucheries  
Weekdays: 9am – 6pm | Saturdays: 9am – 5pm  
Tel : +33 8 25 00 22 44

### Using your credit card as a pass:

If you have yet to subscribe to a pass or if you forgot to reload your pass, you can always use your credit card to get on the bus/tram.

It works as a 1-hour ticket :

- You must validate it each time you get on a bus/tram
- It costs €1.40 and gives you unlimited travel for 1 hour

### Bus/tram lines you'll get familiar with:

- **Tram lines T1/T2** pass by the train station, the city center and the hospital.
- **Bus line 3** is the main bus line, it passes by the train station, intermarché (supermarket), the city-center and Campus.



- **Bus lines 7 and 9** have a stop right in front of ISBA, named "**Beaux-Arts**" = *Fine Arts*
- **Bus line 4** goes to the shopping area "**Chateaufarine**"

### **CYCLING:**

Cycling is the cheapest and often times the fastest way to get around the city.

*GOOD TO KNOW - The student Association "**Vélocampus**" provides a bike repair workshop on Campus.*

The "**Vélocité**" service offers self-service bicycles to move around and in the city center. Annual subscription is **€16**.

Further info at: [www.velocite.besancon.fr](http://www.velocite.besancon.fr)



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### **WALKING:**

Besançon is a human-scale city. It takes around 20 minutes to cross the historical city-center "**la Boucle**".

Going to the city center from the campus will take around 40 minutes.



## COMMUNICATIONS – STAYING IN TOUCH

### Using the phone:

To call abroad from France, you have to dial:

**+ [code of the country] [phone number of your caller]**

*Example for a German number: +49 xxx xxxxxxxx*

- Finding a country's phone code: [www.indicatif-pays.com](http://www.indicatif-pays.com)

### Global prepaid cards:

They allow you to call abroad at an attractive price. It is possible to use these cards from a street phone or a landline. You can buy them at a tobacco/newspaper store.

### Mobile phone:

In France, there are several telephone operators: Orange, SFR, Free, Bouygues Télécom, La Poste, etc.

You can choose an annual subscription or a prepaid card (in this case you will need a mobile phone).

The cost of a subscription is between €2 and €60 per month. We advise you to choose a suitable contract based on your use during your stay. **Be careful about the period of subscription and the terms of the contract.**

### Internet and Wi-Fi:

There are several Wi-Fi connectors with free access in Besançon. Most of the buildings of the University have free Wi-Fi. Some fast-food restaurants in public places (CRIJ, train station, malls) also offer free access to Wi-Fi.

### Internet subscription:

To get an internet connection at home, you have to sign up with an operator (the same as for your mobile).

Your accommodation must be connected to the phone or optical fiber network. The cost of a subscription is generally between €10 and €30.

## OPENING A BANK ACCOUNT IN FRANCE

Students have to open a bank account in their name for several reasons:

- To receive housing assistance
- To receive reimbursements from the social security and mutual
- To pay their rent
- To pay their bills (electricity, water)
- For different shopping purchases

### **How to open a bank account?**

Made an appointment with the bank of your choice and go to the bank with the following documents:

- Your ID/passport
- Your VISA/residency permit (for non EU-citizens)
- Proof of address: rent receipt, electricity bill...

### **Managing a current account:**

You will benefit from several means of payment: credit card and a cheque book.

If your credit card and/or cheque book get lost or stolen, contact your bank immediately with your contract info to cancel them.



**AFTER YOUR  
ARRIVAL**

## EATING – STUDENTS RESTAURANTS & CAFETERIAS



### University restaurant:

University restaurants of CROUS are often called “**Resto U**” or “**RU**”. It is the best way to get cheap, complete and balanced meals daily.

The RU offers several options so that each student can meet their dietary requirements.

Cost for a meal at the RU = <b>€3.30</b> (2023)
-------------------------------------------------

Cafeterias and RU are generally open from Mondays to Fridays, in the morning, at noon and in the evening (depending on the RU).

There are several RUs located on Campus:

- **RU LUMIERE**: 42 avenue de l’Observatoire
- **RU PETIT BOULOIE**: 45 avenue de l’Observatoire

...in the city center:

- **RU CANOT**: Quai Veil Picard
- **CAFETERIA ARSENAL**: 2 place Saint-Jacques
- **RU MEGEVAND**: 36 rue Mégevand

...near to the UFR SMP (Medicine and pharmacy department)

- **RU HAUTS DU CHAZAL**: rue Ambroise Paré



## IZLY – Campus payment service



As a student at ISBA, you can activate an **IZLY account** to pay for your meals at the RU.

After you've met ISBA's Education team, you will receive an e-mail with a link to access your account.

*TIP: You can download the IZLY app for a better experience*

To fund your account, click on "recharger" (reload) on the homepage and select the amount you wish to transfer on your IZLY account.

To pay with IZLY, open the app, click on "payer" (pay). It will generate a QR code that you can have scanned by the RU's cash person.

## BDE (STUDENT OFFICE) – BY AND FOR STUDENTS

BDE is in charge of promoting and livening up student life at ISBA.

The team is composed of volunteers that organize themed parties throughout the year, help students get access to and discounts on project supplies and develop new partnerships to get good deals (vegetables baskets, etc.)

Don't hesitate to **introduce yourself to them** (they have a dedicated space in the school) and **join the team!**

- Write to them at: [etudianx.bde.isba@outlook.fr](mailto:etudianx.bde.isba@outlook.fr)

## "ETUDIANTS DE BESANÇON" FACEBOOK GROUP

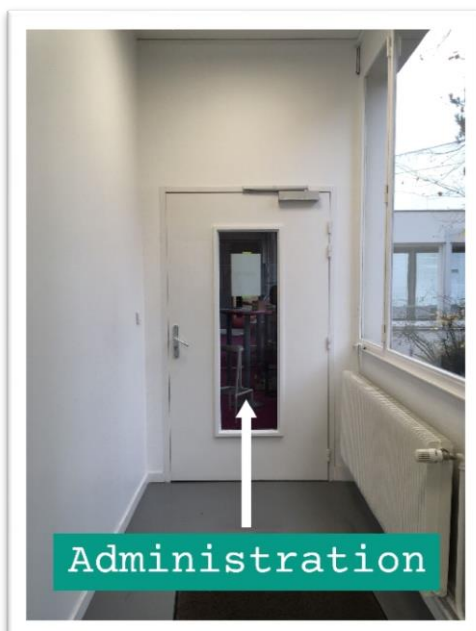
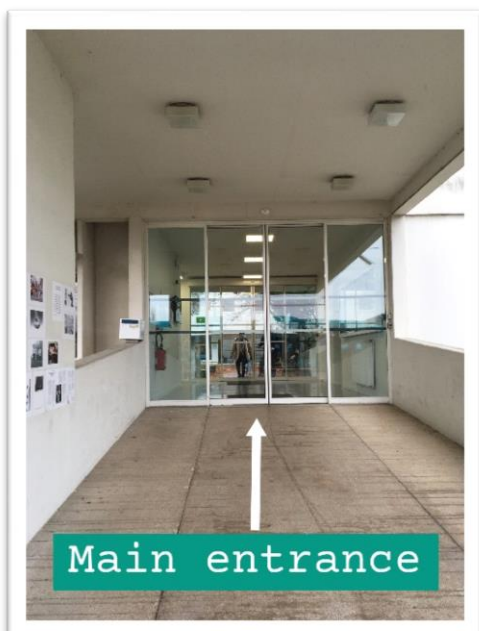
This **student support group** can help you get in touch with other students from Besançon. Most posts are related to...

- places: finding or leaving your apartment
- furniture: good deals from students moving out
- student jobs: asking for recommended opportunities
- supplies: where to find what in Besançon
- studies: finding volunteers to participate in projects
- social: local events, finding sports or music buddies
- carpooling: can someone give you a ride?

## ISBA'S INTERNATIONAL RELATIONS DEPARTMENT

For any question regarding your international mobility, you can come see us at the International Relations office.

### How to find us:



From the main entrance, enter the school and go to your left. You will find the access door to the school's admin offices.



Cross the whole hallway and you should end up in front of the **Education / International Relations shared office**.

## Adapting and integrating - at your service!

You left your country, your family and your friends to try a new experience in Besançon.

It is totally normal to feel a bit lost, disorientated or even surprised by your new environment. These emotions are part of the process of integration.

Even if you're adapting well to the French culture and life in France, you can still feel homesick or isolated.

If you're having a hard time fitting in, or need to talk to someone about this experience, you can contact the person in charge of international relations at ISBA:

### International Relations Office

Tel: +33 3 81 87 81 33

E-mail: [international@isba.besancon.fr](mailto:international@isba.besancon.fr)

ISBA also offers a **free therapy session service** to its students. You can ask the school office for more information.

## UNI'S HEALTH & MEDICAL DEPARTMENT

The university has a preventative medicine department composed of practitioners, nurses, a nutritionist, a psychologist and a social worker.

They offer free vaccination updates, individual medical and social information, and consultations on dietetics, contraception, prevention of STIs and disability.

A **psychologist** can be consulted by appointment and in complete discretion.

They also organise **prevention initiatives** on a range of subjects (tobacco, alcohol, AIDS, etc.) and provides first-aid training.

- You can make an appointment on: [www.doctolib.fr](http://www.doctolib.fr)

### Service De Santé Etudiante (SSE)

45C avenue de l'Observatoire (on Campus)

Tel: +33 3 81 48 46 37

## PRACTICING YOUR RELIGION

### Context in France:

France is a **secular state**, which means our republic separates the state from religion. Therefore, there is **no state religion** and it is **neutral** towards religious and spiritual beliefs.

The republic ensures that the principle of secularism is followed by higher education institutions, which means you won't find any room dedicated to religious practices in a public school in France for instance.

### Main places of worship in Besançon:

- **Catholic worship:** "La source" youth meetings at the student chaplaincy, 9 rue de la Convention
- **Catholic Orthodox** Church of France, 1 rue Grand-Charmont
- **Protestant worship:** Reformed church of France, 5 rue Goudimel
- **Jewish Faith:** Synagogue, 23C quai de Strasbourg
- **Muslim worship:** Mosque, 7 rue Elisée Reclus

## FREE PUBLIC LIBRARIES

Borrowing a book from public libraries is free for the citizens of Besançon.

- City-center: Médiathèque (media library)  
Pierre Bayle, 27 rue de la République
- Clairs Soleil District: Médiathèque Aimé Césaire  
61 rue Mirabeau
- Montrapon/Fontaine écu District: Médiathèque  
1 Place Pierre de Coubertin
- Planoise District: Médiathèque Nelson Mandela  
13 avenue Ile de France
- Palente District: Médiathèque of Palente, 24 rue des roses





**LEVELING UP YOU  
STAY**

## PARTICIPATE IN STUDENTS WELCOMING EVENTS!

### Bienvenue aux Etudiants:

Each year, the city of Besançon organizes in September/October a welcoming event for new residents named "**Bienvenue aux Etudiants**". It is the opportunity for you to meet and exchange directly with some partners of the region (GINKO, libraries, social security, associations...).



There is also a **free welcome concert** offered in the evening.

- More info at: [www.bienvenueauxetudiants.org](http://www.bienvenueauxetudiants.org)

### La Nuit des Etudiants du Monde:



NEM à LA RODIA - édition 2022 - Besançon © Gaspard Legros

The NEM (**International Students Night**) is an official welcome night for all international students where you can meet local students, participate in workshops, have fun with the free-to-use photobooth, eat and party together.

## GET STUDENTS DEALS!

### "Carte Avantage Jeune" / Youth advantage card:

Any person under 30 can get this card for a price of **€10** (in 2023). It is individual & nominative, with an identity photo.



It grants you **3200+ student's deals** (free-of-charge/discounts) on cultural, sports, leisure activities and transports.

You can order it online at [www.avantagesjeunes.com/boutique](http://www.avantagesjeunes.com/boutique) or get it directly at the **CRIJ (regional information center for youth)** in the center.

**CRIJ** - centre régional d'information jeunesse  
27 rue de la République  
Tel : +33 (0)3 81 21 16 08  
[www.jeunes-bfc.fr](http://www.jeunes-bfc.fr)

## FIND A STUDENT JOB!

You can look at job ads:

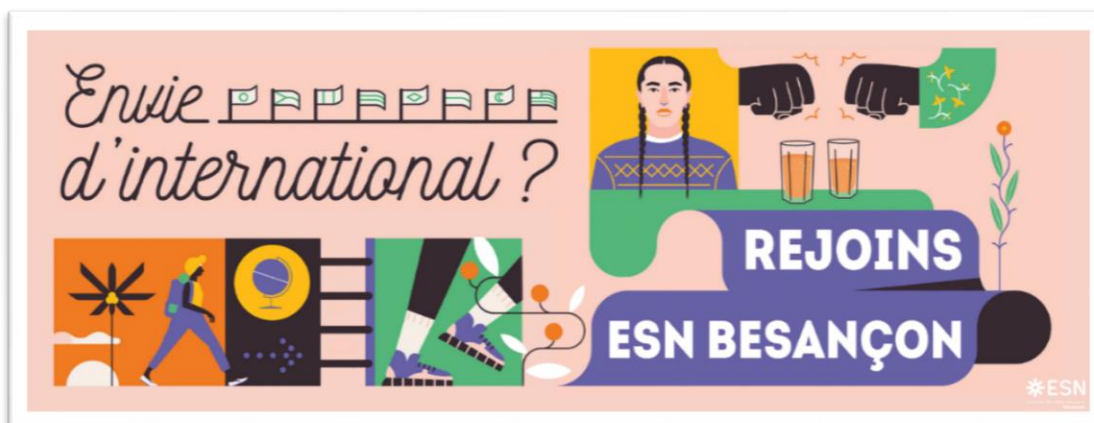
- on the CROUS website: [www.jobaviz.fr](http://www.jobaviz.fr)
- on the University website: [ose.univ-fcomte.fr](http://ose.univ-fcomte.fr)
- on [www.jeunes-bfc.fr/jobs](http://www.jeunes-bfc.fr/jobs)
- on Pôle Emploi [www.pole-emploi.fr](http://www.pole-emploi.fr)
- on regular services like Indeed, HelloWork, etc.

Don't hesitate to look around in the city center, there might be on-site job ads!

## JOIN STUDENTS ASSOCIATIONS

### Erasmus Student Network (ESN) Besançon:

ESN Besançon organizes cultural activities, trips, evenings out, which allow students to meet other international and local students.



They are very active on Instagram, where you'll find info on all their upcoming activities: [@esn\\_besancon](https://www.instagram.com/esn_besancon)

### The Senegalese association of Besançon (ASSEB):

- [Asseb2012@gmail.com](mailto:Asseb2012@gmail.com) / Tel: 06.58.36.01.93

### The Association of Cameroon student of Franche-Comté (ECAMFC):

- [ecamfc@yahoo.fr](mailto:ecamfc@yahoo.fr) / Tel: 07 62 60 21 52

## GET SOCIAL: FIND YOUR LOCAL BUDDY!

### Buddy System:

The Buddy System is a networking platform of peer-to-peer student mentoring.

You can create and complete your profile in advance with your name, studies, mobility period and hobbies.

The platform coordinator will then put you in contact with a local student that has shared interests with you.

- Register on [buddysystem.eu/en/](https://buddysystem.eu/en/)





# STAY TUNED ON CULTURAL EVENTS!

## **CROUS events:**

Throughout the year, the CROUS's cultural service organizes workshops, shows, concerts, film projections on Campus or at student residence Canot in the city center. Most events are free or cost €5.

- Agenda: [www.crous-bfc.fr/sortir-bouger-creer/lagenda/](http://www.crous-bfc.fr/sortir-bouger-creer/lagenda/)

## **UNI events:**

The student life dept of the University of Franche-Comté organizes throughout the year events in collaboration with local cultural actors:

- Info: [www.univ-fcomte.fr/ateliers-de-pratique-artistique](http://www.univ-fcomte.fr/ateliers-de-pratique-artistique)

## **Local cultural sites:**

- LA RODIA (concert hall) → [larodia.com](http://larodia.com)
- "Les 2 Scènes" (shows, movies...) → [les2scenes.fr](http://les2scenes.fr)
- CDN (theatre) → [www.cdn-besancon.fr](http://www.cdn-besancon.fr)
- "MEGARAMA Beaux-Arts" (movies) → [beaux-arts.megarama.fr](http://beaux-arts.megarama.fr)
- "Victor Hugo" (movies) → [www.cinemavictorhugo.fr](http://www.cinemavictorhugo.fr)

## **Other useful online resources:**

- The city's website → [www.besancon.fr](http://www.besancon.fr)
- What to do in Besançon → [sortir.besancon.fr](http://sortir.besancon.fr)  
→ [www.besancon-tourisme.com/fr/cote-pratique/agenda/](http://www.besancon-tourisme.com/fr/cote-pratique/agenda/)
- Sports event in Besançon → [www.grandes-heures-nature.fr](http://www.grandes-heures-nature.fr)
- Running events in Besançon → [lesdefisdelaboucle.com](http://lesdefisdelaboucle.com)

## GLOSSARY – PARDON OUR FRENCH!

### What-was-it-again acronyms:

**BDE** = Student Office

**CAF** = Housing Assistance

**CEAM** = European Health Insurance Card

**CRIJ** = Regional information center for youth

**CROUS** = Regional organization for student support

**GINKO** = Local bus services

**IZLY** = Campus payment service

**RIB** = Bank details

**RU/RESTO U** = University restaurant

**SNCF** = France's railway company

**UFR** = University of the Franche-Comté region

**BONUS: "Besac" = short for Besançon**