



ERASMUS STUDENTS

WELCOME !!!

A practical guide to prepare your arrival to Besancon





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You have chosen an international mobility to ISBA as your ERASMUS program, the guide “Welcome” will help you prepare your arrival and facilitate your first days in Besançon

CONTENTS :

Before arriving in Besançon :

List of important documents.....	3
Visa and residency permit.....	3
Estimated budget.....	4
Housing.....	4
Finding a job.....	5
Coming to Besancon and moving in.....	5

When you arrive in Besançon :

Social security and medical care.....	7
Opening a bank account.....	7
Eating.....	8
Communicating.....	9
Good ideas	9
Practicing your religion	11
Adapting and integrating	11
Plan of the Campus de la Bouloie.....	12



Before arriving in Besançon

Erasmus students, welcome !!

Before arriving in France and Besancon, make sure you have your scholarship Erasmus + and have made your arrangements with the CROUS to reserve accommodation. Be sure you have sufficient resources to live correctly.

THE TOWN

Besançon is situated in the region of Franche-Comté, in the East, near the Swiss border. The city has a population of 120000. Residents are called “Bisontins and Bisontines”

Since 1986 Besancon has been known as the “city of art and history” due to the rich historical and cultural patrimony and the unique design. The fortifications built by Vauban figure on the list of the UNESCO World heritage list since 2008.

THE CLIMATE

The city of Besancon is subject to a double climate effect, on the one hand an oceanic climate (significant rainfall in terms of quantity and frequency), a strong continental effect on the other hand with hard winters (heavy frost, snow) and warm, dry summers. You will need warm clothes and shoes in winter (October to April) and light clothes in summer.

LIST OF REQUIRED DOCUMENTS :

- **Erasmus for non-EU students** (not resident in the European Union):
 1. Valid passport
 2. Student VISA
 3. Health record or vaccination certificate
 4. Private health insurance certificate
 5. Civil liability insurance certificate
- **Erasmus for EU students :**
 1. Valid passport or identity card
 2. European card of health insurance
 3. Civil liability insurance certificate



BUDGET (date 2016)

The first month :

- accommodation (1^{er} mois + caution = 320 € in university residence to 600 € in private housing
- housing insurance = 60 € for the year
- equipment for work projects = 150 €

For the following months :

- housing = from 160 to 300 €
- taxes of housing = from 30 to 60 €
- alimentation = 250 €
- transport = from 30 to 40 €
- scholaries tools = 20 €
- subscription phone = from 2 to 60 €
- subscription internet = from 10 to 30 €
- sundry items = 100 €

Total monthly from 650 to 950 €

ACCOMMODATION

➤ **Accommodation in CROUS Residences :**

An agreement between the CROUS and the ISBA, was signed to assign to all our foreign students and those enrolled in the Erasmus + program, a renovated room in a university residence.

The International Office of the ISBA will reserve you a room but in advance you are asked to visit the site to request your room .

Information : <http://www.crous-besancon.fr/logements/>

➤ **Private housing :**

If you choose private housing, look at adverts :

- of CROUS on the web site <http://www.lokaviz.fr/>
- of CRIJ on the web site <http://www.jeunes-fc.com/>
- sites selling between individuals : <http://www.leboncoin.fr> et <http://topannonce.fr>
- estate agents (additional cost of around 1 month's rent)



➤ **Documents to provide :**

Whatever the situation, if you rent accommodation, you have to :

Fill out a standard lease and make an inventory of fixtures at the reception.

- Pay your deposit (1 month of the rent) on your arrival date that will be given back to you at your departure if there is no damage.
- Provide a certificate of insurance for fire, of water damage and civil liability.
 - **Housing Assistance (CAF):** if you pay rent, you may benefit ALS (social housing allowance) or APL (individual housing). This housing assistance is calculated according to your resources.

FINDING A JOB

➤ **Where to find a job ?**

Look at adverts :

- of CROUS on <http://www.jobaviz.fr/>
- of the UFC on <http://stage-emploi.univ-fcomte.fr/>
- of CRIJ on <http://www.jeunes-fc.com/>
- of Pôle Emploi on <http://www.pole-emploi.fr/>

COMING TO BESANCON AND MOVING IN

➤ **PLANE :** plusieurs aéroports se trouvent aux alentours de Besançon :

- The airports of Paris : Charles de Gaulle et Orly
 - Airport of Lyon Saint-Exupéry
 - Airport of Bâle-Mulhouse
 - Airport of Genève
 - Airport of Dole for some European and Mediterranean destinations
- From these airports, shuttles and trains are available to Besançon.



➤ **TRAIN** : for all information (schedules, prices ...) visit the SNCF: www.voyages-sncf.com or directly to Besançon Viotte station which is near the city center of Besançon :

- Gare Besançon Viotte – avenue de la Paix. Accès tram/bus : numbers 2, 3,4, stop at the station Viotte

- The train station of Besançon Franche-Comté TGC is situated 20km of Besançon From this train station, you have to take a cab or a TER (Express regional train) to come to Besançon.

- Informations : www.voyages-sncf.com

Estimation for a one -way trip for young people under 26 without discount card :

- journey Paris-Besançon = around 80 euros
- journey Lyon-Besançon = around 50 euros
- journey Mulhouse-Besançon = around 30 euros
- journey Genève-Besançon = around 80 euros.

➤ **BUS + TRAM** : Besançon and his agglomeration dispose of a network of common transport, which includes bus and tram.

For any information (timetables, prices, routes..., visit the website of Ginko :

www.ginkobus.com

The ISBA is served by tram + bus network: number 10, stop Fine Arts

For information (for a student under 28) :

Single trip ticket (for unlimited journey during 1 hour) = 1.40 euros, one day ticket = 4.20 euros, monthly pass = 28.00 euros, annual pass = 265.00 euros

➤ **CYCLING** : Cycling is the most economical and often the fastest way to get around the city.

The student Association “Vélocampus” offer bicycles for sale or rent at discount prices : 5 euros per month, 25 Euros for 6 months, 40 Euros for a year.

[Http://velocampus.velobesancon.info](http://velocampus.velobesancon.info) email : contact@velocampus-besancon.org

The Vélocité service proposes self-service cycles for your moves in the city center of Besançon and around Besançon. Annual subscription starts from 16 euros.

Renseignements : <http://www.velocite.besancon.fr/>

➤ **WALKING** : Besançon it is a town on a human scale. It takes around 20 minutes to cross the historical citycentre (“la Boucle”)

To go to the city center from the campus will take around 40 minutes



At your arrival in Besançon

SOCIAL AND MEDICAL COVER

- **Before leaving, obtain the European Health Insurance Card (CEAM).** It will allow you the rights to health insurance and medical care, according to the laws and procedures in force in the host country.
- List of Member States of the EU / EEA: Austria, Belgium, Bulgaria, Cyprus, Croatia, Denmark, Spain (including the Balearic and Canary Islands), Estonia, France (Metropolitan France, Guadeloupe, Martinique, French Guiana, Réunion), Finland, Greece, Germany, Hungary, Ireland, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Norway, Netherlands, Poland, Portugal (including Madeira and the Azores), Czech Republic, Romania, United Kingdom (England, Scotland, Country Wales, Northern Ireland, Gibraltar), Slovakia, Slovenia, Sweden.
- **The European Health Insurance Card :** At least 15 days before your departure, ask for your European Health Insurance Card (CEAM) from your Health Insurance Fund. The CEAM is individual and personal. Each family member should have his/her own, including children under 16 years. No document should be included in your application.

OPENING A BANK ACCOUNT

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 the mutual
- To pay a rent
- Pay bills (electricity, water)
- For various shopping purchases

How to open a bank account ? :

Made an appointment with the bank of your choice and go to the bank with at least

- Your passport
- Your residency permit
- Proof of address (rent receipt, electricity bill...)



Managing a current account : You could benefit from several means of payment: credit card and a cheque book.

In the event of the lost or the theft of your credit card and/or your cheque book, immediately contact your bank with the indicated coordinates on your contract.

EATING

University restaurant

University restaurants of the CROUS are often called “Restau U” or “RU” (Restaurant universitaire). It is the best way to get a cheap and complete balanced daily meal. The meals offered in the RU are diverse and respect the dietary requirements of all people. Cost of a meal at the RU = 3.20 Euros (in 2015).

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

List of RU :

- In the city center :
 - RU CANOT : Quai Veil Picard
 - Cafétéria Arsenal : 2 place Saint-Jacques
 - RU MEGEVAND : 36 rue Mégevand
- In the campus of « la Bouloie » :
 - RU LUMIERE : 42 avenue de l’Observatoire
 - RU PETIT BOULOIE : 45 avecnue de l’Observatoire
- Near to the UFR SMP (Medicine and pharmacy)
 - RU HAUTS DU CHAZAL : rue Ambroise Paré

Multi-service card

This single multi-service card will serve like a student card (school education), access card to the libraries and also like a payment card in the university restaurant

To go shopping :

There are a lot food retail in Besançon, as well as markets in the different districts of the town :

- In the city center, place of the Révolution
- District Battant , place « Jouffroy »
- District Clairs-Soleils, place of « Lumières »
- District Tarragnoz, place of « Lattre de Tassigny »
- District Palente, place of « Tilleuls »
- District Saint-Ferjeux, place of « la Bascule »
- District Planoise, commercial center of « Epoisses ».



COMMUNICATING

The phone : To call abroad from France you have to dial: 00 + code of the country + phone number of your caller.

Information: <http://www.indicatif-pays.com>

To call France from abroad, you have to dial 0033 + phone number of your caller

Global prepaid cards : They allow you to call abroad at attractive price. It is possible to use these cards from a street phone or a fixed-line telephone. In most cases you can buy them tobacco/ newspaper store.

Mobile phone : In France there is several telephone operators (Orange, SFR, Free, Bouygues Télécom, La Poste...)

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

The cost of a subscription is between 2 Euros and 60 Euros per month. We advise you to choose a suitable contract based on your utilization during your residency. (Be careful about the period of subscription and the terms of the contract.

Internet and Wi-Fi :

Several Wi-Fi connectors with a free access exist in Besançon. Most of the buildings of the UFC have free Wi-Fi (list on : http://wifi.univ-fcomte/site_couverts.html). In addition, several fast-food restaurants in public places (CRIJ, train station, malls) offer free access to the Wi-Fi.

Internet subscription : To obtain an internet connection at home, you have to sign up with an operator (the same as for the mobile). Your accommodation must be connected to the phone or optical fiber network. The cost of a subscription is generally between 10 and 30 euros

GOOD IDEAS

Young advantageous card : Any young person under 30 years can obtain this card. The price of this card is 7 Euros (In 2014) but the pays for itself quickly (a 6 Euros purchase voucher in bookstore)

Information: www.jeunes-fc.com

Purchase: At the CRIJ of Besançon, 27 rue de la République, in the tobacco/newspaper store which are partners

The young advantage card proposes many reductions and free entries for cultural activities, show/entertainment, and leisure and for everyday life in Besançon. The card is individual and nominative with an identity photo.



Welcoming newcomers : Each year the city of Besançon organizes in September/October a morning meeting for new residents. It is the opportunity for the partners of the region (Ginko, libraries, social security, associations...) to introduce themselves. To participate in this event you just have to sign up at www.besancon.fr/index.php?p=813

Do laundry : 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 launderette.

On the web site www.lamchineduvoisin.fr , an internet users share their washing machine at an attractive price.

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

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

Entertainment : Throughout the year, the cultural service of the CROUS organizes shows, concerts, film projections at the “Petit Théâtre de la Bouloie (in the campus) and at the “Café International (student residence Canot, in the citycenter). A lot of evenings are free and the cost of the other is 5 Euros.

Information : <http://www.crous-besancon.fr/evenements/?rubrique=culture>

Other cultural and entertainment : A lot of place exists in Besançon (non-exhaustive list)

- The student life dept of the UFC organize throughout the year events with the collaboration of local cultural actors : www.univ-fcomte.fr
- All the outings : <http://www.besancon.fr>
- The Rodia (concert hall) : Avenue de Chardonnet
- The “Scène Nationale de Besançon”, 49 rue Mégevand
- CDN (theatre), avenue Edgard Droz
- Zone-art Exhibition Centre and craftworks, 37 rue Battant
- Cinema hall “Pathé beaux-arts” , Place de la Révolution.
- Cinema hall Victor Hugo, rue Gambetta
- Etc...



PRACTICING YOUR RELIGION

France it is a secular state. The secular republic organizes the separation of religions and the states. The state is neutral towards the religious and spiritual convictions. There is no state religion. The republic ensures the principle of secularism in their higher educations institutions

Main places of worship :

- Catholic worship “La source” Meeting at the student chaplaincy : 9 rue de la Convention
- Protestant worship - Reformed church of France : 5 rue Goudimel,
- Jewish Faith - Synagogue : 23C quai de Strasbourg
- Muslim worship - Mosque : 7 rue Elisée Reclus, Cultural Islamic centre of Franche-Comté : 21bis rue de Chaillot
- Catholic Orthodox Church of France : 1 rue Grand Charmont.

ADAPTING AND INTEGRATING

You left your country, your family and your friends to try a new experience in Besançon. Even if you ready for the French culture and the life in France before your departure, you can feel culture shock and be homesick. It is totally normal that in the beginning you feel a bit lost, disorientated or even surprised by your new environment. These emotions are a part of the process of integration.

What to talk to ? ? :

If you have still difficulties you can contact :

- The responsible for the studies and in charge of international relations of ISBA, Brigitte Chorvot – Tel : 03 81 87 81 33 or by email : Brigitte.chorvot@isba.besancon.fr
- The staff of the university preventative medicine department: Practitioners, nurses, psychologist and social worker - 45C avenue de l’observatoire, on the “Campus de la Bouloie” - Tel : 03.81.48.46.37

Relay-students :

Students who relay information have for mission to facilitate the integration of students in student residences of the CROUS, to create social links between students, to support the apprenticeship of the “living together”, to lead students in difficulty to a network social help.

Contact : etudiant-relais.besancon@crous-besancon.fr

Student associations : There is some student associations specialized in welcoming international students

- Association des Etudiants Internationaux (association of international students) : (ESN Besançon) Info@erasmus-besancon.com // www.erasmus-besancon.com
Tel : 09 52 28 97 50

The association of ESN Besançon organizes cultural activities, trips, evenings out , which allow students to meet other international or French students by discovering new cultures.

- Senegalese association of Besançon (ASSEB) - Asseb2012@gmail.com
Tel : 06.58.36.01.93
- Association of student Cameroonians of Franche-Comté (ECAMFC)
ecamfc@yahoo.fr or batchserge@yahoo.fr - Tel : 07 62 60 21 52





This guide « Welcome » is intended primarily to incoming students doing international mobility at ISBA. The team of international relations of ISBA was inspired mainly from the guide Come on! and adapted the content to their needs.

A big thank you to the team that drafted Come on!"for all your help in drafting our “ Welcome” guide .

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