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Before leaving

Return the completed application form by email

Do not forget to :

- Attach a copy of your passport
- Indicate if you need ISEFE to arrange accommodation for you.
- Pay the deposit to validate your registration

Visa application

Once your registration has been validated, you will receive a registration confirmation, a course notification, and a housing certificate.

If you are a non-European Union student, these are the documents you need for your visa. Contact the French consulate in your country.



Housing



If ISEFE must find you housing, please stipulate the type of lodging you wish (studio, university residence, family..)

Please confirm your arrival date with your landlord

Packing your bags

Chambéry is a small mountain city

Usually, the temperature is between -5°C to +10°C in winter (November to December) and between 25° to 35°C in the summer (May to September)

Plane bring pullovers and T-shirts.



For electric appliances ; the voltage in France is 220V and the plugs have two round pins

Documents to not forget

- Isefe registration form
- Passport
- Visa
- Plane ticket
- Proof from your bank of sufficient funds to cover your needs
- Diplomas and their translations
- Birth certificate



Budget

French law requires that all Foreign student can prove a monthly income equal to 615€ minimum (namely 7318€/year)

Housing : 350-500€ par mois
University restaurant 3€20
Bus ticket 1€30 (ou 27€ par mois)

Baguette 1€
Sandwich 4€
Coffee 1,50€



On arrival

Arriving in Chambéry

Chambéry is close to the Geneva and Lyon airports

<http://www.lyonaeroports.com/>

<https://www.gva.ch/fr/desktopdefault.aspx>



Several Shuttles link Chambéry to these 2 airports

From Lyon : <http://www.rhonealpes.fr/548-bienvenue-a-bord-navettes-aeroport-lyon.htm#par28033>

From Genève : <http://www.aerocar.fr/fr/>



Administrative process

- Student card

Once the course has been paid and if you are registered at ISEFE for the full year, you'll receive a document to apply for the student card. You have to attach a copy of your passport, a photo, your most recent diplomas translated into French or English, and a birth certificate.

The health insurance and civil liability are compulsory and can be bought at this time.

When the file is complete, make an appointment in building 20 on Campus.

Resident permit Students with a long stay visa equivalent to a resident permit, must contact the OFII (The French agency in charge of immigration and integration)

OFII

Direction territoriale de l'OFII

Parc Alliance- 76 rue des Alliés

38 100 Grenoble

04 76 40 95 45

a_grenoble_d_t@ofii.fr

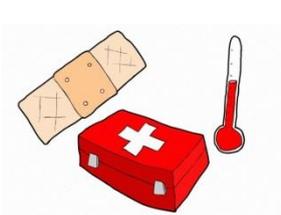


- Health insurance : Registration under social security is compulsory.

Student of the European Union : European health insurance card (CEAM)

Non European Union student :

- For less than 3 months : private insurance from you country (translated)
- For more than 3 months : registration under a French student health insurance is compulsory (SMERRA or LMDE). You'll get it at the same time as the student card (cost : 215€ for 1 year if you are under 28 years old)



- if you are over 28 years old, contact the "Caisse Primaire d'Assurance Maladie" the local health insurance fund (CPAM)



- Bank : to open an account, make an appointment at any bank. You will be asked for a copy of you passport and a proof of housing. A bank account will be needed for certain formalities.

- **Accommodation**

To book an accommodation, the landlord will ask you to pay a deposit equivalent to a month's rent.

You will have to register for a housing insurance. (cost : 50€ per year)

The landlord and tenant review the state of the apartment and record any damages in a written report. Please keep this document, it will help you to get your deposit back if you return the flat in the original state.

CAF: As a student, you may ask for financial help (personalized housing allowance)

Caisse d'Allocation Familiale

20 avenue Jean Jaures

73 022 Chambéry Cédex

<http://www.caf.fr/>

- **Job** : you are allowed to work during your studies in France, the number of hours is limited
For information <https://www.service-public.fr/particuliers/vosdroits/F2713>

Chambéry



The city



Chambéry, a small town located in the heart of the French Alps, between lakes and mountains offers a variety of activities.



With its ideal geographic location, Chambéry is 1hr 30 from Italy, 1hr from Swiss, 4h from the Côte d'Azur, 3h from Paris (in TGV) and 20 mn from a ski resort.

Public transportation

The train : the Chambéry train station is in downtown and allows you to go to many different destinations.

Bus : many inner-city buses run in and around the town.

Bike : an extensive cycling network makes it easy to bike

Blablacar : an economic way to travel in France and in Europe, preferred method of transportation for French students today.

Shopping : variety of choices : supermarkets and small shops located in downtown. Be aware, they close at 8 pm Monday through Saturday, and all day on Sundays and during public holidays.



On Saturdays, you can buy fruits and vegetables in the downtown farmers market.



One month before leaving

Send a letter to your landlord stipulating your departure date and make an appointment for room inspection.



Make an appointment with the bank to close your account

Cancel all your subscriptions (phone, CAF, water , electricity and insurance....)

