

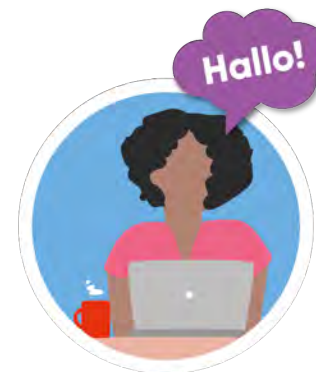


**PRÉPARE
TON ARRIVÉE**

PREPARE YOUR ARRIVAL

UL PREP' DAYS

2025




Good practice



Switch off your microphone



Ask your questions in writing in the « conversation »

- We will only answer questions on the subjects covered today, after each thematic presentation.
=> You can download the presentation (tomorrow) here
<https://www.univ-lorraine.fr/welcome/en/welcome-events/>
Or see our Welcome! website : <https://www.univ-lorraine.fr/welcome/en/home/>
- Please note that our International Office does not deal with all matters directly related to your studies.
-  If you have any questions about: your admission, letter of admission, enrolment fees and payment terms or possible exemptions, enrolment documents, deadlines for arrival at your course, course start dates, etc.
=> please contact the training department of your future course.
- If you have any further questions for the preparation of your arrival (except pedagogical aspects) write to:
drie-info-contact@univ-lorraine.fr



Prepare for your arrival !

Webinar 2

- INSURANCE & HEALTH
- OPENING A BANK ACCOUNT
- DOCUMENTS TO BRING
- WELCOME DAYS

24 June FR
26 June EN



From 14:00 to 16:00
UTC+2
From 2pm to 4pm UTC+2



This slide show will soon be available on our website: <https://www.univ-lorraine.fr/welcome/en/welcome-events/>



The Welcome Desk team

2 sites: **Nancy and Metz**
4 languages spoken fluently



Isabel Keller

Deputy Director in charge of Welcome services
• Coordination of the services for international students, doctoral students and researchers • Bienvenue en France label

+ 3 colleagues in charge of international PhD students & researchers



Marion CARREY

Project coordinator for Bienvenue en France

IN NANCY

IN METZ



Sophia FESEI DANGANA

Reception, information and student support



Christine HOCQUIGNY

Reception, information, student support
+ Document updates



Cara MAMMOSSER

Reception, information and student support



Laurent SCHMIDT

Reception, information and student support



Our department **does not manage courses**: if you have any questions about your course, admission, enrolment, etc., **please contact [the Registrar's Office](#)**.



Welcome Desk services

Information and help with procedures

Welcome! Kit

Information on integration and assistance services in French, English and Spanish



Welcome! website



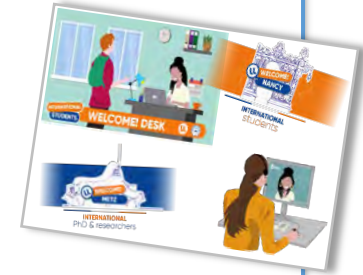
All the useful information you need for your stay in France. Select **Student** > **Before arrival** or choose a subject from the menu on the right (accommodation, visa, etc.).

Welcome & Integration

Welcome Desks

Throughout the year, we provide you with information and support for your administrative procedures

[Contact us](#)
[Make an appointment with us!](#)



Buddy System



With the ESN Nancy association, find a buddy to make new friends and discover your campus and student life.



Welcome! Days

Information stands for all the student life partners and a welcome ceremony

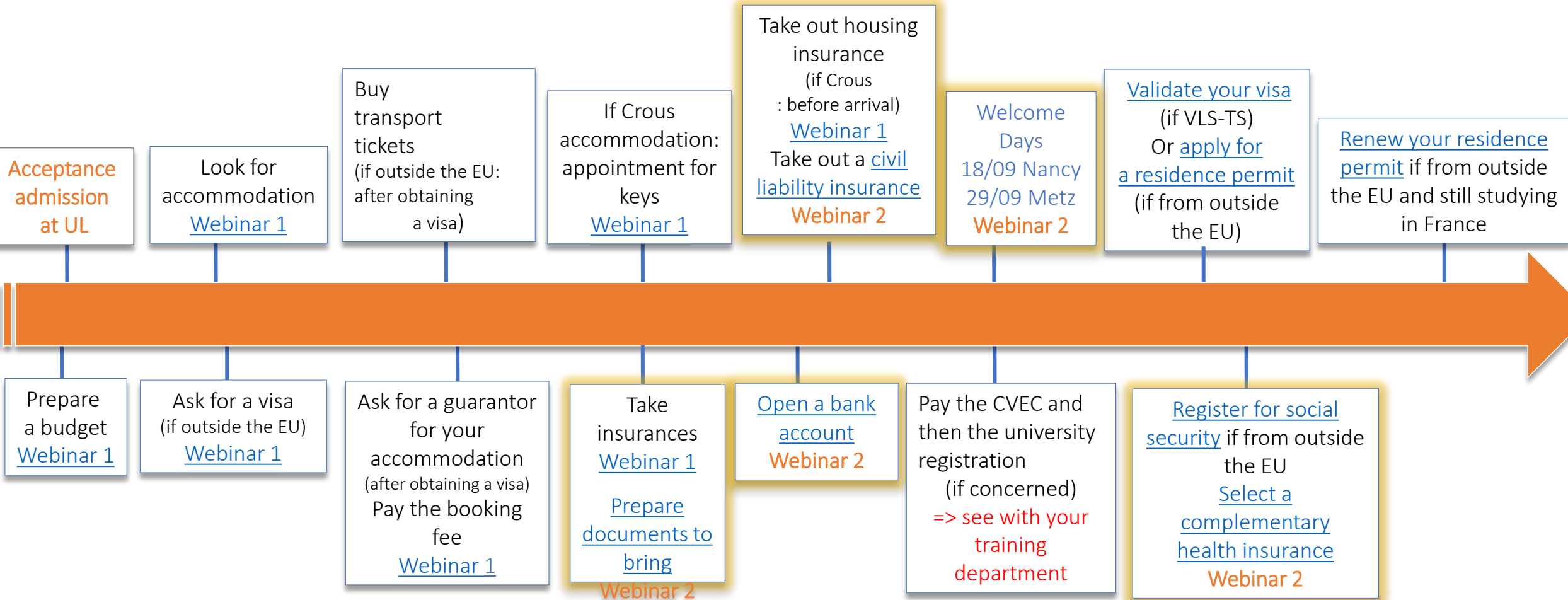
Information during this webinar



Visit our website [Welcome!](#)



Main steps of your stay



Before arrival

On arrival

After



If you are a minor (-18 years old): contact us to find out what steps to take: drie-info-contact@univ-lorraine.fr





OPEN A BANK ACCOUNT



Opening a bank account



1st steps to take on arrival

A bank account domiciled in France or in the European Union is necessary for all the formalities involved in settling in and for your day-to-day life.

How do we do it?

- Make an appointment at a bank as soon as you arrive in France
- Or open an account in a French bank from abroad (partnership between your bank and a French bank or branch)
- ✓ Some **banks may refuse to open a bank account** (e.g. economic embargo with a country). If this happens, please [contact us](#).
- ✓ In France, very often payments are made by bankcard: contactless up to €50, with PIN above €50.



- ✓ If you open an account with an online bank, its address must be in an **EU* country**: some French organisations do not pay money into banks outside the EU*.
- ✓ You will be charged **bank charges** for managing your account (€3 to €10/month for student offers).
- ✓ Find out about **international transfer charges** if your family sends you money from abroad.
- ✓ If you have difficulty with French, choose a bank whose staff speak several languages, as this will make your day-to-day life easier.
- ✓ Don't close the account as soon as you leave France, as it will still be useful. For example, for repayment of the deposit on your home or health insurance.

*EU: European Union



Visit: <https://www.univ-lorraine.fr/welcome/en/opening-a-bank-account/>



Opening a bank account : the necessary documents

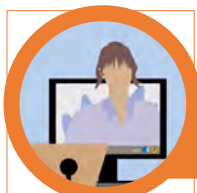


- Identity document (passport, ID card)
- Proof of residence in France less than 3 months old (gas or electricity bill, lease or CROUS certificate)
- School certificate or letter of admission
- **Possibly** : Proof of financial resources (certificate of scholarship or other)



If you are staying in a CROUS residence: ask for a stamped proof of address before you arrive, as it takes a few days to obtain it. Once you have obtained it, scan it and bring the original with you at your bank appointment.

Ask you training department to advice you for a bank near your study site.

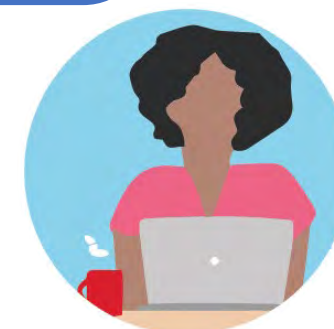


Visit: <https://www.univ-lorraine.fr/welcome/en/opening-a-bank-account/>





Do you have any
questions about the
bank account?





INSURANCE AND HEALTH



Civil liability insurance

- **Compulsory** insurance that covers you for damage caused to others (for example, if you unintentionally break a friend's mobile phone).
- Costs (around €20/year) - compare different offers
- **You must provide proof of civil liability insurance for enrolment at the university**
- Provides compensation if you accidentally cause damage to others
- Often included in home insurance (check with your insurer)
- This insurance can be taken with banks or insurance companies such as MGEL (UL's partner), ADH and others.



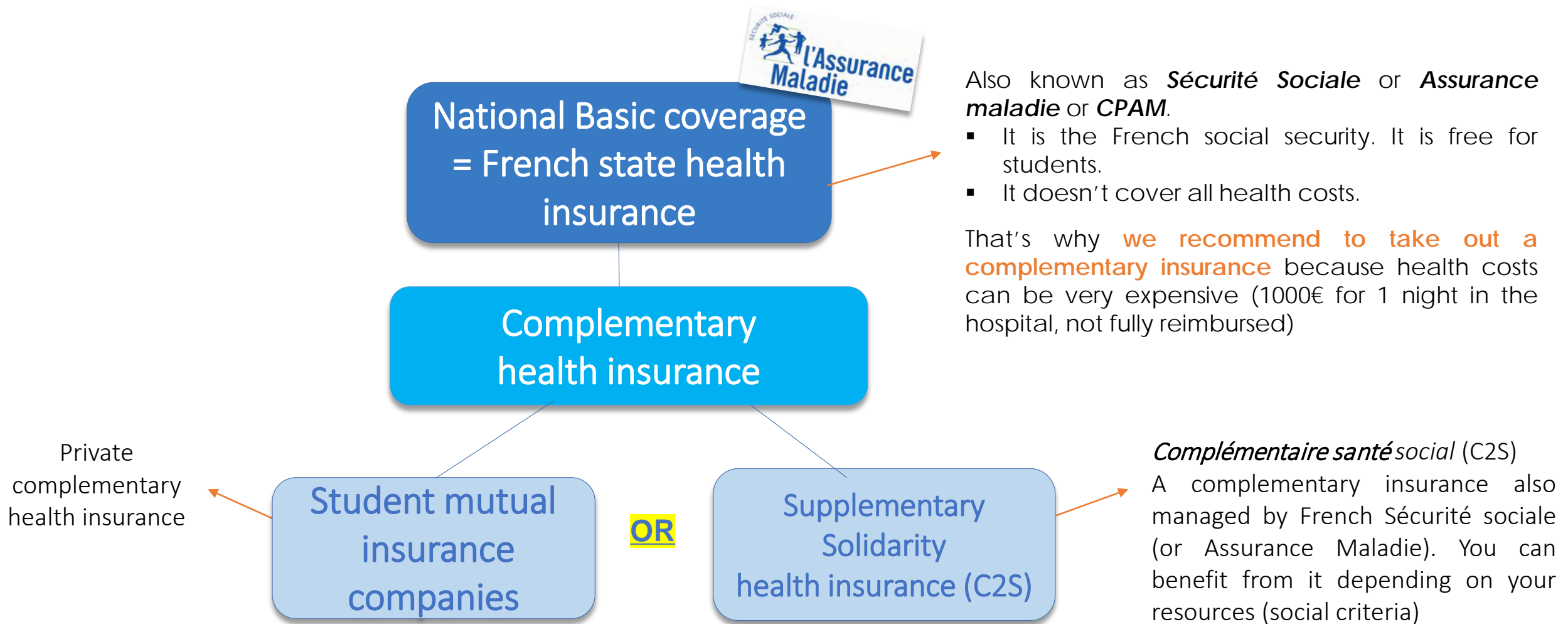
- ✓ If you are staying with someone, you will not have home insurance in your name, so you will need to check that you are insured if you cause damage, **or** take out third-party liability insurance.
- ✓ Check what your insurance covers and check the "deductable" (= what you have to pay).



Visit: <https://www.univ-lorraine.fr/welcome/en/compulsory-insurances-in-france/>



Health Insurance in France



Visit: <https://www.univ-lorraine.fr/welcome/en/health-insurance/>



Do I need health insurance?

X NO



EU nationals

- If you are a national of a European Union country, you do not need French health insurance, but you must **apply for a European Health Insurance Card (EHIC)** from your country's national health insurance office **before** coming to France.



Check with your national health insurance to find out what is covered abroad and **whether** you need additional insurance.

✓ YES

Nationals of other countries

- If you are a citizen of a country outside the European Union, you must register with the French National health insurance scheme (compulsory) => online at <https://etudiant-etranger.ameli.fr/>



Except: students with a 3-month short-stay **visa** or "trainee" visa (from outside the EU and not enrolled at university in France) => take out an insurance **in your home country before you leave**, covering sickness, maternity and hospitalisation costs.



Visit: <https://www.univ-lorraine.fr/welcome/en/health-insurance/>



Registering with *Assurance Maladie*



Steps to take as soon as you arrive in France: <https://etudiant-etranger.ameli.fr/>

Documents required:

- ✓ Passport and visa
- ✓ VLS-TS visa **validated** (to be done **before** health insurance)
- ✓ Birth certificate (with the name(s) and date(s) of birth of your parents) translated into French (otherwise it takes longer)
- ✓ Proof of enrolment at university (or letter of admission in the meantime)
- ✓ French or European bank details (IBAN)



For students: health insurance takes effect on **the date of your arrival in France** (keep your invoices if you had any treatment before registering with the Assurance Maladie).

Consult :

- ✓ Campus France tutorials: <https://www.campusfrance.org/fr/des-tutos-pour-aider-les-etudiants-internationaux-dans-leurs-demarches>
- ✓ Health Insurance tutorials: <https://etudiants.cpam54.fr/>

Visit: <https://www.univ-lorraine.fr/welcome/en/health-insurance/>



Supplementary health insurance or mutual



- Private, pay-as-you-go insurance to supplement reimbursements from the Assurance Maladie, which does not totally cover expenses.
⇒ It also means **better reimbursement** for glasses, contact lenses, contraception, dental care, for example, and especially in the event of hospitalisation or surgery!
- The level of reimbursement **depends on the contract** you choose, according to your health needs.



Depending on your health needs, compare the different offers from student mutual insurers:

- Monthly contribution rates
- The amount of proposed reimbursements

Examples of mutual insurance companies:

- [MGEL](#), [LMDE](#), [HEYME](#), ...
- Some insurance companies and banks also offer supplementary health insurance.
- National supplementary health insurance (C2S = CMU) :
 - Supplementary health insurance.
 - Monthly rates are based on your financial resources. More information on ameli.fr
 - by [clicking here](#)



Visit: <https://www.univ-lorraine.fr/welcome/en/complementary-or-mutual-health-insurance/>



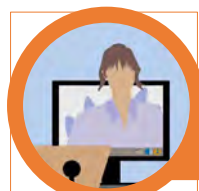
The Student Health Service (SSE)

It proposes:

- Free and confidential consultations on Université de Lorraine campuses.

Who to consult?

- Doctors and nurses for medical check-ups and health assessments: screening and vaccinations, gynaecology, nutrition, support for students with disabilities, addictology, medical and psychological assistance.
- Social workers to deal with family, personal, financial and psychosocial problems.
- ✓ **How do we do it?**
- ✓ To make an appointment, contact the Student Health Service closest to your campus at:
- ✓ <https://www.univ-lorraine.fr/la-vie-a-luniversite-de-lorraine/sante/>
- ✓ If you are a non-EU national, the (SSE) Student's health service will contact you for a medical examination. **Don't forget to turn up, as the invitation is equivalent to autorisation to absent from class.**



Visit: <https://www.univ-lorraine.fr/welcome/en/the-sse-student-health-service/>





Do you have any
questions on insurance?
and health?





DOCUMENTS TO BRING TO FRANCE



Documents to bring with you to France

- ✓ Remember to check that you are taking all the documents that might be requested throughout your stay, to help you with all the formalities.



It will be more complicated to receive them by post once in France.

The most important documents are your identity documents:

- **If you are a national of an EU, EEA or Swiss country:**
 - ✓ a **valid** identity card (you do **not need a visa** to come to France).
- **If you are a non-EU national :**
 - ✓ **valid passport + D "Student" or "Trainee" or "School-going minor" visa or C "Competition" visa.**
 - ✓ Birth certificate (with date(s) of birth **and** surname(s) and first name(s) of your parents): originals and **certified** copies + originals and certified copies of its **translation into French** by a **sworn** translator. See: <https://www.univ-lorraine.fr/welcome/traduire-vos-documents-administratifs/>
 - ✓ **If you are coming as a family with spouse and/or child(ren):** marriage certificate and/or family record book: originals and **certified** copies + originals and **certified** copies of the **translation into French** by a **sworn translator**. See: <https://www.univ-lorraine.fr/welcome/traduire-vos-documents-administratifs/>



[Check our checklist!](#)

DOCUMENTS INDISPENSABLES	
Identité	✓
Études en France	✓
Voyage	✓
Logement	✓
Justificatifs de ressources	✓
Santé	✓
Conduire en France	✓



Visit: <https://www.univ-lorraine.fr/welcome/en/essential-documents/>





WELCOME DAYS



Welcome Days

An evening of information and **welcome** so that you can **meet** all the partners in student life and **talk** to other international students!

In Nancy: 18 September at the Town Hall (stands in salle Chepfer)

In Metz: 29 September at the Town Hall

Provisional programme:

From 4pm to 7pm

- Information stands with treasure hunt (prizes and goodies to be won) with all the partners of the student life (Social security, Prefecture, tourism office, our Welcome Desk and many services of the university (sports, health, culture, libraries, etc.) and students associations.

From 7.30 pm to 9.45 pm

- Welcome speech
- French Apéro with music

And after ...

- Festive evening organised by a student association ESN in Nancy and Comme Un Poisson dans l'Eau (CUPE) in Metz)



- Registrations open at the beginning of September
- Only on registration
- See: <https://www.univ-lorraine.fr/welcome/en/welcome-events/>

Visit: <https://www.univ-lorraine.fr/welcome/en/welcome-events/>



Contact our Welcome Desks

Website
Welcome!



- Nancy: +33 (0) 3 72 74 05 04
drie-accueil-nancy-contact@univ-lorraine.fr
- Metz: +33 (0) 3 72 74 05 14
drie-accueil-metz-contact@univ-lorraine.fr



Make an appointment



Visit: <https://www.univ-lorraine.fr/welcome/en/contact-us/>



