



BIENVENU EN FRANCE

PREPARE

YOUR ARRIVAL

UL PREP' DAYS

2026



Webinar Guidelines



Please mute your microphone



Write your questions in the chat



- After each topic, we will answer a few questions.
- The Welcome Desk does not handle admissions, enrolment, or academic matters. For these questions, please contact the academic office of your future faculty, school, or department.
- For any other questions, please email: drie-info-contact@univ-lorraine.fr

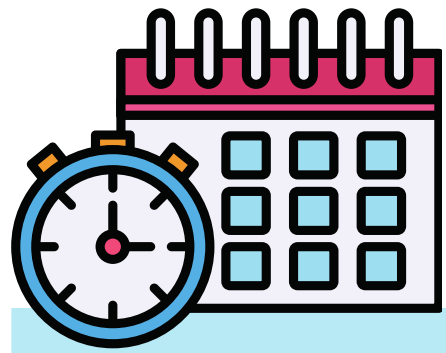
The presentation slides will be sent to you by email



Programme

Prep' Days 2:

- Essential documents before departure
and steps to take upon arrival:
 - opening a bank account
 - health and health insurance
 - welcome events
 - Visa validation and residence permit application (Non-EU students only)
-
- Tuesday, June 23 in French
 - Thursday, June 25 in English (today)



2 - 4 pm
UTC+2

The Welcome Desk Team



Isabel Keller

Deputy Director in charge of Welcome services

2 locations :
Nancy and Metz
4 languages fluently spoken



Marion CARREY

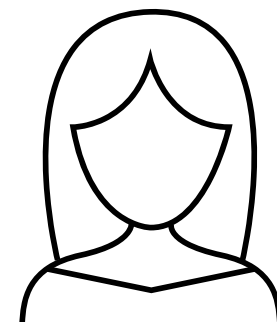
Project coordinator for Bienvenue en France

Morgane LAFON

Welcome and Information Officer
ERASMUS Mundus & ORION



A NANCY



Sophia FESEI-DANGANA - Christine HOCQUIGNY

Reception, information, student support

A METZ



Cara MAMMOSSER - Laurent SCHMIDT

Reception, information, student support

**+ Welcome Desk
in charge of
international PhD
students &
researchers**



How do we support you?



BEFORE YOUR ARRIVAL

- Practical information sent to the email address used for your application
- Preparation webinars
- Answers to your individual questions



DURING THE ACADEMIC YEAR

- Information and updates sent to your university email account ("@etu.univ-lorraine.fr")
- Welcome events and on-campus support
- Answers to your individual questions
- Assistance with administrative procedures in cooperation with our partners (CROUS, Prefectures, CPAM, etc.)



IMPORTANT :

- Check your university email ("@etu.univ-lorraine.fr") account regularly.
- The Welcome Desk does not handle admissions, academic programmes, or administrative enrolment. For these matters, please contact your academic office directly.

Our Services for International Students

INFORMATION AND ADMINISTRATIVE SUPPORT



Welcome Website!

- Information and administrative procedures
- Welcome services and events
- Contact information



Welcome Kit

- Information about all support services available to students (Sport, University Libraries, etc.)
- Available in French, English and Spanish



ULPrep' Days :

- Thematic webinars
- From June 17 to June 25
- Available in French and English
- Programme available on the Welcome website (**Welcome Events section**)



WELCOME AND INTEGRATION

Welcome Desk

- Information and support throughout the year
- Assistance with administrative procedures (accommodation, visa, etc.)
- Find contact details and make an appointment via the Welcome website (for Nancy, Metz, or online)

Welcome Days :

- **September 17 in Nancy, September 29 in Metz**
- Open to all new international students
- **Programme available on the Welcome website** (Welcome Events section)

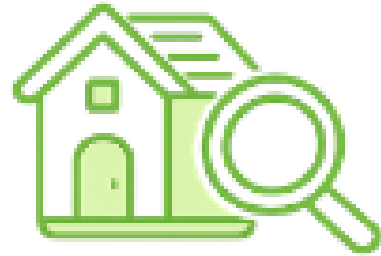
BuddySystem

- Peer mentoring programme connecting international and local students.

Key Steps for your stay in France



1. Application & admission to UL



3. Look for accommodation



5. Apply for a visa (for non-EU nationals)



6. Register at UL & pay the CVEC, if required



8. Validate your visa or apply for a residence permit (for non-EU nationals)



10. Renew your residence permit (for non-EU nationals staying in France)

Webinar 1

Before arrival

On arrival

After

Webinar 2

[More Information here](#)



2. Plan a budget



4. Prepare your housing file: guarantor and insurance



5. Apply for the European Health Insurance Card (EHIC) - EU nationals



7. Open a bank account



9. Register for French Health Insurance (for non-EU students) and take out supplementary health insurance (mutuelle)





DOCUMENTS TO BRING TO FRANCE



Information available on the Welcome website:

- Essential documents



Documents to Bring to France



**Bring all your documents with you before you leave.
It will be difficult to obtain them once you are in France.**



EU / EEA / Swiss students

- **Valid ID card or passport**



Non-EU students

- **Valid passport**
- **Visa or VLS-TS depending on your situation**
- **A birth certificate issued within the last year, showing your parents' first and last names:** original + copy + official French translation (original + copy)



Depending on your nationality, your birth certificate may require an apostille or legalisation. [More information is available here.](#)



If you are coming with your family

- **Marriage certificate and/or family register:** original + copy + official translation into French (original + copy)



[Check out our complete checklist on the welcome website.](#)



OPENING A BANK ACCOUNT



Information available on the Welcome website:

- Opening a bank account



Opening a bank account



Why?

A French or European bank account is required to:

- Receive financial assistance if you are eligible (CAF)
- Pay for your housing and daily expenses
- Receive any refunds (health insurance, security deposit, etc.)

When and how?

- As soon as you arrive in France (first step to take)
- Depending on the bank : certificate of enrolment, student card, or university admission letter



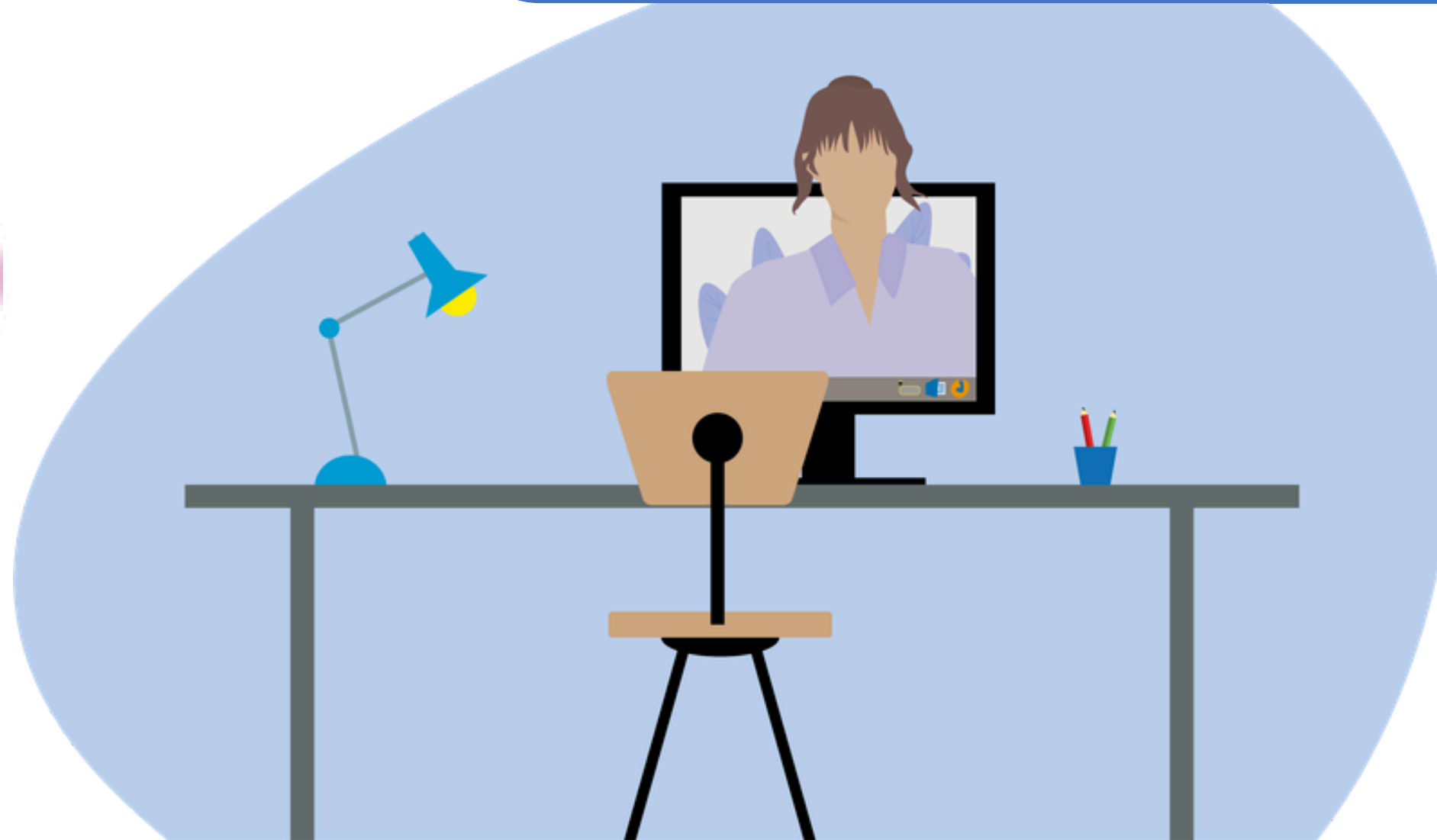
Important points

- Check bank fees and international transfer fees.
- If you choose an online bank, make sure it has a European IBAN.
- Some banks may refuse to open an account for certain nationalities. Contact the Welcome Desk if you encounter any difficulties.



For more information, [visit the Welcome website](#)

Do you have any questions about the documents or the bank account?





HEALTH AND INSURANCE



Information available on the Welcome website:

- **Health Insurance**
- **Complementary or mutual health insurance**
- **SSE : “University student health service”**



Health Insurance in France

HEALTH INSURANCE (CPAM)
Free basic coverage provided by the French government

Health Insurance (CPAM)
(or Social Security)

- Free for students
- Covers only a portion of healthcare costs (approximately 70%)

+

**Supplementary
supplemental**

Supplementary health insurance is strongly recommended

✓ Some costs can be very high (up to €1,000 for one night in the hospital)

OR

Private supplementary health insurance (for a fee)

- Student health insurance
- Private insurance

**Student mutual
and Insurance
Companies**

**“Complémentaire
Santé Solidaire (C2S)”**
Subject to income conditions

Solidarity-Based Supplemental Health Insurance (C2S)

- offered by the National Health Insurance (Assurance Maladie)
- Available based on financial resources

Registering with the French National Health Insurance

Who is eligible?



Students from the European Union, the EEA, or Switzerland

- No registration with the French health insurance system
- Apply for a **European Health Insurance Card (EHIC)** in your home country before you leave.



Students from outside the European Union

- **Mandatory and free enrollment in the French health insurance system** after your arrival in France.
- Complete the process at: etudiant-etranger.ameli.fr

You do not need to enroll in the French health insurance system if you have:

- **a short-stay visa** (less than 3 months)
- **an “Internship” visa** (without enrollment at a French university)

➔ **Purchase health insurance before your departure.**

Note:

- You are covered as soon as you arrive in France.
- Keep your medical bills until you enroll in the French National Health Insurance system.

Required documents:



- Passport and visa
- Valid VLS-TS visa (if applicable)
- **Birth certificate issued within the last year, translated into French and, depending on your situation, apostilled or legalised (check here).**
- Proof of enrollment at the university (or letter of admission)
- French or European bank account details (IBAN)

Need help?



- [Campus France Tutorials](#)
- [Health Insurance Tutorials](#)
- [Welcome website, health insurance](#)

Supplementary health insurance or mutual insurance

A private health insurance plan that you pay for, which covers part of the healthcare costs not reimbursed by CPAM.



How do I sign up for a mutual health insurance plan?

Several options:

→ **Private supplemental health insurance (for a fee):**

- Student mutual insurance plans: [LMDE](#), [HEYME](#)...
- Some insurance companies and banks also offer supplemental health insurance

→ **Solidarity-Based Supplementary Health Insurance (C2S)**

- The supplementary health insurance provided by the French National Health Insurance
- Available based on financial need



Why get it?

To receive better reimbursement:

- glasses and contact lenses
- dental care
- contraception
- hospitalization



How much does it cost?

- Private, for-profit insurance
- The price depends on the plan you choose
- **Choose a plan based on your healthcare needs**



Before choosing, compare:

- the monthly premium
- the reimbursement level (or rate)

The Student Health Service on campus (SSE)

The “*Service de Santé Etudiante*” (SSE) offers **free and confidential** health and social services consultations on the campuses of Université de Lorraine.



What services are available?

- **Doctor or nurse:** health check-ups, vaccinations, screenings, nutrition, gynecology, disabilities, addictions
- **Psychologist:** psychological support and counseling
- **Social worker:** personal, family, financial, or administrative difficulties

How to make an appointment? Contact the Student Health Service on your campus: univ-lorraine.fr/sante

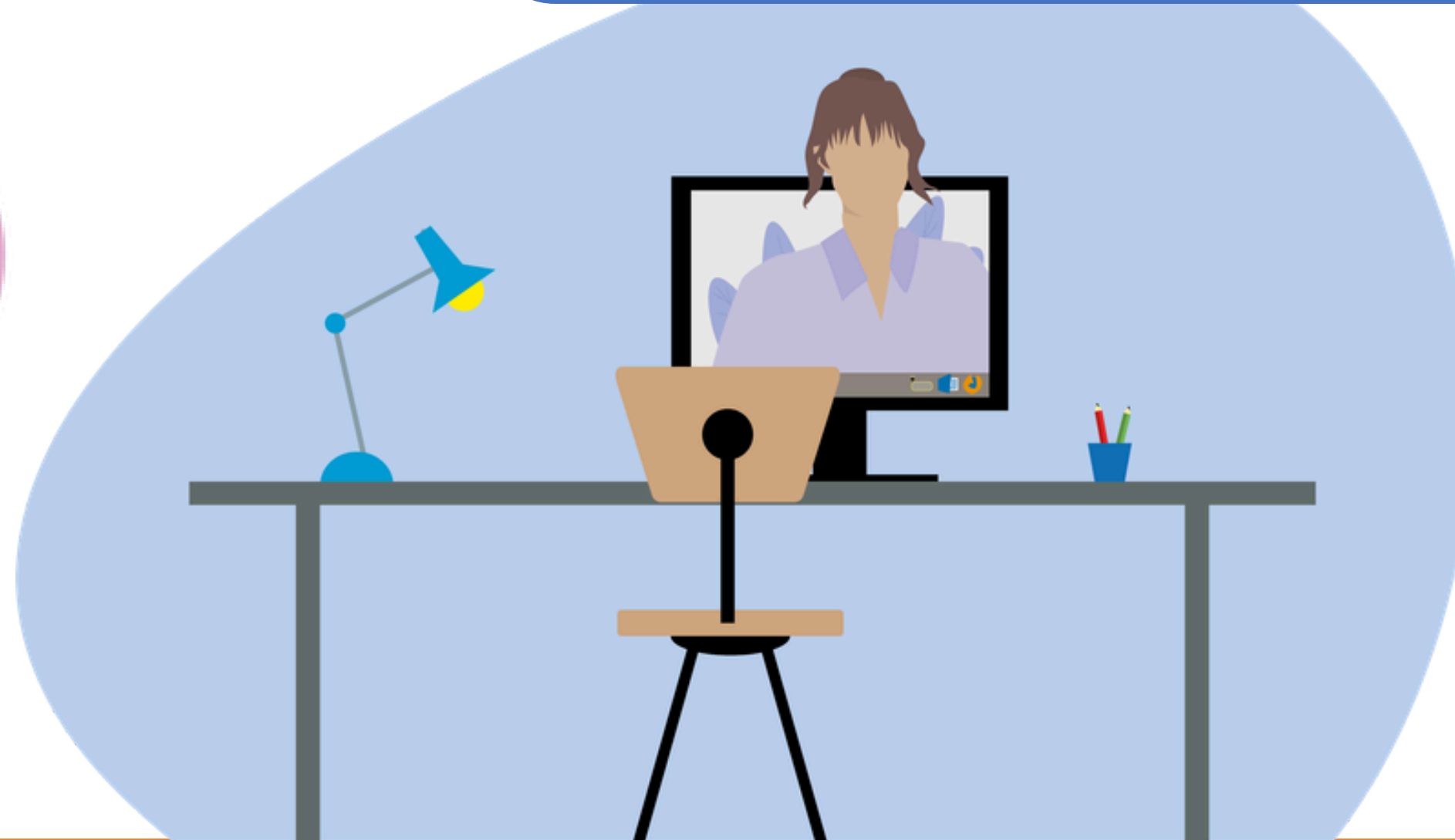
Students from non-European Union countries

- You will receive **an appointment for a comprehensive health check-up**, to verify that your vaccinations are up to date, to discuss your physical and mental well-being, and to receive personalized follow-up
- **The appointment notice serves as an excuse for missing class.** If you are unavailable at the scheduled time, contact the SSE to reschedule.



Take care of yourself! Be sure to attend the appointment scheduled by the SSE!

Do you have any questions about health and insurance?





WELCOME DAYS



Information available on the Welcome website:

- [Welcome Events](#)



Welcome Days



Practical information:

- **Nancy, September 17, 2026**, City Hall
- **Metz, September 29, 2026**, City Hall

Schedule (May be updated):

From 4:00 PM to 7:00 PM

- Information booths and games
- Meet representatives from the University and various organizations: CPAM, Prefecture, CROUS, Tourist Office, student associations, etc.

From 7:30 PM to 10 PM

- Welcome French Apéro
- Live music and photo booth

After 10:00 PM

- Student party organized by ESN Nancy and CUPE Metz

Registration required

- **An invitation email will be sent to you at the beginning of September.**
- Registration will remain open until all available spots are filled.
- The number of spots is limited for safety reasons.

[More information and the final program will be available on the Welcome website](#)





**Students from European Union countries:
end of the webinar here**

**The next topic to be covered will be
Residence Formalities Upon Arrival**





We invite you to take a 5-minute break



Residence Formalities Upon Arrival



Information available on the Welcome website:

- Assistance and steps for your stay in France
- The visa
- Validating a VLS-TS
- Residence permits for students



Upon arrival: What should you do?

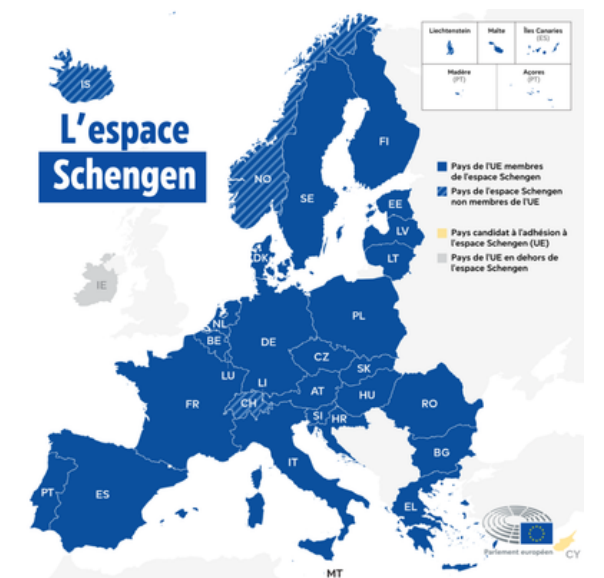
The steps you need to take depend on the type of visa you obtained.



Why validate my VLS-TS or apply for a residence permit?

If you do not complete these procedures, you will not be legally residing in France and therefore you may not be able to:

- Re-enter the Schengen Area freely if you leave it
- Access French Health Insurance (Assurance Maladie)
- Receive housing benefits (CAF), if you are eligible
- Work, complete an internship, or take part in a work-study programme (alternance)
- Continue your stay in France legally






VISA VALIDATION (VLS-TS)

WHO IS CONCERNED?




Holder of a
Student VLS-TS

 Valid for
4 to 12 months



Holder of a
**VLS-TS for an
internship**

 Valid for
3 to 6 months



WHEN?

Within 3 months of
your arrival in France.



HOW?

Complete the online validation on the
ANEF portal:
“Validate my VLS-TS”



HOW MUCH?

Tax stamp: **€100**



KEEP THIS DOCUMENT

Download and keep your visa validation certificate in your passport.
It proves your legal residence status in France.



- [ANEF online platform](#)
- [Visit our Welcome website](#)
- [Contact the Welcome Desk](#)



IMPORTANT

VLS-TS validation is **mandatory within 3 months** of your arrival in France.
Without validation, **you will no longer be legally residing in France.**



Do you need to apply for a residence permit?

The procedure depends on your visa type.



Algerian students or students in a mobility programme with a long-stay visa (D) marked “Residence permit to be applied for”



WHEN?

Upon your arrival in France and before your visa expires.



HOW?

Apply for a residence permit on the ANEF platform.



Students holding a “Competitive Examination” Visa or a “Minor Student” Visa



WHEN?

Before your visa expires.

- **Competitive Examination Visa (Visa C):** apply for a residence permit only if and as soon as you pass the examination.
- **Minor Student Visa (Visa D):** apply for a residence permit in the 2 months before and 2 months after turning 18.



WHERE / HOW?



Meurthe-et-Moselle (54)
Paper application.
Contact the [Welcome Desk](#).



Moselle (57)
Online application on:
demarche-numerique.gouv.fr



HOW MUCH?

Residence permit tax: **€150** (for both procedures)



- ANEF online platform
- demarches-simplifiees.fr platform
- [Visit our Welcome website](#)
- [Contact the Welcome Desk](#)

Important Information

To complete your residence procedures in France, you will need to provide proof of:



- **Enrollment at a university;**
- Results of the competitive examination (Students holding a "C - Examination" visa)
- **Accommodation close to your place of study;**
- **Financial resources of at least €877 per month (this amount will apply from 1 August 2026).**
- Birth certificate issued within the last year, translated into French and, depending on your situation, apostilled or legalised ([check here](#)).

→ **These requirements must be met throughout your studies in France.**

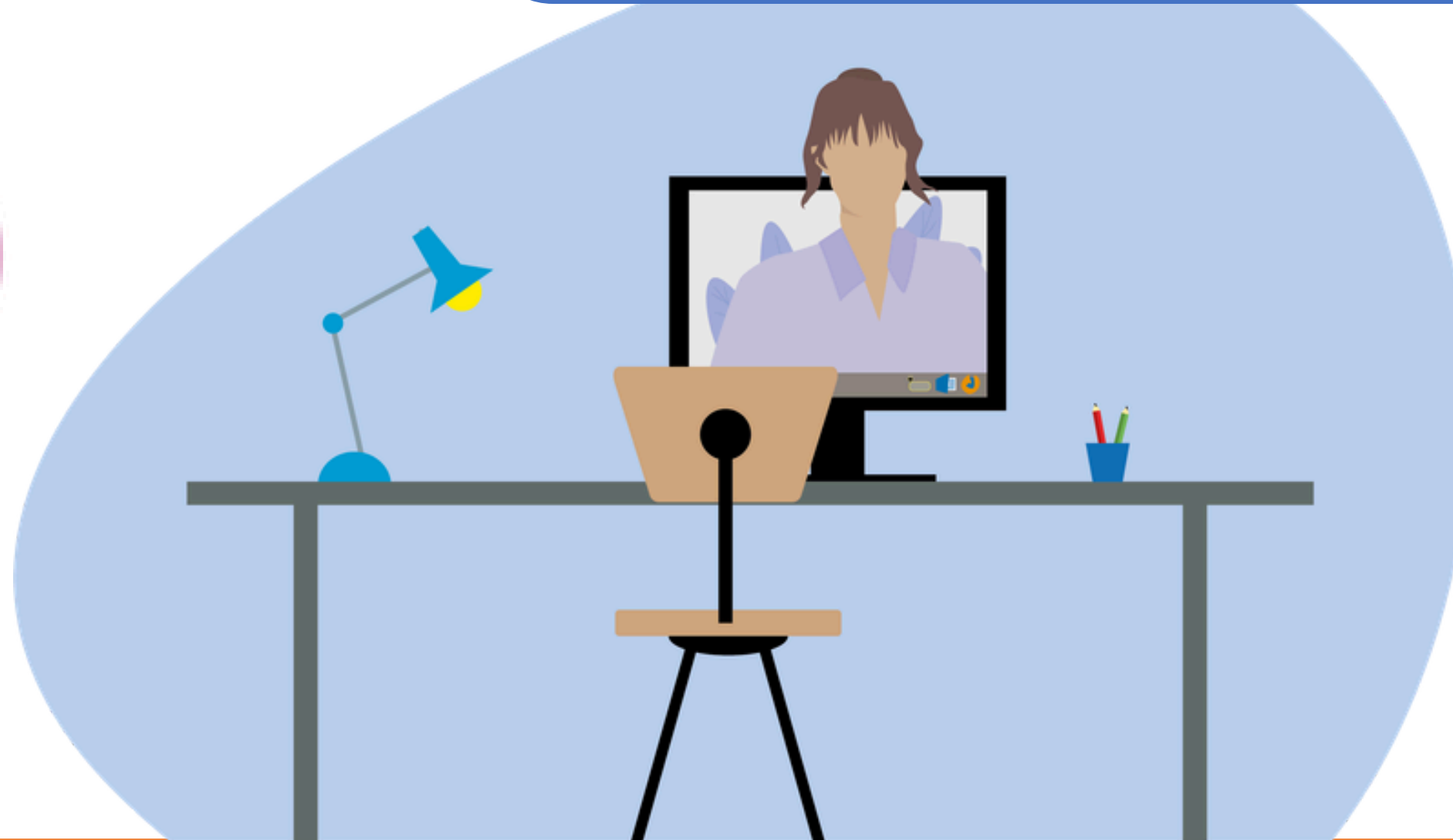
Respect the deadlines:



If you submit your application late:

- **An additional fee of €180 may apply (late renewal fee);**
- No access to health insurance, social benefits, employment, or travel within the Schengen Area.

Do you have any questions about residence formalities?



Contact Our Welcome Desks



In Nancy

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



In Metz

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



Book an Appointment (Online or In Person)

univ-lorraine.fr/welcome/contact



Welcome Website, "Contact Us" Section

univ-lorraine.fr/welcome

