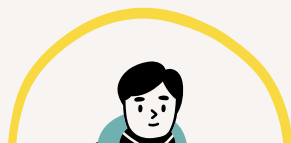




WELCOME BOOKLET FOR INTERNATIONAL STUDENTS

#JAIMEFONTAINEBLEAU #FBLEAUCAMPUS

ENGLISH EDITION



Fontainebleau



THE MAYOR'S EDITORIAL

Dear students,

On behalf of the municipal council and all the residents of Fontainebleau, I am delighted to welcome you to our city.

Every year, more and more of you come to study in our city, which bear testament to its attractiveness. Indeed, you will discover an exceptional living environment, including the Château de Fontainebleau, the residence of the Kings of France, and the Forest, the green heart of our region.



On a daily basis, Fontainebleau offers over 500 businesses, a rich cultural and sports life, as well as events throughout the year to make your studies in Fontainebleau a true academic and social success.

We have created this guide for international students to provide you with useful contacts, helpful advice, and places to explore during your academic year. There is also a mobile application 'Fontainebleau Ma Ville' available in English.

I wish you a pleasant stay in Fontainebleau, which will leave you with the best memories.

Have a great academic year!

Julien Gondard
Mayor of Fontainebleau

TABLE OF CONTENTS

- THE CITY	P. 3
- HIGHER EDUCATION IN FONTAINEBLEAU	P. 5
- PAPERWORK: BEFORE ARRIVING IN FONTAINEBLEAU	P. 10
- ACCOMMODATION	P. 11
- TRANSPORTATION	P. 13
- PAPERWORK UPON YOUR ARRIVAL	P. 16
- DAILY LIFE	P. 19
- HEALTH AND SOLIDARITY	P. 23
- HOBBIES AND STUDENT LIFE	P. 25
- JOBS AND INTERNSHIPS	P. 28
- BEFORE LEAVING FONTAINEBLEAU	P. 29



Fontainebleau has the only palace that all the crowned heads of France had inhabited from the 12th to the 19th centuries. With eight centuries of royal presence, 34 kings, 2 emperors, and 1.500 rooms, Fontainebleau can claim to have the most furnished palace in Europe! Napoleon called it, "the true home of kings." A designated *Ville Impériale* "Imperial City" with its history, palace, squares, and sumptuous Italian-style theater, Fontainebleau is a culturally enriching place to visit.

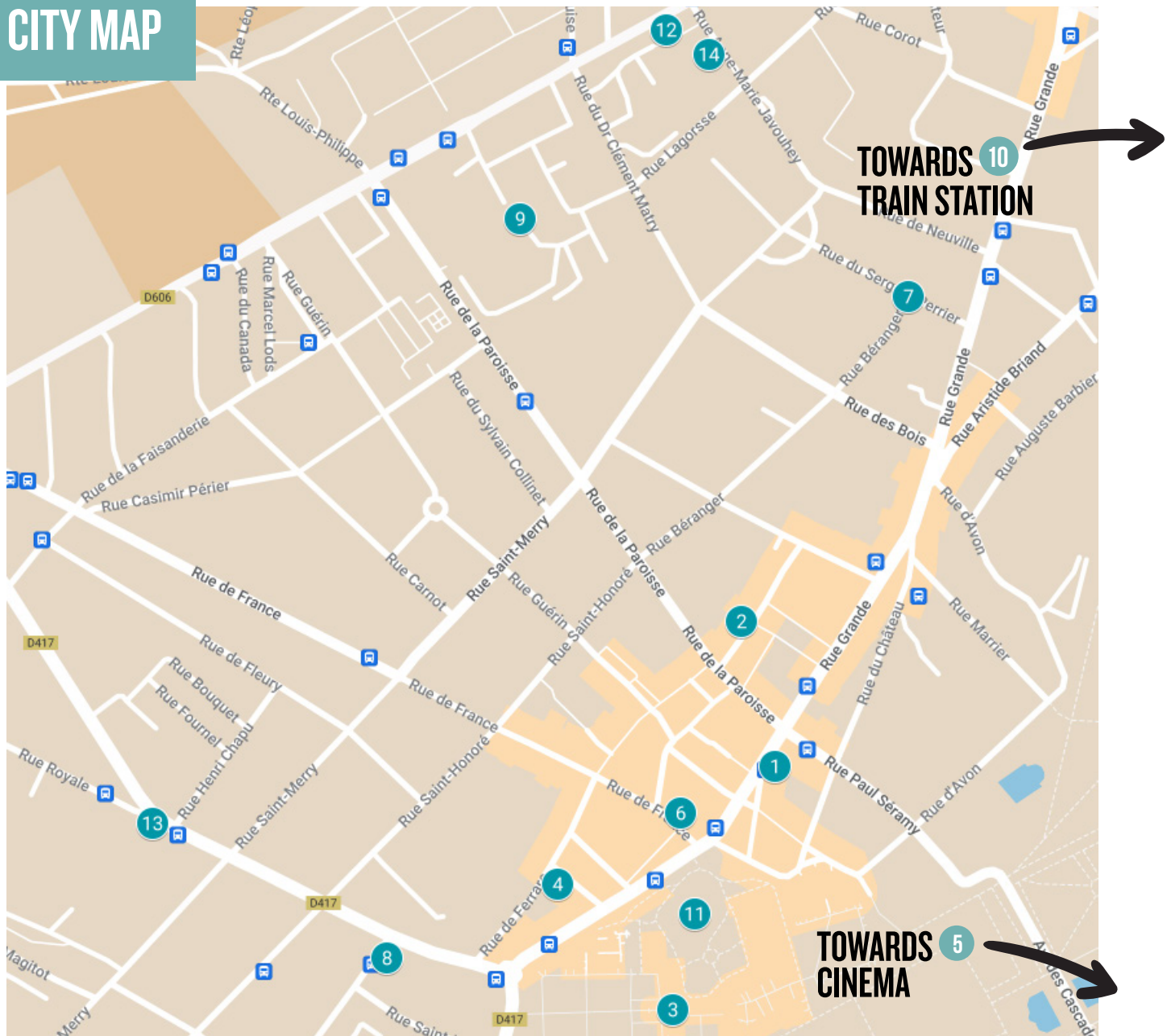
• MUST-SEES: FONTAINEBLEAU PALACE AND FOREST

The Fontainebleau Palace (*Château de Fontainebleau*), designated as a World Heritage site by UNESCO, should be one of the first places you visit. It offers a free visit every first Sunday of the month. At any other time, EU citizens between 18 and 26 can still have free access, and reduced-price visits for anyone else under 26.

The forest, known for its diversity in landscapes, offers fresh air and a welcoming environment, allowing numerous outdoor activities. This worldwide known forest is the second largest in France. It extends over an area as big as two times the size of Paris. Its astonishing views could conquer you any day.

For more information on what to visit and all the region's must-sees, the Tourist Office is open to all: <https://www.fontainebleau-tourisme.com/en/welcome/>

CITY MAP



1 • CITY HALL

40 rue Grande - 01 60 74 64 64

2 • POLICE STATION

11 bis place de la République - 01 60 71 58 00

3 • FONTAINEBLEAU PALACE

Place de Gaulle - 01 60 71 50 70

4 • THEATER

9 rue Denecourt - 01 64 69 05 91

5 • CINEMA CINEPARADIS

10 av. du Maréchal de Villars - 01 61 22 90 83

6 • CINEMA ERMITAGE

6 rue de France - 01 60 71 61 89

7 • MUSIC SCHOOL

45 rue Béranger - 01 64 22 27 18

8 • PUBLIC LIBRARY

15 rue Royale - 01 64 22 26 36

9 • HOSPITAL

55 bd du Maréchal Joffre - 01 60 74 10 10

10 • FONTAINEBLEAU/AVON TRAIN STATION

Place de la gare 77210 Avon

11 • JARDIN DE DIANE/DIANE'S GARDEN

Rue Denecourt (garden entrance)

12 • COMMUNITY SOCIAL ACTION CENTER (CCAS)

43 bd du Maréchal Joffre - 01 77 03 81 81

13 • SUB-PREFECTURE

37 rue Royale - 01 60 74 66 77

14 • HEALTH CENTER

17 bis rue Anne-Marie Javouhey - 01 85 48 12 34

City Information:

Follow us on Facebook & Instagram, and use Fontainebleau website or App (English version):

Website: www.fontainebleau.fr

Social media: *Ville de Fontainebleau*

App: *Fontainebleau ma ville*

HIGHER EDUCATION IN FONTAINEBLEAU

Education has been one of Fontainebleau's main assets for a long time. Since 1848, the establishment of *François 1^{er}* High School and many other academic centres have been implanted within the city. Around 3400 young people study in higher education in Fontainebleau, and 4500 students in the Fontainebleau area; even more are expected to come in the following years. Fontainebleau offers a new dynamic called "Fontainebleau campus." - To get some good tips or learn about student life, and other information, follow the Instagram page @Fbleau_campus77.

• PRIVATE SCHOOLS

- **European Institute of Business Administration (INSEAD)**

Boulevard de Constance
› **BUS LINE 1**

- **Fontainebleau school of Acting (FONACT)**

57 rue de France
› **BUS LINE 1**

• PUBLIC ACADEMIC TRAINING:

- **École Nationale Supérieure des Mines de Paris - Université de Paris Sciences et Lettres (PSL) (engineering degree),**

35 rue de Saint-Honoré
› **BUS LINE 1**

• UNIVERSITÉ PARIS EST CRÉTEIL CAMPUS AND TRAINING CENTRES:

- **Technological University Institute of Fontainebleau Sénart**

- **Physiotherapy University Institute**

- **Professional diploma for professional real-estate and Eco construction**

Route d'Hurtault
› **BUS LINE 1**

- **Institut d'Études Politiques (IEP)**

Campus Damesme
10 rue du Dr Clément Matry
› **BUS LINE 1**

- **Nursing training institute (IFSI) of the Fontainebleau hospital centre.**

80 route de Valvins
77920 Samois-sur-seine
› **BUS LINE 8**

• CONSULAR TRAINING

- **Technological University of Consular Education (UTEC)**

1 rue du Port Valvins
77210 Avon
› **BUS LINE 9**

• HIGHER EDUCATION IN HIGH SCHOOLS:

Other academic training, such as Advanced Technician Certificates (BTS), prep classes (CPGE), or teacher training, are held within high school structures.

- **François Couperin High school**

Route d'Hurtault
› **BUS LINES 20 & 23**

- **François 1^{er} International High school**

11 rue Victor Hugo
› **BUS LINES 112, 202, 208, 210, 43, 45 ET 7A**

- **Blanche de Castille High school**

42 rue du Château
› **BUS LINES 1, 43 ET 8**

- **Uruguay France High school**

1 rue des Marronniers
77210 Avon
› **BUS LINES 20, 202, 21, 210, 23, 43 ET 7B**

• PLACES TO STUDY:

The Royal Charity Media Library welcomes you to work in its study rooms with power outlets, Wi-Fi, drinks, and snacks. It is free for all inhabitants of Fontainebleau. Opening hours:

- Tuesday: 3 pm - 7 pm
- Wednesday: 10 am - 7 pm
- Thursday: 3 pm - 7 pm
- Friday: 3 pm - 6 pm
- Saturday: 10 am - 6 pm
- Sunday: 3 pm - 6 pm

The École des Mines university library is also open to all. It is located at 38 Rue St Honoré in Fontainebleau.

Opening hours:

- Monday-Tuesday-Thursday: 9.30-12.30 am and 1.30-5.30 pm
- Wednesday: 1.30-5.30 pm



LEARNING FRENCH:

During your time in France, you might want to improve or learn French to make the most of your stay and become a true French at heart. Here are some links to take French lessons within a study group or a one-to-one class:

<http://www.languesplus.org/contact.htm>

<https://www.flc-fontainebleau.fr/activites/6/culture-langues-loisirs/47/cours-de-francais-fle/>

<https://www.fontainebleau-french-school.com/fr/home/>

<https://www.voscours.fr/cours-particuliers-fle-francais-langue-etrangere-fontainebleau>

<https://www.superprof.fr/cours/francais-langue-etrangere-fle/fontainebleau/>

If you need any help to translate an official document or you need a professional translator, here are some websites you might use:

<http://www.cetiecap.com/> ; <http://www.alphatrad.com/>



UNIVERSITY ACADEMIC PROCEDURES:

For administrative purposes, international students who choose to do their ERASMUS program in France must take care of a few formalities relating to their university:

First, you must complete the application process for admission to university, which usually involves submitting transcripts, academic records, and certificates of proficiency in French or English. You also have to ensure you have the correct visa and residence permit. Upon arrival, you should register with the local authorities and obtain a student card from university. You have to attend orientation programs and accustom yourself to the rules and regulations of your university. Tuition fees should also be paid. Throughout your stay, you must follow the academic calendar, attend classes regularly, and comply with the educational norms of university.

- The French concepts of ***Inscription administrative*** and ***Inscription pédagogique*** refer to administrative and academic registration, respectively. This means that a student must complete both registrations to enrol in a university course in France. The administrative registration involves obtaining necessary documents, such as a visa or residence permit. Academic registration involves enrolling in specific courses and receiving approval from the relevant academic department.

The **Learning Agreement Before the Mobility** is a document that facilitates academic registration for international students in Europe. It outlines the courses the students plan to take at their host university and ensures that those courses are admitted to their home university. This agreement is integral to the academic registration process for students participating in an exchange or studying abroad program. It helps ensure that students receive proper academic credit for their coursework and that they can continue their studies seamlessly upon returning to their home country. Both universities must sign this document before your stay in France.



- In France, the **CVEC** (*Contribution Vie Étudiante et de Campus*) is a mandatory contribution paid by students enrolled in higher education institutions. This contribution funds services and initiatives aimed at improving the living conditions of students, such as health services, cultural events, sports facilities, and social support services.

The amount of the CVEC is set annually by the French government and varies depending on the institution and the type of program. Students must pay the CVEC before enrolling in the institution. It also allows you to use university funds when trying to implement a project for student life improvement, especially if you join a student association.

- There are two main types of courses in the **French university system** :
 - **Cours Magistraux** (CM) are large lectures given by a professor to a group of students. These lectures usually cover a subject's theoretical aspects and provide an overview of the material. Students are expected to take notes and study independently to grasp the course content fully. One CM is about 2 hours long.



- **Travaux Dirigés** (TD) are smaller classes where students work in groups under a professor's or teaching assistant's supervision. These classes usually focus on applying the theoretical knowledge from CM lectures to practical problems or assignments. Students should participate actively in discussions and ask questions to

deepen their understanding of the course material.

A TD is about 1,5 hours long.

- The **Rentrée** is the French word for the start of the academic year, usually in September. It marks the beginning of classes and various activities.
- The **Semaine d'intégration**, or Welcome Week, is an orientation program to help students adapt to their new environment. Students are introduced to their peers, professors, and campus facilities during orientation week. They also learn about France's culture, customs, and services.
- UPEC students may want to attend the welcome week in Fontainebleau and the UPEC welcome days for international students (<https://www.en.u-pec.fr/a-look-back-on-our-international-welcome-days>) in Créteil.



- In France, the university grading system goes from 0 to 20. A mark of 0 means that the student has failed the exam, and 20 is the highest grade possible. Passing grades are scores between 10 and 20, while anything below ten is considered to be for those in difficulty or failing the course. The grading system is usually qualified as follows:

- 18-20: Excellent (*Félicitations*)
- 16-17.9: Very Good (*Très Bien*)
- 14-15.9: Good (*Bien*)
- 12-13.9: Fair (*Assez bien/Moyen*)
- 10-11.9: Satisfactory (*Passable*)
- Below 10: Failing (*Ajourné ou Non Validé*)



- In addition, some universities may use a letter grading system alongside the numeric system. For example, an A may correspond to a score of 16 or higher, while a B may correspond to a score of 14-15.9, and so on.

The French university system is structured around continuous assessment known as *contrôle continu*. Students are tested on their understanding of the material covered

in class through regular assessments, typically every few weeks. They are designed to encourage students to keep up with their studies and to help them identify areas where they need to improve throughout the academic year.

At the end of each semester, students take what is known as *partiels*, or final exams that cover the entire semester's coursework. These exams carry more weight in determining a student's final grade than the regular assessments. In addition to the exams, students might have to complete other assignments, such as essays or research projects, which may also be factored into their final grade.



- The French university system strongly emphasises continuous assessment, with grades based on regular assessments, final exams, and other assignments. Ongoing Assessments help ensure that students remain engaged with their studies throughout the year and that they can demonstrate their understanding of the material.

PAPERWORK: BEFORE ARRIVING IN FONTAINEBLEAU

• VISA:

Official website for visa applications:

<https://france-visas.gouv.fr>

More information:

www.campusfrance.org

• Do I need a visa?

If you come from a member state of the European Union or the Schengen area, you do not need a visa to study in France. If you come from another country, a visa is mandatory.

• Applying for a visa

Pay attention to deadlines during busy periods, especially from July to September.

Before submitting your application to the consular authorities, identify in advance the type of visa you should apply for:

VLS-TS: *Étudiant*, a long-stay visa valid as a residence permit for students

VLS-TS: *Stagiaire*, long-stay internship visa constituting a residence permit

VLS-T, temporary long-stay visa

Long-stay visa for scientists and

researchers: *passeport talent-chercheur*

Visa: *Mineur scolarisé*, Study visa for minors (under 18 years).

When you receive your letter of acceptance from university, contact the French consular authorities in your country to obtain a list of the documents required to apply for a visa. Do not wait until the last minute, as some documents may need time to obtain. At the consulate, you must submit proof of sufficient financial resources, at least 615€/ month, to pursue studies in France.

• HEALTH INSURANCE:

Before you leave your country, ask your health insurance fund (RAMQ) for the form corresponding to your situation, an SE 401-Q-106 if you are on an exchange program or form SE 401-Q-102 bis if you come as an individual. This form certifies that the RAMQ in France covers you. It should be sent to the *Caisse Primaire d'Assurance Maladie* (CPAM) of Seine-et-Marne (see below).

So Before you leave for France, make sure to bring with you:

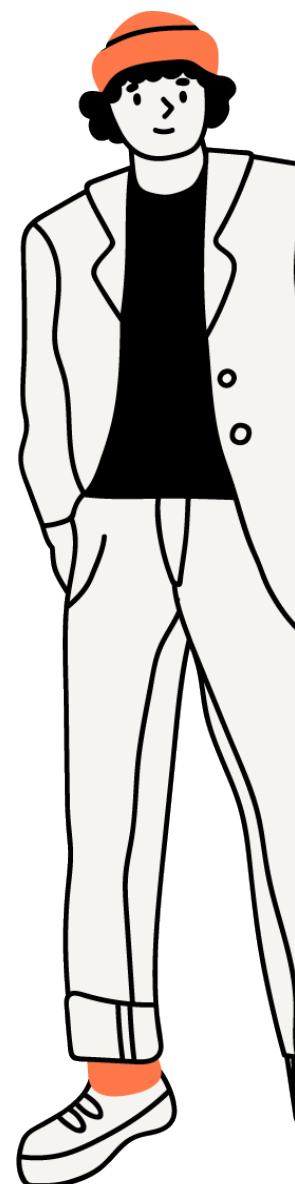
- Identity documents (passport or valid identity card), birth certificate, and certified translation

- Documents relating to your studies: proof of enrolment or acceptance letter, proof of language ability (French, English, etc.), previous degrees, transcripts together with certified translations

- visa if applicable

- Documents relating to settling in: proof of reservation of your accommodation, documents required for taking up residence in the accommodation, ...

- Documents relating to your health: health records, documentation specifying your healthcare coverage...



FINDING AN ACCOMMODATION:

There are a variety of **housing options** available for international students in Fontainebleau. One option is the *Résidence étudiante* which only provides furnished student apartments. Follow this link to find the list: https://www.fontainebleau.fr/fileadmin/2-SERVICES/FBLEAU_CAMPUS-ETUDIANTS/PDF_Logement_Etudiants_v4.pdf

Another option is to use websites such as [Se Loger](#), [Le bon coin](#), [Lokaviz](#), [Studapart](#), etc. to search for apartments or rooms to rent.

Another popular choice for students is **colocation (flat-sharing)**, which

is when multiple people (flatmates) share a living space and split rent and other expenses. Websites such as [Appartager](#) and [La Carte des Colocs](#) offer options for colocation in Fontainebleau.

Before settling into your room or apartment, you must sign a rental contract called a *bail* in French.

Rent is usually paid at the beginning of each month. You may ask your landlord for a *quittance de loyer*, a receipt proving you have paid the rent.

- Conditions required:
 - You will need to provide



guarantees, which can either be:
A guarantor is a person who can prove that they have sufficient income to pay for your rent if you stop doing so; a valid *visa Action Logement* (Visale system). VISALE FREE GUARANTOR SYSTEM:

www.visale.fr

- A security deposit, or *caution*, usually corresponds to one month's rent. This money deposit will be returned to you within the two months following your departure after verifying that you have left the property in the same state in which you received it. The owner is entitled to withdraw from it the amount necessary for carrying out repairs in the event of damages.



- Subscribe to a home insurance policy that covers the risk of fire, water damage, theft, etc. known as a *multi risque habitation* policy.

Inquire when you open a bank account or ask for a *mutuelle étudiante* (student group plan).

- Financial aids:
There are several financial aids available to international students in Fontainebleau for housing. Some scholarships are available for international students, including housing as a part of their financial package. The *Caisse d'Allocations Familiales* (CAF) offers housing

assistance to students on a need-based system, calculated according to your resources. Housing subsidies are paid by the CAF (*Caisse d'Allocations Familiales*) under certain conditions. Being a tenant or a roommate and having your name on the lease are essential prerequisites. For more information, contact the CAF near you or check <https://caf.fr>



If you need any financial support, you can read the government's instructions in English:

<https://www.service-public.fr/particuliers/vosdroits/F380?lang=en>

Here is the list of grants you can get depending on your studies and nationality:

<https://campusbourses.campusfrance.org/#/catalog>

UPEC Students, if you still haven't found a place to live when you arrive: Check UPEC's housing platform in partnership with Studapart. Contact the housing division of the Campus Life Office: <https://www.u-pec.fr/fr/vie-de-campus/vie-pratique/logement>

TRANSPORTATION

- Transportation **from Paris to Fontainebleau:**

By car: highway A6 direction Lyon (70km).

By train: In the *Gare de Lyon*, on the platforms *grandes lignes*, take line R and get off at Fontainebleau/Avon or Melun.

If you get off at Melun, take the 34 bus to Fontainebleau.

- Transportation **from Roissy to Fontainebleau:**

By train: Take the RER B up to Châtelet les Halles, where you change, and take the RER A to *Gare de Lyon*. Take the line R and stop at Fontainebleau-Avon, where you can take line 1 (bus) to reach the centre.

- Transportation **from Orly to Fontainebleau:**

By car: highway A6 direction Lyon (43km)

By train: Take the tramway T7 and stop at *Porte de l'Essonne*, where you take the bus 285 to Juvisy and then the RER D to Melun to take the bus 34 to Fontainebleau.

- **TRANSPORTATION CARD:**

In Île-de-France (Paris region), it is possible to travel by taking an **Imagin'R pass** for students under 26. It is an all-zone pass that gives unlimited access to all means of transportation every day of the week. You can pick up an Imagin'R form at any station or online on the website: <https://www.iledefrance-mobilites.fr/en/tickets-fares/detail/liberte-plus>

You must have a school certificate and bank details. This pass allows you to benefit from exclusive offers from a selection of partners thanks to the associated 'Bon Plan card', such as discounts for Fontainebleau theater. The list of offers is available on the website www.navigo.fr. You can also benefit from the Young Weekend ticket for people under 26, valid for 24 hours.

- **BUS NETWORKS:**

Buying your tickets online on the [RATP app](#) will be cheaper. The bus tickets are the same for Fontainebleau and for the Parisian area.

<https://www.pays-fontainebleau.fr/les-reseaux-de-bus/>

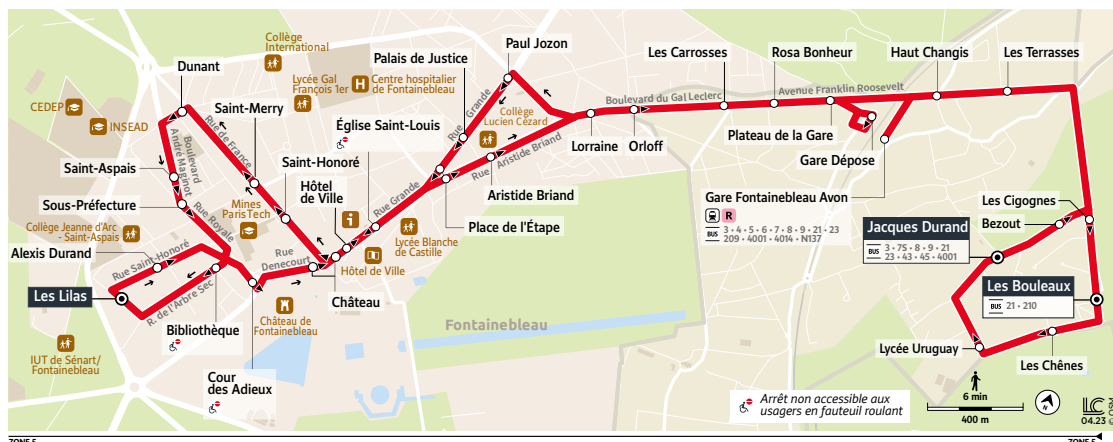
Line from the station to Fontainebleau centre : line 1 is the easiest, line 4 is also convenient to reach UPEC campus.



BUS ROUTE

1

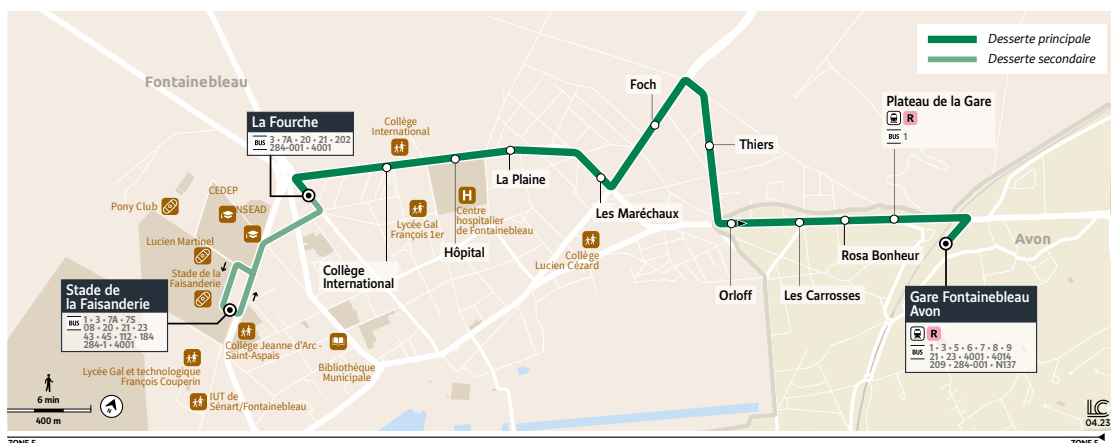
**AVON LES BOULEAUX OU JACQUES DURAND
→ FONTAINEBLEAU LES LILAS**



CLICK HERE

4

**GARE DE FONTAINEBLEAU AVON
→ FONTAINEBLEAU LA FOURCHE**



- LINE 1:** Avon : gare / Fontainebleau : château – les lilas
- LINE 3:** Avon : gare / Fontainebleau : Crevat Jaurès
- LINE 4:** Fontainebleau : stade P. Mahut / Samoreau : ZI Paul Séramy
- LINE 6:** Avon : gare / Samoreau : les prés
- LINE 8:** Avon : gare / Fontainebleau : Crevat Jaurès
- LINE 112:** Fontainebleau : stade P. Mahut / Samoreau : le bac / Héricy : Espinard / Vulaines : Lavoir aux chapeaux
- LINE 21:** Avon : gare / Fontainebleau / Barbizon / Chailly-en-bière / Villiers-en-bière / Boissise-le-roi / Pringy / Saint-Fargeau-Ponthierry.

› From Melun train station to Fontainebleau: Seine-et-Marne express No. 34, the fare is the same as in the buses mentioned above and throughout the Île-de-France region.



It's cheaper to buy a rechargeable book of tickets on your phone than to buy them directly on the bus. Find how you can download the ratp app by clicking: <https://www.ratp.fr/en/titres-sur-telephone>

MOVING AROUND THE CITY ON BICYCLE:

Where to rent a bicycle in Fontainebleau?

In “**La petite Reine**” at the 14 rue de la Paroisse, in Fontainebleau (www.fontainebleau-tourisme.com).

In “**Velectrik Moov**” at the 14 rue de la Cloche, in Fontainebleau (<https://www.velectrikmoov.fr/>).

In “**Blow Cycle**” at the Place de la gare, in Avon (<https://blowcycles.com/>).

Where to find bike storage?



At the train station, Fontainebleau-Avon: 2 closed shelters are accessible with a subscription to Veligo-transilien, and two open shelters are accessible to all.

PLAN OF THE *LIAISON DOUCE*

The *liaison douce* is a 7 km paved trail connecting Fontainebleau/Avon train station to the *Grand Parquet*. It can be accessed by bike, on foot, on rollerblades...



Toward
le grand parquet

 Bike path connecting the train station to the *Grand Parquet*
 Free Bike Parking

PAPERWORK UPON YOUR ARRIVAL IN FONTAINEBLEAU

When international students arrive in France for a study program, they must complete specific procedures, such as obtaining a Confirmation of Arrival. This document proves their arrival date in France and may be required for administrative purposes.

Take a look at the following tutorials to help you with all your administrative procedures: <https://www.campusfrance.org/en/tutorials-to-help-international-students-in-their-application-process>

• SUB-PREFECTURE:

If you need any help getting your visa or have any problems with immigration papers, you might need to go to the *Sous-préfecture*, which is the sub-prefecture (37 rue Royale), or visit their website: <https://www.seine-et-marne.gouv.fr/Demarches/Toutes-les-demarches/Accueil-des-Etrangers/Accueil-en-sous-prefecture-de-Fontainebleau>

However, if you wish to renew your passport, make sure you first make an appointment at the town hall.



• RESIDENCE PERMIT:

All students outside the European Union must validate their visa upon arrival in France (unless otherwise stated on the visa).

Carry out all your formalities directly on the official ANEF platform: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

You will need a valid email address, information on your visa, your date of arrival in France, your home address in France, and a bank card to pay the 50€ fee for the residence permit online (if unavailable, you can buy an electronic stamp in cash at a tobacconist or dedicated terminal).

Are you a student in need of support?

Universities can assist students from outside the European Union or Schengen area in navigating the process of getting or renewing their residence permit. Contact the university at least three months before your residence permit expires.

• OPENING A BANK ACCOUNT:

If you plan to stay in France for over three months, consider opening a bank account.

Some organisations, such as the *Caisse d'Allocations Familiales (CAF)* or the public healthcare system, will only reimburse you by bank transfer to an account in France. A French bank account will be useful to wire financial aid for international mobility (such as the Erasmus scholarship) or for setting

up an automated monthly payment of transportation fees. A bank card, commonly called *carte bleue* (blue card), is predominant in France, even if payments by phone are becoming increasingly common.

There are plenty of banks in Fontainebleau (Société Générale, Crédit Agricole, Crédit mutuel, CIC, LCL, BNP Paribas, BRED, La banque postale). Other services banks offer can include Home, Civil Liability, and Healthcare insurance.



Civil liability insurance covers you if you accidentally cause harm to a third party. It is compulsory in France. Ask your French bank or a *mutuelle étudiante* (student group plan) about mandatory insurance (home, civil liability) and supplementary health insurance.

• SOCIAL SECURITY REGISTRATION:

Registration to Social Security is free. It allows you to benefit from partial reimbursement of your health expenses (doctor's appointments, medical check-ups, etc.).

Once you have finalised your administrative registration at university, register directly at <https://etudiant-etranger.ameli.fr>. The website is

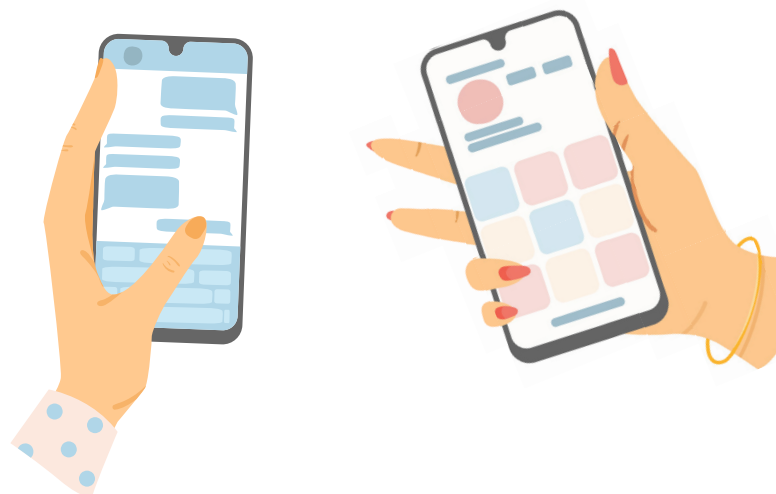
available in French, English, and Spanish. Or Call 36 46. If necessary, an agent will answer you in English (toll-free number, local call price, depending on your provider). Be careful; if your file stays incomplete for too long, your file will be deleted, and you'll have to start all over again.

European students have a European Health Insurance Card (EHIC), which allows them to be reimbursed for their health expenses under the same conditions as in their country of origin.

For Quebec students, there is a *Franco-Quebécois* memorandum of understanding.

• TELEPHONE AND INTERNET:

In France, almost all mobile phone plans include internet access. There are many offers and operators. Compare the offers according to your budget and needs to find the most suitable for you.



Prepaid cards allow you to make calls without committing to an operator for a long time and are often advantageous for international calls. They are usually available for sale at tobacconists and in supermarkets;

Subscribing to a phone plan is

commonly called a *forfait* in French. It can be prepaid, with or without a commitment period. The leading operators are *Bouygues Telecom*, *Free*, *Orange*, and *SFR*, but there are others. Most have shops in Fontainebleau, where you can find some advice. Before signing your contract, find out about termination conditions, international call costs, and charges for exceeding the fixed price. You can also get a prepaid SIM card, but make sure that you can use your mobile phone in France before;

In Fontainebleau, the free WIFI spots are available at the *Place de la Republique*, the *Place Napoléon Bonaparte*, and the *Charité Royale* (public library). Check if you can use Eduroam on your campus once your student digital account is activated.



• MONTHLY BUDGET:

The expenses related to student life can vary depending on your way of living. Cheaper than Paris, Fontainebleau can still be an expensive city. However, some tips and affordable options can allow you to enjoy your stay to the fullest while keeping up with your budget.

EXPENSES	AMOUNT PER MONTH	COMMENT
RENT	250-750€	See “accomodation” p.X
UTILITIES (electricity, water, gas...)	50-100€	Sometimes included in the rent
HOUSE INSURANCE	Around 10-15€	
HOUSE WIFI	Around 30€	Sometimes included in the rent. Not always necessary since there are many WIFI points
GROCERIES	200-250€	See below
PUBLIC TRANSPORTATION	Around 40€	You can go everywhere on foot and by bike, if you live and study in Fontainebleau, but you might want to travel to Paris. See “Transportation p.X
TOTAL	600-1100€	

• EATING LOCAL FOOD:

1- Saint-Louis Market:

About 100 food and non-food traders, the market offers varied and quality products. It takes place three times a week: Sunday, Tuesday, and Friday in the morning until 1 pm at the *Place de la République*.

2- Cheapest meal: it's the one you cook yourself!

You can find quick and easy student recipes online. Use what remains in your fridge with apps like **Grocery Hero**.





• LOW-COST SHOPPING:

- The **CROUS**: Sénart-Fontainebleau IUT has a self-service cafeteria for snacks, sandwiches, salads, and hot dishes. It is open from 8 am to 4 pm. It allows a meal at 3.30€: payment can be made either with your bank card (minimum 1€) or the student card (account IZLY). Some universities also use a click-and-collect **CROUS** service; you can ask them for more information.

Izly is a simple and secure payment solution offered by the Crous. It allows you to pay for your purchases on campus with your smartphone or student card. You can activate and manage your account on <https://www.izly.fr/>

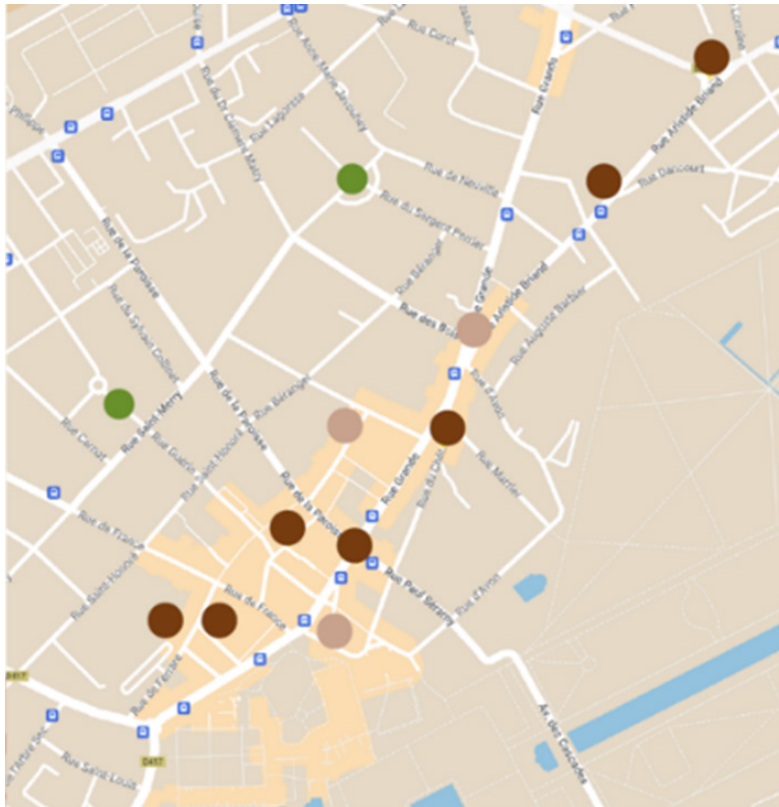


- Low-cost Supermarket: Avon, accessible from the center of Fontainebleau by bus line n°3 at the stop *Les Terrasses*.
- Solidarity grocery: in Vulaines-sur-Seine (accessible by bus) and in Avon, open to students registered at the *Maison des solidarités* (see solidarity page below)
- *Soligreen* is a student association that organises free food assistance and allows UPEC students access to baskets of fresh, organic, and local vegetables at reasonable prices, funded under the FSIE. Follow their Instagram.
- Applications to fight food waste allow you to find shops that offer discounts on groceries, **Too Good To Go**, **Phénix**, etc.

The expenses related to student life can vary depending on your way of living. Cheaper than Paris, Fontainebleau can still be an expensive city. However, some tips and affordable options can allow you to enjoy your stay to the fullest while keeping up with your budget.

• RECYCLING:

Since 2021, Fontainebleau has been engaged in an ecologic dynamic called *Fontainebleau (en) transition*. To follow this mindset, please recycle your litter. In *Île-de-France*, all paper, cardboard or plastic products should go in the yellow bin and all glass products should go in the green bin (both of which are emptied on Wednesdays), all other waste should go in the brown one (which is emptied on Mondays and Thursdays). Batteries can be recycled at the Town Hall. Sorting of organic waste is mandatory. Some **shared composts** are available for all citizens. You can find them on the map below



Also, if you need to get rid of something of a significant size, you can pay a company (such as *Allo Déchets*) to collect it:

allodechets@association-inpact.fr

• MAIL:

La Poste is the French post office. It is located near the palace, in front of the carousel, *Place Napoléon Bonaparte*. You can send parcels or letters, buy stamps, and even pass your code (the theoretical part of the driving licence exam).

• CONVERSION MEASURES:

Unit conversions are always tricky. This online calculator converts all your measures into French ones:

<https://www.calculator.net/conversion-calculator.html>

• CLOSEST RELIGIOUS SITES:

Catholic Worship:

- 1 Paroisse Saint-Louis - 2 rue de la Paroisse
- 2 Église du Carmel - 8 boulevard du Général Leclerc
- 3 Fraternité sacerdotale Saint-Pierre
Maison Sainte-Thérèse de l'Enfant-Jésus - 82 bis, rue Aristide Briand

Protestant Worship:

- 4 Église Protestante Unie de France - 3 rue Béranger
- 5 Église Protestante Évangélique - 34 rue Saint-Honoré
- 6 Anglican Church (worship in English):
St Luke's Church Fontainebleau - 103 rue Grande

Orthodox Worship:

- 7** Chapelle Notre-Dame des Fougères
27 avenue du Gal. De Gaulle 77210 Avon

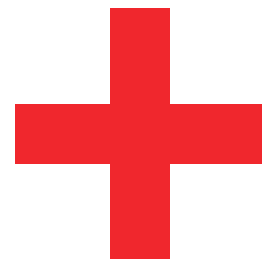
Jewish worship:

- 8 Synagogue - 38 rue Paul Séramy

Muslim worship:

- 9 Grande Mosquée - 482 Avenue du Colonel Fabien 77190 Dammarie-les-Lys





• AIDS:

Please read this official page in English:

<https://www.service-public.fr/particuliers/vosdroits/F12214?lang=en>

The CCAS (Centre Communal d'Action Sociale) deals with social precarity in Fontainebleau. You can ask for information.

<https://www.fontainebleau.fr/services/centre-communal-d-action-sociale-ccas-342.html>

• HEALTH:

- Fontainebleau Hospital:

Phone number: 01 60 74 10 10 Address: 55 Boulevard du Maréchal Joffre - 77300 Fontainebleau

- **SOS médecin:** you can call anytime for a doctor to come to you- (paid service).

Phone number: 36 24

- **Public Health Centre** “Maison de santé universitaire”: you can specify that you are a student to make a quick appointment (tell that you are a ‘resus+’ student). Phone number: 01 85 48 12 34, address: 17 bis rue Anne-Marie Javouhey - Fontainebleau

- **Doctolib** is the website where you can make an appointment with a doctor, language spoken are mentioned, <https://www.doctolib.fr>

• MENTAL HEALTH:

- Psychologists affiliated with Santé Psy Etudiant (free with prescription): <https://santepsy.etudiant.gouv.fr/trouver-un-psychologue>

- Medico Psycho Pedagogical Centre:

Phone number: 01 64 22 11 27

Address: 36 rue Aristide Briand - Fontainebleau

- **Teenagers' Centre** (until 25): staffed by a child psychiatrist, a psychologist, and a nurse. You can get free appointments if you are under 25.

With or without an appointment, 9 am to 12.30 pm, Monday to Friday.

01 64 45 19 14 / 06 71 81 87 41. Address: 6 rue du Mont Ussy - 77300 Fontainebleau.

• EMERGENCY NUMBERS:

- **Anti-poison Centre:** Phone number: 01 40 05 48 48
- **European emergency number:** 112
- **Fire Brigade** 18
- **Police Rescue** 17
- **“SAMU” Urgent Medical Aid Service** and/or ambulance: 15

• SOCIALISE AND MAKE FRIENDS:

- Crossroads, an association for anglophones, helps you build connections and relations with anglophone foreigners in Fontainebleau: <https://www.crossroadsfontainebleau.com>.
- Participate in social events organised by student associations in Fontainebleau or by the Town Hall: follow the Instagram **Fbleau_campus77**.
- To connect to other international students in France, search for Facebook and Instagram groups such as:
<https://www.facebook.com/theindianstudentnetwork> (for Indian students in France);

<https://www.facebook.com/groups/337430770583817/>
(For all International students in France);

<https://www.facebook.com/groups/2230656656>
(For Lebanese citizens in France) etc

https://www.facebook.com/EIAP2019/?locale=fr_FR
(For all international students in parisian region)

<https://www.esn.org/> (Erasmus student network)



HOBBIES AND STUDENT LIFE

• CULTURE AND ENTERTAINMENT:

Free concerts are available every week in some bars and hotels in Fontainebleau;
Check them out!

- **Theater of Fontainebleau:** 9 rue Denecourt. Theater, dance, music, humour and surprises all year long. Last minute student tickets cost 5€
Instagram: **@theatre_municipal_Fbleau.**



© Château de Fontainebleau Colombe Varaut

- **Fontainebleau Palace:** visit for free (for those under 26 years).

Take a walk in the house of the centuries, its gardens, and its park.

@chateaufontainebleau

- **Royal Charity Media Library:** 15 rue Royale, 77300 Fontainebleau. Read and borrow novels, play video games, and see exhibitions in this peaceful place. **@mediathequedefontainebleau**

- **FONACT** is an anglophone drama school. It offers free plays in English; keep yourself informed through their Instagram: https://www.instagram.com/fonact_international/

- **Ermitage Cinema:** 6 rue de France and **Cineparadis:** 10 Avenue du Maréchal de Villars offers anglophone films (with French subtitles); search for VOST (original version) sessions-student price: 7.7€.



For more activities in French, see our Francophone student guide:
<https://www.fontainebleau.fr/publications-131/guide-de-l-etudiant-2023-3313.html?cHash=a351e680a457d906488e0c2ea7d38c6a>.

• SPORTS:

Fontainebleau and Sport go hand in hand; known for its climbing sites worldwide, equestrian stadium, 3000 km of hiking trails, and golf club, the city hosts several international teams during the 2024 Olympic games. **Many sports competitions in Fontainebleau are free and great to watch**, such as athletics competitions at the *Philippe Mahut* stadium or horse-riding competitions at *Le Grand Parquet*.



Numerous sports associations (contact details on the city website or app) and clubs await you: bicycles, collective sports, martial arts, dance, nautical sports, equestrian clubs, etc.

Some clubs allow students to pay sessions instead of annual fees!

Some sports groups even offer free sessions on the weekend in the vicinity of the palace (at the water canal), such as URBAN TRAINING #FONTAINEBLEAU on Sunday at 10 am or the Fontainebleau park run (*Parkrun entre amis* is also anglophone) on Saturday at 9:00 am.

You can find them on Facebook.

• PRACTISING SPORT FOR FREE:

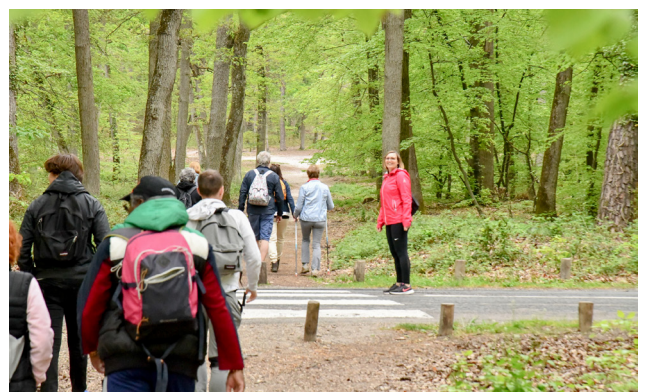
- The *Parcours-Santé* trail is a 2 km marked loop with obstacles and apparatus in a beautiful natural frame. The course starts near the *Carrefour du coq*, the educational Centre of ONF (National Forestry Office).



- The city stadium, *Plateau Foch*, 41 boulevard du Maréchal Foch, is open seven days a week from 8:30 am to 7 pm.

- The *Balade branchée* app allows you to choose a loop, download it, and discover an exceptional wealth of natural and cultural heritage of Fontainebleau's forest.

- The *Rendez-vous de la forme* is organised by the Town hall every other month from September to November and April to June. They offer free sports sessions, but you have to register; @maisonsportsantefontainebleau



• HELP THE COMMUNITY:

Participate in waste collection in the forest **Marre des déchets-Forêt belle** or join a food drive organised by the City council. More information on Fontainebleau website and app.

<https://www.fontainebleau.fr/bouger-et-sortir/vie-citoyenne-938.html>



A youth group has created an association, *Unisblo*, open to 18-25-year-olds to make entertainment suggestions and participate in community services. Follow them on Snapchat **@unisblo**.

If you want to join our twin city network and participate in cultural gatherings and exchanges, feel free to check who you can contact on this website:

<https://jumelagesfontainebleau-arcif.fr>

Constance



Richmond



Lodi



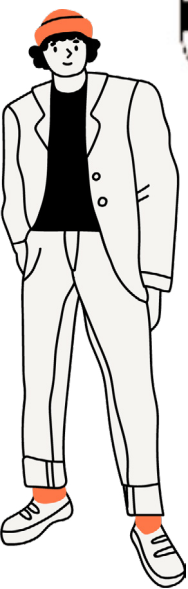
Sintra



Alba Iulia



Siem Reap



JOBS AND INTERSHIPS

• LABOR LEGISLATION IN FRANCE:

International students are allowed to work up to a maximum of 964 hours per year (about 20 hours per week), the equivalent of 60% of the legal work year in France. If you are doing an internship, the duration is not part of the authorized 964 working hours, so you do not have to apply for a work permit. However, be aware that research studies how much part time jobs jeopardize success in studies when the contract exceeds 8 to 10 hours.

The student must be compensated monthly if the internship lasts more than two months. Under two months, granting financial compensation is optional for the employer.

Work-linked (or sandwich) training (*alternance*) combines courses at university and experience in a company.

The *SMIC* is the legal minimum wage guaranteed in France, whether you are a student or not. Its hourly rate varies annually; refer to the website www.service-public.fr

Salary is usually gross rather than net; you have to deduct the mandatory social contributions (about 20%) to know what you will earn.

A *convention de stage* is the equivalent of an employment contract for internships. It defines the internship conditions: duration, remuneration, and social coverage for the trainee. It is a document signed by the institution where you study, the company, and yourself. See www.campusfrance.org

• JOB APPLICATIONS:

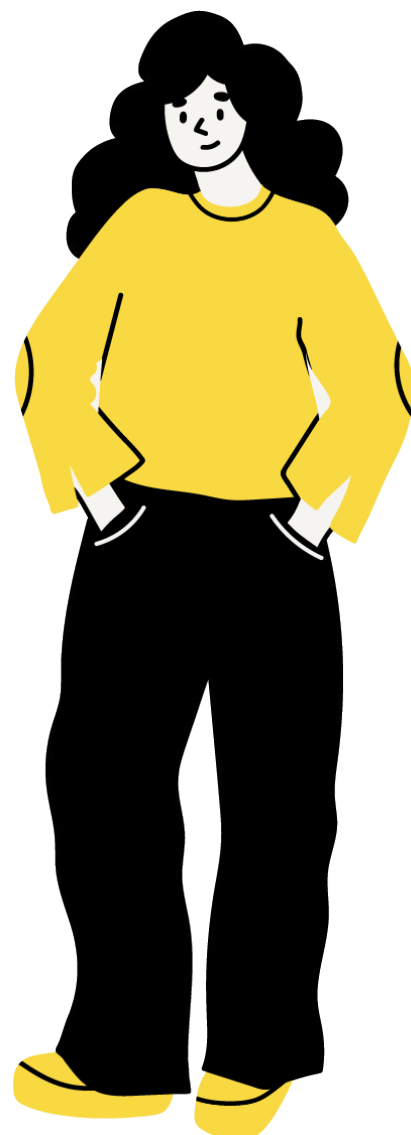
Anglophone internships and jobs in Fontainebleau: some companies may hire anglophone people specifically (Fontainebleau Palace, INSEAD, etc).

If you speak good French, you could apply for an internship in the public institutions of Fontainebleau:

For the Town Hall: assitante.rh@fontainebleau.fr

For the CAPF, which is a group of cities in the Fontainebleau region: recrutement@pays-fontainebleau.fr

For the Fontainebleau Palace: recrutement@chateaudefontainebleau.fr



Also, ask your university for a list of internships from the previous year; they can give you ideas and contacts.

Many local companies hire students for part-time jobs: supermarkets, cinemas, babysitting or education, restaurants, hotels, the Palace, the UPEC University, etc. Here are some websites in French you can look up: www.1jeune1solution.gouv.fr; www.jobaviz.fr; www.aidostage.com; www.iledefrance.fr/trouvez-un-stage; www.cidj.com/emploi-jobs-stages; www.monemploi77.fr; <https://fr.bebee.com>; <https://fr.trabajo.org>; <https://fr.indeed.com>; <https://jobetudiant.net>; www.studentjob.fr

To help you write applications in French:

www.emploi-store.fr; www.apec.fr; www.cidj.com; <http://cvenligne.onisep.fr/>; www.mission-locale.fr; www.mylearn.fr; www.myroad.fr

BEFORE LEAVING FONTAINEBLEAU

International students have several steps to complete at the end of a study stay in France.

You need to obtain your academic transcripts and degree certificates from your university and make sure that all fees are paid.

You should return any library books or equipment borrowed in France.

You must cancel any accommodation agreements and ensure you receive any security deposits paid.

You should also inform your landlord of your departure date and arrange a final accommodation inspection. Be careful, there is a period of notice before leaving your accommodation; notify your landlord by registered letter with recorded delivery within the time limits set by law:

- 1 month before for a furnished apartment
- 1 to 3 months before for other types of accommodation.

Students must cancel any subscriptions or contracts, such as bank accounts, mobile phone plans, and public transport passes.

There are several administrative tasks to complete concerning university:

- Fill out a 'Learning Agreement During the Mobility' (if there has been any change from the Learning Agreement Before the Mobility).
- Obtain a 'Confirmation of Departure' from the university in France.
- Write a report for ERASMUS.
- Forward a transcript of records to their home university as soon as possible.

These steps are crucial to ensure that the host and home universities properly recognise and document your study stay.

IF YOU STILL NEED SOME HELP

- Visit campus France: <https://www.campusfrance.org/en>
- UPEC students: If you study at UPEC, the University offers specific services in Fontainebleau or Creteil. For example, students can find a job board: <https://reseaupro.u-pec.fr>, specific help for international students with registration, or digital and practical benefits.
- Download the UPEC international student guide on: <https://www.u-pec.fr/fr/international/venir-etudier-a-lupec/guide-d-accueil-des-etudiants-internationaux-welcome-guide-for-international-students>
- Visit the UPEC services for international students: <https://www.en.u-pec.fr/>
- Write to the IEP services for international students in Fontainebleau: marta.laveda-box@u-pec.fr
- Write to the IUT services for international students in Fontainebleau: ri.iutsf@u-pec.fr

WE HOPE YOU ENJOY YOUR STAY IN FONTAINEBLEAU!



THANKS

Guide created thanks to the contribution of master's students from the IEP of Fontainebleau (Anaïs Aubery, Siba Hammoud, Asma Chemani), and interns within the city of Fontainebleau (Romane Hugonin and Lucie Quief), as well as the proofreading by Lucy Degos.

Some of the content has been borrowed from the UPEC Welcome Guide for International Students with their permission.

They are all thanked for their contributions.





THE CITY WISHES YOU A
VERY HAPPY GREAT SUCCESS
IN YOUR STUDIES!



 www.fontainebleau.fr

 [Fbleau_campus77](https://www.instagram.com/Fbleau_campus77)

 [Ville de Fontainebleau - Officiel](#)

