

International Student's Guide

*This guide contains useful information so as to facilitate your arrival
and stay in Lille*

Arrival in France

Arrival in Lille

By Airplane from:

Roissy-Charles de Gaulle Airport

Trains link the airport and both Lille Flandres and Lille Europe stations every hour.

Hours and booking: www.voyages-sncf.com

Orly Sud / Orly Ouest Airport

Via Orly Val

Take the Orly Val until Antony (8 €), then take the RER B towards Saint Rémy les Chevreuses/Massy, stopping at Gare du Nord.

Hours and booking: www.oryval.com

Via Bus

Take the bus AIR FRANCE line 1, bus stop Montparnasse. The one-way ticket costs 11,50 €. There, take the underground towards Porte de Clignancourt and stop at Gare du Nord.

Via RER

Go by foot to the Pont de Rungis / Aéroport d'Orly train station. Take the RER C towards Argenteuil/Montigny-Beauchamps, and stop at Saint Michel Notre Dame. Then, take the RER B towards Charles de Gaulle/Crépy en Valois and stop at Gare du Nord.

The underground ticket costs 1,70 €.

Hours and booking: www.aeroportsdeparis.fr

Once you are at Gare du Nord

Once you have arrived safely to the Gare du Nord, you will be able to take a train to Lille (either the Lille Flandres or the Lille Europe Station). Hours and booking: www.voyages-sncf.com

There are also buses that link Paris Bercy to Lille in 3 hours, prices starting at 14€ for the one-way ticket. Information and booking: <http://fr.idbus.com/fr>

Lille Lesquin Airport

A shuttle links the airport (gate A) to the city center (Euralille mall). Travel lasts about 20 minutes, and costs 7€. Hours and booking: www.lille.aeroport.fr

Brussels Airport

Trains regularly link the Airport to the Bruxelles Midi Station, where you can take another train to Lille. Hours and booking: www.brusselsairport.be

Charleroi Airport

A shuttle exists between Charleroi Airport and Lille:

<http://www.charleroi-airport.com/fr/passagers/acces-et-stationnements/navettes-lille/index.html>

By Car from Paris

Take the A1 highway towards Lille. Follow the Lille Centre direction. Take the 2B exit Cité Administrative.

Presentation of the Town

Nicknamed “the Flanders’ Capital”, Lille is a town situated in the North of France. With others towns like Lomme, Tourcoing, Roubaix, Lambersart and Villeneuve d’Ascq, it constitutes one of France’s great metropolis. These towns are regrouped in the “Communauté Urbaine de Lille”.

With its 100,000 students, Lille is a very dynamic, cultural, and enjoyable town to live in, and benefits from a good transports network, the Euralille mall, and other cultural events.

Lille’s ID card

- Surface area: 3,458 ha
- Status: Administrative center of the Nord French department
- Population: around 225,000 inhabitants
- Mayor: Martine AUBRY (member of the Socialist Party, first elected in March 2011, reelected in March 2008)
- Transports: Lille is a sort of nerve center for the North of Europe with highway intersection, High-speed trains, the Lille-Lesquin Airport, ranked as the 3rd river port in France, its proximity to the Channel tunnel, and the Euralille Business Center.

Climate

Lille benefits from an oceanic temperate climate. During both autumn and spring, the weather is quite mild, but the sky can sometimes stay grey for several days. It rains regularly, mostly in autumn. Temperatures can vary from 3 to 20 °C.

During winter, temperatures are comprised between 0 and 6°C, sometimes going below 0°C. Either it rains or snows; or it can be very windy.

Weather in summer is generally sunnier and warmer, with temperatures ranging from 10 to 23°C, sometimes going higher. However, rain can still fall from time to time, and storms can happen.

Meteo France website: www.france.meteofrance.com

Sciences Po Lille

As an international institute, Sciences Po Lille is a highly selective public institute of higher education specialized in law, the humanities and social sciences (political science, economics, history, and sociology).

With an enrolment of 1 600 French students and 200 international students from more than 30 countries and 5 continents, Sciences Po Lille offers a large variety of courses taught in English, Spanish and, of course, French.

Our acceptance rate is one of the lowest in France, as less than 10 % of applicants are granted admission.

We constantly strive to reinforce our international standing by developing our partnerships with international universities, working with our international partners to expand our selection of dual Master's degree programs, and welcoming a greater number international students.

Lille is ideally located at the heart of northwestern Europe, thus providing easy access to several great European capitals thanks to high-speed train service. With its rich cultural and student life, Lille is a very enjoyable place to live.

We would be thrilled to count you among our partners and students.

Happy reading!

General Presentation

Created in 1991, Sciences Po Lille is one of France's nine prestigious Institutes for Political Studies. These highly selective and elite institutes function under the aegis of the National Foundation of Political Science.

A part of the University of Lille and the Advanced Research and Higher Education Center of Northern France, Sciences Po Lille has been led by Pr Pierre Mathiot, Professor of Political Science, since 2007. Louis Dreyfus, chairman of the daily Le Monde, presides over its board of trustees.

Students wishing to attend Sciences Po (1st year, 2nd year or Master's program) must pass highly selective and competitive entrance exams (a 5 to 15 % pass rate).

With its decidedly international focus, Sciences Po Lille welcomes exceptional students and prepares them for high-level careers in the private and public sectors, international organizations, NGOs, European Institutions, senior civil service, and human resources.

Many of our graduates also find success in the fields of journalism, teaching and research.

Sciences Po Lille by the numbers

- 1850 students in 2012-2013
- 3500 graduates
- 200 international students welcomed each year

- 230 students studying or working abroad (internships)
- 150 exchange programs with foreign universities
- in 35 countries on 5 continents
- 37 tenured professors and 380 qualified lecturers
- 20 international visiting professors welcomed each year
- A 40-member administrative and technical team
- 4 research centers (IRHIS - CLERSE - CERAPS - IRDP)

Our academic programs

A 5-year program for students joining in the first year. The third year is spent abroad, either studying at a foreign university or completing an internship.

A 4-year program for students joining in the second year. The third year is spent abroad, either studying at a foreign university or completing an internship.

A 2-year program for students joining the Master's program.

According to international standards of higher education, the diploma awarded by the Institute of Political Studies of Lille (Sciences Po Lille) is equivalent to a Master's degree, or 300 ECTS.

Tuition

The cost of tuition is set by the Sciences Po Lille Board of Trustees. It can vary from 0 to 3200 €, depending on parents' income.

A program with an international focus

Our 5-year program combines a general and multi-disciplinary 3-year undergraduate program (students choose a pre-specialization in the second year) with a professionally oriented 2-year master's program. The third year - a year abroad - is fundamental and lies at the heart of the program.

All students are required to spend their third year abroad, either studying at one of Sciences Po Lille's 150 partner universities or completing an internship with a foreign company, government or NGO. This year abroad is a true turning point of the program and enables students to improve their language skills, discover other cultures and refine their orientation for the master's program.

Dual degree programs

Early on, Sciences Po Lille decided to capitalize on its prime geographic location to develop its international relations. Since 1999, three dual degree programs have been established in partnership with three European universities:

- University of Kent at Canterbury (Great Britain),

- University of Münster (Germany),
- University of Salamanca (Spain).

The students admitted to these programs spend two years abroad experiencing a different academic environment and following a rigorous curriculum that is perfectly coordinated with the Sciences Po Lille program. Upon graduation, these students receive a degree from the partner university in addition to their Sciences Po Lille diploma.

Franco-German dual degree in social and political sciences

Created in 1999, the Franco-German dual degree offers students the opportunity to study social and political sciences in France, at Sciences Po Lille, and in Germany, at the Westfälische Wilhelms-Universität of Münster.

Students may spend their fifth year of study in Lille, Münster or at a partner university (University of Lille 1, 2 or 3, the University of Kent in Great Britain, or the University of Twente in The Netherlands). Every year, an equal number of French and German students are selected to attend each participating institution.

Upon completing the program, students are awarded three diplomas: a bachelor's degree from the University of Münster, a master's degree from the University of Münster, and the Sciences Po Lille degree. They also receive a certificate from the Franco-German university that supports the program.

Sciences Po Lille selects the French students for the program, while the University of Münster selects the German students. The number of students accepted to the program is based on the number of places available (generally 40). These students stay together throughout their university studies.

With the Franco-German dual degree program, students receive degrees recognized in two countries, two cultures and two different systems of higher education. This experience encourages students to be open-minded and develops their ability to adapt to new environments.

This program also provides students the perfect opportunity to improve the two languages. English is also frequently used at both universities, which further reinforces the students' linguistic abilities.

Franco-British dual degree in social and political sciences

Established in 2002, this combined program in social and political sciences allows British and French students to earn a specialized Franco-British Sciences Po Lille diploma as well as a Bachelor of Arts degree and a Master of Arts degree from the University of Kent at Canterbury.

The number of students accepted for this 5-year program is determined each year according to the number of places available. Those selected study together for the entirety of the program: the 1st year is spent at Sciences Po Lille, the 2nd and 3rd years at the University of Kent, the 4th year at Sciences Po Lille, and the 5th year at Sciences Po Lille or at the University of Kent (in Canterbury or Brussels).

The Franco-British program allows students to earn degrees recognized in both countries, in two cultures and two different systems of higher education. This experience encourages students to be open-minded and develops their ability to adapt to new environments.

This program also provides students the perfect opportunity to master two major languages.

Franco-Spanish dual degree in social and political sciences

Sciences Po Lille and the University of Salamanca established a common program in social and political studies in 2006. This program invites French and Spanish students to earn two degrees: the specialized Franco-Spanish Sciences Po Lille diploma and a Master of Arts degree from the University of Salamanca. This purpose of this program is:

- to provide students a highly demanding academic education that opens them to a wide range of careers,
- To develop a common academic background for the French and Spanish students accepted to the program each year.

Students may apply to enter this 5-year dual degree program in the first or third year. Every year, a well-balanced group of French and Spanish students is selected by each institution, based on the number of places available in both institutions.

At Sciences Po Lille, as at the University of Salamanca, the subjects taught have both a theoretical and practical interest. Students are provided with a strong base in the humanities before being prepared for a specialized range of national and international careers.

Double masters

Double master in Europe and the world

This 2-year program aims to provide students with in-depth knowledge of contemporary European policy, including the international relations of the EU and its member countries. Students spend their first year at Aston University and the second at Sciences Po Lille, where they also complete an internship. The students selected for this program have the opportunity to study European affairs from both a British and a French perspective.

The double MA degree they earn prepares them for careers in European affairs, in both the public and private sectors.

1st year

The courses are provided by the Department of Politics and International Relations of Aston University's School of Languages and Social Sciences and are taught by specialists in Politics, International Relations and European Studies. Students also benefit from the influence of the school's other fields of study, such as the Human Sciences and languages. Thanks to the teams of the Aston Centre for Europe (ACE), the Department of Politics and International Relations is experiencing rapid growth and development.

2nd year

In their second year of study, students benefit from the experience of the entire academic staff of Sciences Po Lille, and particularly that of our European affairs specialists. They also have the opportunity to learn from leaders in the field who are invited to give lectures, conferences and debates.

Double master in European studies: Central and Eastern Europe

Hosted by the University of Szeged (Hungary) and Sciences Po Lille, this new program (established in 2012) aims to equip students with in-depth knowledge of contemporary European issues, including the international relations of the EU and its members, with a strong focus on Central and Eastern Europe. Students who earn this double degree develop an understanding of European Affairs from both a “new Europe” (Hungarian) and “old Europe” (French) perspective. This program prepares students for careers in European Affairs in both the public and private sectors.

As they alternate semesters between the two universities, the students benefit from the experience of the academic and research teams of both the University of Szeged and Sciences Po Lille. Particular emphasis is placed on the issues and affairs of Central and Eastern Europe, such as their integration into the EU and other international relations.

The subjects covered (institutional, diplomatic and economic issues) encourage students to develop their knowledge of this rapidly growing field.

Financing

Budget

Before your departure, you should think about financing your stay in France, plan a budget according to your funds, and evaluate your needs. To live comfortably in France, you must have between 700 and 900 € per month at your disposal (lease, food, healthcare, books, leisure, outings, etc.) A minimum of 615€ per month is required to obtain a residence permit.

To know more about grants for international students, please consult the Campus France's grants listing.

Monthly Budget	University	In Town
Housing	200-330 €	300-600€
Meals (2 per day)	1 meal = 3,15€ 120€ / month	1 meal = +/- 6 € +/- 240 € / month
Transports (VIVA card (-26))	28 € / month	
Leisure	100€ / month	

Examples of living expenses

Trains from Lille	
Lille - Paris (return ticket)	30 to 60
Lille - Brussels (return ticket)	30 to 40
Lille - London (return ticket)	70 to 90
<i>People who are less than 25 years old have often reduced prices</i>	
Cultural activities	
Fine Arts Museum (student rate)	4,00
Natural History Museum (student rate)	2,50
Charles de Gaulle Birth place (student rate)	4,00
Others museums (student rate)	4 to 6
Cinema (student rate)	8,00
Opera	5 to 69
Sebastopol Theatre	20 to 50
Sports	
Competition (soccer, basketball...)	20 to 50
Practice (sports are proposed by the University)	4 to 10
Pastimes	
CD	15
Book	18,00
"Pocket Books"	7,00

The press	
French newspaper	
• daily	1 to 2
• weekly	2 to 4
Foreign newspapers	3 to 5
Housing	
Hall of residence	250 to 400
Personal room	250 to 500
Food	
Bread Potatoes (1kg)	1,00
Rice (1kg)	2,50
Eggs (6)	1,50
Cheese	1,50
Fruits and vegetables (1kg)	2 to 5
1 steak	2 to 6
Milk (1l)	1,00
Soda (1l)	0.70
Beer (at the table)	1,00
Coffee (at the table)	3,00
University cafeteria (1 ticket)	2,00
	2,80

Those prices are susceptible to change.

Bank Account

Opening a Bank Account

You can open a bank account in France in any Bank of your choice. To do so, you will need a passport or an ID card, a certificate of attendance at school and a proof of address.

The counsellor will offer different kinds of accounts. To choose well, you can ask him/her some questions:

- Can I consult my bank account online?
- Are there any opening and closing fees?
- Do I have to pay to withdraw money from an ATM?
- Can I withdraw money from another bank's ATM? Do I have to pay to do so?

If you come from outside the EU and you are registered in the students' Social Security, see if your affiliated organism has a partnership with a bank:

- The SMENO has one with BNP Paribas

- The LMDE one with the Banque Populaire

The ESN association (Erasmus Student Network) also has a partnership with the LCL bank. If you join the association, you can benefit from advantages in this bank.

Transferring money

A transfer (or 'Virement', in French) is a method of payment from one bank account to another. You can transfer money online, or in the agency. In both cases, you will need a RIB (your bank account details) on which figures your account number.

Money Deposit

In the agency, you will find the necessary documents to make a deposit (checks or bills). Some information must figure on the documents, like your account number. If you pay in a check, do not forget to write your account number and to sign on the back of it.

Everyday Life

Transportation

Public Transportation

The Lille Metropolis is composed of several towns (Lomme, Lambersart, Roubaix, Tourcoing, ...) linked by a public transportation network (underground, bus, tramway) managed by the Transpole company. To use this network, you must have a ticket, which can be bought in underground stations (distributors), or in some tobacco stores, cafés, or newspaper stores, which display the Transpole logo. After having been presented to the machine, these tickets are valid for one-way travels, with connections.

Fees

	All customers	Season Ticket Holder (-26) Viva
One-way Ticket	1,50€	Included in either Weekly or Monthly ticket
ZAP Ticket (3 stations)	0,80€	Included in either Weekly or Monthly Ticket
Book of 10 tickets	12,50€	10€
Ticket "Pass Journée"	4€	Included in either Weekly or Monthly Ticket
Weekly Ticket		7,40€
Monthly Ticket		28€

More information on: www.transpole.fr

Underground lines



Trains

The SNCF (French Rail Network) allows travels on the entire French territory. For young people aged from 12 to 27 years old, the 12-17 and the 18-27 cards offer discounts up to 60% on travels, for an initial cost of 50€ per year. More information on: <http://www.sncf.com/fr/tarifs-reduits/carte-jeune>

Bicycle

Bicycle is one of the fastest ways to go from one point to another in town. It is practical, economic and ecological! Lille has numerous bicycle paths throughout the town.

If you want to use one, you can:

- Use the [V'Lille](#), a bicycle self-service system, where you can also lend a bicycle for an extended period;
- Buy a new bicycle in stores such as [b'Twin](#), Cyclogreen or [Décathlon](#);
- Buy a second-hand bicycle.

Useful links:

[Association Droit au Vélo](#)

[Le Bon Coin](#)

Housing

Hunting for Accommodation

It is sometimes difficult for students to find accommodation. Ads websites can help you to that extent. They allow you to select specific criteria such as price, location, floor area, number of rooms, and so on. In Universities, you may find ads on notice boards.

Housing Anywhere

The concept of this platform is for outgoing students to sublet their room for a short period of time to incoming students. This website is free to use and it operates on a full student-to-student basis.

Useful addresses:

- Halls of residence
 - Public residences: CROUS (online application form)
 - Private apartment buildings : Adele.org
- Private ads websites
 - Le Bon Coin
 - CRIJ
 - Location-etudiant.fr
 - Mapioule.com
 - ParuVendu (also exists in paper format)
 - Lavoiximmo.com
 - Entrepaticuliers.com
 - Explorimmo
 - Seloger.com
 - Jannonce.fr
 - Avendrealouer.fr
 - SNPI

- Helpful organisms to contact:
 - Goodmorning Lille
 - France For Students
 - Student Mundial

Hall of residence

This type of residence is composed of relatively recent accommodations with one or two rooms. These residences are furnished and located near Universities or in the city center. They offer numerous services: common halls, cafeterias, Laundromats, sports halls, TV lounges, parking areas, reception, cleaning...

Renting can begin at any moment of the year, even for short periods (6 months). However, September is a very busy month, and you may not have an immediate answer to your request.

The process to get this type of accommodation is the same that the one for 'classical' rented apartments, that is to say that a bail deposit and agency fees are common.

Useful addresses:

Les Lauréades, Les residences Lamy, Estudines, Le Service Logement Etudiant

Renting privately

You will find ads for private renting on specialized websites. You will have to get in touch with the owner, in that particular case.

Useful addresses:

De particulier à particulier

LocSevrice

EntreParticuliers

Apparticulier

Pasdagence

Trovit

Temporary housing

If you have not yet found accommodation, there are temporary solutions for you.

- Youth hostels in Lille:
 - www.fuaj.org.Lille

- Gastama
- Le Cirque Hostel
- The Bed and Breakfast Association (more information on www.bandb-lille.com)
- Hotels in Lille's city center on Booking. (Warning: some hotels are located outside of the town itself, so be sure that you will be able to get there before booking!)
- Lodgings at an individual's house: www.couchsurfing.org

Colocation

Colocation consists in sharing accommodation. This type of housing is more and more popular in student circles because it allows for much reduced fees.

CROUS

The CROUS is a public organism which manages services destined for students (housing, welfare benefits, international students, ...).

You can apply for accommodation on the CROUS website. Applications must be done online from January 15th to April 30th. Application files must be sent to:

CROUS

Service de l'accueil des étudiants étrangers

Antenne de Lille 1

Résidence Bachelard, Pavillon O

Cité Scientifique

59650 VILLENEUVE D'ASCQ

The CROUS specifies that they can only accommodate a limited number of students. All applications will not be answered positively, and priority will be given to 2nd and 3rd cycle students.

Hostels

Rooms can have fridges, showers and sinks. Cultural activities are often organized in them.

Intergenerational housing

If you seek both accommodation and conviviality, some associations can get you in contact with senior citizens who can provide low-fee housing in exchange for a few services (for example, grocery shopping, foreign language or computer classes, or simply company around a meal from time to time).

To find this kind of accommodation, you will have to be a member of the association, and also have to send a motivation file which will indicate your age, your field of studies, whether or not you possess some form of transportation, which services you would be willing to provide, ...

Contact:

Génération Cultures

61, rue de la Justice

59000 LILLE

Tel : +33 (0)3 20 57 04 67

generationsetcultures@nordnet.fr

More information : www.generationsetcultures.fr

Moving in

During the visit, you are encouraged to ask some questions:

- When and How do I pay the lease? Via check, transfer, or in cash? Will I have a receipt?
- Are there service charges to pay on top of the lease? If so, which ones?
- Can I benefit from the CAF's housing scheme?
- Is the accommodation bright enough?
- Which kind of heating system is used? Gas or electricity?
- What is the prior warning of departure's delay?

The lease agreement must be written down. It must indicate clearly the total amount of the lease and the chosen way to pay for it, the duration of the stay, the nature of the rented property (accommodation only or accommodation and workplace). It must also contain both owner's and tenant's signatures, the precise description of the accommodation and the owner's contact details.

The security deposit is the amount that is given to the owner on the lease agreement's signature. It allows the owner to protect himself against degradation or unpaid lease. It usually amounts to one or two months of rent (without service charges). It will be given back at the end of the contract if no degradation of any kind has been observed during the departure inventory of fixtures.

The inventory of fixtures (on arrival) serves as an inspection of the apartment. This document describes the precise state of the apartment when you arrive. Do not forget to note existing degradations so that you do not have to pay for repairs when leaving.

Receipt for rent paid: when you pay the rent for the first time, you must ask for a receipt from the owner. This will allow you to prove that you do pay rent. This document can be asked as proof of housing or when applying for the housing scheme, for example.

Insurance: It is highly recommended to insure your accommodation, at least against fires and floods. It is also suggested to contract a public liability insurance. You can also contract one against theft. From now on, all

accommodations provided by the CROUS must be insured against theft, fire hazards, and water damages. An attestation of such insurance can be demanded at your arrival.

Council Tax: You must pay one if you reside in your apartment on January 1st. the sum varies according to your financial situation and the characteristics of your accommodation (number of windows, location, surface area, ...). People who have low income can benefit from a lowering or an exoneration of this tax. You can get more information if you contact your Tax Center ("Centre des Impôts"). To know which is the nearest one: www.impots.gouv.fr -> "Vos services locaux" (end of page)

Housing Schemes: The APL (Aide Personnalisée au Logement) and the ALS (Allocation de Logement Social) are State schemes. They are managed by the CAF (Caisse d'Allocations Familiales (Social Welfare Family Allowance)) and the amount varies according to your funds. Precise conditions are to be respected in order to benefit from this allowance. You can build a file (downloadable) on the website www.caf.fr at your arrival in France. It must contain (at least) the following documents:

- A copy of your passport or ID card
- A birth certificate translated in French dated no further than 3 months back
- A copy of your student card or certificate of attendance
- A RIB (see Financing)
- A copy of the OFII label for non-EU students.

The file must be completed in the month following your arrival in France. Count a 2 months delay before receiving the first payment of the allowance. For CROUS residents, the APL will be transferred directly to the Hall of Residence and will be deducted from your lease. If you choose to live in a colocation, each inhabitant must constitute a file for the CAF.

For more information, and to run a simulation: www.caf.fr

After finding your accommodation, you may have some other things that need to be done:

- Signing a contract for gas and/or electricity
- Looking for Communication means (see Communication)
- Furnishing your accommodation: there are some solutions to find second-hand furniture (junk shops, websites, associations...)

EDF / GDF is the main provider for gas and electricity in France, but you are free to choose which provider is the best for you.

Useful links:

- Le Bon Coin: www.leboncoin.fr

- Emmaüs : www.emmaus-france.org
- Troc.com : www.troc.com
- Donation Websites :
 - o www.co-recyclage.com
 - o www.recupe.net

Moving out

The prior warning of departure must be written to the owner. It consists in informing your property owner of your departure date. A period of two or three months is to be anticipated (or the period agreed on in the lease agreement).

You should also warn the CAF of your departure at least a month beforehand so that they may know when to stop paying the allowance, if you benefit from one.

To end your gas and/or electricity contract, you need to warn the company of your departure. Meter-readings are often required so that you do not pay more than is necessary.

The departure's inventory of fixtures is an inspection of the accommodation by the owner, who checks that nothing has been degraded during your stay. Accommodations must be clean and completely empty at the time if you want to get your security deposit back. It is also the moment to give the keys back to the owner. A legal period of two months is allowed the owner to return you the security deposit.

Communication

Keeping informed

Press

There are two types of newspapers:

- Free ones: they are often handed to you when exiting a subway or rail station. You may also find some in tobacco stores.
- Paying newspapers: they are available in tobacco stores, newsstands, ...

Online press

You can also read the press online, however some websites only allow subscribers to access to the contents of the articles.

TV

There are several hundreds channels available in France, though most of them are not free. Some of them put forward regional editions of the news, or educative, cultural, or sport programs.

Radio

There are a lot of radio stations in France, such as France Bleu Nord, France Culture, France Inter, France Info, LeMouv' and Radio Campus (which is a student radio managed by Lille 1's Students)

Making Calls

The French phone number is composed of 10 signs. The first two change according to the geographical area. To reach France from abroad (may you contact a mobile or landline phone), you have to dial 00 33, then the phone number omitting the first 0. For example, to call the 03 20 11 22 33, you must dial 00 33 3 20 11 22 33.

Most students have a mobile phone of some sort. Once in France, you should change for a French operator (and there are numerous ones).

If you do use your phone much, you can use pay as you go plans offered by all operators. You will find refills in tobacco stores as well as malls. If you use your phone quite often, it would be better to contract a subscription, which will be a better bargain.

Warning: Subscriptions are usually a year-long at minimum, but it can last 2 years if you prefer specific offers. Take the time to read very carefully the contract before signing anything.

If you do not possess a mobile phone, there are still some phone booths in Lille. They function with a credit card.

Internet Access

To have access to Internet at home, you need to have a telephone line. Operators often offer packages (Internet connection, unlimited phone use, TV) with monthly fees amounting to 30 €. Comparison of prices can be found here: www.ariase.com/fr/comparatifs/index.html

You should know that 2 or 3 weeks may be required between the signature of the contract and the use of the products.

If you have a laptop, you can have access to the University network thanks to wireless terminals. They are several in the Institute. When you finalize your application to Sciences Po Lille, you will be given your user ID and password for you to use the wireless and the ENT (Environnement Numérique de Travail (Intranet)). Some computers are also available for you to use in the computer labs.

Some public areas provide a wireless network, like cafés, fast foods, trains, hotels, ...If you do not have a laptop, you can use cybercafés to get to the Internet.

Postal Services

You can send both letters and packages through La Poste (the French postal service). Fees vary according to weight and destination. Stamps can be bought at La Poste or in tobacco stores. A letter weighting less than 20 grams will cost 0,66€.

Info: it is possible to pay your electricity bill in La Poste's counters.

Health

Affiliation to the Social Security System

For EU Students

The CPAM (Caisse Primaire d'Assurance Maladie (Health Insurance Office)) will manage reimbursements of treatments on presenting the European Health Insurance Card (which you need to get before leaving for France). To be reimbursed, you will have to go to the CPAM with your European Health Insurance Card, the treatment forms and a RIB. The amount will be transferred to your bank account shortly.

You can also subscribe to an additional healthcare cover to be better reimbursed, since the Sécurité Sociale do not reimburse all of the medical fees.

For non-EU students

- If you are younger than 28 y.o.

It is mandatory for you to affiliate yourself to the student Healthcare system, which will reimburse from 35% to 70% of your medical fees. To do so, you will have to pay 213€ of flat fees (year 2014-2015) when enrolling, and you will have to choose the organism (SMENO or LMDE). You will then have to go to the organism's office to finalize the process. There, you will give them a copy of your student card / attendance certificate and a RIB to be reimbursed.

When enrolling into the Healthcare System, you should choose a general practitioner, who you will make an appointment with first. If further medical attention is needed, he/she will recommend you to consult a specialist. If you do not choose a general practitioner, reimbursement will be lower!

You can also subscribe to an additional healthcare cover (SMENO, LMDE? Or other mutual fund) to complete your reimbursements when the complete amount is not covered by the CPAM.

If your stay is no longer than 3 months, you can keep your own health insurance or subscribe a French private one. (see links below)

- If you are older than 28y.o.

You can subscribe to a private healthcare insurance or benefit from the CMU (State Health Cover for people on low income) under strict conditions. For more information, please contact the CPAM.

Here are some private companies who offer these insurances:

- SMENO
- LMDE
- APRIL
- Assurance Voyage Schengen

For Quebeckers, a memorandum of understanding exists between both Governments. If you have either the SE401Q102 form or the SE401Q106 one, you will not need to subscribe to the French Healthcare System.

Health Prevention Program

The SIUMPPS (Service InterUniversitaire de Médecine Préventive et de Promotion de la Santé)

It is composed of general and specialist practitioners, nurses, psychologists and caseworkers. They are here if you need them, especially for:

- Medical check-ups
- Medical, psychiatric, psychological, gynecologic consultations
- Nursing treatments
- Stress management
- Dietary advice
- Helping you stop smoking
- STD prevention

The SPS

A medical and social team welcome you and offer:

- Preemptive consultations: vaccination, stop smoking
- Screening and preventing tuberculosis and STDs

Some of them offer anonymous HIV screening consultation.

Contact:

Service de Prévention Santé de Lille
8-10 rue Valmy
59000 LILLE
Tel : 00 33 (0)3 20 18 13 60

Addictions and Illnesses Guidance and Treatment

SIDA Info Service (AIDS information)

00 33 (0)800 840 800

www.sida-info-service.org

Centre d'Information et de Traitement des Dépendances (Information and Treatment of Addictions)

57, Boulevard de Metz
59000 LILLE
00 33 (0)3 20 44 60 98

Drogues, Alcool, Tabac Info Service (Information on Drugs, Alcohol and Tobacco)

Tel: 113

www.tabac-info-service.org; www.alcoolinfo.com

Institut Pasteur

Tobacco: 00 33 (0)3 20 87 79 90

Dietary advice: 00 33 (0)3 20 87 71 74

Alcohol: 00 33 (0)3 20 87 78 47

1, rue du Professeur Calmette

BP 245

59019 LILLE CEDEX

Tel : 00 33 (0)3 20 87 78 00

www.pasteur-lille.fr

Hospitalization

The CHRU (Centre Hospitalier Régional Universitaire – Regional University Hospital Center) of Lille is the only University Hospital Center in the Nord-Pas-de-Calais. It offers you, should you be hospitalized, Emergency services (ophthalmology, cardiology, gyneco-obstetrics, pediatrics, vascular, traumatology...)

Contact:

Centre Hospitalier Régional Universitaire

2, avenue Oscar Lambret

59037 LILLE CEDEX

Tel : 00 33 (0)3 20 44 59 62

For more information about Lille, please visit:

- <http://www.lilletourism.com/>
- <http://www.visitlilles.com/home>

For more information about the region Nord – Pas de Calais, please visit:

- <http://www.tourisme-nordpasdecalais.fr/>