



# International student guide

2023-2024



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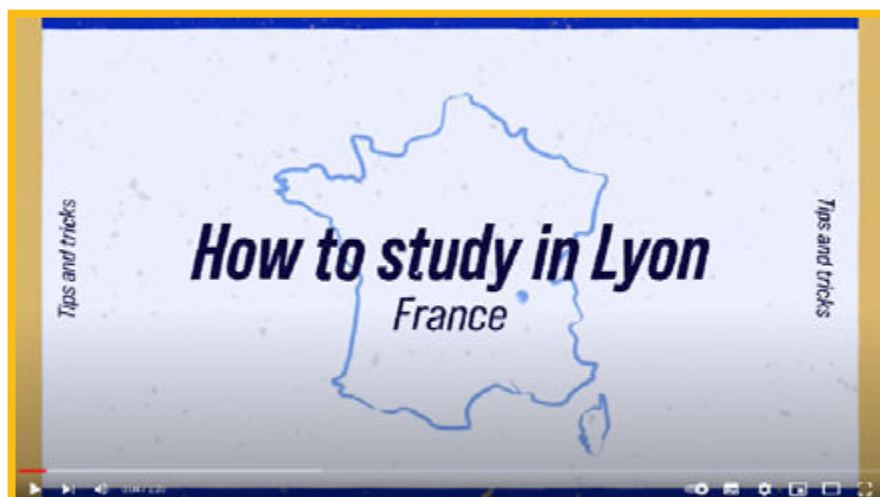
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**Before coming to Lyon - Check our video!**



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## Step 1: Study at Isara



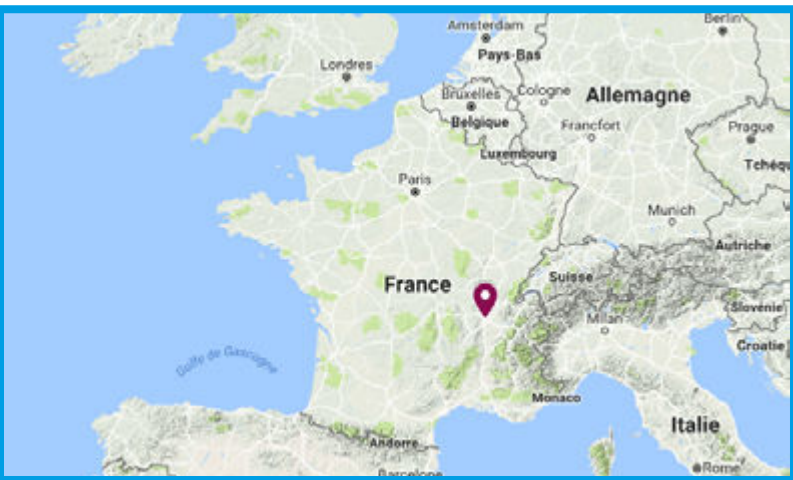


# Welcome to Lyon



## A dynamic environment

Isara is located in Lyon, south-east of France, in a very dynamic environment surrounded by a wide number of companies, research centers and professionals working in the field of agriculture, food industry, rural development and environment sectors at large.



## An ideal location...

Apart from its worldwide renown in terms of culture, gastronomy and sports, the city of Lyon is also well known for being a big city, yet convivial and easy to visit on foot. Beyond that, not only does Lyon share borders with Italy and Switzerland, it is easy to escape to the mountains and the sea - which will give you the opportunity to take part in a variety of leisure activities.



## A vibrant student city

Second-ranking city in France in regards to its number of students, Lyon has a rich cultural and gastronomic tradition and an 'old town' which was designated World Heritage Site by UNESCO. Our lively city will offer you an exceptional quality of life.

Studying in Lyon is an opportunity for each of its 130,000 students to enjoy fascinating sites and events, including evening parties organized on barges, the renowned Festival of lights (Fête des Lumières), The Dance Biennale (Biennale de la Danse), the Nuits de Fourvière (outdoor music, dance and theatre festival held in an ancient Roman Amphitheatre). Or, if you prefer, you can enroll for free in organized roller-blading tours, offered every Friday, to discover Lyon by night...

## With a nice climate

The natural diversity of this area (Mediterranean and temperate climate, plains and mountains) provides an easy access to a wide range of activities related to agriculture and food: various crop products (fruit, cereal plants, vines, vegetables, etc.), cattle breeding, and many other activities which are strongly linked to a huge network of food-processing industries.

# How to get to Lyon and to Isara ?



## By Plane

**Lyon-Saint Exupéry international airport** (46 international and 32 national links - 15 miles east of Lyon) is less than an hour drive from Lyon. It can be more easily and quickly reached via the Rhônexpress shuttle:

- Departure: every 15 minutes – Duration: 30 minutes <https://www.rhonexpress.fr/>
- Cost: 10 € per person under 25
- 16.30 € per person over 25 (15.20€ if prepaid on the Internet)



## By Train

• From Paris «Roissy-Charles de Gaulle» airport or Paris «Gare de Lyon» train station to Lyon «Part-Dieu» or Lyon «Perrache» train stations: 30 TGV high-speed trains daily (2-hour journey)

- From Marseille: 1 hour and 40 minutes [www.sncf-connect.com](http://www.sncf-connect.com)

You may also want to use the Ouigo high speed train service, which usually operates from/to remote train stations but at a more affordable price (starting price from Paris «Marne-La-Vallée» to Lyon «Saint Exupéry»: 10 €). <https://www.ouigo.com/>



## By Bus

Broad range of destinations at very affordable prices (starting price from Paris to Lyon: 5€):

- Flixbus: <https://www.flixbus.fr/>
- BlaBlaBus: <https://fr.ouibus.com/>



## From Lyon «Part-Dieu» train station to ISARA:

- At Part-Dieu station, take the exit “Vivier Merle” to find the subway
- Take the subway line B (blue) toward “Gare d’Oullins”
- Get off the subway at “Stade de Gerland”
- Take the exit “Parc Relais TCL” (up two flights of stairs)
- Walk straight for 50 meters; then turn on your right and cross a large parking lot. On the other side of the parking lot, you will find the street “Jean Baldassini”. Continue walking straight. Isara is located 100 meters down this street, on your left.

# Your host university

**Isara was created in 1968 with the aim of training students to become managers specialised in agriculture. Isara delivers engineering degrees (master level diploma accredited by the French State) and international masters. Since its creation, rural development has been an important part of Isara's higher education and research activities.**

## Key figures on Isara

- **Non-profit organization**
- **330 professional lecturers**
- **Over 1300 students and apprentices**
- **153 lecturers, scientists and administrative employees**

New curricula were created, among which vocational engineering training (MSc level), engineering training in apprenticeship (MSc level), 2 MSc in Agroecology and, 1 MSc in Sustainable Food Systems.

**Over the last 20 years, applied research, study, consulting and expertise activities, innovation, entrepreneurship have also been developed by Isara.**

These activities play a very important role in our higher education programmes as they continually help improve our teaching staff's skills, create linkages with professional and scientific stakeholders, and develop Isara's reputation, among others.

Isara has developed its higher education and R&D partnership in the Provence-Alpes-Côte-d'Azur area through the integration of ISEMA (Institut Supérieur Européen de Management Agroalimentaire) and as a member of the "Fruits & Vegetables" Cluster.

In April 2007, Isara moved to the Gerland district of Lyon, an area which became increasingly important to the city due to the scientific and biotechnological development.

Isara is situated at Agrapole, a centre of excellence created by Rhône-Alpes local authorities, specialised in agriculture and food, which includes over fifty professional organisations working in these sectors.





# Academic calendar

## Academic calendar

### Study year

**4<sup>th</sup> year** (1st year MSc level)

**5<sup>th</sup> year** (2nd year MSc level)

### Start of the school year

**early September**

**early September**

### Classes end

**end of June**

**mid-December for English taught classes/ end of January for French taught classes**

## Holidays in 2022-2023

### Christmas Break

**Two weeks :**

**Dec 25<sup>th</sup> to Jan 7<sup>th</sup>**

### Winter Break

**One week :**

**Feb 26<sup>th</sup> to March 3<sup>rd</sup>**

### Easter Break

**One week :**

**April 22<sup>nd</sup> to April 28<sup>th</sup>**

## Public holidays in 2023 - 2024

- 1<sup>st</sup> November (All Saints Day)
- 11<sup>th</sup> November (Armistice World War I)
- Easter Monday (Monday 1<sup>st</sup> April)
- 1<sup>st</sup> May (Labour Day)
- 8<sup>th</sup> May (Armistice World War II)
- Ascension Day (May 9<sup>th</sup> and 10<sup>th</sup>)



# Facilities at Isara

## La Source: library and documentation resources

In the library, comfortable seating is at disposal to surf on the Internet, with tablets available to all students. You can also keep up with the latest news by reading a range of daily newspapers.



## Internet and computer resources

Isara also offers free WI-FI connection to all students in the whole building as well as 80 computers available in several IT rooms.

Furthermore, our students have access to their schedule, information on classes, Isara-emails and contacts with teachers directly through our [Intranet](#).

## The student common room

The student common room called “Le Foyer” provides fridges, a few microwaves, running water, sandwiches, coffee and tea, and places to seat and eat. This is where the students use to meet and spend time together outside class.

## Snack-bar and cafeterias

There is one small snack-bar inside Isara called “**Prestal Vente à emporter**” located in the ground floor. Here you can buy sandwiches, salads, warm plates, fruits and drinks.



It is open every day from 11:30 am to 01:30 pm.

Two restaurants (“restaurant universitaire” or “Resto’U”) are located inside the Ecole Normale Supérieure de Lyon, near Isara.

- **Resto’U ENS, site René Descartes:** 15, parvis René Descartes 69007 Lyon
- **Resto’U ENS, site Monod:** 46, allée d’Italie 69007 Lyon

One meal at the cafeteria is 3.30€ and can be paid with your student card. The card must be activated at the desk of the cafeteria. You will then have to charge it with your credit/debit card.

# Students associations

## Settling into campus life - students associations

There are different [students associations at Isara](#):

**ISAR'RIVENT**: The student union dedicated to International Students.



**ISAR'RIVENT is composed of a group of Isara students.** Its goal is to welcome and to ensure the integration of international students. They do their best to accompany and help international students, from their arrival (at the airport or at the train station), to their departure. They organise a lot of different events like: hiking, outings in restaurants and the celebration of Traditional French events.

**A buddy program** is offered for all international students thanks to the help of French volunteer students (from second year to fifth year). **Do not hesitate to contact them at** [isarrivent@etu.isara.fr](mailto:isarrivent@etu.isara.fr)

**BDE**: the Student Union (Bureau Des Étudiants), with its team of more than 30 members, will give you useful information regarding all student activities offered at Isara (sport, music, event...). The BDE is available every day from 1:00 to 2:00pm and also usually during the 10:00am morning break.



**ISARAMAP**: an association supporting small farming that creates a direct link between producers and consumers. You will be able to register for a semester or a year in order to get vegetables, bread, fruits, eggs, cheese weekly. [Isaramap Facebook page](#)

**APE**: The Junior entreprise of Isara [Facebook page](#)

**FF Sport**: (French Federation of Sport at University), it offers a wide range of sports to all students. You can find an example of Medical Sport Certificate to use (**mandatory document** to be filled-up by your Doctor and given directly to Isara while registering to a sport).

## **APPENDIX 2 – Medical Certificate** [p.27](#)

You will find on it a list of all different sports offered.



## Step 2: International Programs



# International Student Syllabus

Isara offers international students the opportunity to choose courses within different types of programmes: academic exchange, MSc and summer school programmes.

All classes offered at Isara are listed on our website on this page: [here!](#)

## Come and study at Isara as an exchange student:

Exchange students can study at Isara for one or two semesters. Courses are taught in English, French or both, and students can choose among different specialisations:

- [Agriculture, environment and resource management](#)
- [Sustainable rural development](#)
- [Markets and corporate management](#)
- [Food science and the management of food industries](#)

Please note that courses chosen will be attributed upon availability.

**Requirements: Students must at least have a Bachelor level to study at a master level during the 4th year (M1) or the 5th year (M2) at Isara.**

It is important to have a good command\* of French and/or English for courses taught in these languages.

\*Level B1 in the [Common European Framework of Reference for Languages](#)

### Application deadlines:

- Fall semester: **May 1<sup>st</sup>**
- Spring semester: **October 15<sup>th</sup>**

The complete application documents must be sent by email to: [student@isara.fr](mailto:student@isara.fr)  
We cannot guarantee accommodation if applications are submitted after these dates.



## Come and study in our MSc Agroecology / Sustainable Food Systems

Several international MSc programmes are offered to international students in collaboration with partner universities worldwide. More information on our dedicated websites:

- **European MSc Agroecology** in cooperation with the Norwegian University of Life Science: <https://www.agroecos.fr/>
- **MSc Agroecology-Organic Agriculture** in cooperation with Wageningen University: <https://www.agroecology.fr/>
- **Sustainable Food Systems**: <http://www.susfoods.eu/>

### Application deadlines:

- **MSc Agroecology**: **February 1<sup>st</sup>** (Non-European students) / **March 1<sup>st</sup>** (European students)
- **MSc Sustainable Food Systems**: **April 4<sup>th</sup>** (Non-European students) & (European students)

## Come and study at Isara in the summer

**Two options** are available if you want to study at Isara over the summer.

### The Agroecology and Sustainable Food Systems

Summer School is a comprehensive programme of French language lessons, scientific courses on Agroecology as well as excursions, visits and hands-on learning opportunities.

This 5-week English taught programme takes place each year between mid-June to mid-July.

### Application deadline:

**April 15<sup>th</sup>**

Registration on

[www.iplsummerschool.com](http://www.iplsummerschool.com)

### The Sustainable Agriculture and Food Heritage

Summer School is a two-week comprehensive programme with lectures, case studies, field work and excursions.

### Application deadline:

**May 31<sup>st</sup>**

Registration on our [website](#).

Watch our Agroecology Summer school video below !





## Step 3: Before coming





# Useful documents to bring

**Once selected and before your arrival**, please contact us to let us know when you will be arriving (date - time - place). It is also important to contact your coordinator in your home university for administrative formalities such as visa, insurance coverage and so on...



## CHECK-LIST :

**ALL students:** please make sure to bring all the following documents with you to France:

- ☑ **Your passport or national identity card** (the latter for European Union citizens only)
- ☑ **Your birth certificate** for some French administration procedures, you will need to have a certified translation or an apostille. If necessary you can translate your document in Lyon upon arrival.
- ☑ **Proof of your insurance policy** including your civil liability and repatriation insurance
- ☑ **Your European health insurance card** for EU students
- ☑ **1 headshot picture of you**



*You will be asked to provide these documents to complete various administrative files (CAF, CROUS, bank, insurance, etc.).*

# Immigration: Visa

## for Non-European Students

**We strongly recommend you to apply for a VLS-TS (Students) (Visa long séjour valant titre de séjour) which will allow you to renew your visa if needed, work 60% of the time and ask for social housing allowance (CAF) in France. You will need to validate your VISA online upon arrival.**

At the consulate or embassy, do not hesitate to be very clear and describe your academic project (wish to make an internship after an academic semester for instance) and your situation in France to make sure you will be given the appropriate VISA.

For the MSc Sustainable Food Systems and Agroecology, you will apply for a French VISA in the country where you are studying during the second semester.

You must schedule an in-person appointment at the closest French consulate via its official website. **We encourage you to book your appointment at least 6 to 8 weeks before departure.** Your visa appointment at a French consulate must take place no more than 90 days before, and at least 2 weeks before, your departure to France.

*Please note that sometimes it may take up to four weeks until the next appointment is available, especially in summer.*

**You are required to attend the visa interview at the consulate in person.**

The main documents to supply are:

- **Your passport** (the validity of the passport must correspond to the duration of the visa requested).
- **Isara certificate of enrollment.**
- **Proof of income.**

Depending on the country, other documents can be required.

### Campus France online application process

If you live in one of the [44 countries](#) concerned, you **MUST** complete the Campus France online application process **BEFORE** you start your visa application:

After you have created your Campus France account through the online [PASTEL](#) system and have filled out the personal information section, you will be automatically assigned to the closest French consulate to your permanent address. Then, you must schedule an in-person appointment at your assigned consulate via its [official website](#).

#### Please note:

The Campus France application will NOT be carried out by Isara. You must therefore enroll in BOTH Campus France and Isara (2 separate files).

You will have to pay administrative fee for Campus France registration and visa fee.



# CVEC Procedure

## Only for MSc and double degree students: Contribution Vie Étudiante et de Campus

In France, all graduate students must pay a Student Life Contribution to the CROUS (in French: “Contribution Vie Etudiante et de Campus” - CVEC) of 95€/student/academic year. CROUS issues a reference number upon payment of the contribution by the student. The attestation is to be submitted by the student to Isara before your arrival.

For more information: [CVEC Procedure](#)





## Step 4: Upon arrival



# Student Welcome Desk

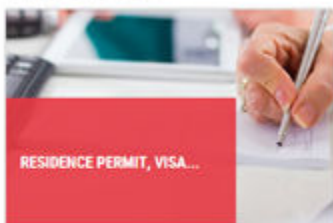
**The Université de Lyon and its partners are working together to greet you and help you get settled.**

At the beginning of each academic year, the Students Welcome Desk offers a reception desk where you will find all the services and information you might need, and receive support for all your administrative procedures, including your residence permit, long-stay visa, housing and jobs, transit, health and access to healthcare, culture, tourism, etc.

The Students Welcome Desk also organises “Meet & Greets” on various themes, both during the daytime and in the early evening, so you can meet and talk to people involved in student life, and settle into the city.

You must participate in this Student Welcome Desk so you can get off to a good start: all your administrative procedures at a glance!

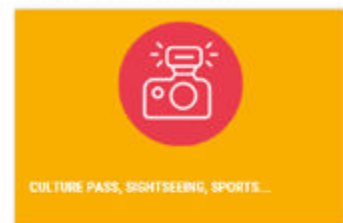
## PROCEDURES



## HEALTH



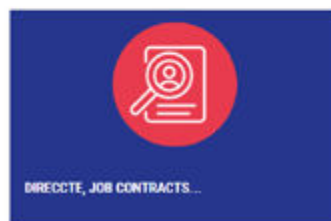
## LEISURE & TOURISM



## USEFUL DOCUMENTS



## EMPLOYMENT & ENTREPRENEURSHIP



## TRANSPORT



**More information on the [website](#).**

**Université de Lyon,  
90 rue Pasteur,  
69007 Lyon**

# Accommodation

**There is no student hall on Isara campus.**  
**The CROUS is the institution providing student accommodation in France.**

Isara has an agreement with the CROUS enabling us to provide rooms for our International students (according to rooms availability).

You cannot book these residences yourself. Therefore, you must send us your Accommodation Form filled in and signed in order to book a room.

**Since the demand is very high and because only a few rooms are available, there are 2 requirements:**

- **You have to send your accommodation application to us as early as possible.**
- **You must agree to rent a room for a full period (For example: from July/August to the end of December and/or from the beginning of January to the end of June/July).**

*Accommodation will be given on a first-come, first-served basis and according to Isara's possibilities.*

## **Description of the different rooms:**

### • **Room:**

(around 10 m<sup>2</sup>) includes a bathroom and toilet. The kitchen is shared. No kitchenware (at your charge). Blanket, bolster and bed linen are not provided but can be rented for 10€/month.

**Price: 271€/month**

### • **Studio:**

(12 to 20m<sup>2</sup>) includes a bathroom and toilet as well as a private kitchen. No kitchenware (at your charge). Blanket, bolster and bed linen are not provided but can be rented for 10€/month.

**Price: 406€/month**

### • **Shared flat:**

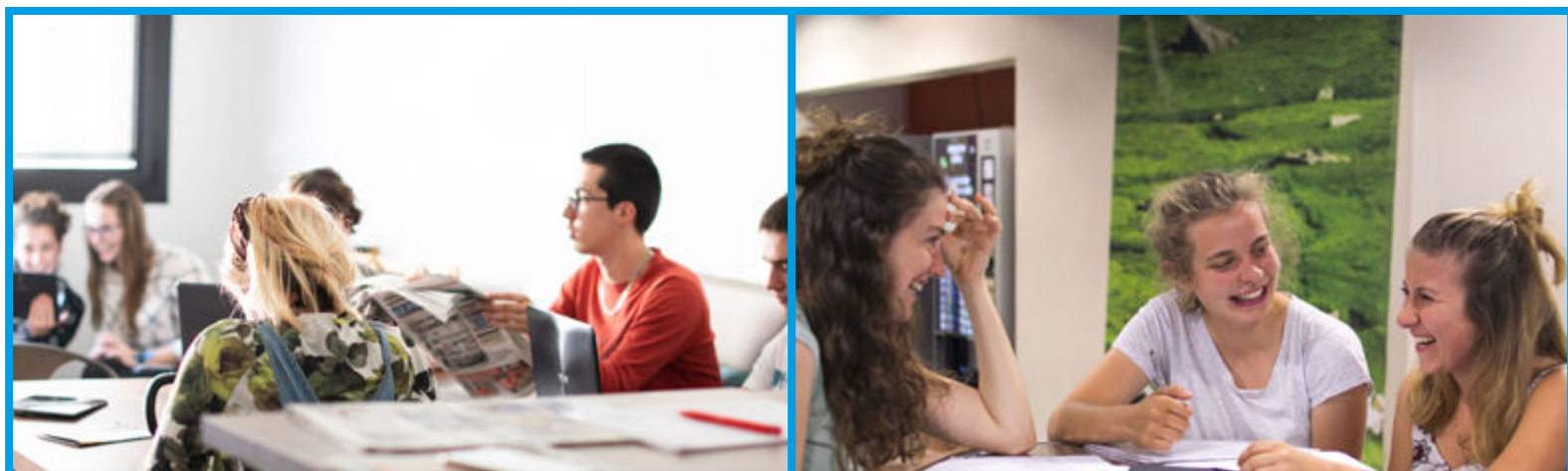
(generally for 5 people) includes a bathroom, toilet and a kitchen shared by all roommates. No kitchenware (at your charge). Blanket, bolster and bed linen are not provided but can be rented for 10€/month.

**Price: 325€/month**



- *For more information about CROUS student halls, please check the Appendix 1 or contact them directly.*
- *Try not to arrive during the week-end, the reception desk might be closed.*





**Students can choose alternative accommodations, without the help of Isara:**

- Be hosted by a French family in Lyon: <https://www.expats-agency-lyon.com/>
- Be part of an intergenerational experience: [Tim & Colette](#) and [Pari Solidaire](#)
- Rent a small apartment in a private student Hall (18 to 40 m<sup>2</sup>): <http://www.studilodge.fr/fr>

## **Housing insurance**

You will be required to subscribe to housing insurance policy upon arrival, whichever housing choice you make. We suggest, for instance, the services of the [ADH](#), which offers both civil liability and housing insurance at a very affordable price (**basic “Formule 2” is 30.12€ and covers you for a year**).

# Housing allowance

**CAF (Caisse des Allocations Familiales)** is a family benefits organisation. As a student renting a flat in France, you are eligible for housing allowance - called “**Aide Personnalisée au Logement**” (**APL**) - provided by this organisation.

The amount depends on the location of the flat, its surface area and the revenues of the student. You can apply [online](#), go directly to the CAF (67 Boulevard Marius Vivier Merle, 69003 Lyon) or seek for help during the Welcome desk Days.

## To apply online you need:

- **Your address in France**
- **Your French bank details**
- **Your email address**

When the online application has been completed, you need to set up a file. The following documents need to be attached to the file and sent to the address given on the file:

- **A « demande d'aide au logement » form**, completed by you
- **A housing certificate**, completed by your landlord or CROUS
- **Your civil status documents** (i.e. ID, passport, birth certificate (c.f. p- 11 - or family record book)
- **Non-EU nationals:** a student visa + a copy of your passport showing the “OFII” stamp
- **EU nationals:** a proof of student status + a copy of your European health insurance card + a formal statement of sufficient resources.

**Every document from your country MUST be translated into French by a sworn translator in France. You can find the 2019 list of sworn translators online, or go on [Inter service migrant](#).**

*Please note that there is a waiting period (délai de carence) of 1 month once you have completed and sent your file to the CAF. The CAF will therefore NOT pay the allowance for the 1st month spent in the apartment. For example, if you are arriving in September and only submit your file to the CAF only in October, you will only receive the APL only from November onwards.*

# Bank Account



Once in Lyon, you can open a bank account. A French bank account is mandatory if you want to apply for housing allowance.

**How to open a bank account in France?** (recommended by previous International students)

**Make an appointment by phone or go directly to an agency and bring:**

- your passport,
- your visa,
- a proof of residence,
- the Isara enrollment certificate
- a scholarship certificate if you have one

Usually, opening a bank account for a relatively short period of time is free. However, prices depend on the agency. Here are some examples of banks: Crédit Agricole, BNP, Crédit Mutuel, Crédit Coopératif, Banque Populaire.



**Do not forget to close your bank account when you leave France after receiving the CROUS deposit.**

- Check beforehand with your bank (in your home country) if there is any partnership with French Banks.
- If needed, bank agencies also offer housing insurance for students.

# Health & Insurance

## Non-European students

Students must be enrolled in the French General Social Security scheme. All students will be able to register for free at the French Healthcare Scheme to benefit from the basic social healthcare. You must register on the Social security website: <https://etudiant-etranger.ameli.fr> (available in French, English and Spanish). It is a free healthcare system that allows you to benefit from advantages concerning illness, accident, medication (usually free), etc. *(E.g. if you go see a doctor, a consultation is ≈ 25€; with it you will be refund 17€ (by presenting your Social Security number to the doctor). Also, if you have a complementary insurance, the total sum could be refund).*

## European students or non-EU students living in Europe

You are eligible to ask for the [European Health Insurance Card](#) at your national health care provider. Please bring the original Card with the appropriate expiry date. Note that you will be covered for the same risks than in your home country, therefore you have to check that your insurance is covering the following items: medical costs & hospitalisation, civil liability, repatriation, work accidents.

**It is important to keep all your receipts to be reimbursed once back in your country.**

## Complementary insurance

In all cases, if you have not already subscribed to a complementary insurance in your home country (that it is covering all the following items: medical costs & hospitalization, civil liability, repatriation, work accidents), **we strongly recommend you to subscribe to one (for instance SMERRA, PartirAssur).**

The French social security website <http://www.ameli.fr/> is a mine of information that can provide you with the names and addresses of all practitioners in any city in France.

## MSA complementary insurance

Every students, teachers and staff are covered by the MSA accident insurance.

It covers injuries endured at school or at work (laboratory, field trip, practical work, etc.).

It is a mandatory complementary insurance. 130€ will be required from the ISARA accountancy department. You will receive an invoice upon your arrival.



# Daily life



There are several telephone operators in France, offering a wide range of mobile phone plans. We suggest you ask for a plan “sans engagement” (without obligation). Getting a mobile phone deal through a mobile virtual network operator is usually more affordable (for example: Free, B&YOU, Red, Sosh, NRJ Mobile, La Poste mobile, etc.)

**Please note:** To get a mobile phone plan you *MUST* open a bank account beforehand and provide a French address. Do not forget to close your mobile phone plan.



During weekdays, supermarkets and shops are open from 08:30 am to 08:30 pm. Most of the shops are closed on Sundays in France. However, some supermarkets are open until midday and most of the restaurants in the city center are open.



Voltage is 220 V 50 Hz in France. Electrical outlets are European type. We recommend you to check prior to departure whether you need a power plug adapter or voltage converter or not.



France has a mostly temperate climate but also includes many regional differences. **Average winter temperatures** range from 32°F to 46°F (0 - 7°C) and **average summer temperatures** from 61°F to 90°F (16 - 35°C). Winters are a lot colder in Lyon area due to the proximity with mountains. During summertime, you can have very warm days (38°C ≈ 100°F) but also some chilly days (14 - 18°C ≈ 57.2 - 64.4°F).

**Please also note** that facilities are rarely air-conditioned, and there are no mosquito screens at the windows.



**You are in need of support or answers ?** You are feeling stressed, anxious, depressed or lonely ? You are struggling with your studies or having family problems ? **Meet a psychologist for free at PEPS** - Point Ecoute Psychologique du Supérieur - Call : 06 27 86 91 83 or by email to [apsytude@gmail.com](mailto:apsytude@gmail.com). [Websiteapsytude](http://Websiteapsytude)!

**Call SOS Help:** 01 46 21 46 46

Find English-speaking counselors and therapists in France :

<https://www.counsellinginfrance.com/>

or <http://www.talking-online.com/>

**For more information**, please check the website of Lyon university/Campus Life: [here!](#)

# Public Transportation



The TCL network (Transports en Commun Lyonnais) offers a wide range of services as it includes 4 “metro” lines, 6 tramway lines, 2 funicular lines and over 130 bus lines. You can easily go from one place to another in the city using different lines. However, do not forget to validate your ticket each time you change lines.

## Type of ticket/card

## Price

- |   |  |
|---|--|
| • <b>Single ticket: valid 1 hour</b> from the time of validation                                | • <b>2 €</b> (2,30€ the “emergency ticket” on the bus) |
| • <b>Ticket «24H»</b> unlimited travel on the TCL network for 24h (from the first validation)   | • <b>6,50 €</b>  |
| • <b>Ticket «soirée»</b> unlimited travel on the TCL network from 7pm to the end of the service | • <b>3,50 €</b>  |
| • <b>Student book of 10 tickets</b>   | • <b>16,30 €</b>                                       |
| • <b>TCL student card</b> «abonnement 18-25 ans» or «abonnement étudiants 26-27 ans»            | • <b>25 €/per month</b>                                |

## How to create your TCL student card?

Go to a TCL Agency (Hôtel de Ville, Bellecour, Gorge de Loup, Perrache, Part-Dieu...) with your :

- **ID card or your passport**
- **Isara enrollment certificate**
- **Housing certificate**

(ask for one at your student residence or ask for an Attestation de domicile)

A 5€ fee applies at the creation of your TCL card. Each month, you can pay for your subscription in an agency or via one of the 410 vending machines at your disposal in the metro and tramway stations.



TCL's interactive map (bus, tram, subway): <https://plan-interactif.tcl.fr/>

## Other means of transportation in Lyon:

- **Vélo'v**: bike service that is simple and practical for short journeys in Lyon.
- **Trottinettes électriques Lime-S**: open-access Electric Scooters (App).

# Budget

The following is the expected average monthly budget for students **under 28 years old staying at a Public Crous Residence for 2022-2023:**

## Rental costs in a CROUS student room:

**271€ to 406€**

- + **1 month deposit:** 250€ (to be paid once)
- + **Entrance fee:** 200€ or 300€ (if you stay in a studio to be paid once and not refundable\*)
- + **File processing costs:** 10€ (to be paid once)
- + **Sheets:** 10€/month (optional)
- + **Housing insurance:** 40€\*

## Food:

**About 200€/month\***

## Transport:

- 25€/month** (for student under 28 years old)
- + 5€ for the card (paid once)

## Leisure and other personal costs:

**150€** (according to your habits)

## Health and complementary insurance:

**Insurance:** 60€

**CVEC:** 95€ (student fee to be paid once)

**MSA accident insurance :** 130€

**Contribution to field trips for exchange and guest students (according to your specialization):**

**A maximum of 250€** for the whole semester

**TOTAL/Month: 1st month: about 1 933€ - Then about 850€ \*(max)**

\*The total is based on the maximum budget; it can differ according to your habits.



[Le cout de l'expat](#) - Price comparator  
(French & mobile version only)



## APPENDIX





# Appendix 1

## CROUS STUDENT HALLS

You cannot book these residences yourself. You must contact us and fill out the accomodation form.

Please note that your room won't be available before the end of August.

### Opening hours:

**Administration:** Monday to Friday (9am - 5pm) **BY APPOINTMENT** (payments, administrative queries)

**Security/basic reception:** 24-hours

You have to arrive during office hours.



## Example of documents needed to register for your room (price for La Madeleine):

- **250€ Deposit** (to be paid once and reimbursed at the end of your stay under certain conditions)
- **200€ Entrance fee** (to be paid once) – 100€ if you stay only one semester (300€/150€ for a studio)
- **10€ File processing costs** (to be paid once)
- **≈ 271€ Rental costs** per month for a studio
- **Internet included** in the rental
- **10€/month Bed linen** (if needed)
- **2 photographs** with your name written on the back
- **1 French bank account\*** identification form (called RIB – Relevé d'Identité Bancaire in French)
- **1 proof of insurance\*** for civil liability and rental risks (compulsory in the case of student housing)
- **1 copy of your residence permit\*** for non-European students

\* To be submitted as soon as you have them at your disposal.

# Appendix 2

## Medical Certificate

ONCE SIGNED, THIS MEDICAL CERTIFICATE MUST BE UPLOADED ON [ISAR@NET](mailto:ISAR@NET)

To all new students: do it once you are at Isara and you received your ID and password.

Ce certificat, une fois signé, est à déposer sur [isar@net](mailto:isar@net).

Pour les nouveaux élèves, le certificat est à déposer à réception de votre identifiant et de votre mot de passe, une fois arrivés à Isara.

I, the undersigned /Je soussigné(e) ..... Doctor of medicine /Docteur en médecine,

after consulting /après avoir examiné ce jour ..... (Patient Name)

Ms or Mr/Mlle ou M. .... born on /né(e) le ...../...../.....

attest that the patient's state of health does not hinder with the practice of sport as a hobby or in competitions during trials organized by FF Sport U, with the exception of the ones crossed-off below. /certifie que son état de santé actuel ne présente pas de contre-indication à la pratique du sport en loisir ou en compétition lors des épreuves organisées par la FF Sport U hormis dans celui ou ceux rayé(s) ci-dessous

- |  |   |  |
|--|---|--|
| <ul style="list-style-type: none"><li>• Aerobics</li><li>• Aïkido</li><li>• Athletics</li><li>• Rowing /Aviron</li><li>• Badminton</li><li>• Boxe</li><li>• Bridge</li><li>• Canoë-kayak</li><li>• Capoeira</li><li>• Vocals /Chant</li><li>• Orienteering /</li><li>Course d'orientation</li><li>• Cross-country</li><li>• Cycling- (off road)/</li><li>Cyclisme – VTT</li><li>• Dance (all kinds)</li><li>• Chess/ Echecs</li><li>• Horse riding/ Equitation</li><li>• Climbing/ Escalade</li><li>• Fencing /Escrime</li><li>• Fitness</li><li>• Swedish Fit /</li><li>Gym Suédoise</li><li>• Golf</li><li>• Gymnastic</li></ul> | <ul style="list-style-type: none"><li>• Krav-maga</li><li>• Weightlifting /</li><li>Haltéro Force</li><li>• Judo</li><li>• Ju-Jitsu</li><li>• Karaté</li><li>• Karting</li><li>• Wrestling /Lutte</li><li>• Bodybuilding</li><li>• Swimming</li><li>• Basque Pelota /Pelote basque</li><li>• Pilates</li><li>• Cheerleading /Pompoms</li><li>• Sambo</li><li>• Alpine Skiing</li><li>• Snowboarding</li><li>• Surf</li><li>• Squash</li><li>• Taekwondo</li><li>• Tennis</li><li>• Tennis Table</li><li>• Shooting /Tir</li><li>• Archery /Tir à l'arc</li><li>• Trampoline</li></ul> | <ul style="list-style-type: none"><li>• Triathlon</li><li>• Ultimate Frisbee /Ultimate</li><li>• Sailing /Voile</li><li>• Windsurfing /Planche à voile</li><li>• Roller hockey</li><li>• Run and bike</li><li>• French kick-boxing</li><li>• Yoga</li><li>• Basket-ball</li><li>• Beach-volley</li><li>• American Football</li><li>• Football / Soccer</li><li>• Futsal</li><li>• Handball</li><li>• Hockey</li><li>• Polo</li><li>• Rugby</li><li>• Softball</li><li>• Volley-ball</li><li>• Water-polo</li></ul> |
|--|---|--|

Date:

Signature and Stamp (with phone number and address)/ Signature et Cachet:

This certificate is to be renewed every year due to sports practices (FFSU Regulation) Subaqueous sports require complementary specialized exams (neurological, ENT, ophthalmological). Ce certificat est à renouveler chaque année en raison de pratiques omnisports. Règlement de la FFSU. Les sports subaquatiques exigent des examens spécialisés complémentaires (neurologiques, ORL, ophtalmologiques)

# Appendix 4

## System of ECTS grades

<b>ECTS Grade</b>	<b>% of successful students achieving the grade</b>	<b>Grading system</b>
A	16 to 20	Excellent – outstanding performance with only minor errors
B	14 to 15,9	Very good – above the average standard but with some errors
C	12 to 13,9	Good – generally sound work with a number of notable errors
D	11 to 11,9	Satisfactory – fair but with significant shortcomings
E	10 to 10,9	Sufficient – performance meets the minimum criteria
FX	8 to 9,9	Fail – some more work required before the credit can be awarded
F	<8	Fail – considerable further work is required

## Useful Websites

### Information for students coming to Lyon:

- [ISARA](#)
- [International Students ISARA Lyon](#)
- [Only Lyon](#)
- [Lyon Campus](#)
- [Lyon Expat](#)
- [Centre d'information et de documentation jeunesse](#)
- [Campus France](#)
- [Le coût de l'expat](#)
- [CVEC](#)

### Health care:

- [PartirAssur](#)
- [SMERRA](#) (pack en France)
- [Ameli](#)
- [Le Ralliement](#)

### Housing:

- Home stay with a family: [Expat Lyon](#) or ask directly [student@isara.fr](mailto:student@isara.fr)
- Intergeneration home sharing : [Tim & Colette](#) or [le Pari Solidaire Lyon](#)
- Share a flat: [LaCarteDesColocs.fr](#), [Appartager.com](#)
- Housing Allocation: [CAF](#)
- Youth hostels/ Guest-house: [Le Flâneur](#), [SLO](#), [Auberge de jeunesse de Lyon](#)

### Transportation:

- [Transports en Commun Lyonnais](#) (local public transportation company) & [Vélo'v](#) (bicycle rental service) + trottinette
- [SNCF](#) (national train company) – If you are planning to explore France by train, you may take a “Carte Jeune” which gives you interesting discounts

### Personal favorites - Local & super useful:

- French equivalent of Craigslist: [Le Bon Coin](#), where you can rent an apartment and buy/sell any kind of good from bikes to coats and tables (usually second hand products) and even sometimes find a job.
- [Le Petit Paumé](#), free guide edited every year by students with tons of good deals and places to go in Lyon.

### Leisure:

- [Lyon France](#)
- [Lyon City Crunch](#)
- [Lyon International association](#): This association proposes outings and dinners in a French family.
- [Traboules de Lyon](#): Discover Lyon's peculiar, secret and hidden paths through the history of the city.

### Student Jobs (non-exhaustive list):

- [Info Jeunes Auvergne Rhône-Alpes](#)
- [Mission locale](#) (building 2 streets away from Isara)
- [Offres d'emplois pour étudiants](#)
- [Studyrama – Jobs](#)
- [Cap Campus](#)
- [Student Job](#)
- [Momji](#)

### French language learning (FLE):

- [Alliance Française](#)
- [L'Institut de Langue et de Culture Françaises](#)
- [KoToPo](#)
- [Coup de Pouce Université](#)



**Enjoy your time in Lyon !**



**Watch our international student testimonies !**

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