



euraxess

RESEARCHERS IN MOTION

Welcome to Clermont-Ferrand and its region

INTERNATIONAL RESEARCHERS: YOUR WELCOME GUIDE



UNIVERSITÉ
Clermont
Auvergne

& associés

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Presentation of Clermont-Ferrand

• UC2A KEY FIGURES

Université Clermont Auvergne & Associés is a network of institutions dedicated to ensuring the visibility and attractiveness of the Clermont university campus on an international scale.

It has shared resources through its nine departments, dedicated to research, student life and resource services, as well as its two associated divisions.

 **FOR MORE INFORMATION:**
<https://www.clermont-universite.fr/>

UC2A has:

- 40,000 students, including 5,000 international students
- 7500 faculty
- 600 programs in the areas of fine arts, literature, languages, social and human sciences, law, economics, management, science and technology, health, sports sciences, including some programs that are not available anywhere else in France.
- 5 collegia for the 5 Doctoral Schools, which have programs in the areas of Law-Economics-Management, Life-Health-Environmental Sciences, Literature-Languages-Human and Social Sciences, Technology-Engineering Sciences and Fundamental Sciences.
- 40 university laboratories

• THE CITY OF CLERMONT-FERRAND

Known as the City of Art and History, Clermont-Ferrand is a medium-sized city located in the heart of a region of natural beauty, with a population of about 144,000 residents.

According to l'Etudiant magazine, Clermont-Ferrand is one of the best cities for students. The high quality of life in the city is due to the attractive environment, low cost of living, availability of housing and many catering options.

 **FOR MORE INFORMATION:**
<https://clermont-ferrand.fr/>



• THE EURAXESS AUVERGNE CENTER

EURAXESS is an initiative of the European Commission, created to facilitate the mobility of researchers in Europe and to guarantee that the European Research Area remains attractive. The Euraxess European network is made up of 600 different centers, located in 40 countries. The Euraxess Auvergne Services Center at Université Clermont Auvergne et Associés is the main point of contact for all of the administrative procedures related to welcoming international researchers.

Associated with Université Clermont Auvergne's International Relations Department, its main mission is to assist international PhD students and researchers and to facilitate their stay.

Euraxess Auvergne service center:
Tel: + 33 (0)4 73 40 63 21 / 63 29
Email : euraxess-auvergne@uca.fr

We recommend that you register on the Euraxess database, which will issue you a Euraxess researcher number. This number will allow you to take advantage of the deals brokered by Euraxess (insurance, housing, etc.): <https://www.fnak.fr/inscription/?lang=en>

• STUDENTS WELCOME DESK

A shared initiative of the Clermont-Auvergne higher education institutions, the Clermont-Auvergne CROUS, the city of Clermont-Ferrand, and the Préfecture, the Students Welcome Desk welcomes first-year and international students at the beginning of the academic year, to help them discover their new university life.

- > Information on student life (scholarships, housing, catering, health, transportation, culture, sports, etc.)
- > A freely accessible cyber space
- > Information on student residence permit validation and renewal.

ESPACE D'ACCUEIL ETUDIANTS (STUDENTS WELCOME DESK)
30 rue Etienne-Dolet
63037 Clermont-Ferrand Cedex 1
Tel.: + 33 (0)4 73 34 95 71 / espace.accueil.etudiant@crous-clermont.fr
<https://usine.crous-clermont.fr/international/espace-daccueil-etudiants/student-welcome-center/>



Entry and residence formalities

• BEFORE YOU LEAVE

The France Visa website contains all of the necessary information to guide you in the process and to assist you at each key step as you apply for a visa. This online portal features all of the information that you need to prepare and submit your visa application.

The Visa Assistant will help you determine if you need a visa and what type, depending on your situation; it will also inform you of which supporting documents you'll need to include with your application and the associated fees.

https://france-visas.gouv.fr/en_US/web/france-visas/welcome-page

! PLEASE NOTE

- > Your visa request must be made at least 2 months before your departure date to France.
- > It is important to apply for the correct visa before your departure. Depending on your visa type, your status, rights, and duties will be different.

• Research visa ("Passeport talent - chercheur")

The long-stay research visa is meant for PhD students, researchers and research professors.

FOR MORE INFORMATION:

<https://www.campusfrance.org/en/the-researcher-talent-passport-long-stay-visa>

• Hosting agreement/ Convention d'accueil

To apply for a visa "passport talent-chercheur", a hosting agreement (convention d'accueil) will be requested by the French consulate of your country of residence: it is the official document that specifies the nature and duration of your research work. Please contact your host laboratory to request it.

Non-employed foreign doctoral students must apply for a "student" visa, for which the hosting agreement is not necessary.



• Visa exemptions

The following individuals are exempted from C visas: citizens from European Union Member States, European Economic Area States, Switzerland, and the list of countries defined by the European Union, with possible conditions. The following individuals are exempted from D visas: citizens from European Union Member States, European Economic Area States, Switzerland, Monaco, and Andorra.

FOR MORE INFORMATION:

<https://www.diplomatie.gouv.fr/en/coming-to-france/>

<https://www.immigration.interieur.gouv.fr/Immigration/Les-visas/Les-dispenses-de-visa>

<https://www.gisti.org/spip.php?article5441>

• WHEN YOU ARRIVE

The long-stay research visa (VLS) allows you to prepare a doctorate, to conduct research, or to teach in France. It can be renewed as a multi-year residence permit.

• If you have a visa type VLS-TS R311-3.9° L313-20.0 "passeport talent"

For stays of under 12 months, you will have a visa that is equivalent to a residence permit called VLS-TS "passport talent-chercheur". As soon as you arrive, or at the latest in the 3 months following your arrival, you must have your visa validated by the Office Français de l'Immigration et de l'Intégration (OFII), which will make your visa the equivalent of a residence permit. You must make the validation request online on the dedicated website:

<https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/> (site available in French, English, and Chinese).



• If you have a visa type L313-20 4° "passeport talent-carte de séjour"

For stays of over 12 months, you will first have a visa type "passeport talent-chercheur", which is valid for three months and is not the equivalent of a residence permit. You must apply for a "passeport talent chercheur" residence permit. You must make the apply online on the dedicated website: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

After submitting your application, you will first receive a receipt proving that you have requested a residence permit. This receipt will allow you to reside and work in France while you wait for your residence permit.

! PLEASE NOTE

- > The receipt that you are given following your first application will not allow you to travel outside of France beyond the expiry date of your visa.
- > We strongly recommend that you start the residence permit application process at the latest three months before the expiry date of your visa.

• Renewal

To continue your stay in France beyond the expiry date of your initial visa or residence permit, you must apply for a residence permit at the Préfecture of your residence at the latest two to three months before your visa/residence permit expires.

! PLEASE NOTE

- > While applying for your residence permit, you will have to pay a tax of up to €269 depending on your situation. The tax is payable with revenue stamps.
- > To apply for a residence permit for your spouse (but not your common-law partner) and your children under 18 years old (visa type "passport talent (famille)"), please refer to the Préfecture of your place of residence. Your spouse will be authorized to work in France.

> If you are an Algerian citizen, the procedure for applying the "passport talent" residence permit does not concern you: there is a specific residence permit and a specific procedure to follow for your nationality. Algerian scientists are covered under a specific bilateral agreement. You must follow the procedure for applying for a residence permit at the Préfecture.

📄 THE PROCESS IS OUTLINED ON THE FOLLOWING WEBSITE:

<http://www.puy-de-dome.gouv.fr/> > Démarches administratives > Titre de séjour étrangers > Titres, carte de séjour et documents de circulation pour étranger en France



Social security and insurance

• SOCIAL SECURITY

All scientists (and their families) hosted on the Clermontois campus must have health care coverage for the duration of their stay.

📄 HEALTH INSURANCE WEBSITE:

<https://www.ameli.fr/puy-de-dome>

General information on the French social security system, for foreigners:

<https://www.cleiss.fr/>

(> Documentation > Systèmes nationaux de sécurité sociale > En France > le régime général)

• Non-European researchers

If you are a salaried employee in France:

All salaried employees (including foreigners) and their families are covered under the French social security system, which covers medical fees in the event of illness or accidents.

You have the right to French social security if you have a work contract.

French social security reimburses about 70% of healthcare costs. It is therefore advisable to also subscribe to a "mutuelle" to cover the remaining costs (see below).

- If you have a research visa ("passeport talent chercheur"):

To have your medical fees reimbursed, you must apply for a social security number from the Caisse d'Assurance Maladie of Paris.

The complete application file must be sent to:

Assurance Maladie
SRI/Talents
75948 PARIS Cedex 19

📄 LIST OF SUPPORTING DOCUMENTS:

<https://www.euraxess.fr/france/information-assistance/social-security>

Once your application has been received by Assurance Maladie, it will be processed within a month. Then, within 3 months, you will receive a proof of coverage document, as well as a form to apply for a social security card ("Carte Vitale").

You will receive a letter informing you that your application has been properly filed. If you have medical fees, you can send your receipts and proofs of payment to the same address to receive a reimbursement.

- If you have another type of visa or are a citizen of the European Union:

Contact the Caisse d'Assurance Maladie of Clermont Ferrand to complete the procedure, sending them an application for a social security number.

Address:
CPAM du Puy de Dôme
46 Rue du Clos Four
63000 Clermont-Ferrand
Telephone : 0 811 70 36 46



• Salaried scientists who are citizens of the European Union

You must ask your insurance provider in your home country for Form E104 and send it to the CPAM of Puy de Dôme:

CPAM du Puy de Dôme
46 Rue du Clos Four
63000 Clermont-Ferrand
Téléphone : 0 811 70 36 46

You will receive a letter informing you that your application has been properly filed. If you have medical fees, you can send your receipts and proofs of payment to the same address to receive a reimbursement once you have been assigned a social security number.

• If you are not a salaried employee in France

Contact your insurance provider in your home country or subscribe to a private insurance plan.

Under certain conditions, you may be eligible for Universal Health Coverage (PUMA) under the French social security system after 3 months of residency in France. You must register with the Caisse Primaire d'Assurance Maladie (CPAM) of your place of residence.

- If you are a PhD student under 28 years old, registered in a French higher education institution, and are not a salaried employee:

You are eligible for student social security coverage, which is free. Visit the health insurance website dedicated to international students: <https://etudiant-etranger.ameli.fr/#/>

📄 FOR MORE INFORMATION:

visit the website <https://www.campus-france.org/en/registering-to-social-security> to find out all of the steps and the documents to provide according to your situation.

• The European Health Insurance Card (EHIC)

The European Health Insurance Card allows citizens of the European Union or the European Economic Area to have their medical needs taken care of while temporarily visiting other countries in the European Union, whatever the nature of the stay or the card holder's status (worker, retiree, unemployed, student, etc.). It is free and nominative (each member of the same family must have their own card, including children).

You can apply for the card by contacting the health insurance organization in your home country.

Present the card during your medical visits to have any fees covered.

To have your fees reimbursed, you must send a copy of the medical fee form given to you by your doctor, your prescription, and a copy of your EHIC to the CPAM of Puy de Dôme:

CPAM du Puy de Dôme
46 Rue du Clos Four
63000 Clermont-Ferrand
Téléphone : 0 811 70 36 46

! PLEASE NOTE

- > the EHIC does not cover some services offered by private health insurance (rescue, repatriation).

Top-up insurance

In general, the French social security system will not cover all of your medical fees. On average, about 70% of your medical fees will be covered by social security. We strongly recommend that you subscribe to an optional, top-up insurance plan (known as a "mutuelle"). Top-up insurance plans will reimburse part, or all, of the fees that are not covered by social security.

Your employer may offer a group top-up insurance plan that you may take advantage of as an employee. Contact your employer for more information.

If your employer does not offer a group plan, you may apply for a plan with a private insurance company.

📄 TO COMPARE DIFFERENT TOP-UP HEALTH INSURANCE PLANS:

<https://www.pagesjaunes.fr/annuaire/clermont-ferrand-63/mutuelles>

<https://www.lecompareurassurance.com/5-devis-mutuelle/10591-mutuelle-sante>

<https://www.meilleurtaux.com/comparateur-assurance/mutuelle-sante/>

Plans brokered by Euraxess

As an international researcher, you are eligible for the plan that Euraxess has brokered with the AXA group: <https://www.fnak.fr/en/negotiated-offers/>
To take advantage of the plan, simply register in our database and you will receive an Euraxess researcher number, which AXA will ask for: <https://www.fnak.fr/inscription/?lang=en>

For more information, contact ABC Assurances at agence.cabinetbaume@axa.fr or call them at +33 (0)3 81 84 50 50.

! PLEASE NOTE

- > To be reimbursed for the highest amount possible by Social Security, you must choose a primary care physician, who will be responsible for coordinating your medical visits and exams.

📄 TO FIND A PRIMARY CARE PHYSICIAN:

<https://www.pagesjaunes.fr/annuaire/clermont-ferrand-63/medecins-generalistes>

📄 ENGLISH-SPEAKING PHYSICIANS:

<https://www.doctolib.fr/medecin-generaliste/clermont-ferrand?language=2>

- > You will find the list of medical institutions in the section "Useful contact Information" page 26

• INSURANCE

There are different types of insurance. Some are mandatory, and others optional. A single insurance contract may provide coverage for different needs.

• Health insurance

See above, "top-up health insurance".

• Travel insurance

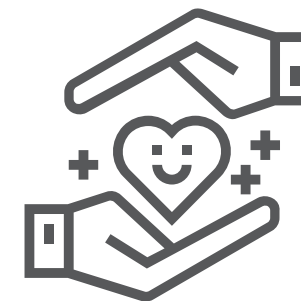
This insurance will cover short-term trips (less than 3 months). In general, it covers medical and repatriation fees.

• Civil liability insurance

Civil liability insurance is mandatory for all individuals residing in France. It covers fees for repairs made when you have caused damage to a third party. In general, it is automatically included in your renter's insurance (see below).

• Multirisk tenant's insurance

Multirisk tenant's insurance is mandatory if you are renting a room, apartment or house. Before signing your lease, the property owner or real estate agent will ask for the insurance document proving that you are covered for risks related to the unit (water damage, fire, etc.). These contracts cover both the primary renter and temporary occupants. If you move out of the unit, you must inform your insurance company in order to transfer the policy to your new dwelling or terminate the contract.



• Professional civil liability insurance

When a researcher is welcomed into a laboratory without a legal framework agreement for the mobility (hosting agreement, bilateral agreement, internship, cooperation agreement) or the laboratory does not cover the researcher's professional liability during research tasks, the researcher may take out professional civil liability insurance to cover costs related to human and/or material damages in the workplace.

• School insurance

A school insurance policy for your children will cover all of their personal injuries, material damage that they may cause, or injuries that they may cause to a third person during school time or extra-curricular activities. Subscription to a school insurance plan is mandatory in the following cases: if the child is registered to eat at the school cafeteria, if they are registered for school daycare, or if they participate in the optional field trips organized by the school.

• Car insurance

Car insurance is mandatory for all car owners in France. In the event of an accident, it covers the damage caused to your own vehicle, as well as that caused to other vehicles.



Housing

• FINDING HOUSING

The Euxaress Auvergne Services Center assists international PhD students and researchers in finding housing. You may find housing in a CROUS residence, a private residence, or be welcomed by a family.

You may access our online housing module, which allows you to be directly connected to property owners by registering on the Euraxess data base

<https://www.fnak.fr/inscription/?lang=en>

There are several possibilities for finding housing in Clermont-Ferrand. We recommend that you start the process several months before you arrive, and if possible, arrive a few days early to visit houses or apartments in person.

• University residences

The CROUS offers several types of housing with moderate rents on all university campuses: dorm rooms in university residences, studios, etc. You must apply in advance for this type of housing. Rooms and studios are assigned based on your financial situation.

<http://usine.crous-clermont.fr/logements/>

• La Maison Internationale Universitaire

The MIU is a residence located in the heart of the city centre which is intended to accommodate teachers, researchers and administrative staff from the academic world:

http://www.crous-clermont.fr/miu/Modeles/page_accueil.php?&lang=en

• Private and furnished units

Other residences also offer furnished studios or apartments, which are comfortable but not suited for families. These are more suited to short-term stays or as a temporary solution.

<https://www.uca.fr/come-to-uca/students/practical-information/accommodation/>

• Renting a room, apartment, or house from the property owner

Through a real estate agency: in general, if you visit rental properties with a real estate agent, you will be liable for fees that are the equivalent of one month's rent.

! LIST OF REAL ESTATE AGENCIES IN CLERMONT-FERRAND:

<https://www.pagesjaunes.fr/annuaire/clermont-ferrand-63/agences-immobilieres>

There are several websites on which you will find listings made by property owners. This way, no agency is involved and you will not have to pay any extra fees. Rental prices may vary depending on the size and location of the property.

www.leboncoin.fr
www.lokaviz.fr

! PLEASE NOTE

> We strongly recommend that you visit properties in person before making a decision.

• Finding a roommate

Living with a roommate has a number of practical and financial advantages.

! YOU WILL FIND LISTINGS FOR ROOMMATES ON THE FOLLOWING SITES:

www.appartager.com
www.lacartedescolocs.fr

• PRACTICAL INFORMATION

Before signing the lease to rent the property, property owners will often ask that you have a third-party cosigner sign the lease as well. By signing the lease, the cosigner agrees to pay the rent and charges owed to the property owner if you are unable to.

In practice, the property owner or real estate agency will be more likely to rent the property to you if your cosigner lives in France.

Visale: If you cannot find a cosigner, you may be eligible for the "Visale" program if you are 18-30 years old. This totally free service is offered by Action Logement.

www.visale.fr

! FOR MORE INFORMATION, YOU MAY REFER TO THE INFORMATIONAL GUIDE FOR THE PROGRAM:

<https://www.campusfrance.org/en/VISALE-free-security-deposit-for-students>



• FINANCIAL AID FOR HOUSING

Depending on your financial situation and the duration of your stay in France, you may be eligible for financial aid for housing with the CAF (Caisse d'Allocations Familiales).

! VISIT THE CAF WEBSITE TO FIND OUT MORE:

wwwd.caf.fr/wps/portal/caffr/aidesetservices/lesservicesenligne/faireunedemandedeprestation#/logement

! YOU MAY ALSO USE THE ONLINE SIMULATOR TO FIND OUT HOW MUCH AID YOU ARE ELIGIBLE FOR:

<http://www.caf.fr/allocataires/mes-services-en-ligne/faire-une-simulation>





Banking and money

OPENING A BANK ACCOUNT

All foreign nationals residing in France for at least 3 months have the right to open a bank account in France, which will be essential for many formalities.

You must have the following three documents to open a bank account:

- Your passport (original and photocopy)
- Proof of address (rent receipt, electricity bills, etc.)
- Work contract, hosting agreement, proof of scholarship. Additionally, you will be asked to deposit a small amount of money into the account when it has been opened.

You may open a bank account at any financial institution you like. We recommend comparing the bank fees charged by the different agencies (administrative fees, bank card fees, overdraft fees).

 **TO HELP YOU CHOOSE:**
www.tarifs-bancaires.gouv.fr

! PLEASE NOTE

- > You can only open an account in person once you're in France.
- > If your bank card is lost or stolen: 0 892 705 705



• Cost of living in Clermont-Ferrand

The cost of living in Clermont-Ferrand is slightly lower than other medium-sized cities in France. It is about 35% less than the cost of living in Paris.

The average monthly rent (charges included) in Clermont-Ferrand is about €462.

On average, rooms rent for €281 for 12 m², studios for €366 for 22 m², one-bedroom apartments for €406 for 29 m², two-bedroom apartments (about 40 m²) for €475, three-bedroom apartments (about 64 m²) for €607, and very large apartments are about €800, charges included.

The average amount of monthly charges (water, electricity, heating, trash disposal) is about €126 per month.

As for transportation, a monthly subscription to T2C, Clermont-Ferrand's public transportation system, is €52.20 (€27 if you are under 26 years old), or €1.60 for a single-trip ticket (€14.40 for a book of 10 tickets).

• Taxes

If France has been your primary residence for a given calendar year, you may have to pay taxes in France.

Income tax

Since January 1st, 2019, income tax is automatically deducted from salary. Nevertheless, a tax return must be filed each year, which will allow any overpayment or underpayment to be corrected. The tax rate is progressive and depends on the amount of income and the composition of the household.

Housing tax

All residents of a room, apartment, or house must pay a housing tax for the unit that they were living in on January 1st of the current year. An overall housing tax is due by unit:

- If you live with others, you can divide the amount owed for the unit. If you moved into your dwelling after January 1st, you are not liable for this tax the year of your arrival.
- You are automatically exempt if you live in CROUS university dorms.

Since 2020, the tax d'habitation has been abolished for 80% of households in France. There is therefore a good chance that you will be totally exempt. It will be phased out gradually, until it normally disappears in 2023.

The housing tax also includes a contribution to public broadcasting (license fee for French television channels). This tax must be paid if you have a television. In 2020, the public broadcasting license fee was €138

FOR MORE INFORMATION ON TAXES IN FRANCE:

<https://www.impots.gouv.fr/portail/particulier>





Coming with your family

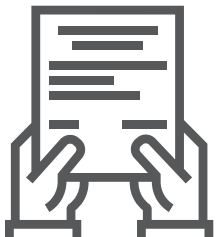


ADMINISTRATIVE FORMALITIES

• Spouse of a scientist

If your spouse is joining you in France for more than 90 days and is a citizen of a country outside of the EU/EEA/Switzerland, they will need a long-stay visa to enter France and a residence permit to stay in France legally.

Please note: to be eligible for "spouse" status, you must be married.



- > If you have a research ("chercheur") visa/residence permit: your spouse is eligible for a family of a researcher visa and residence permit ("passeport talent - famille").
- > If you have a research ("chercheur") visa and your spouse is Algerian: your spouse is eligible for a private and family life visa and residence permit ("vie privée et familiale").
- > If you are a PhD student with a student ("étudiant") visa/residence permit: your spouse is eligible for a visitor's visa/residence permit ("visiteur").
- > If you are European, your spouse is eligible for a EU/EEA/Switzerland citizen family member visa ("membre de famille d'un citoyen de l'UE/EEA/Switzerland").

• Child of a scientist

No formality is required for children who are citizens of a European Union state, a European Economic Area (EEA) state, or Switzerland.

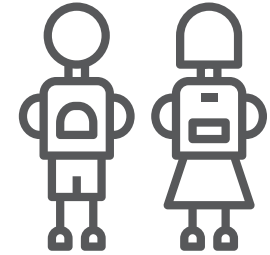
Children who are citizens of a non-exempted country will need a long-stay D-visa to enter France. You must apply for this visa at the closest French Consulate to your place of residence at least 2 months before leaving for France. You can apply for this visa at the same time that you apply for your own visa should you require one due to your nationality.

No matter what their nationality, minor children of scientists are free to stay in France without a residence permit. However, if you are planning on traveling outside of France with your child, we recommend that you ask the Préfecture of your place of residence for a Document de Circulation pour Etranger Mineur (DCEM).

This document will allow your minor child to return to France after a trip abroad without having to request a new entry visa. This document is valid for 5 years and renewable until the child is 18 years old, as long as their parents are residing legally in France.

! PLEASE NOTE

- > The DCEM must be presented with a valid passport when the child is traveling outside of France.



• Educational system

In France, school is mandatory from the ages of 3 to 16 years old. Schooling is free in public institutions and is subject to tuition fees in private institutions, but the school programs are the same.

Different levels of education:

- Nursery school ("maternelle"): starts at 3 years old (or 2 years old in certain institutions, subject to available places)
- Elementary school ("élémentaire") is for children ages 6 to 11.
- Middle school ("collège") comes after elementary school. It has four different levels.
- High school ("lycée") is for students who wish to pursue general, technological or professional studies after middle school. It has three different levels.

Most institutions offer cafeteria services to students at lunch time and, in the case of nursery and elementary schools, daycare both before and after school.

Elementary school registration

Registration is a two-step process.

- First at the town hall ("mairie") of your place of residence. You will receive the proof of registration featuring the name and contact information of the school that your child will be attending.
- Then, with the school director, who will admit your child to their school.

Middle school and high school registration

Depending on your place of residence, you may directly register your child in the middle school or general or professional high school concerned.

You may register your child at any time during the school year, even if your child arrives in France outside of the regular registration period (late August, early September). The school may be chosen based on the town or neighborhood that you live in, so it is not possible to register your child before arriving in France.

• **Bilingual school (private):**

Ecole Massillon
Section Internationale Britannique
Maternelle, primaire
5, rue Bansac
63037 Clermont-Ferrand
+33 (0)4 73 98 09 70

• **Schools with international classes (public):**

Ecole Primaire Nestor-Perret
11 rue Rameau
63000 Clermont-Ferrand
+33 (0)4 73 93 50 29

Collège -Lycée Jeanne d'Arc
40 avenue de Grande Bretagne
63037 Clermont-Ferrand
+33 (0)4 73 92 66 10

• **Childcare options**

There are several childcare options, depending on your needs and the age of your child(ren).



Daycare centers (“crèches”)

Very small children may be cared for in a number of daycare and after-school programs (crèches, micro-crèches, halte garderies, structures multi accueil, or jardins d'enfants). These institutions must follow the regulations and guidelines given by the President of the Departmental Council, and are supervised by Mother and Child Protective Services (PMI).

📍 **LIST OF MUNICIPAL DAYCARE CENTERS:**

<https://www.journaldesfemmes.com/maman/creches/clermont-ferrand/ville-63113>

<https://clermont-ferrand.fr/structures-d-accueil-infos-et-inscriptions>

“Les Pascaloups”, the university daycare center

“Les Pascaloups”, the university daycare center, welcomes the children of the staff members and students of Université de Clermont Auvergne, from 2 months to 4 years old. This center is located on the Céseaux campus in Aubière.

📍 <https://class.uca.fr/autres-offres-de-services/creche-universitaire/>

! **PLEASE NOTE**

> Places are limited, so we recommend applying as soon as possible.



Childminders (“assistantes maternelles”)

You may also choose to hire a childminder (“assistante maternelle”) to take care of your child. To be authorized to take care of children in their home, childminders are certified by the President of the Departmental Council.

📍 **LIST OF CHILDMINDERS:**

<https://www.annuaire-mairie.fr/garde-enfant-clermont-ferrand.html>

At-home nannies

You also have the option of having your child minded in your home (possibly with other children), by employing a professional nanny directly or by contacting a government-certified organization.

📍 **CONTACT THE CLERMONT-FERRAND MUNICIPAL SERVICES AT:**

accueil.petite.enfance@ville-clermont-ferrand.fr

• **WORK FOR YOUR PARTNER**

If you have a research (“chercheur”) visa/residence permit, your spouse is eligible for a family of a researcher (“passeport talent -famille”) visa/residence permit, which gives them the right to work in France.

📍 **YOU WILL FIND JOB LISTINGS AT THE FOLLOWING WEBSITE:**

www.pole-emploi.fr/accueil
www.indeed.fr

You may also wish to contact temporary work agencies (for short- or medium-term work contracts):

📍 <https://www.pagesjaunes.fr/annuaire/clermont-ferrand-63/agences-d-interim-et-d-emploi>

• **FINANCIAL AID FOR YOUR FAMILY**

If you and your family live in France (meaning France is your primary residence, and you spend more than 6 months out of the calendar year for which the benefits are granted), you may be eligible for social benefits (please note that you must meet specific criteria, including income).



If you have a child younger than 3 years old:

You may be eligible for the early childhood benefits program (“Paje”). You will receive a monthly allowance from your child’s birth to their third birthday.

📍 **LINK TO THE CAF TO SIMULATE AND APPLY FOR BENEFITS:**

<https://wwwd.caf.fr/wps/portal/caffr/aidesetservices/lesservicesenligne/estimervosdroits/lapaje/!ut/>

If you have at least two children younger than 20 years old:

You may be eligible for family benefits if you live in France for at least 6 months out of the year and your children are in school:

📍 <http://www.caf.fr/allocataires/actualites/2017/le-simulateur-des-allocations-familiales>



After your contract

• UNEMPLOYMENT BENEFITS

As a researcher with a research ("passeport-talent") visa, you are eligible for unemployment benefits ("ARE") by registering with Pôle Emploi (the organization in charge of registering unemployed workers and granting unemployment benefits). You will qualify for unemployment benefits if you can prove that you have worked for a minimum amount of time by the end of your work contract:

- If you are under 53 years old, 130 days or 910 work hours, in the past 24 months
- If you are over 53 years old, 130 days or 910 work hours, in the past 36 months.

TO REGISTER FOR UNEMPLOYMENT BENEFITS:

<https://candidat.pole-emploi.fr/inscription/preambule>

Holders of the temporary scientist-researcher ("scientifique chercheur") residence permit may renew their permit if they are involuntarily unemployed.

The length of renewal for the residence permit will be the equivalent to the length of the unemployment benefits that they have earned.



The case of PhD students

PhD students with a research ("passeport talent - chercheur") residence permit have the right to renew it at the end of their contract for the length of the unemployment benefits that they have earned, i.e. a maximum of 2 years, whether they have finished their PhD or not. They can then look for work in France while receiving unemployment benefits. They can renew their residence permit with a new hosting agreement if they find a new research contract, or request another type of residence permit if they find another job.

• CAREER

List of websites for searching for scientific jobs, PhD research opportunities, funding, in France and abroad:

> ABG INTELL'AGENCE

For Master's program students looking for PhD proposals, PhD students looking for assignments, PhD holders looking for a job.

> EURAXESS JOBS

European Commission portal that publishes job offers for researchers, including doctoral contract offers.

> Adoc Talent Management

The expert in managing doctoral careers.

> C.U.R.I.E Network

Brings together professionals in research valorization, transfer of technology and innovation.

> Emploi scientifique

Publishes public service jobs (provisional assignments, employee placement, competitive exams: researchers, research professors, research engineers).

> Galaxie Higher Education Staff Portal

Dedicating to recruiting (A.T.E.R., professors, astronomer/physicist, etc.) and to the career development of research professors.

> ACTIONS MARIE CURIE

Actions to promote Europe among international researchers, whether they are still students or in the workplace. Scientific job offers and research funding programs in the public and private sectors, available to any nationality and area of research.

Help in drafting your CV and cover letters

- > Dessine-toi un emploi
- > Cadreemploi
- > APEC
- > Europass
- > DoYouBuzz
- > Seeqle
- > Emploi Store

Professional social networks

- > LinkedIn
- > Viadeo
- > Adum



• RETIREMENT

By working full-time in France for the equivalent of a quarter, as a European citizen (EU, EEA, Switzerland) or if you have a residence permit allowing you to work, you automatically accrue retirement pension rights later in life, starting at the age of 62, even if you no longer live in France.

This system is divided between active workers and pensioners (no capitalization) and is funded by the deductions automatically taken from your salary. Keep your pay slips safe throughout your life as they are proof of your right to a pension when the time comes.

FOR INFORMATION ON RETIREMENT PENSION RIGHTS:

www.info-retraite.fr

www.cleiss.fr/particuliers/partir/retraite/

www.lassuranceretraite.fr > Salariés >

Mes droits en fonction de mon parcours
> International : activités en France et à l'étranger



Daily Life



• GETTING AROUND

- Public transportation
The city of Clermont-Ferrand and its conurbation are served by an extended public transportation network
- 23 municipalities are covered by the network, or about 292.000 residents served,
- Line A of the tramway with 25 trams, 260 round trips per day, from 4:22 am to 1:00 am.
- Line B is the second main line of the network, serving the East-West connection.
- Line C, from Cournon Lycée Descartes to Tamaris, serves the second largest municipality in the region.
- 14 other urban lines,
- 6 suburban lines in the surrounding municipalities,
- 7 areas served by on-demand transport (Transport à la Demande).

FOR MORE INFORMATION ON THE TRANSPORTATION NETWORK AND SUBSCRIPTIONS:

www.t2c.fr
Espace T2C
24, bd Charles de Gaulle
Clermont-Ferrand
Opening hours: from Monday to Friday, from 8:30 am to 6:00 pm, and Saturday from 8:30 am to 12:15 am, and from 2:00 pm to 5:00 pm.
Contact Infolignes for hours of operation, schedules, rates, network regulations:
04 73 28 70 00

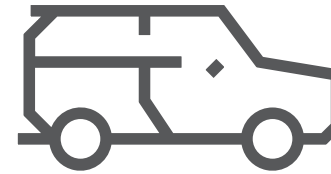
! PLEASE NOTE

- > T2C offices are closed on Sundays and holidays.

GOOD TO KNOW

The greater Clermont-Ferrand area has a transportation service for disabled individuals:

<https://moovicite.com/9-Le-service-MooviGuide.html>



• Car

Holders of an international driving licence issued by a State of the European Union are allowed to drive a vehicle in France.

If you have an international driver's license issued by a country outside of the EEA, you may drive in France with foreign license for up to one year following the date that you became a French resident, under the following conditions.

Your license must be:

- Valid (not expired)
- Issued by the country in which you normally reside,
- in French (or you must provide a legal translation upon request).

You must be of the minimum legal age to drive in France to drive the vehicle corresponding the equivalent license category. Your license must not have been suspended, restricted, or canceled in your home country.

! PLEASE NOTE

- > Driving licenses issued by certain countries or states of the United States are not recognized in France and do not allow driving on French territory.

INFORMATION ON THE PROCEDURE FOR CHANGING A LICENSE issued by a country not belonging to the European Economic Area (EEA):

www.service-public.fr/particuliers/vosdroits/F1460

! PLEASE NOTE

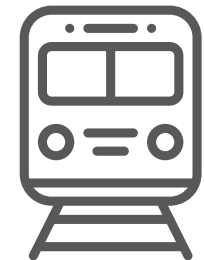
- > For international students: Your license is considered as valid in France throughout your studies (article 10 of the decree of January 12 2012, setting the conditions of the recognition and exchange of driver's licenses issued by countries not belonging to the European Union or the European Economic Area). You cannot exchange your driver's license for a French driver's license while you have the student status. International students who have a "student" residence permit ("étudiant") and only these students are considered to have the student status.

• Train

The train station: Clermont-Ferrand
40 avenue Carnot
63000 Clermont-Ferrand

Hours of Operation
Monday - Tuesday - Wednesday - Thursday - Friday from 4:45 am to 11:30 pm
Saturday from 5:30 am to 11:30 pm
Sunday from 6:30 am to 11:30 pm

Public holiday hours
Monday - Tuesday - Wednesday - Thursday - Friday - Saturday - Sunday from 6:30 am to 11:30 pm



• Clermont-Ferrand Auvergne Airport

Clermont-Ferrand Auvergne airport is located in the municipality of Aulnat, 6 km away from the city center of Clermont-Ferrand.

 **YOU WILL FIND THE COMPLETE LIST OF ALL DESTINATIONS AVAILABLE FROM CLERMONT-FERRAND AUVERGNE AIRPORT ON THE FOLLOWING WEBSITE:**

<http://www.clermont-aeroport.com/fr/inspirations-voyages/liste-des-destinations>



• CELLULAR PHONES

There are four cell phone networks in France: Bouygues Telecom, Free Mobile, Orange and SFR, as well as about 40 mobile virtual network operators, known as MVNO, which use the networks of three of the four operators who have a network of antennas. The main MVNOs are Virgin Mobiles, NRJ Mobile and La Poste Mobile.

 **BELOW YOU WILL FIND A COMPARISON OF CELL PHONE RATES:**

www.quechoisir.org/comparateur-forfait-mobile-n43896/

• LEARNING FRENCH

The FLEURA center welcomes foreign nationals who would like to learn French, improve their skill level in the language, or deepen their knowledge of French culture as a full-time or part-time student. Courses are given throughout the academic year and in the summer upon request.

The FLEURA center caters to students who would like to succeed in their university studies in France, by offering different types of French courses depending on the student's area of studies (Français sur Objectifs Universitaires, Français sur Objectif Spécifique).

The FLEURA center is also a testing center for the TCF, DELF/DALF and DCL exams.

FOR MORE INFORMATION:

Centre FLEURA
Université Clermont Auvergne
34 avenue Carnot
63037 Clermont-Ferrand - FRANCE
Tél. : +33 (0)4 73 40 64 96
centre-fleura@uca.fr




Free time: culture, recreational activities, sports

Auvergne has a natural and historical heritage that is unique in Europe: the Chaîne des Puy - which is a UNESCO World Heritage site - is about 30 km long and features 80 lava domes and craters, two Regional Natural Parks, spa resorts, winter sports, Romanesque churches, archeological sites, etc.

Puy-de-Dôme Departmental Council

Service Tourisme et Thermalisme
24 Rue Saint-Esprit
63000 Clermont-Ferrand
Tél. 04 73 42 22 50

 www.planetepuydedome.com

 www.clermontauvergneturisme.com/en/

• Cultural events

You can enjoy rich and diverse cultural programming all year long:

Annual events (every year):

- > The International Short Film Festival
- > Poetry Week
- > Vidéoformes (videos and new media in contemporary art)
- > Les arts en balade: discover more than a hundred artists in their studios for three days
- > Montferrand medieval festival
- > Europavox, the European music festival
- > Les journées du patrimoine (in all of France): visitors may visit historical monuments that are not open to the public the rest of the year
- > Jazz en tête, the international jazz festival
- > Musiques Démesurées festival (contemporary and experimental music)
- > Traces de vies, documentary film festival at the end of November

Biannual events (every two years):

- > The International Festival of Extraordinary Textiles (FITE)
- > The Nicéphore + festival, international photography festival
- > Carnet de Voyage exhibition



• Main exhibition and museum locations

- > Roger Quilliot Art Museum
- > Bargoin Museum: archeology, arts and textiles
- > Henri Lecoq Museum: regional natural heritage
- > FRAC, the regional fund for contemporary art
- > Hotel Fontfreyde: photography (free)
- > Asm expérience: Clermont rugby team museum
- > The Michelin museum

DID YOU KNOW?

- > All of the museums in the city are free on the first Sunday of every month

• Main concert halls and shows

- > La comédie de Clermont Ferrand, national performing arts theater
- > La Coopérative de Mai (concert hall)
- > Opera house
- > La Maison de la Culture
- > The Auvergne Zénith in Cournon (one of the largest concert halls in France)

• Municipal libraries

The libraries and multimedia libraries in greater Clermont Auvergne are a public service and are open to everyone. Entry and the in-person consultation of documents is free. However, you will have to register for a library card to borrow documents.

DID YOU KNOW?

- > Subscription is free for all individuals who have a university library card.

FOR MORE INFORMATION:

 www.bibliotheques-clermontmetropole.eu/page/infos-pratiques

- > The university cultural service (SUC) offers activities (dance, theater, fine arts, music, film, reading-writing workshops, among others) for students and staff members:

 <https://culture.clermont-universite.fr/>

TO VIEW THE CITY OF CLERMONT-FERRAND'S CULTURAL AGENDA AND ALL OF THE INFORMATION:

<https://clermont-ferrand.fr/agenda>

Tourism in Clermont Auvergne

Maison du Tourisme
Place de la Victoire
63000 Clermont-Ferrand
Tel.: +33 (0)4 73 98 65 00
tourisme@clermont-fd.com



• RECREATIONAL ACTIVITIES AND SPORTS

Clermont-Ferrand sports teams and facilities are among the best in the nation: 143 municipal sports facilities, 419 amenities, 16 large amenities: Gabriel-Montpiéd stadium (15 hectares), Cézeaux sports complex (5 hectares), Maison des sports (1 hectare of equipped area), Jean Pellez stadium, the ice rink, etc. 69 neighborhood facilities: 18 municipal pools, 20 sports fields (Herbet, Leclanché, Fontaine du Bac, la Glacière, etc.), 14 tennis courts, Olympic-sized pools.

• Sports and recreation sites

- > **Pools:**
<https://www.clermontmetropole.eu/bouger-se-divertir/lexcellence-sportive/piscines/>
- > **Ice rink:**
www.clermontmetropole.eu/bouger-se-divertir/lexcellence-sportive/patinoire/
- > **Bowling:**
www.bowling-clermontferrand.com/
- > **Nearby ski/snowshoe resorts:**
<https://www.sancy.com/destination/toutes-les-communes/superbesse/superbesse-station-de-ski/>
<https://www.sancy.com/destination/toutes-les-communes/le-mont-dore/mont-dore-station-de-ski/>
<http://www.nordic-massif-central.fr/>

> Well-being and health:

Royatonic (hot and cold baths, jacuzzi, hammam, saunas, massages, etc.)
www.royatonic.com

> "Sable show" urban beach:

Urban beach all summer long with many events (near place du 1^{er} mai) :
<https://clermontferrand.fr/sable-show>

• Stadiums

www.clermontmetropole.eu/bouger-se-divertir/lexcellence-sportive/equipements-sportifs/
www.clermontmetropole.eu/bouger-se-divertir/lexcellence-sportive/equipements-sportifs/equipementscommunautaires-de-proximite

• Clubs in the city of Clermont

- > **Sports clubs in the city of Clermont:**
<https://associations.clermont-ferrand.fr/associations?theme=183&activity=0>
- > **Recreational clubs in the city:**
<https://associations.clermont-ferrand.fr/associations?theme=273&activity=0>
- > **All of the clubs in the city:**
<https://associations.clermont-ferrand.fr/associations>

DID YOU KNOW?

- > The University Sports and Physical Activities Service (SUAPS) organizes day trips, weekend ski trips, hikes, and outings, at affordable rates.
 <https://suaps.uca.fr/>



Useful contact information

• MEDICAL EMERGENCIES

• Numbers to dial in the event of an emergency, 24/7:

- > Emergency medical care (SAMU): 15
- > Accidents, fires (fire brigade): 18
- > Police: 17
- > European emergency number (valid in almost all European countries), for all types of emergency (police, medical, accident), preferably dialed from a cell phone: 112
- > Emergency number for people who are deaf or hard of hearing, by text message: 114
- > SOS Médecins (emergency doctor's appointments); 3624 / SOS Médecin Clermont-Ferrand: 04 73 42 22 22
- > AMUAC (Greater Clermont Medical Emergency Association): 04 73 44 10 00

Emergency hospital services:

Hôpital Estaing (CHU)
1 place Lucie et Raymond Aubrac
63000 CLERMONT FERRAND
04 73 750 750

CHU Gabriel-Montpied
58 r Montalembert
63003 CLERMONT FERRAND CEDEX 1
04 73 75 15 50

Pediatric emergency services (for children under 16 years):

Hôpital Estaing (CHU)
1 place Lucie et Raymond Aubrac
63000 CLERMONT FERRAND
04 73 75 07 50

• Pharmacies

In France, medication is only sold in pharmacies. Some medications are only sold with a prescription (a document written by a doctor that must be presented to the pharmacist) and only prescription medications are reimbursed (the reimbursement rate may vary).

List of pharmacies in Clermont-Ferrand:
www.pagesjaunes.fr/annuaire/clermont-ferrand-63/pharmacies

24-Hour Pharmacy (open 7 days a week):
PHARMACIE DUCHER
1, Place Delille
63100 Clermont-Ferrand
04 73 91 31 77

• USEFUL CAMPUS CONTACT INFORMATION:

EURAXESS

Euraxess Auvergne Service Center:
Tel: + 33 (0)4 73 40 63 21 / extension 63 29
Email : euraxess-auvergne@uca.fr

CROUS SOCIAL SERVICES

Bâtiment E, 25 rue Étienne Dolet
04 73 34 44 13
service-social@crous-clermont.fr
Contact point for applications for specific annual, monthly or one-time aid.
<http://usine.crous-clermont.fr> > Action sociale

DOCTORAL SCHOOLS

Lettres, Sciences Humaines et Sociales
04 73 34 68 25 / 04 73 40 51 62
edlshs.driv@uca.fr

Sciences Économiques, Juridiques,
Politiques et de Gestion
04 73 40 52 61/ 04 73 34 68 25
edsejpg.driv@uca.fr

Sciences Fondamentales
04 73 40 53 76
edsf.driv@uca.fr

Sciences Pour l'Ingénieur
04 73 40 76 09
edspi.driv@uca.fr

Sciences de la Vie, Santé, Agronomie,
Environnement
04 73 17 79 37
edsvsae.driv@uca.fr

CLASS

Université Clermont Auvergne members may, under certain conditions, be eligible for financial aid to assist them in different daily situations (school lunches, family vacations, moving, illnesses, disabilities, etc.)
For more information:
<https://class.uca.fr/prestations-sociales/l-action-sociale-uca/l-action-sociale-uca-48499.kjsp>

UCA STAFF SOCIAL ASSISTANT

Mrs. Audrey Portail – Tel : 04 73 40 64 00
Email: audrey.portail@uca.fr

PSYCHO-SOCIAL RISKS

Surveillance unit:
veille-rps@uca.fr

Preventative medical doctors:

Marie-Céline RATINAUD or
Valérie LUCAS 04 73 75 49 27

Preventative councillor:

Nicolas BIESSE
04 73 40 54 21
nicolas.biesse@uca.fr

Social assistant:

Aline MIELE
04 73 40 64 00
aline.miele@uca.fr

Preventative nurses:

Camille CHABRIAT
04 73 40 51 76
camille.chabriat@uca.fr
Marie-Christine VALLADIER
04 73 75 48 48
m-christine.valladier@uca.fr

Vice President of Working Conditions and Social Climate:

Agnès ROCHE
agnes.roche@uca.fr

DISABILITY ASSISTANCE

Many individuals work together on the Université Clermont Auvergne campus to assist students and staff members with disabilities. Including:

- **The University Disability Service**
<https://handicap.clermont-universite.fr/>
- **The University Health Center**
<https://sante.clermont-universite.fr/>
- **Disability Information Network**
<https://handicap.clermont-universite.fr/Lesreferents-handicap>
- **University library disability representatives**
<https://handicap.clermont-universite.fr/Lesreferent-e-s-handicap-des-BU>

UCA Staff:

Contact person for disabled staff members:
Megan Carnal – Tél : 04 73 17 75 60
megan.carnal@uca.fr

The city of Clermont offers several programs to assist disabled individuals:

- **The Maison Départementale des Personnes Handicapées (MDPH) of Puy-de-Dôme** is an assistance center for disabled individuals that provides information, support, and advice to disabled individuals and to their families:
<https://mdph.puy-de-dome.fr/accueil.html>

Hours of operation and telephone service:
Monday, Tuesday, Wednesday and Friday from 8:30 am to 12:30 am and from 1:30 pm to 5:00 pm.
Thursday: 1:30 pm to 5:00 pm (closed Thursday morning).
Telephone: 04 73 74 51 20

- The greater Clermont-Ferrand area has a transportation service for disabled individuals: <https://moovicite.com/9-Le-service-MooviGuide.html>

- You will also find useful information on the city of Clermont-Ferrand's official website: <https://clermont-ferrand.fr/handicap>



euraxess

RESEARCHERS IN MOTION

For further information:
Direction des Relations Internationales
et de la Francophonie
Villa Blatin

36 bis, Boulevard Côte Blatin
63000 Clermont-Ferrand
+33 (0)4 73 40 63 29 / 63 21
euraxess-auvergne@uca.fr

