

# WELCOME TO 3iS

YOUR GUIDE TO SETTLING IN AND SUCCEEDING IN FRANCE



# COMPLETING YOUR FIRST STEPS

## REGISTERING FOR SOCIAL SECURITY

Social security gives you access to the French healthcare system and allows you to be reimbursed for part of your medical costs.

### Why is it important ?

- ✓ Reimbursement of consultations, medications and hospitalisations
- ✓ Access to healthcare on the same basis as students in France  
→ Without registration → you pay 100% of all costs

### Who is concerned ?

- ✓ International students over 18
- ✓ With a student visa or residence permit
- ✓ Enrolled in an institution such as 3iS  
→ Registration is free

## STEPS TO FOLLOW AFTER YOUR ARRIVAL

- 1 Create your account on <https://www.ameli.fr/> (section: foreign students)**
- 2 Prepare your documents**
  - Passport
  - Visa / residence permit
  - Enrolment certificate
  - Birth certificate (sometimes translated)
  - Address in France
  - French bank details (RIB)
- 3 Submit your file online**
- 4 Wait for validation → receive your rights certificate**
- 5 Finalise your registration**
  - Obtaining your Social Security number
  - Creating your Ameli account
  - Applying for your health insurance card

## ⚠️ IMPORTANT NOTES

- ✓ Registration is only possible after your arrival
- ✓ Processing can take several weeks
- ✓ Keep a copy of all your documents

### TIPS

You can supplement your coverage with a mutuelle (complementary health insurance) for better reimbursement.

### CHECKLIST

- I have created my account
- I have sent my documents
- I have received my attestation
- I have applied for my Carte Vitale

### TO REMEMBER :

- ✓ Mandatory and free procedure essential for your health in France
- ✓ Protects you throughout your studies



## OPENING A BANK ACCOUNT

Essential for daily life, a bank account lets you manage your expenses, receive financial aid, and simplify all your administrative procedures in France.

### It allows you to :

- Receive reimbursements (social security, housing benefit)
- Easily pay rent and bills
- Avoid international banking fees
- Receive a salary (student job, internship)

### Most common payment methods in France :

- Bank card (most widely used)
- Contactless or mobile payment
- Cash

## 3iS PARTNERSHIP

3iS works with partner banks to simplify your procedures :

- simplified account opening
- student-friendly offers
- possibility of a student loan (often from the 2nd year)

## Contacts :

### BNP Paribas

07 60 82 24 48

jennifer.bacchetti@bnpparibas.com

### Crédit Coopératif

09 88 20 07 30

aurore.netter@credit-cooperatif.coop

## STEPS TO FOLLOW

- 1 Choose your bank :
  - traditional bank with a branch
  - or online bank
- 2 Prepare your documents :
  - passport
  - visa / residence permit
  - enrolment certificate
  - proof of address
  - (sometimes) a French phone number
- 3 Make your application
  - in person (appointment required)
  - or online
- 4 Open your account (sign the contract) → account active within a few days
- 5 Receive your access
  - ✓ Bank card
  - ✓ RIB (very important for your procedures)
  - ✓ online access

## GOOD TO KNOW

- ✓ Opening is often free (fees may apply depending on the bank)
  - ✓ Terms vary between establishments
  - ✓ If refused, you can exercise your right to an account via the Banque de France
- Tip : open your account as soon as you arrive to facilitate all your administrative procedures

## TAKING OUT INSURANCE

In France, a civil liability certificate (responsabilité civile) is often required. It covers damages you may cause to others.

### You can obtain it :

- through your home insurance
- or a student insurance provider

Remember to request your certificate as soon as you subscribe.

## PAYING THE CVEC

Before finalising your enrolment at 3iS, you must pay the CVEC (Student and Campus Life Contribution). This national contribution applies to most students, including international students.

The CVEC funds services that improve student life

- health & well-being
- sports activities
- cultural projects
- social support and prevention.

**Amount : €103 per year (indicative amount, revised annually)**

### How to proceed ?

1. Create your account on the official website: <https://cvec.etudiant.gouv.fr>
  2. Pay the contribution (or apply for an exemption)
  3. Download your CVEC certificate
- mandatory to finalise your enrolment at 3iS

### Exemptions

You may be exempt if you are :

- a student on a French government scholarship
- a refugee or beneficiary of international protection
- a student on a specific exchange programme



### TO REMEMBER

- ✓ Mandatory procedure (payment or exemption)
- ✓ Certificate essential for your registration.
- ✓ To be done before arrival or as soon as possible.

## SETTING UP YOUR PHONE AND INTERNET

When you arrive in France, having a phone number and internet access is essential for your administrative procedures, studies, and daily life. A French phone number will often be required (bank, housing, social security, etc.).

### PHONE AND INTERNET - Two solutions

#### Prepaid SIM card (on arrival) :

- ✓ Easily available (airport, tobacconist, supermarket, shops)
- ✓ Quick activation, no commitment
- ✓ Ideal for the first few days

#### Mobile plan (recommended) :

- ✓ Calls, SMS, and internet included
- ✓ Competitive rates (around €10–20/month)
- ✓ Often with no commitment

→ Main operators : Orange, SFR, Bouygues Telecom, Free Mobile

## INTERNET ACCESS

### On campus :

- free Wi-Fi at 3iS
- login details provided on arrival

### Documents required :

- To subscribe to a plan :
- Passport
- Proof of address
- Bank account details (RIB/IBAN)

### In your accommodation :

- Wi-Fi included (student residence)
- internet box (independent accommodation)
- mobile hotspot

### Tips :

- Prefer no-commitment plans
- Check the data allowance (4G/5G)
- Use campus Wi-Fi to save data
- Compare offers before choosing

## FINALISING YOUR ADMINISTRATIVE PROCEDURES AT 3iS

To prepare for your arrival in the best possible conditions, a few steps need to be finalized before the start of the academic year.

### Access the student platform

Log in to My3iS : [www.my3is.fr](http://www.my3is.fr)

- ✓ upload your photo (used for the student directory and your student card)

### Sign your documents :

- ✓ sign the internal regulations (available on My3iS)
- ✓ respond to internal surveys to improve course quality and student life



**DISCOVERING YOUR LIVING  
ENVIRONMENT**

## DISCOVERING YOUR CAMPUS

The Paris campus of 3iS welcomes you in an environment entirely dedicated to the cultural and creative industries.

### An exceptional campus

- ✔ 3 buildings spread across 17,500 m<sup>2</sup> of teaching and technical spaces
- ✔ 1 student residence nearby
- ✔ More than 1,500 students trained each year

### Professional equipment

- ✔ Film sets
- ✔ Sound and radio studios
- ✔ TV studios and streaming suites
- ✔ FabLab
- ✔ 300 m<sup>2</sup> performance space
- ✔ 300-seat screening room

### The 3iS spirit :

A campus designed to let you learn, experiment, and create in conditions close to the professional world.

The buildings of the 3iS Paris West campus :



## Pascal 1 Building :

4 rue Blaise Pascal, 78990 Élancourt.

Mainly dedicated to cinema and audiovisual, Pascal 1 is a central hub for creation and production.

- ✓ Multiple film sets
- ✓ A live performance stage (used for projects and events: student nights, live concerts)
- ✓ Lecture theatres
- ✓ 300-seat screening room
- ✓ Radio studio (used by students in acting, communication, and sound)

A multi-purpose space, at the heart of student life and artistic projects.



PASCAL 1 - RDC



PASCAL 1 - 1ER

## Pascal 2 Building :

2 Rue Blaise Pascal, 78190 Trappes

Dedicated to acting and video game students.

### You'll find :

- Computer rooms equipped with PCs and graphic tablets
- Dance studios adapted for artistic practice
- An accessories room for creative projects



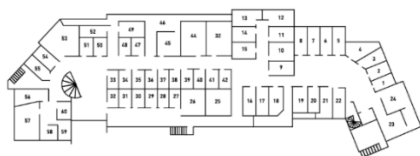
## Descartes Building :

7 Rue René Descartes, 78190 Trappes

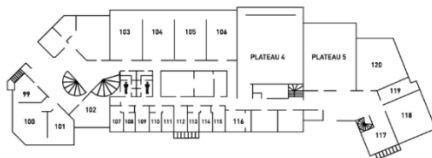
Dedicated to sound, music, and editing, entirely designed for creation and post-production.

- Professional recording studios
- Numerous editing suites
- Spaces adapted for creative projects

An environment conducive to concentration and precision : a true haven to imagine, produce and finalize your projects.



DESCARTES - SOUS-SOLS



DESCARTES - RDC



# GETTING TO CAMPUS AND GETTING AROUND

Main 3iS Paris campus : 4 rue Blaise Pascal, 78990 Élancourt  
Bus stop : Blaise Pascal or Normandie/Niemens

Descartes Building (Sound & Editing) :  
7 Rue René Descartes, 78190 Trappes

Bus stop : Pissaloup

The other buildings are accessible within a few minutes' walk.

## TRAIN & RER

• **The campus is well served by public transport :**

- Lines: Transilien N, L and U
- RER C (with connections)

**Nearby stations :**

- Trappes
- Saint-Quentin-en-Yvelines – Montigny-le-Bretonneux
- Villiers-Neauphle-Pontchartrain

## BUS

Lines : EX100, 5106, 5133, 5110, 7815, 7818, 7817, 7805, 5367 (SQYBUS and Hourtoule networks)

## BY CAR

A13, A86, RN12 → quick access from Paris and the western Île-de-France region

## From the airports

- From Paris-Charles de Gaulle (1h30–1h45) : RER B → RER A → Line U → bus
- From Paris-Orly (1h20–1h40): Orlyval → RER B → Line U → bus
- Stop: Blaise Pascal / Élancourt Business Park
- Taxi / VTC also available (45 min to 1h15)

A pick-up service from the airport is available for 3iS residence students via the Welcome Pack book at least 3 weeks before your arrival.

## CONTACT :

- ygondje@3is.fr
- international@3is.fr

## RECOMMENDED TRAVEL PASSES

To travel easily in Île-de-France :

- ✓ Pass Navigo (most common): <https://www.iledefrance-mobilites.fr/>
- ✓ Imagine R (discounted student rate): <https://www.iledefrance-mobilites.fr/imagine-r>

Both give unlimited access to metro, RER, trains, trams and buses

## MOBILE APP

You can also manage your travel directly from your phone:

- ✓ iPhone : <https://apps.apple.com/fr/app/%C3%AEIle-de-france-mobilit%C3%A9s/id484527651>
- ✓ Android : <https://play.google.com/store/apps/details?id=com.applidium.vianavigo>

## How to apply?

Apply online or directly at the train station/RER station/ticket office.

Remember to bring :

- a passport photo
  - proof of identity
- (if applicable) a student ID card for the student fare

## EATING ON CAMPUS AND NEARBY

### On campus

- Cafeteria with microwaves to heat your meals
- Vending machines (drinks and snacks)
- CROUS vending machines (JELO) with student-priced meals: €1 (scholarship students) / €4 (non-scholarship students)

### Nearby

- ✓ Restaurants (K-mee Korean, La Vendemmia pizzeria, Nal's Burger...) and food trucks
- ✓ Supermarkets:  
Auchan (≈13 min walk)  
Lidl (≈12 min walk)

## GOOD TO KNOW

Vegetarian and other specialist options may be limited on campus.  
Cooking your own meals is often the most practical and flexible solution.

## USING THE SCHOOL'S DIGITAL TOOLS

At 3iS, several digital tools are available to help you organize your work, track your studies, and communicate easily.

### Wi-Fi on campus

- ✔ Free access across the entire campus
- ✔ login credentials provided on arrival
- ✔ Easy connection for computer, phone and tablet

### Work tools

- ✔ Microsoft 365 (Word, Excel, PowerPoint) for writing, analysing, and presenting your projects
- ✔ online collaboration with other students

### Monitoring your education

- ✔ YPAREO
  - class timetable
  - grades
  - attendance

Essential for tracking your studies day to day

### Communication & Distance Learning

- ✔ Microsoft Teams
  - video conferencing
  - exchanges with teachers and students
  - document sharing
  - group work

### Professional integration

- ✔ Job board Access :
  - internship, job, and work-study (alternance) offers,
  - partner company opportunities
  - application tips and resources for candidate

## TO REMEMBER

These tools support you throughout your studies to help you stay organised, communicate effectively, and succeed.

## INTEGRATING INTO STUDENT LIFE

At 3iS, everything is in place to facilitate integration, both academically and culturally.

### Your welcome

**Upon your arrival, several key events will help you get your bearings and meet other students :**

- ✓ Welcome session with international coordinators
- ✓ Campus and team discovery tour
- ✓ Integration evening (September/October)
- ✓ Events throughout the year

### Joining associations and clubs

Student life is driven by associations and clubs, ideal for building connections and sharing your passions.

#### ✓ **BDE (Student Union)**

- events, parties, outings
- Ludivine Faidherbe - ludivine.faidherbe@3is.fr
- Bdeobscura.3iS (Instagram)
- communication.paris@3is.fr

#### ✓ **BDI (International Students' Bureau)**

- integration, cultural exchanges, support
- Yonaye Gondje - ygondje@3iS.fr
- Sorouh MAROUF - smarouf@3is.fr

#### ✓ **BDA (Arts Bureau)**

- creative projects : music, theatre, dance, cinema
- Akeksei Boyer - aleksei.boyer@3is.fr

#### ✓ **Student clubs**

- Club DJ : @club\_dj\_3iS
- Club Danse : Helena Soeiro - clara.soeiro@3is.fr
- Club Théâtre : Aleksei Boyer - aleksei.boyer@3is.fr
- Club JDR (Role-play Club) : Xanthe Van Den Broek - xanthe.vandenbroek@3is.fr
- Club Smash (gaming) : Timothée De Val - timothe.deval@3is.fr
- CinéClub : cineclub3iS (on Instagram)

Open to everyone, clubs are an excellent way to integrate quickly and meet other students. You can even create your own club with the school's support !

## GOING OUT AND ENJOYING LOCAL LIFE

The Yvelines département offers many opportunities to relax and enjoy student life outside of classes.

### **Cinema :**

UGC SQY Ouest (16 screens, original-version films) - 1 avenue de la Source de la Bièvre, 78180 Montigny-le-Bretonneux / [ugc.fr](http://ugc.fr)

### **Bars & restaurants :**

La Moisson : 2 Place de Paris, Élancourt: convivial bar-restaurant near campus, great for after-class drinks and student meetups

Le Sosta : 5 Place Étienne Marcel, Montigny-le-Bretonneux / <https://www.sosta.fr>  
Modern, lively bar popular with students, vibrant atmosphere in the evenings

Le Montbauron : 16 Rue de Montbauron, Versailles / <https://www.lemontbauron.fr>  
Warm setting in the heart of Versailles, easily accessible by public transport

### **Leisure:**

Smile World Montigny-le-Bretonneux : 12 Quai François Truffaut, Montigny-le-Bretonneux / <https://www.smile-world.fr>

Bowling, karaoke, virtual reality, billiards, arcade games, bar area





**ADAPTING TO LIFE IN FRANCE**

## UNDERSTANDING CULTURAL CODES

Discovering France also means adapting to new habits. These everyday codes may seem minor, but they play an important role in your relationships with others. Here are some guidelines to help you feel comfortable quickly :

### **Punctuality :**

Being on time is very important in France, especially for classes, appointments, and group projects. Lateness can be perceived as a lack of respect. If you are running late, always let people know in advance.

### **Polite phrases**

Greetings are essential in daily life. Always remember to say 'bonjour' when arriving, 'merci' to say thank you, and 'au revoir' when leaving. This is expected in all contexts : school, shops, administration...

### **Formal address (vouvoiement)**

In France, 'vous' (formal 'you') is generally used with teachers, school staff, and people you do not know. The informal 'tu' comes later, once the relationship becomes more relaxed.

### **A direct communication style**

The French can sometimes seem direct in their manner of speaking. This is not rudeness, but a way of being clear and efficient.

### **Anticipating administrative procedures**

Administrative procedures (housing, social security, bank...) can take time. Plan as far ahead as possible and always keep your documents within reach.

### **Respecting shared living rules**

Respecting guidelines, timetables and shared spaces is essential for good communal living. This applies to : classrooms, equipment, and shared spaces.

## TO REMEMBER

These customs may seem new at first, but you'll quickly adapt. Over time, they will become second nature and help you integrate more easily into daily life in France.



## ADAPTING TO THE CLIMATE AND DAILY LIFE

Île-de-France has a temperate climate, with distinct but generally pleasant seasons.

**Winter** : Cool temperatures (2°C to 7°C), occasionally humid. Snow is rare but possible.

**Summer** : Temperatures between 20°C and 25°C, with some hotter periods above 30°C.

### TO REMEMBER

Simply pack clothes suited to each season : a coat for winter and light clothing for summer. No special equipment is needed; the climate remains easy to live in on a daily basis.

## ACCESSING HEALTHCARE

In France, the healthcare system is accessible and high quality. Here is how to get medical care easily when needed.

### Seeing a doctor

You can see a GP (généraliste) for everyday healthcare, or a specialist if needed (dentist, dermatologist...). A consultation generally costs between €25 and €50, with partial reimbursement if you are registered with social security.

### Choosing a primary care doctor (médecin traitant)

In France, it is recommended to declare a general practitioner as your «treating doctor». This allows for: better medical follow-up and better reimbursement of your care.

This allows

- better medical follow-up
- better reimbursement of your healthcare costs

You can freely choose your doctor, including via the Doctolib app.

### Making an appointment easily

The easiest option is to use the Doctolib app. It lets you find a doctor near you, book a slot quickly, check real-time availability, and even have a teleconsultation.

### **Going to a pharmacy**

Pharmacies are very accessible. You can buy medicines, ask for advice, or have certain treatments administered. Pharmacists are there to help you free of charge. Identify them easily by the green cross.

### **Emergency pharmacies**

In case of need at night, on weekends, or on public holidays, some pharmacies remain open. Find them online or by calling a nearby pharmacy.

### **Hospitals and A&E**

For serious problems, you can go to the emergency room or a medical centre. Emergency rooms are for serious situations (accident, intense pain, difficulty breathing...).

### **Practical tips**

- Create your Doctolib account as soon as you arrive
- Always keep your documents (Vitale card, insurance...)
- Do not hesitate to ask advice at the pharmacy
- In case of doubt, consult a general practitioner first

## **MANAGING YOUR PRACTICAL DAILY LIFE**

### **Plugs & electricity :**

In France, plugs are type C and E, with 230V voltage. If you come from Europe, your appliances will generally work without any problem. Otherwise, plan an adapter (and sometimes a converter depending on your equipment).

### **Shopping & shops :**

You will easily find everything you need near campus: supermarkets (like Auchan), bakeries, pharmacies, stationery shops, and phone shops. Large stores often carry varied products, including international ones, at affordable prices.

### **Food & specific diets :**

France has a fairly diverse food offer: vegetarian, vegan, pork-free, and lactose-free options are available. Gluten-free products are available but sometimes more expensive. Halal products are available in specialist shops.

## **TO REMEMBER**

You will easily find everything you need in daily life. Simply plan to get an electrical adapter on arrival.

## DRIVING IN FRANCE

Is your licence valid?

- EU licence : you can drive freely throughout your studies
- Non-EU licence : you can drive for up to 1 year after your arrival, provided your licence is valid, translated into French if necessary, and consistent with your visa. After this period, you must exchange it or pass the French driving test.

### Mandatory insurance

Insuring your vehicle is essential in France. It covers, at a minimum, damage caused to others. Driving without insurance is illegal.

### Key rules

- Drive on the right
- Seatbelt mandatory
- Phone prohibited without hands-free kit
- Strict alcohol limits
- Speed limits: 50 km/h in town, 80 km/h on roads, 110-130 km/h on motorways

### Parking

Parking is often paid in the city and sometimes reserved for residents. Be aware of fines for violations. Car parks are available near campus.

### Rent or share a car

No vehicle ? You can opt for rental, car-sharing, or carpooling, which are very widespread in France.

## PRACTICAL ADVICE

- Check your driver's license before you arrive.
- Consider having it translated if necessary.
- Compare insurance policies.
- Use public transportation in the city.

## GOOD TO KNOW

In Paris and Île-de-France, a car is not essential thanks to public transport. But it can be useful for internships, projects, or exploring the region.

## WORKING DURING YOUR STUDIES

In France, you can work during your studies to finance your daily life, gain experience, and integrate more easily.

### Conditions for international students

If you are a non-EU student, you can work up to 964 hours per year (approx. 20h/week) with a valid student visa, generally without additional authorisation.

### Salary

The minimum wage (SMIC) is approximately €11–12 gross/hour. It may vary depending on the type of job and your experience. Check the current official rate before starting work, as the SMIC is updated annually.

### Where to find a student job ?

- Online : Indeed, Hellowork, emploi.org
- On campus : occasional assignments and opportunities via 3iS
- Nearby : restaurants, cafés, supermarkets, cinemas, events
- Don't hesitate to drop off your CV in person, it's often very effective !

### Required documents

- Valid visa or residence permit
- Social security number
- RIB (French bank account details)
- Sometimes : enrolment certificate

### Employment Contract

Before starting, you must sign a contract (fixed-term, part-time...). It specifies your hours, salary and duties. This is an essential protection for you.

### Balancing work and studies

- 8–10h/week: ideal for a good balance
- 10–15h/week: feasible if well organised
- +15h/week: can become difficult to manage

Choose schedules that work for you, and prefer a job near campus or your accommodation

Anticipate busy periods (projects, exams)

## Practical advice

- Prepare a clear CV (in French or English)
- Start your job search at the beginning of the year
- Be punctual and professional
- Activate your network (students, teachers, associations)

## And after the first year?

New opportunities may arise : internships, apprenticeships (subject to conditions), or projects related to your field of study.

## INSTALLING USEFUL APPS

When you arrive in the Paris region, some apps will quickly become your best allies. They help you get around, look after your health, stay organised, and enjoy student life... without stress. You can download some of them before you even arrive.

### Getting around

- **Citymapper** : The most practical app for transport in Paris → real-time routes (metro, RER, bus, bike, walking), traffic alerts, optimised connections
- **Google Maps** : Ideal for finding your bearings and locating places (restaurants, shops, addresses...)
- **Île-de-France Mobilités / Bonjour RATP** : Buy and manage your transport passes (Navigo, tickets)
- **SNCF Connect** : Book trains to travel within France or Europe

### Food & saving money:

- **Uber Eats / Deliveroo** : Get food delivered easily (paid, delivery fees apply)
- **Too Good To Go** : Buy unsold food at reduced prices -s very economical (free to download)
- **TheFork** : Book restaurants, often with discounts (free)

### Managing your health

Doctolib (book a doctor, teleconsultation) - essential from your arrival.

### Managing your budget

- **Your bank's app** → track spending and make transfers
- **Lydia / PayPal** : Easily reimburse friends (widely used among students)

### Accommodation & practical life

**Leboncoin** : Find accommodation, furniture or good deals

**CAF (website or app)**: Track your housing allowances (if applicable)

### **Student life & communication**

- Microsoft Teams / Outlook / OneDrive : Your work tools at 3iS
- WhatsApp : The most widely used app for communication (class groups, projects...)

### **Alternative transport**

Vélib' : hire self-service bikes across the city

### **TO REMEMBER**

You don't need all of these straight away, but several will quickly become part of your daily routine in France. Well equipped, you will save time... and enjoy your experience much more.



**FINDING HELP AND USEFUL  
CONTACTS**

## YOUR CONTACTS AT 3IS

At 3iS, several teams are here to support you at every stage of your journey. Never hesitate to reach out : their role is to listen, advise, and help you.

### **International Admissions Service**

international@3is.fr / ygondje@3is.fr

+33 6 69 19 92 45

This service is your main point of contact as an international student. It supports you before your arrival, during your settling-in, and throughout the year. You can contact them for: administrative procedures, setting up in France, any questions related to student life.

- administrative procedures
- setting up in France
- any questions about student life

### **3iS Equipment Store**

magasin@3is.fr

You can borrow equipment free of charge (cameras, sound, lighting...) for your projects. The main store is in the Pascal 1 building, ground floor.

### **Erasmus / International Mobility**

julie.beaulier@3is.fr / erasmus@3is.fr

For preparing an exchange, a stay abroad, or discovering international opportunities.

### **Finance Department**

lmurray@3is.fr / service-comptabilite@3is.fr

For any questions related to tuition fees, payments, or financial situations.

### **Accommodation**

apernot@3is.fr

To support you in your accommodation search.

### **3iS Student Residence**

fgirona@3is.fr

To manage your move-in and ongoing support at the 3iS residence.

### **Academic Affairs**

viescolaire@3is.fr

Your contact for timetables, absences, administrative documents and the organisation of your studies.

## **Communications**

iruelland@3is.fr / communication.paris@3is.fr

For showcasing your projects, participating in events or clubs, or any request related to the school's image.

## **IT Support**

support@3is.fr

In case of technical problems (Wi-Fi, platforms, equipment...), this service will help you quickly.

## **Technical Production**

spierrat@3is.fr

To organise your productions, validate your projects, and manage technical and logistical aspects.

## **Corporate Relations (internships, work-study)**

relation.entreprise@3is.fr

To support you in your search for an internship, work-study contract (alternance), and professional integration.

## **VHSS Referent (violence & harassment)**

ygondje@3is.fr

A trusted person, available to listen in a confidential and supportive setting. Whether you are a victim or a witness, you can speak freely. You will be heard, supported and guided without any obligation to take official action.

## **Disability Referents**

dhaumer@3is.fr / cmaziere@3is.fr

They support students with specific needs (disability, health, temporary situations...). Adjustments can be made to facilitate classes, exams and organisation. Discussions are confidential and tailored to your situation.

## **TO REMEMBER**

You are never alone: these teams are here to support you, answer your questions, and help you succeed in your experience at 3iS.

## **Health & Emergency numbers (available 24/7)**

- 112 - European emergency number
- 15 - SAMU (medical emergency)
- 17 - Police
- 18 - Fire brigade (Pompiers)

All services are free and accessible at any time.



**ORGANISING YOUR FIRST 30 DAYS**

Your arrival in France is an important step. Between settling in, administrative procedures, and discovering your new environment, it is normal to feel a little lost at first.

Don't worry just take it step by step.

## FIRST MONTH CHECKLIST

### Priority administrative procedures as soon as possible after arrival

- Validate your student visa (OFII) if required (must be done within 3 months of arrival)
- Pay the CVEC (mandatory for your enrolment)
- Register with social security (Health Insurance)
- Create your Ameli account (healthcare reimbursements)
- Create an account on [impots.gouv](https://impots.gouv.fr) (if you work or stay for several months)

### Practical setup - To settle in peacefully

- Open a bank account in France
- Take out home insurance (mandatory)
- Get a French phone line
- Complete your housing inventory

### Getting around - To save time every day

- Get your transport card (Navigo / Imagine R)
- Map out your home ↔ campus routes
- Life student

### Student life - To integrate well

- Activate your digital tools (My3iS, Microsoft 365, YPAREO, Teams)
- Discover the campus and its services
- Participate in integration events

### Important documents - To secure from the start

- Scan and save your documents (passport, visa, insurance, etc.)
- Always keep a copy (paper or digital)

+ BONUS (strongly recommended)

- Check the activation of meters (electricity, internet)
- Buy a temporary SIM card on arrival
- Create your Doctolib account (useful for healthcare)
- Locate a nearby pharmacy and doctor
- Create an account on student job platforms (if needed)
- Find out about housing allowances (CAF)

**REMEMBER**

You do not need to do everything immediately. Some procedures take time : what matters is to organise yourself progressively and prioritise. And above all : you are not alone. The 3iS teams are here to support you at every stage of your settling-in.