

A scenic view of a beach with a wooden boardwalk leading to the ocean, framed by a fence and dunes. The boardwalk is made of wooden planks and leads from the foreground towards the beach. On either side of the boardwalk, there is a fence made of vertical wooden posts. The beach is sandy and leads to the ocean under a clear blue sky. There are some people visible in the distance on the beach.

SURVIVAL

GUIDE

by

ESN MONTPELLIER

You are about to study / do an internship in Montpellier?

Welcome to one of the most amazing experiences of your life!

To help you in your efforts before and during your stay, Montpellier ESN members have prepared this guide specially convenient for you! You will find inside all there is to know about life in Montpellier, respect your student life, as well as some information about your university / school.

Who we are ?

ESN Montpellier is part of a national network that helps Erasmus and international students to integrate into local life.

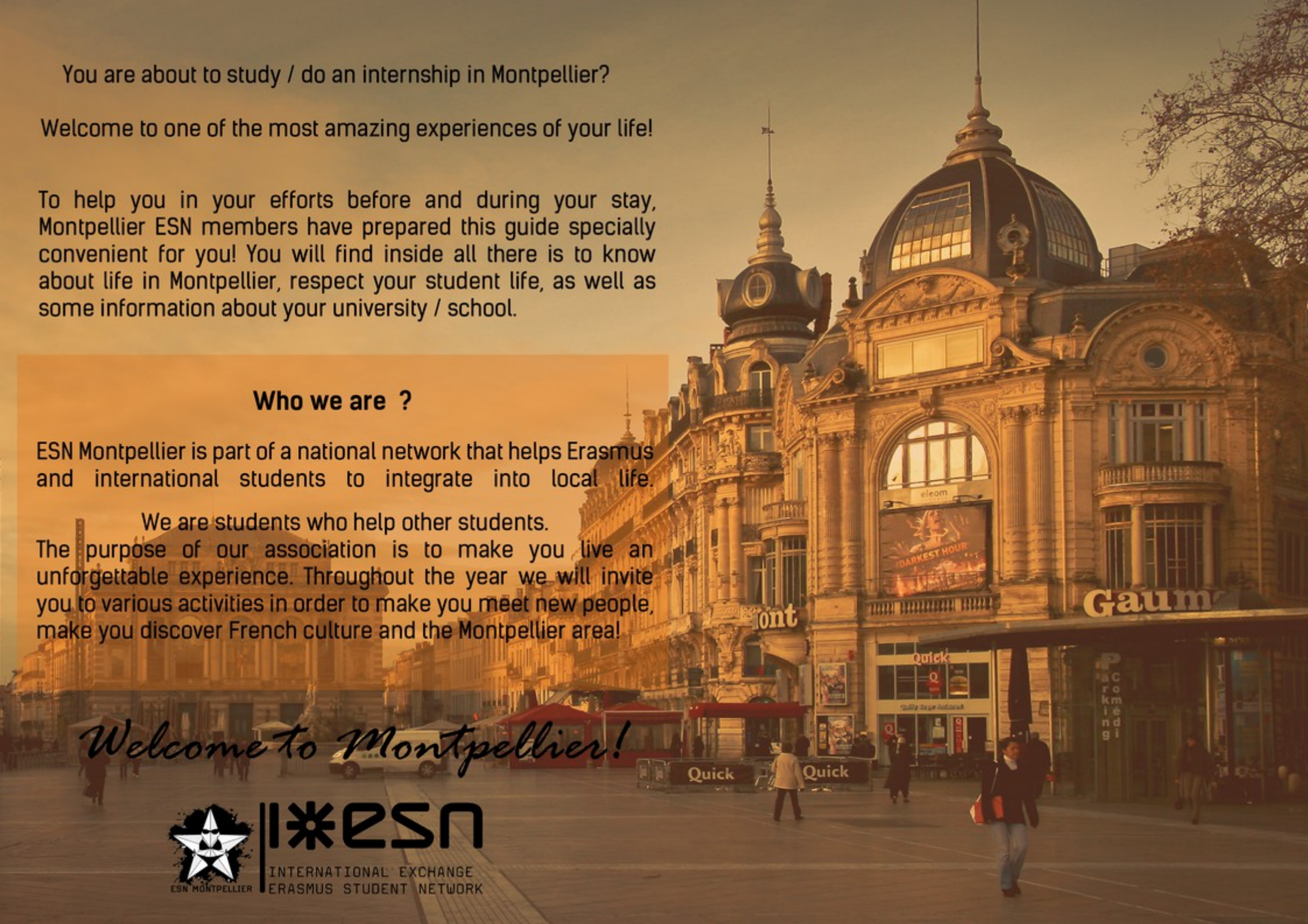
We are students who help other students.

The purpose of our association is to make you live an unforgettable experience. Throughout the year we will invite you to various activities in order to make you meet new people, make you discover French culture and the Montpellier area!

Welcome to Montpellier!



ESN
INTERNATIONAL EXCHANGE
ERASMUS STUDENT NETWORK



Welcome to Montpellier!

Montpellier is a warm city and where students feel at ease ! It's hard to get bored in such a place and in a region like this . Here are some illustrations of the city :

Comedy Square and 3 Graces



The place of comedy is the main square in Montpellier where many restaurants and shops , the tram line 1 and 3, the Fountain of the Three Graces , opera and a Gaumont cinema in its original setting. You can also admire the architecture of the buildings from the nineteenth century.

The garden plants



The Jardin des Plantes de Montpellier is a university botanical garden founded in 1593 and is part of the heritage of the Faculty of Medicine of Montpellier and the University of Montpellier. This is the oldest botanical garden in France. This garden has a threefold purpose: botany, history and university. It can be visited free every day except Monday.

The Esplanade Charles de Gaulle

The plaza is lined with four rows of plane trees since the mid-nineteenth century. It is a shady walk , enlivened by small restaurants and glaciers. This place is a must to have a good time with friends or to relax on the lawn near the basins that bring a bit of freshness. The plaza is always bustling with events like summer summer or the Christmas market in the winter. It never closes , you can find your friends there anytime !

The Antigone district



Is an area comprising three beautiful places where you can walk around and enjoy the architecture of Montpellier with these multiple fountains. It lies between the historic center and the banks of Lez.

The triumphal arch , the Peyrou promenade and the aqueduct



The Peyrou promenade , also known as the Royal Plaza , welcomes you with an equestrian statue of Louis XIV around which it is good to rest. It contains a water tower designed in the XVIII century gives a nice overview of Montpellier. This site is located on the outskirts of the Shield is one of the favorite places of Montpellier . The Arc de Triomphe and the water tower that extends the aqueduct , is a classical architecture. Every Sunday morning, the Peyrou park is run by

Place Jean Jaurès

Place Jean-Jaurès is a shady square with its plane trees that aggregates multiple bars and restaurant. In the historic center, is the favorite place for students to ask for a drink on the terrace.

La Faculté de Médecine et la Cathédrale Saint Pierre



Montpellier is renowned for its medical school, the oldest school in the Western world have never stopped working , historic monument since 2004.

Discover places successively Benedictine monastery next to St Peter's cathedral , épiscopal palace and health school, through normally closed to the public halls: Hall of Acts where students theses are supported, changing teachers, board room, courtyard honor and anatomy conservatory.

Place de la Canourgue

The most beautiful square, the most romantic and the oldest in Montpellier, this is it: instead of Canourgue. A the shade of hackberry, terraces and benches await you for a gentle stop in the center of Montpellier .

The best sights to see in the area

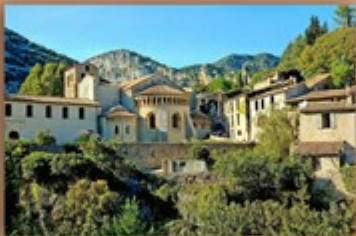


Pic Saint Loup

25 minutes from Montpellier, Pic Saint Loup is set against the first Cévennes foothills in the area north of Garrigues Montpellier.

Its summit, 658 meters above sea level, is marked by a cross and a chapel offering a panorama of the scrubland.

Pic Saint Loup, visible from much of the department of Hérault, is within walking distance about 1 hour walk for those who love hiking.



St. Guilhem le désert

Between towering cliffs, stretching along winding streets, Saint-Guilhem-le-Desert has developed around the Abbey Gellone, a handful of kilometers from Devil's Bridge, both inscribed World Heritage UNESCO under the Ways of Saint Jacques de Compostela. The hills of Saint-Guilhem and the Devil's Bridge, are popular with walkers and help discover beautiful panoramas and rare botanical species



The Camargue

The Camargue is a region adjacent to Montpellier with a completely different landscape: the ponds of sight, bulls, flamingos, wild beaches, ranches. It's another culture next to Montpellier which is discovered through cities like holy marry sea, Espiguette, Aigues-Mortes or Arles.

How to come to Montpellier

By train

La gare Saint Roch est la gare de Montpellier, elle se situe en plein centre-ville, proche de la comédie. Elle est desservie par toutes les lignes de tramway. The Saint Roch train station is Montpellier, it is located in the city center, close to comedy. It is accessible by all the tramlines which is

Tips for cheaper travel in France

There are trains to 1 euro to visit the nearby cities like Nimes, Carcassonne, Béziers etc.. Attention must be booked in advance!

Here is the site: <https://www.train1euro.fr/>

If you intend to travel to France or to Barcelona, you can take a train subscription. The SNCF offers map 12-27 years old, for 50 € you bénéficiez de minimum 30% discount on your travels for 1 year.

By plane

Montpellier has an airport which is 15 minutes from Montpellier by car. If you arrive by plane and want to go easily in the center of Montpellier, you have a shuttle that is available and easy to use. I let you look at the map that tells you where you stopped the shuttle just outside the city center to get the tram after:

Nimes

Nimes is a city between the Mediterranean Sea and the Cévennes. Taurine culture is omnipresent in this city especially with these majestic arenas built in the nineteenth century to visit.

Sète

Sète is the city of fisherman par excellence, it is also called the Dolphin by the shape of Coline the center of the city. By going in this city we discover another culture, that of love of fishing and the sea. It is a warm and friendly town between the sea and the Thau lagoon



Transports in Montpellier

Trams

Montpellier is a city well served by trams that sweep across the city.

Currently 4 lines are in place:



Line 1: Mosson to Odysseum. The most used in the city center, serving the neighborhoods such as Boutonnet, Albert 1er, the station, the Hospitals Comedy ... It crosses the northern city to the south.



Line 2: Saint Jean de Vedas to Jacou. It crosses the western city eastward. It also serves the comedy and 4 towns: Jacou, Castelnaud-le-Lez, Montpellier and Saint-Jean de Vedas.



Line 3: Irrigate the heart of the city of Albert 1er in Saint Denis, through the Fine Arts, Antigone, Nouveau Saint-Roch, Gambetta ...



Line 4: The longest line, which serves the towns of Juvignac, Montpellier, Lattes and Pérols, and passes through the Mosson, downtown, Cévennes, Port Marianne.



Ticket prices :

You can directly buy your ticket before entering the tram. Caution must be stamped systematically entering the Tram, 1:00 and is valid (that is to say that if you have several tram changes to make you can use the same ticket). The tram ticket is also used for the Bus.

Travel Ticket 1: 1,50 euros valid = 1:00

10 Ticket Travel: = 10 euros valid for 10 trips

1 Day Package: 4 euros = valid for 24:00

Package 1 Week: EUR 15.60 = valid for 7 consecutive days

The following :

If you stay for a period of 1 year in our city and that you intend to regularly use transport, a young annual subscription will be very useful. It is suitable for under 26s. For 12 months from date of purchase, enjoy to 196.00 euros

- From free access to the network Tam
- From free access to car parks P + Tram,
- From free access to bike parks to park your bicycle near the tramlines
- You can also get an extension for the Velomag (use the bike for 1 hour free, then € 0.50 / h) for 10 € more / year

Timetable

To consult timetables depending on your route, just go to this site:

<http://www.tam-voyages.com/index.asp>

For more information, visit this site:

<http://commercial.tam-voyages.com/>

Transports in Montpellier

Bus

Several companies are available: The Hérault tam or transport.



TaM deals mainly with the bus network in Montpellier, 36 bus lines serve the city. Most spend at the Gare Saint Roch. You can use your Tram ticket to pay. Buses operate 24 hours / 24 and 7/7.

Hérault Transport covers the whole of the region, the network will be useful during your day trips to discover our beautiful region!

The prices :

The single ticket is € 1.60, or € 2.60 if you want to use for the tram and the Hérault Transport bus.

The subscription of 10 tickets is 10 € only for transportation Hérault or 20 € to use it on both networks.

The monthly subscription is 36 € for under 26 and allows you both to use the network of the tam and Hérault transport.

Schedules and bus routes are on the following website : http://www.herault-transport.fr/horaires_tarifs.php

You can see the list of bus lines by following the link below : <http://www.tam-voies.com/index.asp>

It offers several shuttles that you can useful beings :

The Amigo Shuttle nightclubs

This line serves every Thursday, Friday and Saturday night clubs in the towns of Lattes and Pérols. From Montpellier, this bus runs from midnight until 5h00. The departure can be done at the Gare St. Roch or Europe Square

The Agropolis Shuttle

The shuttle runs daily universities of Montpellier 2 and 3, the Zoo, the Agropolis campus and the neighborhoods around stops and Saint Eloi University of Science and Letters.

Shuttle Zenith Sud

The big concerts evening, a shuttle is in place between the South and Zenith Odysseum to facilitate the outward and return concert.

The departure is before the Gaumont Multiplex cinema 1:30 before the concert. 10 to 15 minutes after the end of the concert, the departure is at the zenith, and the shuttle takes you to Odysseum.

For more information, visit the attached website :

<http://transports-de-mtp.wifeo.com/les-navettes-tam.php>



Different taxis you are offered :

Taxi Association Montpellier Airport / Tel. : 04 30 96 60 60

Taxi Montpellier / Tel. : 06 58 10 50 10

Taxis South / Tel. : 04 67 42 80 00

Taxi Bleu du Midi / Tel. 04 67 003 20 00

Taxi Montpellier 7/7 / Tél. : 06 28 02 60 52

The Dormitories

<http://www.crous-montpellier.fr/logement/le-parc-de-logement/>

The cheapest way is to opt for a city or university residence. Depending on the choice is availability you're going to be a small room or apartment.
Rents range from 150 € to 300 € / month depending on the type of accommodation.

Boutonnet



119 rue du Faubourg Boutonnet
34090 Montpellier
Phone: 04 67 61 11 31
E-mail: cu.boutonnet@crous-montpellier.fr
Access: Tramway line 1 - Boutonnet stop

Colombière



570 route Ganges
34096 Montpellier
Phone: 04 67 04 28 48
E-mail: cu.colombiere@crous-montpellier.fr
Access: Tramway line 1 - stop Peyronie Hospital

Triolet



75 Avenue Augustin Fliche
34096 Montpellier
Phone: 04 67 04 10 80
E-mail: cu.triolet@crous-montpellier.fr
Access: Tramway line 1 - stop Universities of Science and Letters or shuttle - stop University of Science and Letters

Vert Bois



192 rue de la Chênaie
34096 Montpellier
Phone: 04 67 04 02 62
E-mail: cu.vert-bois@crous-montpellier.fr
Access: Tramway line 1 - stop Saint Eloi + Shuttle - Valletta stop or bus line 10 - Moulin stop Gasconnet

Voie Domitienne



259 Domiziana
34096 Montpellier
Phone: 04 67 04 03 05
E-mail: cu.voie-domitienne@crous-montpellier.fr
Access: Tramway line 1 - Saint-Eloi or bus stop La Ronde or bus line 7 - stop Roger City

Accommodation in Montpellier

Flatsharing

You do not want to live alone in an apartment for your year abroad, why not embark on a roommate?
The system is simple, is to live several in an apartment or a house we rented.
It is not necessary to know in advance your future roommates.

Several options are available:

- Join an existing roommate : <http://www.lokaviz.fr/>
<http://www.lacartedescolocs.fr/>
- Create a roommate with his friends or people you do not know or find a studio for one person : <http://www.msc-immo.com/>
<http://www.abl-immobilier.com/>
<http://i-dejean.com>
<http://www.leboncoin.fr/>

ATTENTION !! Email scam !!



Many false advertisements for apartments circulate to avoid:

- Do not pay until you have visited
- Do not rely on too vague or generic ads
- Always get an address and photos of the apartment

Know that as a student you are eligible for CAF support from the French government to help pay for your accommodation.

For more information, go here
<https://www.caf.fr/international/francais-a-l-etranger-etrangers-en-france>

The CLE is a State guarantee which allows students free of personal guarantors to facilitate their access to housing.
If you have no guarantee you can apply by clicking on the link below
<http://www.lokaviz.fr/n/faire-une-demande-de-caution-locative-etudiante-cle/n:513>

The LOCA- PASS aids help you access to a rental unit with 2 free support?
These aids help you finance or reimburse your deposit?
For more information, simply click on the following link
<https://www.astria.com/loca-pass/>



P.H.A.R.E: housing for non-accommodated:

P.H.A.R.E Crous is an organization that is made available to foreign students to find accommodation easier and reducing costs. This is a hosting center for research in the private sector.
Simply contact them by following the instructions on the websites below:

<http://www.crous-montpellier.fr/international/dispositif-phare-logement-pour-les-non-loges/>

So once installed you notice that you lack certain things (microwave etc.),
know that ESN has a partnership with Stud'Rent that allows you to rent in for a semester or two!



Equipe ton appart
PROTÈGE TA PLANÈTE

Classes start !

In Montpellier , it's not so simple to navigate between universities .
The two main universities in the city are :



The University Paul Valéry (UPV)
(2015 called UM3)

Commençons par l'université la plus fréquentée par les étudiants effectuant leur mobilité : l'UPV
L'arrêt de tramway le plus proche est Saint-Eloi (ligne 1).
L'UPV n'est pas située à côté de cet arrêt. Il existe deux solutions pour vous y rendre : soit en marchant 10 minutes, soit en prenant la navette qui passe très régulièrement (l'arrêt « Saint Éloi » se trouve à 2 pas de l'arrêt de tramway, l'autre arrêt se trouve à 2 pas de l'entrée principale de l'université).

Contact

Adress : Université Paul-Valéry Montpellier 3, Route de Mende, 34199 Montpellier
Phone : +33 (0)4 67 14 20 00

Here is the access plan :



Note that a university **restaurant** and **cafeteria** are located on campus.
These services are implemented by the CROUS and offer very affordable meals on presentation of student ID
(example: entry + dessert + bread dish at the university restaurant : between € 3 and € 3.50)

A university **library** is also present on campus.

http://www.univ-montp3.fr/filemanager/presentation/plan_campus.pdf



**UNIVERSITÉ
DE MONTPELLIER**

The University of Montpellier (UM)
(2015 called UM1 and UM2 who merged)

Let us then at UM, which is much more complicated. The UM is present throughout the city,
not just on a single campus as UPV.

City Center

En centre-ville se trouvent deux facultés de l'UM : **School of Medicine**

It is a 5 minute walk from the tram stop
Albert 1er (lines 1 and 4).

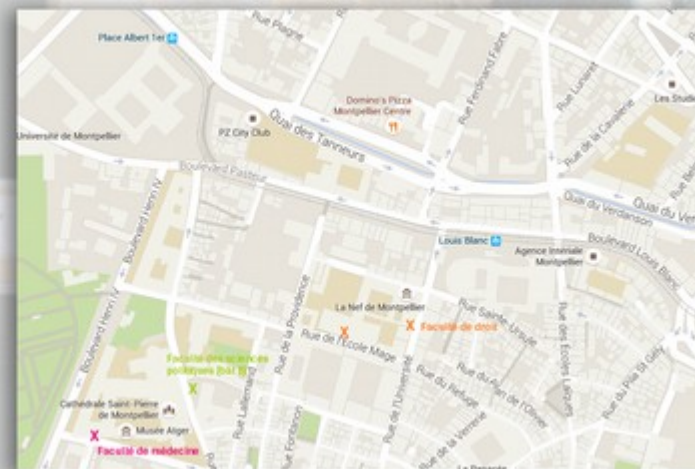
Address : 2 rue Ecole de Médecine, CS 59001,
34060 Montpellier Cedex 2
Phone : +33 (0)4 34 43 35 00

Faculty of Law and Political Sciences

It is 5 minutes walk from the Louis Blanc
tramway stop (lines 1 and 4) .

Address : 39 rue de l'Université,
34060 Montpellier Cedex 2
Phone : +33 (0)4 34 43 28 28

Here is the plan :



Richter Campus

The Richter campus is located around the Vendémiaire Street, 5 minutes walk from the tram stop Rives du Lez (lines 1, 3 and 4).

On campus are :

A university library (BU)

Address : 60 rue des États Généraux, 34965 Montpellier
Phone : (0)4 67 13 43 50

The Institute of Business Sciences and Management (ISEM)

Address : 208 rue Vendémiaire, 34000 Montpellier
Phone : +33 (0)4 34 43 20 00

The Economics Faculty (Sc-éco)

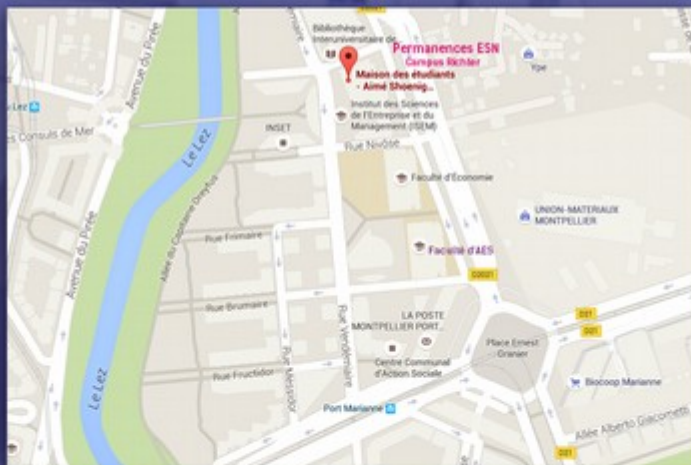
Address : Avenue Raymond Dugrand, 34960 Montpellier
TPhone : +33 (0)4 34 43 24 44

The Faculty of Economic and Social Administration (AES)

Address : Avenue Rayondugrand, 34960 Montpellier
TPhone : +33 (0)4 34 43 23 33

A university **restaurant** and **Cafeteria** (UK) located in front of the faculty AES. These services are offered by the CROUS and offer very affordable meals on presentation of student ID. (example: entry + dessert + bread dish at the university restaurant: between € 3 and € 3.50)

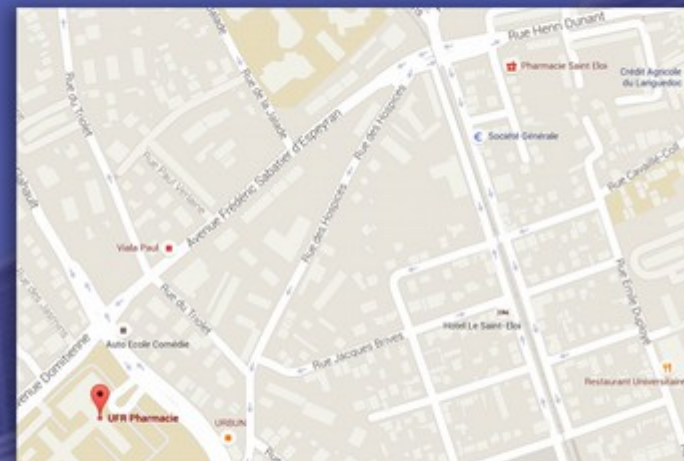
Here is the map of the campus :



Pharmacy Campus

It is a 10 minute walk from the tram stop Boutonnet (line 1) ..

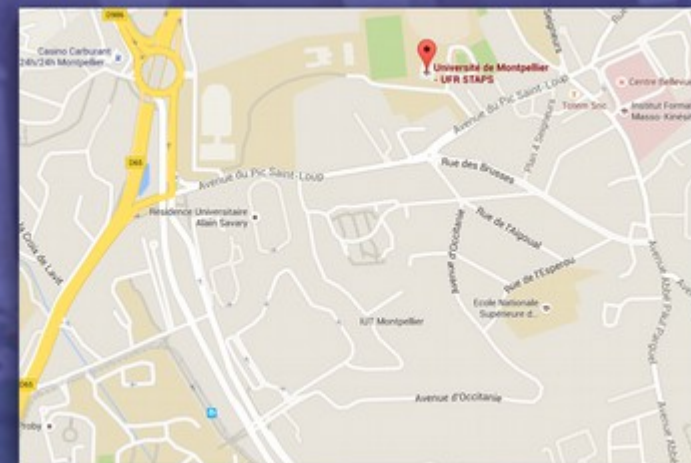
Address : 15 avenue Charles Flahault, BP 14491, 34093 Montpellier Cedex 5
Phone : +33 (0)4 11 75 93 00



Faculty of Sciences and Techniques of Physical and Sports Activities (STAPS)

The address of STAPS faculty is: 700 avenue du Pic Saint-Loup, 34090 Montpellier. STAPS is unfortunately not located near a tram stop. The easiest way to get there is to take the tram line 1 to stop Occitan University of Science and Letters and then take one of these two stops the bus to the stop Pic Saint-Loup.

Address : 700 avenue du Pic Saint-Loup, 34090 Montpellier
Phone : +33 (0)4 67 41 57 00.



Sciences Campus

The University of Science (formerly UM2) is a campus including numerous formations. It is located exactly at the tram stop University of Science and Letters (line 1)

On this campus are also present :

The University **Library Sciences**

The university **restaurant Triolet**.

This service is implemented by the CROUS and offer very affordable meals on presentation of student ID. (example: entry + dessert + bread dish: between € 3 and € 3.50)



What is BRI ?

You're gonna hear a lot of talk about BRI and even you there'll be almost like home. Not mistaken, it's not just cheese (brie) !

In fact BRI is the acronym for « **Bureau des Relations Internationales** »
(International Relations Office) !

Your first contact with the university just happen to BRI. The officials in these offices will gain you in your new university, answer your questions about studying and communicating with your university at home.

You should find an International Relations Office in your college or university; but if you have questions, doubts or you would like to make an appointment, here are the contacts at different BRI University of Montpellier :

<http://www.umontpellier.fr/international/vous-etes-etudiant-doctorant/partir-a-letranger/partir-dans-le-cadre-dun-programme-dechange/bureau-de-relations-internationales-de-votre-composante/>

Regarding the Université Paul Valéry, the International Relations Offices are located in building L right at the 3rd floor.

Student card

Another very important part of your registration is your student card !

This card will be your ID card at the university; through it you'll be able to access the library and in your exams but also a payment card! You could pay with her academic Restaurant and distributors.

The ENT is an integrated digital workspace for digital services, organized and made available by the school. Many tools are integrated into the workspace to communicate with all teachers, management, but also to get test scores etc ...

A bit of sport ? SUAPS is here !

If you are a lover of sports or if you want to practice a new arriving in Montpellier, you'll love the SUAPS.

For only € 25, and a medical certificate of non-cons to the practice of sport, get access to a 30aine different sports (boxing, football, yoga, zumba ...) all year

SUAPS service is located in the building U for UM3 . For more information, click on the link below :

http://www.univ-montp3.fr/filemanager/suaps/livret_suaps_2015_2016.pdf

For SUAPS service UM, it is located in different places:

Richter Campus , College of Pharma and Fac staps .

For more information click on the link below

<http://www.umontpellier.fr/vie-etudiante/sport/>

How to improve your french !

Need to progress in French to better enjoy your stay and study in France?
Enjoy our special offer!

French Alliance Montpellier offers **10% discount on French classes on presentation of the ESN card.**

Intensive courses in the morning, the opportunity to participate in activities afternoon and to stay with family for a true linguistic and cultural immersion.



- Progress quickly and perfect your skill Oral and written communication in French
- Take advantage of pedagogy and the recognized experience French Alliance teachers

Alliance Française

E-mail : info@af-montpellier.com

Phone : +33 9 81 330 103

www.alliance-francaise-montpellier.com

Practical information:

Intensive courses of 20 lessons per week for 2, 3 or 4 weeks.
Courses in small groups of 8 to 12 participants

Starting dates: every Monday
Deadline & registration: 2 weeks before the arrival

Read more :

<http://www.alliance-francaise-montpellier.com/cours-intensif-de-francais-1>

Register :

<http://www.alliance-francaise-montpellier.com/cours-formulaire.php?lang=fr&cours=0>

Medical Service



At University

This service is offered in case of questions and also acts for prevention (sexually transmitted diseases, alcohol, drugs ...).

It is a place where you will be guided and counseled if you have questions of any kind regarding health. The doctor will send you to a private doctor or emergency if it turns out that you are sick.

It is best to make an appointment in order to go to that doctor.

A psychological service is also available. If you need to be followed by a psychologist, the university is present for you

Want to play sports and need a medical certificate?

The university supports you and will issue a medical certificate if you want to subscribe to university sport (SUAPS) or while in a foreign club at the university.

Please note, the university doctor does not prescribe medication.

Le Centre de santé Paul Valéry

Just steps from the UPV you will find the Health Centre Paul Valéry.

You will find all the information on the center by clicking this link

http://www.languedoc-mutualite.fr/Centres-medicaux/Centre-de-sante-Paul-Valery/Centre-de-sante-Paul-Valery_393_.html

Good news :

the costs are covered by your insurance , you will not have any advance fees !

Hospitals

CHRU Hôpital Saint Eloi : 80 Avenue Augustin Fliche, 34090 Montpellier, France
Téléphone : +33 4 67 33 67 33

Hôpital la Colombière : 39 Avenue Charles Flahault, 34090 Montpellier, France
Téléphone : +33 4 67 33 67 33

CHU lapeyronie : 191 Av. du Doyen Gaston Giraud, 34090 Montpellier, France
Téléphone : +33 4 67 33 67 33

Contact



Mega TIP : ESN Card !!



ESN card is the girlfriend of foreign students in Montpellier. It allows you to get discounts with our partners for just € 5. It applies mainly to Montpellier, but also throughout France and Europe for 1 year.



Facebook

<https://www.facebook.com/esnmtp/?fref=ts>



Website

www.montpellier.ixesn.fr/



Twitter

@ESNMontpellier



Instagram

esnmontpellier



contact@esnmontpellier.fr

+ Office hours !

An exemple :

you present your card at the entrance of the box Cargo on Friday or Saturday night before 1am, admission is free instead of 15 €. Interesting right ?

How to get it ?

It's simple, you have to meet us in our hour hotlines to Richter, Polytech or Paul Valéry. Once there, if you have 5 € we will do the rest! !

How to use it ?

You just present it to the shops that are partners to benefit from the opportunities they provide. To find out who our partner and are the discounts you get two things :

- Walking through the streets of Montpellier, you will see the stickers ESN Montpellier at the entrance to the shops of our partners. Enter it and benefit of the offers !
- The site <https://enscard.org> reference all partnerships and detailed offers you can benefit. To see, nothing complicated, just register and you will have access !

Attention, this registration is required for all European partners who are online. (For example, it is necessary to Airbnb)

You arrive and you do not know where to go to open a bank account?
ESN Montpellier found the solution! We have negotiated just for you an offer.

For any account offered by showing your ESN card, you reap 50 euros.

Friendly staff , open and youth who have understood the spirit Erasmus !

What better ? Their **schedules are tailored just for students** and that's great !

Opening hours

Monday to Wednesday

09:15 to 13:30 and from 2:45 p.m. to 6:45 p.m.

Thursday

from 09:15 to 13:30 and from 3:45 p.m. to 6:45 p.m.

Friday

9:15 to 1:30 p.m.

MONTPELLIER CAMPUS

34, ave Emile Diacon

34000 MONTPELLIER

Phone : 04.67.12.02.12



Brace yourself !

Welcome Week and WEI are comming !



What the WelcomeWeek ?

This is a welcome week for meetings with foreign students and ESNERS Montpellier.

I announce the official launch of the Erasmus week of September 19 !

The ESNERS have prepared for this year welcomeweek madness ! Program full of activities : city tour , games , parties, sports etc ... Do not worry , there will be something for everyone .

Unfortunately we can not help but make some ticketed events ... Do not hesitate to predict a small budget to participate in a maximum of events!

After meeting new people during WelcomeWeek nothing better than to spend the weekend with your new friends ! This year we book two nights and two and a half days of madness in our beautiful students in 2016 ! The celebration, laughter, your shorts and joy will be waiting for you . Prepare your swimwear, your shorts and your sneakers to follow us in this great adventure that will mark your international exchange !

Attention is preferred specify before in order to organize a memorable weekend we unfortunately can not fund everything . Participating in this WEI organized by us will take some cost , so consider planning your budget for that also

