

AFLYON STUDENT HANDBOOK



TABLE OF CONTENTS

WELCOME TO AFLYON

1. YOUR STAY WITH US	3
Welcome Meeting	3
Newsletter	3
Bulletin Boards	4
Virtual Visit	4
Online Community	5
OUR DIFFERENT SERVICES AND	
2. OPENING HOURS	6
Reception Desk/ Accommodation Service	6
Registration Desk	6
Exams	7
Pedagogy	7
Private Tutoring	7
Library	8
WiFi and access to computers	8
3. FAQ (Frequently Asked Questions)	9

ADMINISTRATIVE PROCEDURES

1. MOBILE PHONE PROVIDERS	10
2. EMBASSIES AND CONSULATES	10
3. VISA	10
4. RESIDENCE PERMIT	11
5. POST OFFICE	11
6. ACCOMMODATION	12
7. HEALTH	13

8.	BANKING	14
9.	JOBS AND VOLUNTEERS	14

LYON

1. GETTING AROUND	15
2. CULTURE	16
Cultural Agenda	16
City Cards	16
Art-House Cinemas	1 <i>7</i>
Public and University Libraries	1 <i>7</i>
3. SPORTS	18
4. SHOPPING AND TRADITIONAL MARK	ETS 18
5. OUTINGS AND NIGHTLIFE	18
6. MEET THE LOCALS	19

FURTHERMORE

IN CASE OF EMERGENCY	21
3. GETTING INTO UNIVERSITIES IN FRANCE	20
2. TRANSPORTS	20
1. DISCOVER FRANCE AND EUROPE	20





1. YOUR STAY WITH US

Welcome meeting

Upon your arrival, we recommend you all to join the **welcome meeting** that takes place on the **first week of school**. During this meeting, we will answer all your questions regarding the school (facilities, programs, exams, cultural events, and so on). After the meeting, you will get the opportunity to participate in an interactive quiz about Lyon with prizes to win!

Check out the **bulletin boards (page 4)** to know the time and venue of the meeting.





Newsletter

Every month, on the first day of class, you'll receive our monthly newsletter *Le monde de l'AFLyon* in your mailbox. This newsletter includes news, updates, events and outings as well as tips about Lyon. If you don't receive it, check your *spams*. If it is not in your spams, we may have a *wrong email address*, please check with the front desk.

Bulletin Boards

Check out the **bulletin boards across the campus** as well as the **TV screens at the lobby** to keep yourself updated on:

What type of information?	Where to find them?
Classes' schedule	Bulletin Board on your left hand side when you walk in the building
Events, cultural activities and excursions	TV screen on top of the vending machines
Events, cultural activities, excursions and new courses	Bulletin Board located in the staircases (1 st floor)
New courses and exam dates	Bulletin Board in front of Classroom 1
Ads (Job Ads, Rentals, Book Exchange, etc.)	Bulletin Board located in the left- wing staircase (Ground floor)





Virtual Visit >>> click on the picture



Online community

Join our community on **Facebook** and share your best photos with us on **Instagram** with **#aflyon**. Surprises await!





OUR DIFFERENT SERVICES & OPENING HOURS

Reception Desk/ Accommodation Service

Our team is here to answer any of your questions regarding:

- Our campus
- Our courses
- Our registration procedure
- Our accommodation service
- Student Cards (make sure to bring an ID size photo with your name written on the back).

Opening hours	
Monday, Wednesday, Friday	8.30 am- 5.30 pm
Tuesday, Thursday	8.30 am – 6.30 pm

Registration Desk

Our team is available to assist you with the following:

- Registration/ Re-registration. You can also register online.
- Payments
- Getting your Certificate of Attendance (certificat d'assiduité)
- As well as your School Certificate (certificat de scolarité)*



Opening hours		
Monday, Wednesday, Friday	8.45 am – 5.30 pm	
Tuesday	8.45 am – 6.30 pm	
Thursday	Closed in the morning / 2 pm – 6.30 pm	

^{*}To obtain these certificates, make sure to ask us 5 days before your last day at AFLyon – at the latest.

Exams

AFLyon is an official examination center for the following tests and exams: TCF TP SO, TCF ANF, TCF Québec, DELF, DALF, DFP/CCIP, DAEFLE.

You can find information about exams and register on our <u>website</u>.

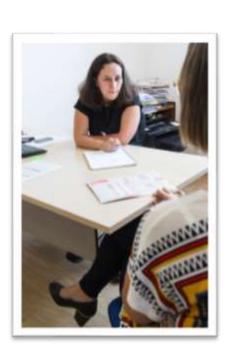
You can also contact the Exam Desk (next to Registration Desk) as follows:

Opening hours		
Tueday	2 pm – 5 pm	
Friday	9 am – 12 pm	

Pedagogy

As part of our commitment to quality courses and in order to follow students' progress, the AFLyon is willing to build a **relationship of trust** based on **mutual commitments** which are detailed in the learning contract.

Opening hours		
Monday to Thursday	From 8.45 am to 12pm & from 2pm to 4.30pm	





Private Tutoring

As an AFLyon student, you can enjoy **free private tutoring**. If you think you have difficulties on understanding certain topics seen in class, sign up with Iwona at the library during opening hours.



Antoine de Saint-Exupéry Library

Our library is located on the first floor, in front of Salle 11. Here you can:

- Read and borrow books (free service), classified by levels (A1, A2, B1, B2, C1, C2)
- Do your homework using the dictionaries and text books available
- Practice your French skill using the audio books available
- Browse the internet

Two Wednesdays per month from 12pm to 1 pm, we organize free "Bibliojeux" - fun activities and games around the French language and culture - and also "Reading sessions" every Monday from 2pm to 3pm to practice your reading in French. Come join us!

Opening hours		
Monday & Tuesday	9.30 am – 12.45pm & to 1.45pm – 4pm	
Wednesday & Thursday	9.30 am – 12.45pm & to 1.45pm – 4pm	
Friday	CLOSED	

WiFi and computers

A study area equipped with **computers is at your disposal** in the mezzanine above the lobby's toilets. If you bring your own devices, **free WiFi** is available on the whole campus.







FREQUENTLY ASKED QUESTIONS

Where to eat during lunch break?

AFLYON is located in a lively, dynamic neighborhood with plenty of restaurants, cafés and bars serving food from all around the globe.

- Along cours de la Liberté, near T1 Liberté stop, you can find a bakery called L Ludovic Ducreux (ask for a loyalty card) and a bakery called Joubert. There are also two typical French restaurants Le Biniou (crêpes, salads, take aways from 4€) as well as La brasserie de l'Enregistrement.
- Along rue Paul Bert, just around the corner from our school, there are a dozen of restaurants serving middle eastern delicacies such as kebab, falafel, tajine, couscous, and so on.
- At **Place Gabriel Péri Guillotière**, there are plenty of famous fast food chains such as McDonald's and Best Bagel.
- After T1 Guillotière stop, on your right hand side, check out rue Passet if you are looking for supermarkets, bars, cafés, as well as restaurants serving foods ranging from Japanese, Chinese, Thai, Vietnamese, and so many more.
- **Food trucks** around the corner:

<u>The Rolling Cantine</u> – Place Guichard <u>Le Van à Burgers</u> - Quai Victor Augagneur

Where to make photocopies, scan, etc.?

COREP Lyon – Raspail

12 place Raspail 69007 Lyon

COREP Lyon – Cavenne

29 rue Cavenne 69007 Lyon

LIPS

95 avenue Maréchal de Saxe 69003 Lyon

Where to buy books?

Librairie DECITRE

29 place Bellecour 69002 Lyon Métro A et D Bellecour

Second-hand books

Gilbert Joseph

6 rue de la Barre 69002 Lyon Métro A et D Bellecour





► More tips in our article **LUNCH BREAK**

1. MOBILE PHONE PROVIDERS

Upon your arrival, the first thing you would surely need is a SIM card. To begin with, you can get one of the pre-paid cards such as LeBara Mobile or Lyca Mobile (lots of mobile phone stores in Guillotière sell pre-paid cards). On the long run, we suggest you to subscribe to one of the major French providers such as SFR, Free Mobile, Orange, Bouygues Telecom, MVNOs group.

Check out carefully their prices as well as their terms and conditions before subscribing.

2. EMBASSIES AND CONSULATES IN FRANCE

Upon arrival, contact your country representatives immediately. Check out this <u>list of embassies and consulates</u> to find their contacts.

3. VISA

If you are from an EU country

A valid identity card and or passport is all you need to stay in France. No other paperwork is required.

If you are not from the EU, please check if you need a visa on France-Visas website. If you get a VLS-TS (long stay visa for studies), you will have to validate your visa when you arrive in France and purchase the stamp on this official website, allowing you to stay. Visit Campus France website for more information.



4. RESIDENCE PERMITS (TITRES DE SÉJOUR)

If you have a VLS-TS visa and plan to study in France **next year,** you need to <u>make</u> the <u>request</u> **one month before your visa expires** to get your **residence permit.** In September and October, visit the **Students Welcome Desk** to get some help with the paperwork. It is free and located at **Université de Lyon** (92 rue Pasteur 69007 Lyon). Check out their Facebook page for details: @studentswelcomedesk

You may as well visit the Prefecture's <u>website</u> or go directly to *Préfecture du Rhône* from Monday to Friday 9 am to 12 pm (tips : be there 15 minutes before they open the doors – at the latest, most of the time it's overcrowded).

If they ask you **tax stamps** (*timbres fiscaux*), please note that you can find them at the nearest tobacco shop.

5. POST OFFICE

In France, you'll notice that you need to use post office to mail most of official documents . The French postal service company is called **La Poste**. You can find them everywhere in France (yellow sign with blue bird). Click here to know more about their services (in French)

The nearest post office from our school is located at 150 rue Pierre Corneille - 69003 Lyon. More information about this post office, click here (in French). Please note that this post office is equipped with a change machine to exchange your banknotes into coins as the school doesn't provide this service.







Opening hours	
Monday - Friday	9 am – 12.30pm
	4 pm – 6 pm
Saturday	9 am – 12.30pm

6. ACCOMMODATION

AFLyon accommodation service

We offer several types of accommodation according to your needs and your stay in Lyon:

- Room in a host family including breakfast (and dinner)
- Room <u>or</u> studio in a university residence
- Studio in standard <u>or</u> comfort aparthotel

In order to benefit from our accommodation service, students need to:

- Be at least 18 years of age
- Be enrolled at AF Lyon for at least 15 hour of courses per week (17h per week are mandatory in 2020)

Please note that you need to pay for this service and it is **exclusively provided** while you are **enrolled at AFLyon and on monthly basis** (from the 1st to the end of the month).

Procedure

- > Contact us to check the availability of your preferred accommodation on our website
- > Send us your accommodation request at least 45 days in advance to avoid disappointments due to unavailability.
- > Proceed to the payment of your accommodation search fees. Your request will be processed once we received the payment for your courses as well as your accommodation search fees.> Students staying in student residence or host families are required to purchase **third-party liability and household insurance** (*responsabilité civile habitation*). An insurance proof will be requested.

Checking out from your university residence (État des lieux)

About 10 days before leaving your room, make an appointment with the residence for checking out. By the end of this visit, they will give you a check out sheet (fiche de depart). Bring it to the reception desk, signed and stamped.

Your first nights in Lyon

While waiting to get into your new home, we recommend you to book a room at nearby hostels. Here are some of our recommendations:



SLO_Living Hostel

5 rue Bonnefoi 69003 Lyon ho36 Hostel

36 Rue Montesquieu

69007 Lyon

Away Hostel

21 rue Alsace Lorraine 69001 Lyon

Other options:

hostelbookers.com

<u>airbnb.com</u> couchsurfing.com

Permanent accommodation

- Flat-sharing, private studio: <u>A Partager</u>, <u>Le Bon Coin</u>, <u>Se Loger</u>, <u>La carte des colocs</u>
- Student Residences: Les Estudines, Gestetud, Studelites
- Facebook Groups:
 - @ Erasmus & étudiants internationaux Lyon
 - @ Erasmus & International Students in Lyon

Tips

Check out the comprehensive <u>guide from iStudent</u> for tips and paperwork related to accommodation in France (page 12-15)

7. HEALTH

In France, the <u>National Heath Scheme</u> (named *Sécurité Sociale*) reimburses your medical expenses if you are **ill, injured or hospitalized.**

If you are registered for at least **70 hours/month for more than 3 months at AFLyon**, you can join the **Student National Health Scheme** (Sécurité Sociale étudiante) for free if you apply for it online (see procedure below). And follow these <u>5 steps to benefit from the scheme</u>!

Important: international students who stay less than 3 months cannot apply for the Student National Heath Scheme. If you are in this situation, we recommend you to purchase an international health insurance in your country which will cover your stay in France.

How to apply for **Sécurité Sociale étudiante**?

- As soon as you get your school registration certificate and before your arrival in France, register on https://etudiant-etranger.ameli.fr
- You must have a French bank account.
- To complete your registration, you will have to upload several official documents (<u>check out the list</u>).
- Then you will have to follow these 5 steps to access the French healthcare system.
- There is no point in purchasing private insurance in your home country.

What is the Student Status?

If you are registered for at least 60 hours/month for more than 3 months at AFLyon, you will get the student status which gives you the right to:

- Enjoy **student benefits** such as discounts in public transportation, cinemas, theatres and access to cafeterias managed by CROUS.
- Join the **Student National Health Scheme** (Sécurité Sociale étudiante) for free.

Important: if you have a **VLS-TS**, you will be able to **work part-time** (20 hours/ week maximum) in France.

Tips

If you have questions about the National Health Scheme, please ask Iwona during the library's opening hours.





8. BANKING

If you plan to stay in France for a long period, we recommend you to open a French bank account for several reasons:

- > Avoid paying charges, especially if the currency of your country is not Euro
- > Be able to benefit from the National Health Scheme
- > Own a payment card (carte bancaire or CB) as well as a checkbook. In France, a checkbook is very useful to make payments including your rent.

Documents required to open a bank account:

- Valid passport/ ID card
- Proof of address
- Student card

BNP Paribas offer AFLyon students special deals with interesting benefits. Contact them to find out more.

CONTACT BNP Guillotière

48, cours Gambetta 69007 Lyon Métro D Saxe-Gambetta

Please contact Fabien PARIANI 04 72 75 73 42 / 06 65 88 37 88 fabien.pariani@bnpparibas.com



9. JOBS AND VOLUNTEERING

You can work part time in France (20 hours/ week maximum) if and only if you:

- Have a Student Visa
- Are registered as a student for at least 60 hours/month for at least 4 months

Check out job ads on:

- AFLyon bulletin board on the left-wing staircase (ground floor)
- Pôle emploi
- Indeed: Emploi
- Groupe Facebook Erasmus & étudiants internationaux Lyon

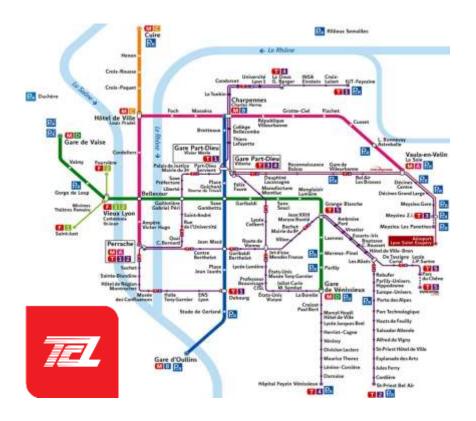
If you're willing to **volunteer**, check out:

- AFLyon bulletin board on the left-wing staircase (ground floor)
- CRIJ
- Rhône Solidaires
- iStudent (Student Club)
- ESN Cosmo Lyon (Student Club)



1. GETTING AROUND

Public transportation in Lyon is managed by a company named TCL (which means Transports en Commun Lyonnais). TCL manages 4 metro lines, 2 funicular railways, 5 tram lines and 129 main bus lines.



Tickets and passes

At each tram stop and metro station, you will find an **automatic ticket machine** where you can buy tickets and renew your TCL card.

If you plan to stay for more than a month, we strongly recommend you to get the **monthly pass** as it is much cheaper and more efficient. To get one, you need to go to one of TCL's office. The closest one from AFLyon is located at **6 place Bellecour** (it is less crowded than the one at Part-Dieu or Grange Blanche).

Price for those whose age is below 25

or below 28 with a student card: 31.80€/ month

Regular price: 64€/month

New card: 5€

For more info about TCL:

Registering as a client Fees







Vélo'v is a bicycle sharing system run by the city of Lyon. You can borrow bicycles anywhere, anytime at one of the **350 stations** spread across Lyon and Villeurbanne. Annual subscriptions start from **31**€ (adults) or **16.50**€ (below 25 years old). For every journey, they start to charge you from the 31st minute (first 30 minutes are free).

For more info : Vélo







2. CULTURE

Cultural Agenda

Discover the complete list of Lyon's cultural events on the city's <u>official website</u> (available in English)

JANUARY	FESTIVAL DU FILM COURT FRANCOPHONE DE VAULX- EN-VELIN BIENNALE SALON INTERNATIONAL DE LA RESTAURATION ET DE L'HÔTELLERIE (SIRHA)	
MARCH	QUAIS DU POLAR – FESTIVAL INTERNATIONAL DE LA LITTÉRATURE, DU CINÉMA, ET DE L'ENQUÊTE URBAINE	
APRIL	BIENNALE INTERNATIONALE DES MARIONNETTES	
MAY	NUIT DES MUSÉES LES NUITS SONORES	
JUNE	FÊTE DE LA MUSIQUE	
JULY	NUITS DE FOURVIERE	
SEPTEMBER	BIENNALE D'ART CONTEMPORAIN BIENNALE DE LA DANSE JOURNEES DU PATRIMOINE	
OCTOBER	FESTIVAL LUMIÈRE	
NOVEMBER	BEAUJOLAIS NOUVEAU FESTIVAL LABEL SOIE	
DECEMBER	<u>FÊTE DES LUMIÈRES</u>	

City Cards

Carte Musées

The *Carte Musées* gives you full access to **6 local museums** (click on the link below to get the complete list) for a year (date-to-date), for both permanent collections as well as temporary exhibitions. It also gives you discounts to Musée des Confluences ($6 \in$) and Musée Jean Couty ($4 \in$). For more info, click <u>here</u>.

Carte Culture

Just like the *Carte Musées*, the *Carte Culture* gives you full access to **6 local museums for a year**. It also includes **a library card** - available in all public libraries in Lyon for one year. For more info, click here.

Pass Culture

Le Pass Culture gives you access to **4 shows of your choice** for the whole year among the 57 cultural institutions in Greater Lyon. It also gives you discounts to the infamous Festival des Nuits Sonores. This pass is **for students only**, available for 18€ with the presentation of your student card. For more info, click <u>here</u>.











Art-House Cinemas

As the birthplace of cinema, Lyon is home to a number of art house cinemas playing French and foreign independent films (with subtitles).

Here are some of the most famous ones:

L'Institut Lumière

institut-lumiere.org

Les cinémas Lumières

CNP Bellecour

CNP Terreaux

Cinéma La Fourmi

cinemas-lumiere.com

Le Comœdia

cinema-comoedia.com



Libraries

Lyon has a dozen of **public libraries** spread all over the city. They are open for everyone and on-site consultation is free of charge. However to borrow books, magazines, etc., you need to subscribe. Get your subscription <u>here</u>.

Closest librairies to AFLyon:

Bibliothèque de la Part-Dieu 30 boulevard Vivier-Merle 69003 Lyon

Bibliothèque du 7e Jean Macé 2 rue Domer 69007 Lyon

For more info: www.bm-lyon.fr

Opening Hours		
Monday	CLOSED	
Tuesday	10 AM - 7 PM	
Wednesday		
Thursday		
Friday		
Saturday	10 AM - 6 PM	
Sunday	CLOSED	

UNIVERSITY LIBRARY (BU)

Even if you're not a university student, you can still use their libraries for on-site consultation. The closest one to AFLyon :

BU Chevreul 86, rue Pasteur 69365 Lyon cedex 07

BU LYON 2



Rates:

Normal : 18€/ year

18 to 25 years old : 10€/ year







3. SPORTS

Lyon offers a variety of choice when it comes to sport. Click here for more info.

Lyon's major sporting teams:

- ASVEL Basket
- LOU Rugby
- Hockey Lion
- Olympique Lyonnais

Running Events

Either for pleasure or for the adrenaline of a competition, in wild nature or in the middle of the city, long or short, not less than 20 of running events take place each year in Lyon. From the symbolic in Lyon to the atypical Lyon Urban Trail and the colorful Color Me Rad, here is the <u>calendar</u> of running events organized in and around Lyon.







4. SHOPPING AND TRADITIONAL MARKETS

Most **shops and supermarkets** in France close on Sundays and public holidays. Double check the opening hours before you go shopping. Check out **Lyon Shopping Guide** for addresses

Unlike in most countries, **traditional markets** in France are not open every day. Check out <u>this list</u> to know when and where they are open.

5. OUTINGS AND NIGHTLIFE

Our selection of blogs and e-books to help you find your favorite spots in Lyon:

- · Lyon City Crunch (good deals, new spots, hidden gems, nightlife)
- Le Petit Paumé (culture, daily life, restaurants and nightlife)
- Le Petit Bulletin (weekly magazine on cultural events)
- Mon week-end à Lyon (what's on this week-end)
- LyonCampus (for students)
- Guide iStudent page 20 (tips on nightlife for students)

The following blogs are in English:

- J'adore Lyon & Shopping
- . Girls Take Lyon
- . This is Lyon
- My little Lyon
- . Le bonbon Lyon









6. MEET THE LOCALS

Lyon City Greeter

To book a **free**, **guided walking tour** of the city with a local, click <u>here</u>.

iStudent Lyon

This association welcomes international students in Lyon. They organize plenty of activities such as international picnics, excursions, leisure outings, cultural days, bowling, karaoke, as well as the famous Apéro Langues — a monthly evening dedicated to language and cultural exchange, a real nice opportunity to practice your French whilst teaching your language to others. Meet these guys



Erasmus Cosmo Lyon and its Buddy System

As a part of one of the oldest Erasmus students association in the world, ESN Cosmo Lyon is here to help you integrate in Lyon. They propose the "Buddy System" to put you in contact with a French student, who will then become your "godfather" or "godmother". Meet them today here.

They organize various cultural activities as well as outings: Erasmus Yoga Class, Weekend Getaway in Montpellier, A Guided Tour to the Montluc Prison, Erasmus parties, and so on.

Lyon BlaBla Language Exchange

The famous concept of language exchange is finally arrived in Lyon. *Rendez-vous* every Thursday at the **Flâneur Guesthouse** (56 rue Sébastien Gryphe, 69007 Lyon). For more info, click here.

MOBILE APPS

To make your life easier while in Lyon, check out this selection of mobile applications to download:

APPS LYONNAIS







FURTHERMORE

DISCOVER THE REGION, FRANCE, AND EUROPE

1. The Auvergne-Rhône-Alpes region

Lyon is ideally located within a 2-hour train ride from Paris and 1 hour 40 minutes from the Mediterranean Coast as well as the Alps. The region offers breathtaking natural landscapes from mountains to vineyards to valleys, volcanos, and lavender fields, options are simply limitless. It is also home to a handful of UNESCO's World Heritage (The Hospices de Beaune, the prehistoric Alpine Pile Dwelling Sites, the famous prehistoric Chauvet Cave Engravings and Paintings, etc.)

For ideas to organize your next trips: click here

GETTING TO THE AIRPORT

Lyon's airport is located 30 km east from the city. There are 3 ways to get there:



<u>Rhônexpress</u> – the quicker

<u>Public transportation</u> – the cheaper

Carpooling – the most friendly



2. TRANSPORTS

TRAIN



SNCF

More infos on discount cards, click here

OuiGo

Eurostar

BUS





AVION



GETTING INTO UNIVERSITIES IN FRANCE



Established in 2010, Campus France is a public institution dedicated to the promotion of French higher education in foreign countries. Click here for more info.

HIGHER EDUCATION INSTITUTIONS (UNIVERSITIES, SCHOOLS, ETC.) IN AND AROUND LYON

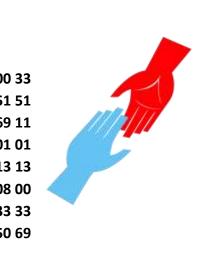
Click here to read the full list





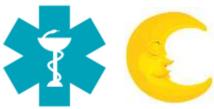
IN CASE OF EMERGENCY

Medical emergency (SAMU)	15
Firefighter	18
Police	17
Maisons médicales de garde	04 72 33 00
SOS Médecins	04 78 83 51
Toxic-related emergency	04 72 11 69
Dental emergency	04 72 10 01
Drugs emergency	08 00 23 13
Info SIDA (HIV/ AIDS)	08 00 84 08
Gas-related emergency	08 00 47 33
Electricity-related emergency	09 72 67 50





DRUG STORES OPEN ALL NIGHT





Grande pharmacie Lyonnaise (de 20h à 8h)

22 rue de la République 69002 Lyon Métro Cordeliers

Pharmacie des Gratte-Ciel (de 20h à 7h)

28 avenue Henri Barbusse 69100 Villeurbanne Métro Gratte Ciel

HOSPITALS





69003 Lyon Métro D Grange Blanche

Hôpital Lyon Sud

Chemin du Grand Revoyet 69310 Pierre-Bénite **Bus 88**

Hôpital de la Croix-Rousse (Open from 9AM to 7PM - NOT **24 HOURS)**

103 grand rue de la Croix-Rousse 69004 Lyon Métro C Hénon

