BUREAU DE L'INTERNATIONAL
CENTRALESUPELEC

International Student Welcome Guide

BIENVENUE EN FRANCE

Hello! This guide is to help international students joining CentraleSupélec, whether they are degree seeking students or non-degree seeking students. So if you are concerned, congratulations for having been accepted here and we hope that you will have an incredible experience!

The goal of this guide is to gather all the useful information for an international student at CentraleSupélec. So hold your questions, you'll probably find the answer in this guide!

We strongly advise you to read the first part of this booklet before coming, as all essential information is explained to make sure that you don't forget anything. The rest of the guide contains useful information for after your arrival.

This guide was prepared by the BDI (Bureau de l'International), the students' club whose purpose is to help international students.



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PRE ARRIVAL STEPS

1.1 Documentation to Bring from Home

- Birth certificate translated into French by a sworn translator (less than 3 months ago) (list of sworn translators* to request from the French consulate in your country)
- Your ID card and/or passport with visa
- Cash
- Your driver's license (if you are planning to use a car in France)

*if you need to get a certified translation of a document while already in Francehas a partnership with a platform which puts you in touch with the closest sworn translators to you:

https://www.science-accueil.org/en/administrative-requests/

1.2 Visa

If you are not an EU student, you need to ask for a visa. Visa processing time can be long, so please start the process as soon as possible.
The following websites can help you:

- Campus France website, for more information on the different types of visa:

https://www.campusfrance.org/en/the-different-types-of-visas

- Université Paris-Saclay's website (CentraleSupélec is a part of this very big University):

International welcome desk | Université Paris-Saclay



1.3 How to Arrive on Campus?

PARIS SACLAY

Airplane

You can arrive to Paris at one of these airports: Orly, Charles de Gaulle or Beauvais. We suggest planning an arrival at Orly Airport since there is a bus, the 5154, connecting the campus to the airport. Get off at the stop Joliot-Curie.

The second best choice is Charles de Gaulle Airport where you have to take the train RER B in direction of Saint-Rémy-lès-Chevreuse till Le Guichet station and once there, you have to take the bus number 9 in the direction of Christ de Saclay and get off at Joliot-Curie.

The worst choice is surely Beauvais where you need to take a shuttle (here the link: https://www.aeroportparisbeauvais.com/acces-et-parking/navette-aerobus-paris-aeroport) to Porte Maillot, then the metro 1 till Châtelet les Halles and the RER B in direction of Saint-Rémy-lès-Chevreuse till Le Guichet. Then the bus number 9 in direction of Christ de Saclay and get off at Joliot-Curie.

In any case, your end goal is to reach the CentraleSupélec campus.

Train

The biggest train station in Paris is Gare de Lyon, the station is on the RER A and the best route is to go till the interconnection with RER B, at Châtelet Les Halles and take the RER B in direction of Saint-Rémy-lès-Chevreuse till Le Guichet and the bus number 9 in direction of Christ de Saclay and get off at Joliot-Curie. Another big station is Gare du Nord and you can use the route just described with RER B.

Flixbus

It will arrive at Bercy station, take the metro 6 in direction of Étoile to stop at Denfert-Rochereau station and take the RER B in direction of Saint-Rémy-lès-Chevreuse till le Guichet and once there you have to take the bus number 9 in direction of Christ de Saclay and get off at Joliot-Curie.

Here there are also some general recommendations: most buses to campus stop passing by around 10 pm so if possible try to arrive during the day to avoid the risk of missing the last bus; take into account that the routes described can take up to several hours! In any case, to track the best route possible download Citymapper or Moovit, it is always updated and will always give you the best route to the campus.

IMPORTANT! Works will be carried out on the RER B this summer: in particular, traffic between La Croix de Berny and Massy-Palaiseau will be interrupted from July 15 to August 27 inclusive. Replacement buses will be provided, but journey times will be considerably longer.

RENNES

Normally, you will arrive at one of Paris airports as there are train options to arrive to Rennes. In Paris, the departing station can be either Gare Montparnasse or Massy-Palaiseau. Gare Montparnasse is closer to parís. This train will take about an hour and a half. In Rennes, you will need to take the subway line B and get off at Atlante station, then, it is a 10 min walk to campus.

METZ

Train

Paris is 1h30 from Metz. From the train station, take the METTIS bus line B, in direction of Hôpital Mercy Graham Bell station.

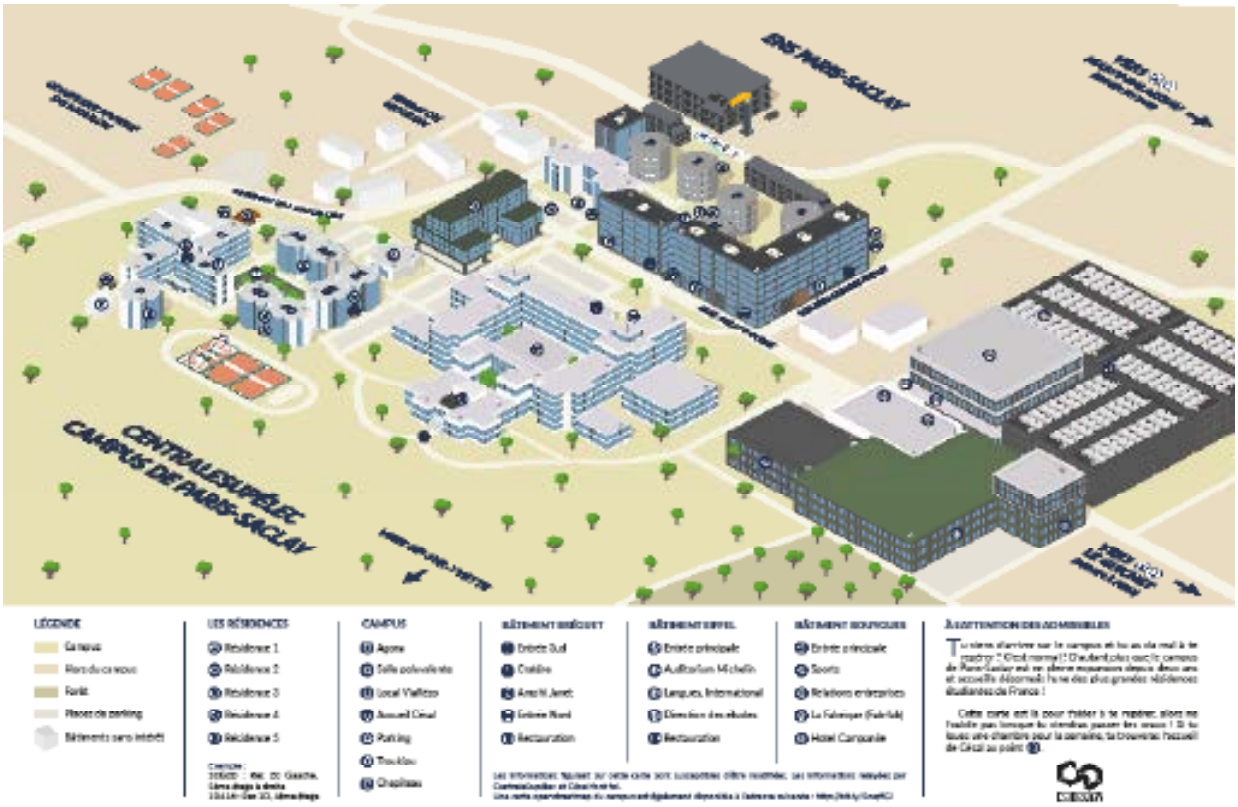
Car

Paris is less than 3H from Metz by the autoroute. Leave A4 in the direction of Strasbourg at Metz-Est, then take the direction of Borny, Technopôle Metz 2000.

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PARIS-SACLAY

2.1 Campus Map



2.2 Residence - Cesal

There are 6 different Césal residences marked from 1 to 6. Residence 1 is the oldest, cheapest and less comfortable while residence 6 is the newest, more expensive but more comfortable. The best choice, if you haven't met another student yet, is a single room; residence 4 offers the best compromise between cost, size and comfort. Take in mind, that the room will be completely empty (there will be just a bed, a table, chairs, a microwave and a fridge). If you already know someone who's coming here you can arrange yourself for a colocation (an apartment to share with other people). There are colocations for 2,3 and 4 people; the main advantage is that they will not be empty and that you will have more space. Césal shall contact admitted students to let them choose their rooms. https://www.residences-cesal.fr/

ACCOMMODATION

You will have to follow the steps hereby to book your Césal accommodation:

1. Create your resident space (if you are studying at CentraleSupélec, **please use the @ student-cs.fr email address**). Select your date and time of arrival. For students starting their program in September 2025, the starting date of the lease will be August 1st, even if you arrive later. If you are not asked to select an arrival time, Césal managers will contact you via gestion@cesal.fr to arrange a time with you.
2. Choose the accommodation that suits you among those proposed (building, floor, PRM, balcony...)
3. Enter your end of lease date (within 11 months of the start date of the lease). Please note that some accommodation must be vacated by a specific date. If the accommodation you select is one of these, it will be specified when you make your reservation.
4. Upload the required supporting documents to your resident space **within 48 hours:**

- Identity card
- Proof of schooling for the current year (acceptance letter from CS)
- Proof of home address (Telephone or electricity bill for ex)
- Certificate of home insurance starting on the date of arrival in your accommodation (you can get your insurance from our partner STUDCORP [https://studcorp.com/habitation/])
- If you are calling on a moral guarantor: rental guarantee certificate (Garantme [https://www.garantme.fr/fr/cesal] offers you the possibility of obtaining a moral guarantor at a preferential rate by entering the code "CESAL" at the time of payment!)
- If you are calling on a physical guarantor (should be a French guarantor): identity document and the most recent tax notice or tax status notice or the guarantor's last 3 pay slips

5. Your documents are validated by Césal
6. Pay your security deposit and your first rent on your resident space
7. Last step: the electronic signature! (rental contract, house rules, direct debit mandate, deposit agreement)

If you have been admitted to join the Paris-Saclay campus, you may ask the PRI (Marisol and Julie) for your housing certificate for your visa application.

RENNES

2.1 Campus Map



A tour of the campus is provided to each student upon arrival. There are 3 buildings on the premises: the main one is the teaching building, where you'll have your classes and where you can meet teachers and staff. The second gathers the library and the student life room; you'll find the gymnasium and cafeteria in the third one.

2.2 Residence - Les Foyers

The residence is independent from the school management but is located on the Rennes campus.
www.rennes.centralesupelec.fr/en/residences
These are the different choices of housing:

https://www.bsb-lesfoyers.com/devenir-locataire/louer-un-logement-etudiant/

Once you're accepted in CentraleSupélec Rennes, a room is pre-booked for you at the residence. In order to validate the booking, you need to contact the residence as soon as possible (pre-booking is only offered until mid-July): residences.etudiants@bsb-lesfoyers.com
Regarding accommodation in the residence, please note that:

- the deposit can be paid upon arrival at the residence
- the booking guarantees you a room, but not a specific type of room (you can have a single or duo room depending on availability upon arrival)

METZ

2.1 Campus Map



2.2 Residence - Edouard Branly

Located on the Metz Technopôle, near Lake Symphonie, the Centrale-Supélec Residence rents out student housing. You need to contact the residence as soon as possible : residence.edouardbranly@sem-emh.fr

http://edouardbranly.eurometropolemetzhabitat.fr

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ALL CAMPUSES

2.3 CAF

The CAF is a government financial subsidy that helps with the rent of your room/apartment even if you are an international student. The amount you get is usually between 100 and 200 euros per month depending on your situation. Just to be clear from the beginning, the CAF application will be your bureaucratic challenge. Theoretically, you have to stay in France for 8 months to have this kind of help. The earliest you do the application the higher the opportunity to receive the money. Keep in mind that usually the application examination process will take at least 3 months (best case scenario). Below, is a list of all the required documents for the application:

- ID or passport
- French Social Security Number (cf. 5.Health) (or your European Health Insurance Card if you have one).
- School Proof of attendance/certificat de scolarité (downloadable on GEODE once your administrative registration will be validated by CentraleSupélec)
- Logement CAF document (This document will be provided by the residence once you arrive in your room don't worry)
- Birth certificate translated into French by a sworn translator (less than 3 months ago)
- Attestation de ressources: attestation-sur-honneur-de-ressources-suffisantes (1).pdf)

The link to the CAF application is the following:
https://www.caf.fr/allocataires/aides-et-demarches/droits-et-prestations/logement.
Our advice is to do the application on the very first day you settle in your room.

3.1 Credit Card & Société Générale

Having a French bank account is fundamental for many reasons. The BDI has a partnership with Societe Generale and with an ID you will be able to open your bank account for 1 euro per year. In addition, we negotiated an opening bonus of 80 euros for you, which you will get if it's your first account at Societe Generale (which should be the case for almost all of you). If you come to the integration week of the BdI, there will be slots during which you can open an account. However, you will not have your card at the beginning, so you will need to bring cash (or have another card)!

3.2 Cash Payments at the Beginning of the Year

Once you have arrived at CentraleSupélec, you will be able to contribute to different associations, which gives you access to different services. Below the list of membership fees:

- **BDI:** *10€ to have exclusive access to international-themed parties and activities!*
- **ViaRézo:** *50€ per year or 30€ per semester,* for WiFi access in all the Césal Residences
- **AdR:** *50€,* for exclusive access to some parties and to pay less at the biggest parties
- **BDA**: *25€,* to join the artistic clubs on campus and to attend the events organized by the BDA (Arts Club)
- **Musics:** *12,50€ per semester,* allows access to the music rooms. Requires prior BDA membership
- **BDS:** *50€,* to practice a sport in a sports association and to have a sport T-shirt
- **Promotion sweater:** *40€,* to find love easier in Paris ;)
- **WEI:** *195€ + 100€* deposit, to participate in the Engineering Program Integration Week (WEI). Please note that some non-degree seeking students are unfortunately not allowed to attend
- **BDE:** *75€,* for the student council. For your whole time in CS, to join some of the 35 BDE clubs, pay less for big parties in Paris, and have exclusive prices for some trips in Europe
- **Lunchbox IMPACT:** *4,5€* to have a reusable lunchbox to eat outside

3.3 Izly

https://www.izly.fr/

Izly is a way of making contactless payments on campus, and it will be necessary to pay in the crous cafeteria. With Izly, you can pay with your smartphone or your student card. Izly will firstly send you an email on your personal email address (registered on messervices.etudiant.gouv.fr). If not, on your student email address (upon registration at CentraleSupélec). You will then be redirected to Izly.fr to activate your online account. Haven't received an activation email? Please go to a Crous counter, visit Izly.fr, or write an email to assistance-izly@crous-versailles.fr.

3.4 Cost of Living in France

This is an estimation of your expenses per month:

Accommodation (before the CAF reduction)	450 €
University restaurant (Crous) 3.3€/meal	3.30x 40 meals = 132€
Groceries	78€
Personal expenses (laundry, sanitary products..)	50€
Transports, phone and wifi	50€
Other (health, emergencies)	40€
Total expenses	800€/month

! CHANGE !
Crous meals only cost 1€

If you're planning to go out in Paris count a little more ;) The cost of living may be a little lower in Rennes and Metz.

PARIS-SACLAY

This campus is located on the Plateau de Saclay, which is around 20 km to the South of Paris. Given its somewhat remote location, it is important to be aware of the different transport options. Also if you want to know Paris like the back of your hand, you can buy a Navigo Pass ImagineR for one year which costs 392,30€ (going to Paris and back costs 9€)

If you take the Complémentaire de Santé Solidaire Gratuite-CSS. (cf. 5. Health), you may be eligible to the Carte de Transport Solidaire which costs 18€ /month (same benefits of Pass Navigo ImaginR):

https://www.solidaritetransport.fr/

4.1 Buses and RER

Buses

The only public mean of transportation that directly serves the campus is the bus. There are 3 bus stops on campus: Moulon, Joliot-Curie and CentraleSupélec and hopefully a metro station by 2026

The following bus lines pass through Moulon and Joliot-Curie stops:

Bus 9: in direction to Les Ulis reaches Ulis 2, a big shopping center (in 30 mins). On the way, it stops at Le Guichet, which is the closest RER station leading to Paris or to Orsay, the closest town.
Frequency: During weekdays it runs from 6 am to 11 pm and the intervals vary from less than 15 mins in rush hours (beginning and end of classes) to 30 mins later in the afternoon and evenings. During the weekends it runs from 8 am. to 9 pm. and the intervals between buses become more irregular, reaching even 1h.

Bus 91.06: This line goes through campus from several universities (Polytechnique, ENSTA, Telecom…) and reaches Massy-Palaiseau. This town has different supermarkets, restaurants, a RER station and a TGV station.
Frequency: During weekdays it runs from 7 am. to 7 pm. with a frequency of less than 10 mins between buses. And during the weekends from 6 am. to 11 pm. approximately but the frequencies become of around 30 mins between buses.

TRANSPORTS

Bus 5154: This bus line has a similar itinerary to the 91.06 in the beginning (reaching Massy) but goes all the way to Paris-Orly Airport.

Frequency: 1h between buses.

Bus 11: passes through CentraleSupélec bus stop, with 30 mins intervals between buses. It reaches the main part of the town Gif-sur-Yvette.

Bus N63: It is a new night bus that passes every 20-30 minutes from Moulon to Montparnasse in Paris (it reaches Massy). It works from midnight to 4AM (very useful to come bca

Les navettes: http://www.paris-saclay.com/vivre-ici/mobilite/les-navettes-418.html
Free shuttles around Gif-Sur-Yvette. Navette **M** joins Joliot Curie to Gif Sur Yvette Center.

The RER

The Réseau Express Régional, commonly abbreviated RER, is a hybrid commuter rail and rapid transit system serving Paris and its suburbs. It connects the Paris metro system to the towns and around it. The closest stations are Le Guichet and Massy-Palaiseau, which are on line B of the RER. This line reaches Paris at Denfert-Rochereau, Notre-Dame and Châtelet and both Airports, Orly and Roissy.

Frequencies: They can be rather irregular. Normally the interval between trains is around 10 mins but there are often delays, strikes or other irregularities so it is recommended to always travel with a time margin. Also the RER trains don't always make all the stops, you should check in the station which stops each train makes before taking it.



APP

To plan your trips, Google Maps might suffice. However, many students prefer to use **Citymapper** (https://citymapper.com/paris) or **Moovit**, which are much more accurate with the schedules of the buses.

Bonjour RATP is an app dedicated to transports in the Paris area.

Fares

Single trip: Buses cost 2 € and the Metro/RER costs 2.5 €
Daily pass: 12 €
Weekly pass: 31.60€
Monthly pass: 88.80€
Yearly pass: Students Imagine R. 392.30€.

Think carefully how much you are going to visit Paris when thinking about getting the yearly pass.

Going to Paris

If you want to go to Paris, it is necessary to go to either Le Guichet (using bus 9) or Massy-Palaiseau (using the 91.06 or 5154 buses). Follow the indications of your apps to see which option is faster. Then you should take the RER B direction north. If you want to go to the center, stop at either Notre-Dame or Châtelet. For destinations a bit further away, you should take the metro after the RER. An average trip takes around 1h 15 mins (if you are going straight to Châtelet the trip can be made in 1h, if you are going elsewhere within Paris it can take a bit more than 1h and 40 mins).

4.2 Clem Mobi

Another interesting alternative is the app Clem Mobi. With this app you will be able to rent electric cars for short periods of time. Several cars, located within the campus, can be rented, for the price of 7€ for 1h and 31€ for a whole day. It requires you to register your driver's license and the car must be returned to the same spot it was picked up from.
https://paris-saclay.clem.mobi/

RENNES

4.1 Buses and Metros

The STAR Network

STAR is the company handling transports within Rennes City (www.star.fr)

You can buy rechargeable tickets or use a monthly prepaid card (depending on how often you use the transports it can be cheaper). Subway line B allows you to go from the campus to the city center in less than 15 minutes. Use the ATALANTE stop, less than 5-minute walk from the campus. There also are buses going from the campus to the city center (n°C4) The STAR public transport network is made up of the metro line and 149 bus routes, and serves all the Rennes Métropole area. The bus routes within the city itself are organized around the metro, which crosses Rennes from north-west to south-east via the city center. The out-of-town bus routes serve the whole of Rennes Métropole.

Schedules

The metro and the seven main bus routes (C1, C2, C3, C4, C5, C6 et 9) run from about 5.20a.m. to 12.30a.m. (Monday to Saturday), and from 7.30a.m. to 12.30a.m. on Sundays and public holidays. There is an extended service until 1.30a.m. on Thursdays, Fridays and Saturdays. All the other routes run from about 6.30a.m. to 9p.m. Two 'Star de nuit' lines run from 2a.m. to 7.30a.m. from Wednesday evening to Sunday morning.
On Friday and Saturday nights, buses leave the center of Rennes at 11 p.m. and 12.30a.m. to go to Rennes Métropole's towns and villages.

Fares

Each ticket costs €1.50 for a one hour transport, and is valid throughout the whole STAR network. A book of 10 tickets costs €14.50, and a weekend 'pluriel' ticket for 2 to 5 people costs €5.00. Each metro station has one or more automatic ticket machines where tickets can be bought. If you regularly use the bus and metro to get around, it is cheaper to buy one of the various types of season tickets as well as the various ticket options (Korrigo - annual, monthly, or weekly) from one of the STAR offices.

4.2 Bycicles

Vélos STAR

It is the self-service bike rent system offered by Rennes Métropole. Most of the 83 or so docking stations and 900 bicycles are located near metro stations, bus and coach stops, and the railway station. Rent a bike, ride it where you like, then return it to any docking station. The first 30 minutes of any Vélo STAR ride are free. You can pay for 24 hours, 7 days, or one year, according to your particular needs. If you want to take out a yearly Vélo STAR subscription, it will cost you €22/month if you are already a STAR season ticket holder, or €33/month if you are not. If you only want to use Vélo STAR every now and again, short-term membership is possible. This costs €1 for 24 hours and €5 for 7 days. For further information: Tel. (+33) 09 69 365 007 / levelostar.fr.



METZ

4.1 Train

TGV

Metz has two main train stations: Station of Metz City or station Lorraine TGV (shuttles connect the TGV station to the station of Metz City)

https://www.transdev-grandest.fr/uploads/navette.pdf

If students intend on traveling a lot in France, it's highly advisable to get a TGVmax subscription for 79€/month.

4.2 Buses

LEMET is the company handling transports within Metz City (https://www.lemet.fr) There are two main bus lines in Metz: the Mettis A and Mettis B. Both of them have a good circulation schedule and the waiting time between buses will hardly ever go over 20 minutes during weekdays. They have lower circulation during weekends, so it's important to account for

4.3 Airports

Aéroport Nancy-Metz https://lorraineairport.com

For international destinations:
International Airports:

- Luxembourg (one hour car)
- Paris Charles de Gaulle (TGV direct Paris CDG – Lorraine TGV)
- Francfort/Allemagne (2 hours car)

HEALTH

5.1 Social Security (health insurance)

For this matter, it is easier for EU students (cf. below: If you come from an EU country).
If you're not coming from an EU country, you need to apply for a social security number on Ameli for foreign students (https://etudiant-etranger.ameli.fr/) to benefit from the French public health insurance.
We really recommend everyone applying for Ameli because it is the quickest way to have social security and health cover, plus it will speed up your CAF application. The process would be easy since the required documents are the same as for the CAF. All the documents needed are listed in the CAF section.

Registration with the French Social Security is mandatory and free for all students.
We would highly recommend that everyone registers upon arrival: this procedure takes time, and there are several documents to upload. The sooner you get your Social Security number, the sooner you can claim for your rights, which include reduction of up-to 70% of your bills depending on the doctors' and pharmacies' rates.

Below is a list of all the required documents:

It is strongly advised to upload all your documents at the same time.

- Your French postal address
- The starting date of your schooling in CS
- A national identity card or a passport
- Visa or residence permit (*if you need to know what's the process to obtain it, you can either contact the French consulate of your country or find the required information on the website https://campusfrance.org, in the section Campus France)*
- Proof of Attendance from CS (from GEODE).
- An IBAN from a French bank account.
- Birth certificate *(sworn translation)*

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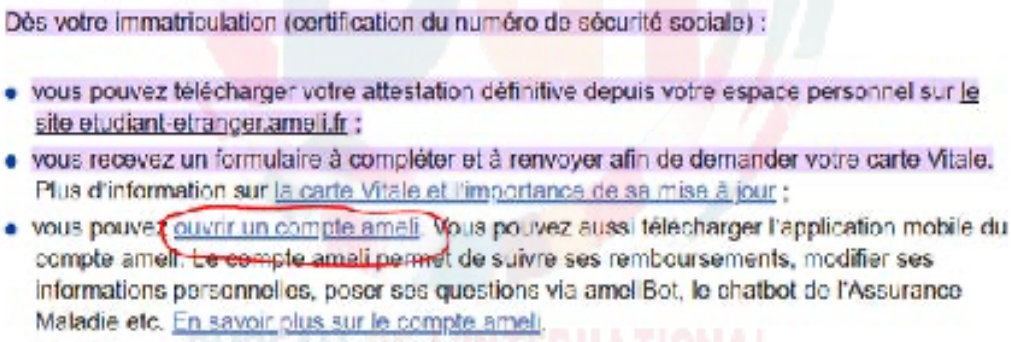
What should I do after receiving my number/ being affiliated ?

- **I have succeeded in being affiliated**

You can then download your temporary certificate from your personal space on the same website (https://etudiant-etranger.ameli.fr/). It allows you to declare a treating physician (*médecin traitant*) when you have a medical appointment in France. Most importantly, it allows you (**and we definitely advise you to do this, because it's extremely important**) to subscribe to complementary health insurance (cf. 5.2) in order for you to reduce the fees that you'll have to pay on your own. The *"Assurance maladie"* (Health insurance service in French) covers only part of the total costs.

- **I have succeeded in getting my number**

You can then download your temporary certificate from your personal space on the same website (https://etudiant-etranger.ameli.fr/). You'll also receive a form that has to be filled and sent back in order to apply for your Vitale Card. Finally, and **it's highly recommended**, we suggest you to open an ameli account to access and follow up with all health-related procedures. To do so, go back on the page https://etudiant-etranger.ameli.fr/ and scroll down a bit until you reach this section


Dès votre immatriculation (certification du numéro de sécurité sociale) :

- vous pouvez télécharger votre attestation définitive depuis votre espace personnel sur le site etudiant-etranger.ameli.fr ;
- vous recevez un formulaire à compléter et à renvoyer afin de demander votre carte Vitale. Plus d'information sur la carte Vitale et l'importance de sa mise à jour ;
- vous pouvez ouvrir un compte ameli. Vous pouvez aussi télécharger l'application mobile du compte ameli. Le compte ameli permet de suivre ses remboursements, modifier ses informations personnelles, poser ses questions via amel Bot, le chatbot de l'Assurance Maladie etc. En savoir plus sur le compte ameli.

Click on "ouvrir un compte ameli" (= open an ameli account in French). Normally, this page should open



Then click on the white button on the right side “créez votre compte”. This page opens



Fill the gaps with your personal information. For the section “code postal”, the number to give is **91190** for **Gif-sur-Yvette**, **35000** for **Rennes** and **57000** for **Metz.** Then click on “continuer” you’ll be asked to fill in the last digits of your IBAN, and the eleven last digits of your number.

In the following part, we assume your IBAN number and your Vitale Card number are recognized:

You can then click on “continuer”, then you have to tick “oui, j’accepte”. You’re asked to choose a password, **try to remember it well**! Fill this password within the two blank spaces. You can continue and fill the gap “saisissez votre adresse email” and “je confirme mon adresse email” with your email address. Right below, tick the “yes” button, and then put your phone number in the last blank space. The rest of the button is about how the organism responsible for French Health Insurance can send you promotional information; thus fill this as you want. You can continue and open your mailbox on your email account to receive the email the website will send you to finalize the process. **Watch out, the latter is only available for 7 days!**

In case you come from an EU country or Switzerland:

EU students don't need to apply for French Social Security, the European Security Card allows you to access healthcare and be refunded by your country's health-care system. If you don't have it, you can ask for it from your home healthcare system. **More details here (government website):**
https://www.etudiant.gouv.fr/en/social-security-your-medical-expenditure-coverage-217

In case of any issue with these procedures, we advise you to ask for help:

For Paris-Saclay campus: https://gate.paris-saclay.fr/
For Rennes Campus: https://cmi.univ-rennes.fr

5.2 Complementary Health Insurance

It is highly recommended to subscribe to a complementary health insurance to cover the medical expenses not covered by the French Social Security (30% approx). Students can apply for the Complémentaire de Santé Solidaire (CSS), which is FREE OF CHARGE: https://www.service-public.fr/particuliers/vosdroits/N20286
(In addition to being free of charge, another advantage of La Complémentaire Santé Solidaire is that it enables you to apply for the Carte de Transport Solidaire (equivalent to the Carte Imaginaire), which costs €18. Further information in section 4. Transport).

5.3 The Closest Hospitals and Pharmacies

Below are the most useful phone number in France:

- **15** (if you have a French phone number) or **112** (european emergency number): SAMU/firefighters
- **17**: police
- **18**: firefighters

PS: Firefighter intervene for health emergencies in France as well as for fire emergencies

Also, wherever you are, if you need to see a doctor you can try tele-consultation.

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HEALTH

PARIS-SACLAY

Now if you get sick or have any health-related issue, contact the Service de Santé Etudiante (sse@centralesupelec.fr). There is a doctors service that costs 25€ and you need to get an appointment, so in case of emergency, it's better to go directly to the Orsay hospital, reachable in 10 minutes with the Bus 9 in the direction of Les Ulis 2. We also point out that the social security you'll get through Ameli only covers basic medical care so try to get the max amount of information before doing a special treatment or an intervention. Here you have the link to the health guide of the universtiy: https://www.universite-paris-saclay.fr/mon-guide-sante-en-france/my-health-guide-france.

Fortunately, there's a little but convenient pharmacy just in front of the bus stop Joliot-Curie which is 20m far from residence 4A.

Also, there is a very useful app called Doctolib where you can search for the type of appointment you need and directly contact the place.

RENNES

- If you need to see a doctor:

You can make an appointment at the Student Health Service SIMPPS located on the campus de Beaulieu (02 23 23 55 05); it's free and dedicated to students. More info -> https://sse.univ-rennes.eu/ressources/campus-de-beaulieu-rennes

- Closest hospitals:

Hôpital privé de Cesson-Sévigné (3 Rue du Chêne Germain 35510 Cesson-Sévigné)
Centre Hospitalier Universitaire – Pontchaillou (2 Rue Henri le Guilloux, 35000 Rennes)

- Pharmacies:

There are several pharmacies within walking distance of the residence.

METZ

Hospitals:

- CHR Hôpital de Mercy (1, allée du château - 57530 Ars-Laquenexy)
- Hôpitaux privés de Metz « Robert Schuman » Rue du Champ Montoy – 57070 Vantoux

Pharmacies : There are several pharmacies within walking distance of the residence/campus.

5.4 CentraleSupélec Health and SGBV Services

In case of Sexual and Gender-Based Violence (SGBV), many information will be delivered by school associations Capèse or Pascal at the beginning of the year. The most important contacts are:

- France victimes: 01 80 52 33 86
- Capèse: 07 64 36 61 58
- Persons of the administration in charge of Sexual and Gender-Based Violence (aline.faes@centralesupelec.fr and alexandrine.urbain@centralesupelec.fr)
- SOS-Homophobie: 01 48 06 42 41
- Nuances (LGBTQ+ CentraleSupélec association)
- Pascal (CentraleSupélec Association dedicated to security prevention)

PARIS-SACLAY

CentraleSupélec offers completely free appointments with the school's psychologists who can be contacted with the email address psy@centralesupelec.fr. Cesal also has a dedicated therapist you can contact by email at isabelle.zakia@cesal.fr. If you need some medical services we advise you to contact the Service de Santé Etudiante (SSE) sse@centralesupelec.fr so that she can propose an appointment with the school's nurse (elodie.bouvet@centralesupelec.fr).

RENNES

You can get a free appointment within the campus with a psychologist on Thursdays (12.30-2.30pm). Please write to alisonprioult.psy@gmail.com (Office 219)



PARIS-SACLAY

6.1 Closest supermarkets

The main supermarket on campus is Intermarché, located right next to residence 4 where you can find most of the food products you need. The prices are fairly expensive though. Another option is the Carrefour located at Les Ulis shopping mall. It is way bigger and it has cheaper options. It is useful for big shopping sprees but it is located 30 minutes away from campus by bus or 10 minutes by car. There is also a grocery store on campus called La Miam Locale that sells local and organic products that are therefore less polluting. Finally, there is also a bakery: "Boulangerie OCT Tradition"

6.2 Eating at CentraleSupélec

There are two main Universitary Restaurants (often called RU) on campus that are open from Monday to Friday. A meal costs 3,30€ for students.

RU Eiffel

Located right at the heart of the Eiffel building, it is open from 11h30 to 14h00 and then from 18h30 to 21h00. It is the only open RU at dinner time, so you will probably find yourself going there quite a lot if you have below average cooking skills and want to eat something other than pasta for dinner. It is worth mentioning that the only payment method accepted at dinner time is the Izly application, so you will have to install it. It happens that this application has problems, if it is your case, you can reload your Izly account by credit card don't worry ;)

RU ENS

Located at the ENS Paris-Saclay, about 3 minutes away from the Eiffel building. This RU is only open from 11h30 to 14h00. It is usually less crowded than the RU Eiffel if you go there right after your morning classes that finish at 11h45.

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RU Lieu de Vie

We know we told you there are only two RUs on campus but there is a third one actually, the RU Lieu de Vie which is in the same building as the gym. A 5-minute walk is enough to reach it, but not many students from CentraleSupélec go there. There are rumors that they serve french fries on fridays but that hasn't been verified as far as we know, we guess you will have to find out for yourselves.

FOOD

Apart from the RUs, there are many other restaurants on campus where you can eat, especially during weekends when the RUs are closed. Some of the most popular ones among students are:

FO Pizza

This pizza restaurant is the go-to place for many students. Their pizzas are tasty and cooked in a wood-fire oven. Prices are actually not bad.

Casa Streat

This is the other big pizza place on campus. It is a food truck. Their pizzas are a bit smaller than FO's but they are a bit cheaper and quite good. The opinions are divided as to which pizza place is better between FO and Casa Streat. We would advise you to try both and then pick your side.

O'9 Poke

O'9 Poke is a place where you can eat Poke Bowls. You can choose the type of rice, meat and vegetables you want. If you find the right combination of ingredients it can be delicious.

Yucai Sushi

Yes, there is a sushi place on campus. The sushi is good but expensive and the serving time is very long. If you are a sushi fan you can give it a try.

McDonalds

There is also a McDonalds in campus, or as the french call it, Mcdo :)



RENNES

6.1 Closest supermarkets

There are several supermarkets of different sizes within walking distance of the residence including a huge one at around 10 mins. But you can also get around the city using the bus or subway, it's not far!

6.2 Eating at CentraleSupélec

There is a cafeteria on the premises, it's open Monday to Friday from 11.45 am to 1.45 pm. You can access it with your student card (IZLY) that will be delivered to you as soon as possible. You will have to charge money on your card to pay for your student meal (you can do so at the canteen counter).

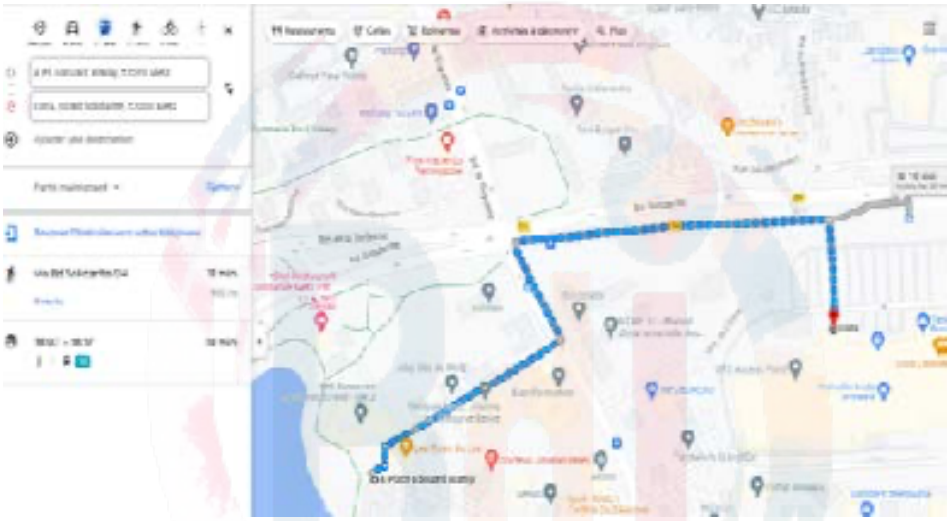
In the meantime, you can still access the cafeteria by giving your name (and paying your meal).



METZ

6.1 Closest supermarkets

The closest supermarke CORA. Most students do their grocery shopping there.



6.2 Eating at CentraleSupélec

The building has direct access into the CROUS located next to it, which is only open for lunch, however there's also the CROUS Technopôle not much further away which is open during the evenings. The cafeteria disposes of a microwave, that some people use to heat their food.

7.1 Associations

What are the assos? We have a lot of trouble explaining the associative life at Centrale, and the best is for you to see it by yourself. However, we like to explain it like an american uni movie, with a lot of different clubs!

Warning: The associative life but it can often be harmful because students invest too much time in it and are influenced by their friends. From our experience, you should keep in mind to always have pleasure in what you do and not to suffer from an associative work overload.

PARIS-SACLAY

Below is the "Plaquette Alpha 2024" where all the associations, clubs, and sports are detailed. There will be a tour des assos upon your arrival, but we really recommend checking them out beforehand.

https://lnkd.in/es7iysYU





RENNES

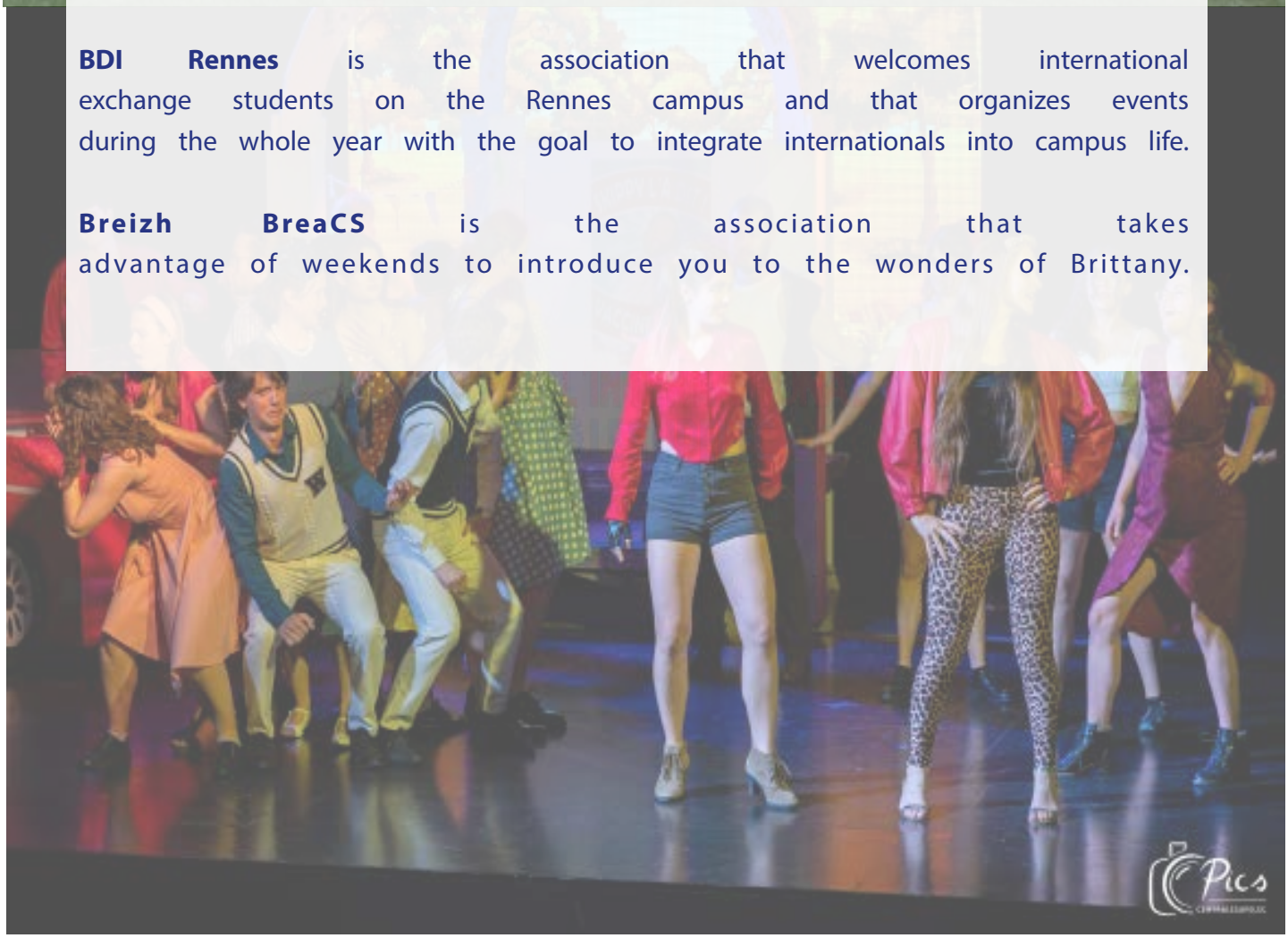
The Student Union of the Rennes campus has the role of animating and enhancing student experience. Activities such as outings, barbecues, and inter-school parties through their partnerships with other schools in Rennes are organized to enrich campus life. Numerous events are planned to create a vibrant atmosphere on campus. Here are some of the associations existing in CS Rennes:

Renx is the association that provides sound and lighting for campus parties, nightclub events and also parties organized by other schools. With Renx by your side you'll make exceptional memories that will be cherished for a lifetime.

BDS (Bureau des Sports) is the association that organizes sports events, facilitates training sessions with other schools, and provides students with access to campus sports facilities.

BDI Rennes is the association that welcomes international exchange students on the Rennes campus and that organizes events during the whole year with the goal to integrate internationals into campus life.

Breizh BreaCS is the association that takes advantage of weekends to introduce you to the wonders of Brittany.



7.2 Sports

You can always check https://www.cs-sports.fr/ to look at the different sports you can sign up to.

If you are a double degree student, you are obliged to sign up for sports. You have two options:

- AS sports are more competitive, and most of them require you to undergo some practices and competitions to be selected at the end.
- EPS sports are not selective at all. You can choose among Badminton, Climbing, Cardio-training and Ping-pong.

If you are an exchange student, you are not required to sign up for sports, however, you can always join if you'd like to!

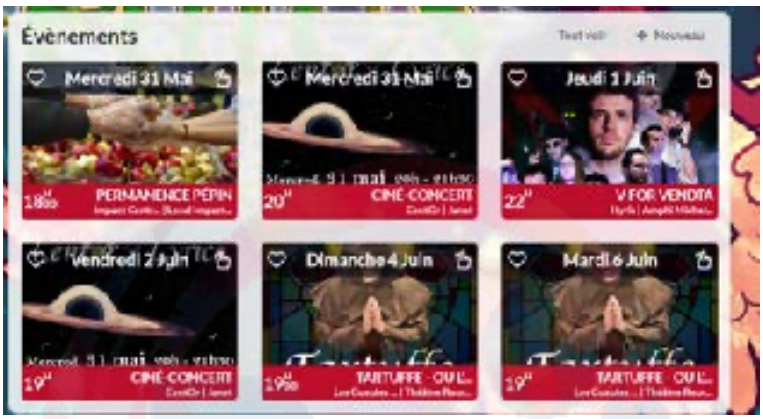
If you arrive at CentraleSupélec in September, there's going to be a full tour day dedicated to getting to know the different sports on campus.

7.3 Stay tuned for weekly activities

BDE Newsletter: Apart from getting informed of the different activities happening on campus through WhatsApp groups, you'll also receive a BDE Newsletter at the beginning of each week detailing the various activities for the upcoming week.



LinkCS: You can always check LinkCS where you'll also find all the activities happening on campus.



7.4 What To Do on Weekends

RENNES

The campus is located on green premises allowing you to do sport outside (there are workout installations) or even to have a BBQ! The campus is 15 minutes away from the city center with plenty of activities, and 1h away from the coast (by train) so you can easily enjoy the seaside! The CMI also organizes trips; please check their website to see the dates and bookings.

METZ

The campus is situated in a park by a lake. So you can do sports outside and have a BBQ! The students that have easy access to transportation enjoy traveling or visiting the other campuses.
In the city, during the weekends, there are often events taking place in the «Coppé». You can also go to the downtown to enjoy the nightlife, the bars there are open until 2am and there are even some clubs that stay open past that.
There are some sport events that are organized for students.
If you're into soccer, there's also the FC Metz stadium in the city.

https://www.tourisme-metz.com/fr
http://www.tourisme-metz.com/fr/les-grands-evenements.html
www.mairie.com/activite-culturelle/metz-57-v.html

8.1 Accounts

Normally if you are a student at CentraleSupélec, you are supposed to have a CentraleSupélec account, with a login in the form of *firstname.lastname@student-cs.fr*. This account is really really important. We advise you to check your mails on this account at least one time per day.

Also, on your CentraleSupélec mailbox, you probably received an invitation to create a ViaRézo account. ViaRézo is an association of students that provide Wi-Fi and Ethernet for all Césal buildings and other services. The login should take the form of 2025 + last name + 2 first letters of first name. This account is also really important because it will allow you to log in to many websites hosted by students.

You can also have at this moment another CentraleSupélec account with a login that is not an email. We advise you to keep the login and the password, but these are not very important and you won't use it every day unlike the others.

8.2 Websites and Applications

First, there are many websites and applications that CentraleSupélec gives you at the beginning of the year. In order not to collapse under the amount of websites, we'll show you which ones are useful and why.

School Websites

MyWay (https://myway.centralesupelec.fr/): this is like the hub of every website of CentraleSupélec. Basically, you can access every website thanks to this website. This one must definitely be in your favorites ;).

Edunao (https://centralesupelec.edunao.com/my/): this one is also very important, maybe the one that you will use the most. It hosts all the courses that you have in CentraleSupélec. Also, if you have to do graded homework, there is a 99% chance that you have to upload it on this website.

Geode (https://geode.centralesupelec.fr/CS/): Try to complete it before your arrival. You need it sometimes to download your schedule on your phone, to claim your absences or to access your school certificate. You can go on this one by MyWay, so we advise you to only keep MyWay in mind at the beginning.

ResaCS (https://resa.centralesupelec.fr/): this one is not directly known by students but it is very convenient. It allows you to book CentraleSupélec rooms to work in during the day (from 7:00 am to 11:00pm). This one is also on MyWay.

School Application

Campass: this is a must have. You can easily see your grades and your schedule on it. We strongly advise you to install it before coming to France. Also, the tool "Campus map" is very efficient at the beginning of the year. We highly recommend it.

Other websites

NoFist (https://nofist.viarezo.fr/): this is a website created by the students where you can find many course related documents that are not available on Edunao. This is often some useful content such as revision sheets very well explained.

Pics (https://galerie.pics/): you will experience incredible moments at CentraleSupélec and fortunately some students are devoted to keeping them as pictures. You have normally seen some of their incredible photos in this guide ;)

LinkCS (https://linkcs.fr/): this is like a social media only for CentraleSupélec students. You can see everybody's name, profile picture and associations on this website. Also, there are a lot of events announced on this website; it is useful to see what happens in the week!

Other applications

Lydia: It has already been explained in part 3 about money but this application is very useful to pay for any service proposed by students. We strongly advise you to install it before coming to France.

CS Events: this application is used by associations during "special" weeks. If you are on campus in September, you can use it to be easily aware of what is happening during the two weeks of integration.

8.3 Internet

When you arrive on campus, you can directly buy internet for your home to ViaRézo. The price is around 50€ for the year and 30€ for 6 months. **Be careful, this works only for Césal residences!** By paying this membership fee you can also receive an Ethernet cable and 2.5€ on your printing balance at ViaRézo.

In CentraleSupélec buildings, you can connect directly to "Eduroam" with your CentraleSupélec account (the same that you use to connect on MyWay).

8.4 Subscribe to a French Mobile Plan

Even if almost all CentraleSupélec students use WhatsApp or Telegram on campus, you need to have your own French number. There are four big French telecom suppliers: Orange, SFR, Bouygues Telecom and Free Mobile. The cheapest is Free Mobile by far. It is good but if you really want to have better customer service and a better connection you can go to Orange.

8.5 Printing on Campus

You will soon be able to print your documents at the new Paris-Saclay Lumen Learning Center (https://www.lumen.universite-paris-saclay.fr/en). No worries if the printer is broken or you just don't understand what the sign is talking about, you can also go to ViaRézo's local in residence 2C (see the campus map in part 2) to print your documents. This method only works in **the campus of Paris-Saclay** and requires you to upload your documents on https://webprint.viarezo.fr/ before going to ViaRézo's. You can only print during their office hours, from 7pm to 8pm from Monday to Friday.

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SECURITY

9.1 PC Security

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In terms of access, the Césal residence buildings are all secure. To gain access, you need either a code or your room card. Security guards called AS for Agents de Sécurité (Security Agents) are on duty 24/7: they regularly patrol the campus and make sure there's no disturbance at night in the residences. They carry out the tasks required to protect residents, including fire prevention, fire safety awareness and personal assistance, basic maintenance of fire safety equipment, alerting and receiving emergency services, public evacuation and early intervention in the event of fire. Dressed in red, you're sure to recognize them. They're friendly and understanding, and if you lock up and forget your card, they'll open the room for you after checking your identity, this is free if you call from 7PM to 7AM and it costs 30€ if you call from 7AM to 7PM, so if this happens during the day maybe wait until 7PM to call.

They are based in front of the Agora between the 4CD and 4CC residences, and can also be contacted by telephone on 06 69 94 10 88.

RENNES METZ

For Rennes and Metz, access to the buildings is by student card or code. There are guards at the entrances to the campuses, and the school has its own security guards on campus too, unlike Gif, where the residence has its own security guards, but the school's do not intervene. In short, there are no supermans in red, but that doesn't make the campus any less safe. For Rennes, access to the campus is always free on feet and access to the school buildings is free from 8am to 8pm. You need to use your card from 8pm to midnight and on weekends from 10am to 7pm to access them. Security guards are present on the premises during the restricted access times only (evenings and during the weekend from 10am to 7pm).

9.2 Emergency Numbers

Here are the most useful phone number in France:
15 (if you have a French phone number) or **112** (european emergency number): SAMU/firefighters
17: police
18: firefighters

9.3 Who to reach in Case of Emergency

cellule-accompagnement@centralesupelec.fr (for the 3 campuses)
marisol.verstraete@centralesupelec.fr (for the 3 campuses)
psy@centralesupelec.fr (free appointments with the school's psychologists)
isabelle.zakia@cesal.fr (Cesal's psychologist)

FRENCH LANGUAGE

We advise you to work on your French if you are not that comfortable with it yet. In fact, a lot of international students struggle at the beginning because even though everyone speaks English here, the common language is French at the end of the day. Therefore, you should try to practice as much as possible, at your summer school, or even at your home. You will see, once you are here, that your French will improve very quickly. We know it can be tempting to stick to your native language or to speak English, but if you really want to get in touch with French people and understand what's going on around you, French is the way to go.

10.1 Cavilam Alliance Française à Vichy

Our partnership with CAVILAM allows students expected at CS to follow intensive French courses with very good financial terms and conditions. We advise students to stay at CAVILAM at least 4 weeks (28 July - 22 August 2025). You will find the CAVILAM flyer here attached. Please, don't hesitate to get in touch with them: mlepron@cavilam.com.

Note: The mentioned date for CAVILAM is the one of the previous year. This year will be similar but to get the new date, reach out to the email noted.

10.2 BasiCS

CentraleSupélec's engineering program is based on mathematical and physical concepts, with a very fundamental approach to these subjects.To better approach this program, CS has set up the BasiCS: a Summer School that will help you acquire the fundamental concepts in these subjects. The Summer School on Mathematics and Physics will be offered by CentraleSupélec between July 28th and August 22nd at the CAVILAM Alliance Française for all students registered at Cavilam. You will be automatically registered at the BasiCS if you are registered at CAVILAM. The BasiCS will have no cost for you, however, the French training provided by Cavilam as well as the accommodation will remain at your expense.

NB: BasiCS is specially recommended for Double-Degree students.

10.3 French Slang

French students often speak with "verlan". The principle is to speak backward. For example, instead of saying "fou" (crazy), you can say "ouf". Same for "femme" which becomes "meuf". It can be a little confusing at first, but you'll get used to it really fast. Here are some acronyms and slang terms you will always hear in CS and you should definitely know:

- **SG:** shotgun, which is the way to claim something that you want. Whoever said it first, gets it. As you will see, everything in CS is on shotgun.
- **PAPS:** (premier arrivé, premier servi) First-come, first-served. It is this same as shotgun.
- **CM:** (Cours magistral) Lectures
- **TD:** (Travaux Dirigé) Tutorials
- **TP:** (Travaux Pratique) Pratical work
- **QCM:** (questionnaire à choix multiple) Multiple choice test
- **wsh:** (wesh) a surprise sound
- **ouf:** same as "fou" (crazy)
- **Live:** Right now (ex : Venez live = come right now)
- **«Rester branché»** : stay plugged. In other words, stay tuned when « it's live».
- **Barspé**: meal served by students
- **Tkt:** (t'inquiète) which means «don't worry'
- **Carrément:** it means "really" or a really strong "sure !"
- **Je suis chaud:** it literally means "I'm hot" but be careful, because it stands for "I'm really eager to do what you say"
- **GPA:** 'Gentil Première Année' in French, which stands for Nice First-year Student
- **GDA:** I let you guess this one
- **RDV**: a meeting (un 'rendez-vous' in French)
- **MDR**: («mort de rire»), means dying of laughter. Often used by texts to say that something is funny.
- **PTDR:** («pété de rire»), means exploding of laughter.
- **Depaps**: means that you won't come (example: j'ai depaps le cours d'anglais - I haven't been to my English lecture)
- **Bde tocard**: a really nice slogan to laugh at the Student Council
- **Nickel:** Means the same as «perfect»
- **AdR:** (Association des Résidents) The association in charge of the organisation of parties
- **Nano:** smaller AdR parties
- **Bang:** big AdR parties
- **Mec/Meuf:** guy/girl
- **Rattrap / Rattrapages:** retaking exams
- **Partiels:** exams

STUDIES

11.1 Holidays/Academic Calendar

1st and 2nd year:

CHANGE: 31st of August

The academic year 2025/2026 classes will begin on September 1st and continue until June 12th. Students will have the opportunity to extend their studies during the reexamination period, which will last until June 26th. Don't buy your flights back home before being sure you won't have any reexaminations. During the year, there will be several holiday periods:

NEW HOLIDAY DATES:

Toussaint: 27oct - 02nov. 26oct - 01nov
Noël: 22dec - 04jan. 21dec - 03jan
Hiver: 23feb - 28feb. 15feb-21feb
Paques: 20apr - 26apr. 12apr - 18apr

3rd year:

CHANGE: 1st of September

The academic year 2024/2025 classes will begin on September 2nd and continue until April 17th. After that, students will begin the 6-month internship (mid-April until late September approximately). The internship defense will be scheduled in October or November 2025.
Holiday period:
Dec 22 - Jan 4

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When the course starts, we highly recommend you to go on edunao.cs (https://centralesupelec.edunao.com) and see all the calendars posted, one of them includes details about classes and exams you are going to have each day, so it is very important for you to see it if you want to be well organized.

11.2 CS Curriculum (students point of view)

With a heavy focus on the treatment of complex systems, the curriculum demands higher levels in mathematics and physics. In order to adapt to the diversity of students profiles, a variety of measures were put in place, allowing students to acquire notions gradually and at their own pace:

- Reinforced teaching methods and tutoring
- Support for the professional projects
- Personalized student supervision
- BasiCS: The Summer School on Mathematics and Physics offered by CS during Summer at the CAVILAM Alliance Française. You will be automatically registered at the BasiCS if you participate at CAVILAM.

11.3 The Importance of Getting a Good Grade for Degree Seeking Students

If you come for the Double Degree 1st and 2nd year, when you finish 1st year you will be asked to choose your next Challenge Term, but this assignment is made by ranking (people with the better marks choose first). That's why we encourage you to tackle this course with motivation and study from the beginning.

If you want to have a good ranking, you normally need an average grade of 12.5 or 13 out of 20 in this matrix.

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11.4 Important Things to Take in Account (Advices from Students)

It's crucial to understand the grading system and how it can impact your overall grade. In many subjects of the engineering programme, a significant portion of the final grade is often determined by a continuous mark. This mark, usually comprising 20-30% of the total mark for international students, holds tremendous potential to bolster your final score (a max of 6/20 already!!!). For the most difficult subjects getting a good grade on the continuous assessment can be your lifesaver if you underperform on the final test (just imagine having a 20/20 on the continuous mark with 30% and a 6/20 on the final test, that makes a 10.2/20 of overall grade!!).

Another crucial aspect to consider is the intensive rhythm of the course and the scheduling of final tests. These exams are often strategically placed before or after holidays (mentioned earlier), and are typically compressed within a short time frame of just 2 to 3 days (for example, the SG tests are the same day and each one have a duration of 3 hours). The accelerated pace of the course further compounds the pressure, with just 5 weeks of classes culminating in the final test. So you can't skip a week of class like nothing is gonna happen. Moreover, reexamination tests are scheduled either in the same week or a week prior to the subsequent final test. In addition, the reexamination mark typically accounts for 20% of the initial mark, regardless of its value, while the remaining 80% is based on the subsequent final test. That's why we recommend you to work hard from the beginning and try not to fail the first exam.

11.5 I Have a Question or a Difficulty

If you need to talk to someone because you have problems and this affects your performance in studies you can contact, wherever you are, cellule-accompagnement@centralesupelec.fr.
For any academic issue:
1st year students: virginie.marchal@centralesupelec.fr
2nd year students: christophe.launois@centralesupelec.fr

11.6 I want to Provide a Feedback

All the international students have one class delegate who is a member of the BDI. This student represents you to the administration and helps you if you have any problem: Rayen Soufargi(rayen.soufargi@student-cs.fr).Iffacingacademicissues,degree-seekingstudentsshould contact the BDI studies division or Marisol Verstraete (marisol.verstraete@centralesupelec.fr).

CONCLUSION

We would like to thank PiCS for the amazing photos they provided for this guide. We would also like to thank the PRI for their contribution to this guide and proofreading.

We hope that this guide was useful for you. We advise you to keep it on your computer or your phone in case you need any information. We are looking forward to meeting you and we are sure you are going to have a great time here!

The BDI is organizing an incredible international integration week for you all: you will discover the campus and make friends. Games, meals, visits to the city center and parties will be waiting for you from August 25th to the 30th.

The international kiss.

