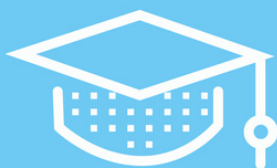


CUEF
de Grenoble

Vivre le français
au cœur des Alpes

CUEF Practical guide



This guide will help you find your way in your new
Grenoble environment.

We are here for all your questions and we wish you an
excellent stay with the CUEF!

CUEF Reception and Student Life office:

<https://cuef.univ-grenoble-alpes.fr/en/>

UGA reception and information area:

<https://etudiant.univ-grenoble-alpes.fr/>

Information for the UGA international community:

<https://international.univ-grenoble-alpes.fr/english/>



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Transportation

Airports:

- Lyon Saint Exupéry:
<https://www.lyonaeroports.com/>
- Grenoble Alpes Isère:
<http://www.grenoble-airport.com/>
- Regular shuttles between the airports and the Grenoble train station.
More information: <https://www.lyonaeroports.com/en/access-transports/all-means-transport>
and
<https://www.actibus.com/navette-aeroport-grenoble/>

Mvélo+:

- Bicycles can be rented for any duration (1 day, 1 or several months, 1 year).
- The campus agency: Tram B and C, stop "Bibliothèques universitaires".
- Opening hours : Mon. to Fri. :
11:30am-2:00pm and 2:30pm-6:30pm /
except on school vacations

The M réso (public transport in the Grenoble area):

To get to the CUEF:

- Tram B towards "Gières Plaine des Sports"
- Tram C towards "Condillac Universités"

Stop "Condillac Universités"

- Buses C5 - C7 -23

Stop "Universités Biologie"

Buy your ticket or subscription from a retailer, at a vending machine, in our Mobility agencies, by mail or on your mobile.

Fare: <https://www.tag.fr/67-un-tarif-pour-chacun.htm>

M Réso Service Points:

- The Mobility Agency downtown: Tram A, B, D and E, stop "Alsace Lorraine"
- Agency near the University: Relais M at Tabac - campus newspaper stand. Tram B and C, stop "Bibliothèques universitaires".
- Information on: <https://www.reso-m.fr/>



Accommodation

Homestay:

- With breakfast: 28€ /night
- With breakfast and dinner: 38€/night

Student Residences:

- Houille Blanche Residence:
<http://www.rhbgrenoble.com>
- CROUS Residences

Subject to availability. Contact us for more information and for accomodation listing.

Campus Maps

A campus tour is organized for each new course session.

CUEF Address:

1491 rue des résidences
38400 Saint Martin d'Hères
Stendhal Building
Ground Floor H - Office H014

Opening hours:

- Monday to Thursday: 8:15am - 12:45pm / 2:00pm - 5:15pm
- Friday: 8:15am - 12:45pm / 2:00pm - 4:00pm





University restaurants and cafeterias

Food services near the CUEF :

- **Stendhal cafeteria:** next to the CUEF
1491 rue des résidences
- **Diderot Restaurant:** 40 rue des universités
- **Intermezzo Café :** Avenue centrale
- **Tutti Quanti Café:** Condillac residence
1364-1390 rue des résidences
- **Café Littéraire :** behind the Law and Literature library - 1361 rue des résidences

Menus and other information:
<http://www.crous-grenoble.fr/restauration/>

Opening dates and hours according to the time of the year.

Payment by card only. No cash.

The IZLY card and app enable you to enjoy the student fees.

They are available if you have an European bank card. Card recharge by cash is possible at the **reception of the Condillac residence Mondays and Fridays, from 9am to noon.**

Buy your Izly card (3.30€) at the **Diderot restaurant** upon presentation of your CUEF student card or **download** the Izly app

Libraries

These campus libraries are open to the CUEF students:

BULLES - Sciences du langage - Learner's space
Building C, ground floor



- SoCLE Library: F202
- Library Droit-Lettres: 1130 avenue centrale
- Joseph-Fourier Library: 1 place centrale

Student Tools

Students have an intranet at their disposal LEO: <https://leo.univ-grenoble-alpes.fr>

Connect with your username and password to:

- Test results
- Access to timetables and UGA student email
- Links to various UGA tools and resources

The course calendar and the program of activities of the CUEF are available on the CUEF website

A complaint form is available on the CUEF website

Health and Insurances

During your stay in France you need to be insured: **health, accommodation, day-to-day life**, etc.

Various options are possible or mandatory, depending on your status.

Do not hesitate to contact us and ask for advice.

If you are taking courses for more than 3 months, the French health insurance is compulsory: https://youtu.be/Q_p3s27wuoA

Our buildings are accessible to people with reduced mobility

If you need help with your medical, psychological or social well-being, please check out the campus

health center (centre de santé): <https://centre-sante.univ-grenoble-alpes.fr/> - MUSE - 80 Allée

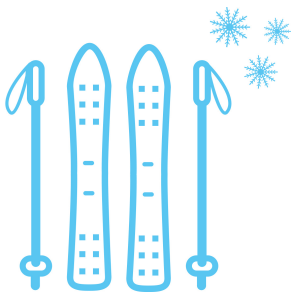
Ampère - Saint-Martin-d'Hères - Tram (B & C) Gabriel Fauré - Muse

Services

- Grenoble Lost and Found: <https://grenoble.franceobjetstrouves.fr/en/>
- Supermarket Intermarché St Martin d'Hères, Bus C5, 15 and Tram C and D, stop "Neyrpic Belledonne"
- Banks and ATMs, Mvélo+ (bicycle rental), laundromats, restaurants, newspaper stand: Avenue centrale, Tram B and C stop "Bibliothèques universitaires"

Emergency numbers

- | | |
|--|---|
| <ul style="list-style-type: none">• Campus guards: 04 76 82 82 82• Police: 17• Fire: 18• Emergency Medical Services (SAMU): 15 (from a landline) - 112 (from a cell phone)• Grenoble University Hospital Center (CHU de Grenoble) : 04 76 76 75 75• 24/7 doctors : 04 38 701 701• Emergencies For people who are deaf, or hard of hearing: 114 (SMS or fax)• Emergency Accommodation (SAMU SOCIAL): 115 | <ul style="list-style-type: none">• <u>Drugs Info service</u>: 0 800 23 13 13• <u>Tobacco Info Service</u>: 39 89• <u>Aids Info Service</u>: 0 800 840 800• <u>Emotional support service</u>: 09 72 39 40 50 ou by tchat• <u>Sos Homophobia</u> : 01 48 06 42 41• <u>Poison Control Center</u>: 04 72 11 69 11• <u>All-Night Pharmacy</u>: 3237 |
|--|---|



Activity and tourism

Check out the rich and varied programs!

Sports and cultural activities, events, excursions and tours are organized by the **CUEF**

The campus activities can help you **discover the multiple aspects of our beautiful region. All kind of sports** are available on campus:

- Campus Pool
- Interuniversity services of physical activity and sports : Service interuniversitaire des activités physiques et sportives (SUAPS)
- Crous Sport
- U-Glisse
- Grenoble University Club (GUC)
- Forum for sports in September and in January
- Espace de vie étudiante (EVE) - Student life space : <https://eve-grenoble.fr/>
- International students association - IntEGre: <https://www.integre-grenoble.org/>
- <https://culture.univ-grenoble-alpes.fr/>



Espace Vie Etudiante



Grenoble and the Alps Tourist Office, partner of the UGA

- 14 rue de la République - Grenoble
- Tram A and B , stop "Hubert Dubedout - Maison du Tourisme"
- www.grenoble-tourisme.com/en/
- Isere Tourism : <http://www.isere-tourisme.com/>
- Grenoble house of mountains : <http://grenoble-montagne.com/>
- Weather: <https://www.meteo-grenoble.com/>



Contacts

- **Physical address:**

CUEF - Université Grenoble Alpes
1491 rue des résidences
38400 Saint Martin d'Hères

- **Mailing address:**

CUEF - Université Grenoble Alpes
CS 40700
38058 Grenoble cedex 9

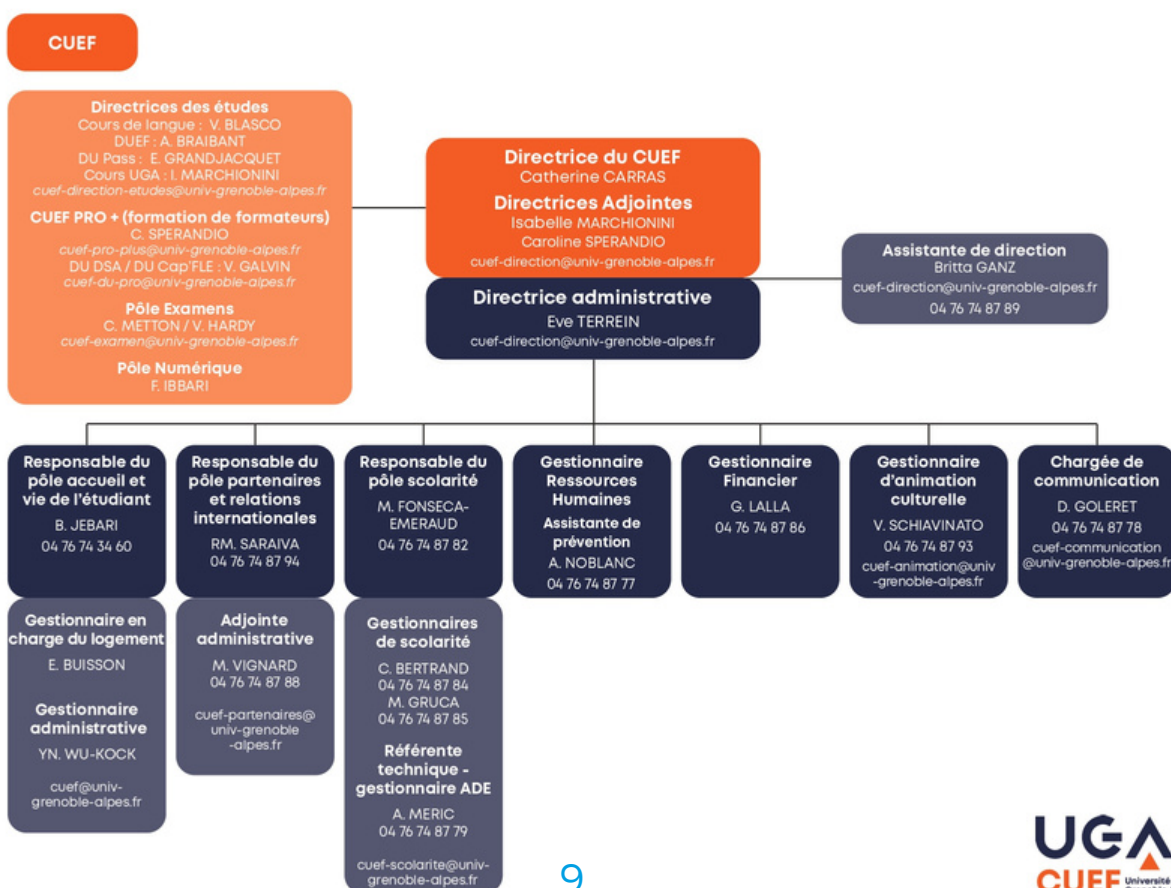
Phone: +33 (0)4 76 74 34 60

Email: cuef@univ-grenoble-alpes.fr

At the end of each course, a satisfaction questionnaire will be available online to allow you to help us improve the quality of our services.

Find us on our website: <https://cuef.univ-grenoble-alpes.fr/>

Follow us on:





Welcome and enjoy your stay at the CUEF!

The CUEF of Grenoble...

1st

FLE centre in France, created in 1896

more than 2000

students per year

35

teachers and trainers to train you

117

nationalities

15

administrative staff to guide and help you

350

exam candidates (DELTA - DALF - TCF)

