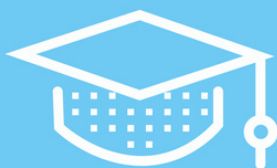


**CUEF**  
de Grenoble

Vivre le français  
au cœur des Alpes

# CUEF Practical guide



[cuef.univ-grenoble-alpes.fr](http://cuef.univ-grenoble-alpes.fr)



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:**

[cuef@univ-grenoble-alpes.fr](mailto:cuef@univ-grenoble-alpes.fr)

**iCampus - UGA Welcome Center:**

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

**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-transport/all-means-transport>  
and  
<https://www.actibus.com/navette-aeroport-grenoble/>

## Métrovélo:

- Bicycles can be rented for any duration (1 day, month, trimester or year).
- The agency Métrovélo is on campus: 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 TAG Network (Grenoble public transportation):

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 "Gières Universités Biologie"

Tickets can be purchased at the ticket machines at the tram stops.

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

## TAG Service Points:

- The Mobility Agency downtown: Tram A and B, stop "Alsace Lorraine"
- Agency near the University: TAG office at Tabac - campus newspaper stand. Tram B and C, stop "Bibliothèques universitaires".
- Information on: <https://www.tag.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

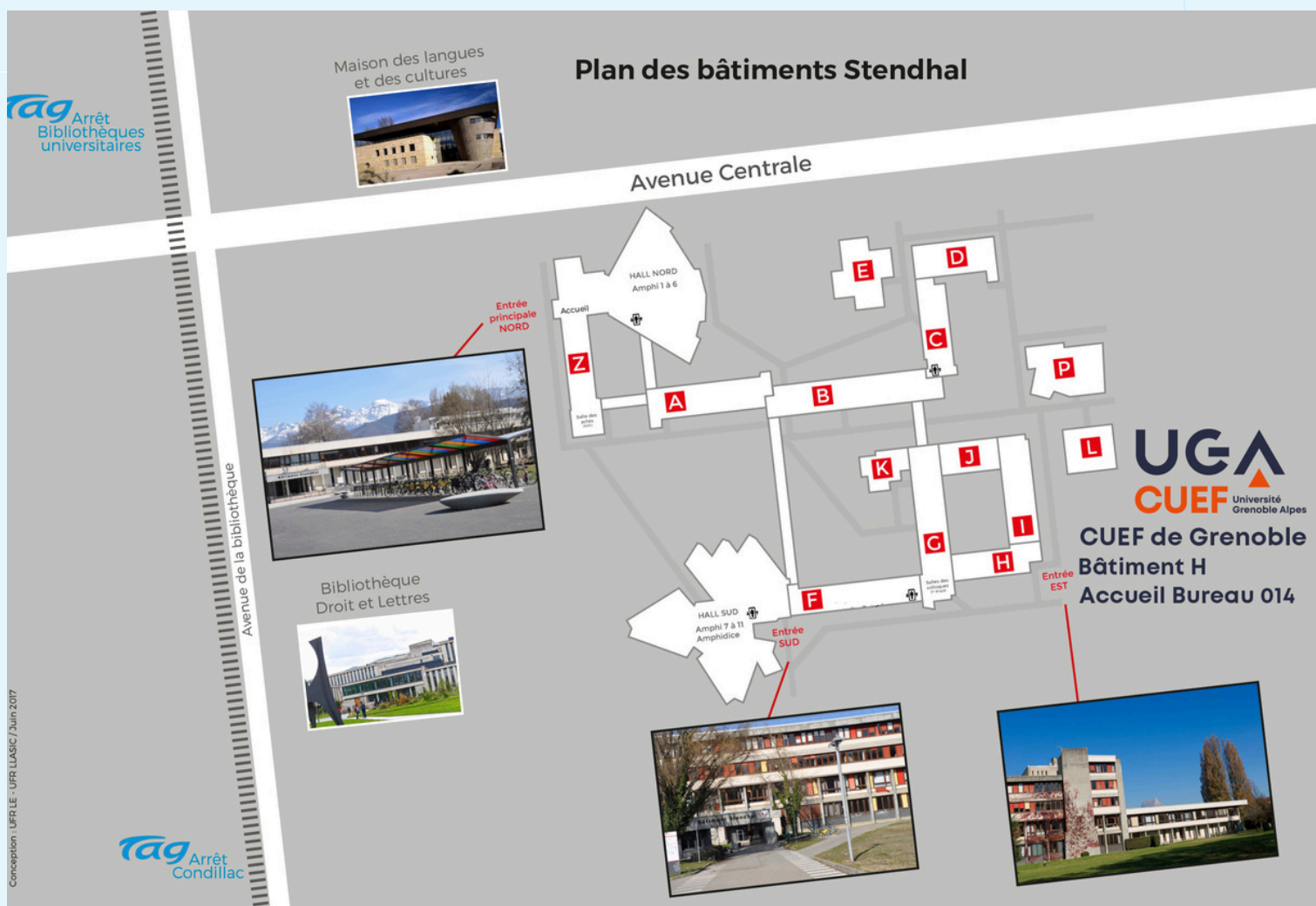
A campus tour is organized for each new course session.

## 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



- Foreign Languages Library: F202
- Library Droit-Lettres: 1130 avenue centrale
- Joseph-Fourier Library: 915 avenue centrale

# Student Tools

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

Connect with your username and password to:

- Test results
- Access to timetables
- 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](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

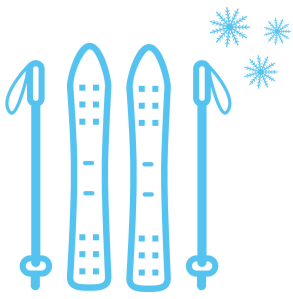
Ampère - Saint-Martin-d'Hères - Tram stop (B & C) Gabriel Fauré

## Services

- Grenoble Lost and Found: 04 76 46 74 97 and <https://grenoble.franceobjetstrouves.fr/en/>
- Supermarket Intermarché St Martin d'Hères, Bus C5, 15 and Tram C, stop "Neypic Belledonne"
- Banks and ATMs, Métrovélo (bicycle rental), laundromats, restaurants, newspaper stand: Avenue centrale, Tram B and C stop "Bibliothèques universitaires"

## Emergency numbers

- 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
- Drugs Info service : 0 800 23 13 13
- Tobacco Info Service : 39 89
- Aids Info Service : 0 800 840 800
- Emotional support service: 09 72 39 40 50 ou by tchat
- Sos Homophobia : 0 810 108 135 or 01 48 06 42 41
- Poison Control Center: 04 72 11 69 11
- All-Night Pharmacy: 0 825 74 20 30 ou 3915



## Activity and tourism

Check out the rich and varied programs!

Sports and cultural activities, events, excursions and tours are organized by the **CUEF Foyer culturel** (H001).

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
- Grenoble University Club (GUC)
- Forum for sports in September and in January



**Espace Vie Etudiante**

- 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/>



### 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/](http://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](mailto: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 (DELF - DALF - TCF)

