



LITTLE *survival* GUIDE

for international students



utbm
université de technologie
Belfort-Montbéliard

2025 VERSION

Welcome to France!

To help you navigate through the many peculiarities of French culture, we've made you this little survival guide. You don't know where to buy food? You need help to manage your administrative procedures? You've just been invited by a friend and don't know what to do? Do not fret, all the answers you need are here!

Little tips on French culture

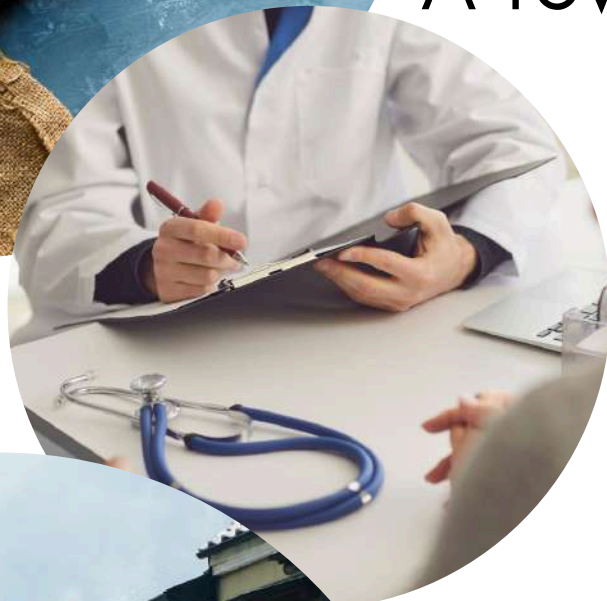


The food

A few social tips

Holidays

A few French words



Healthcare



Shopping

Groceries

Furnitures and clothes



The boring but important stuffs

Administrative to do list

Waste sorting

A few rules to follow



Useful contacts

The food

Baguette, wine and cheese... France is indeed the country of fine dining and culinary pleasure. Whether on a trip or on a daily basis, here, eating is all! So don't forget to taste each regions' specialities while travelling.



Montbéliard and Morteau sausages



Cheeses : comté, morbier, cancoillotte



Franche-Comté's fondue



Mont d'Or in the oven



Potatoes pancakes



Yellow wine of the Jura



Franche-Comté's delicacies

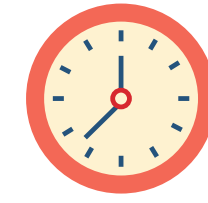
Daily meals

Drink + sweet food

The perfect occasion to try the famous croissants



Breakfast



7 - 8 a.m.

Starters + main dish + cheese + dessert

Shared during the sacred "pause midi" (lunch break) of one hour, it is a great moment of friendship and conviviality



Lunch



12 a.m - 2 p.m

Drink + sweet food

A nice snacking moment, made for children but adults enjoy it too!



Goûter



4 - 5 p.m.

Drinks (alcoholic or not) + snacks

Fun and light moment, precedes lunch or dinner



Apéro



6 - 7 p.m.

Starters + main dish + cheese + dessert

Shared with friends, it can end late at night



Dinner



7:30 - 9 p.m.

Greetings



Between friends, you can do “la bise”
(a kiss on each cheeks)

At work, an handshake would do fine



Invitation

Congratulations, you’ve just been invited at someone’s house! Don’t come empty-handed! Bring a bottle of wine, flowers, offer to cook a dish...



At the restaurant



Thirsty? Ask for a water carafe, it’s free!



Bread is free, help yourself!



Coffee at the end of a meal is charged



To pay, go to the counter. Tips aren’t mandatory, but you can leave a small one if you liked the service (<10€)



Holidays calendar

In France, we have many holidays! Most of them come from christianism and are days off.



August 15th Assumption



Nov. 1st Toussaint



Nov. 11th Armistice 1918



Jan. 1st New Year's Eve



Jan. 6 Epiphany*



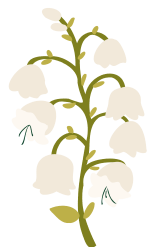
Dec. 6th Saint Nicholas*



Moving Easter



Dec. 25th Christmas



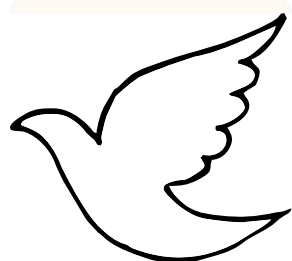
May 1st Labor Day



May 8th Victory Day (1945)



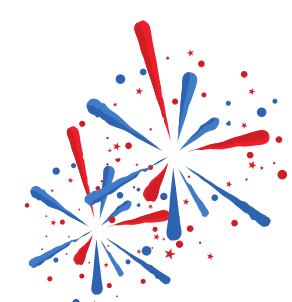
Moving Ascension



Moving Pentecost

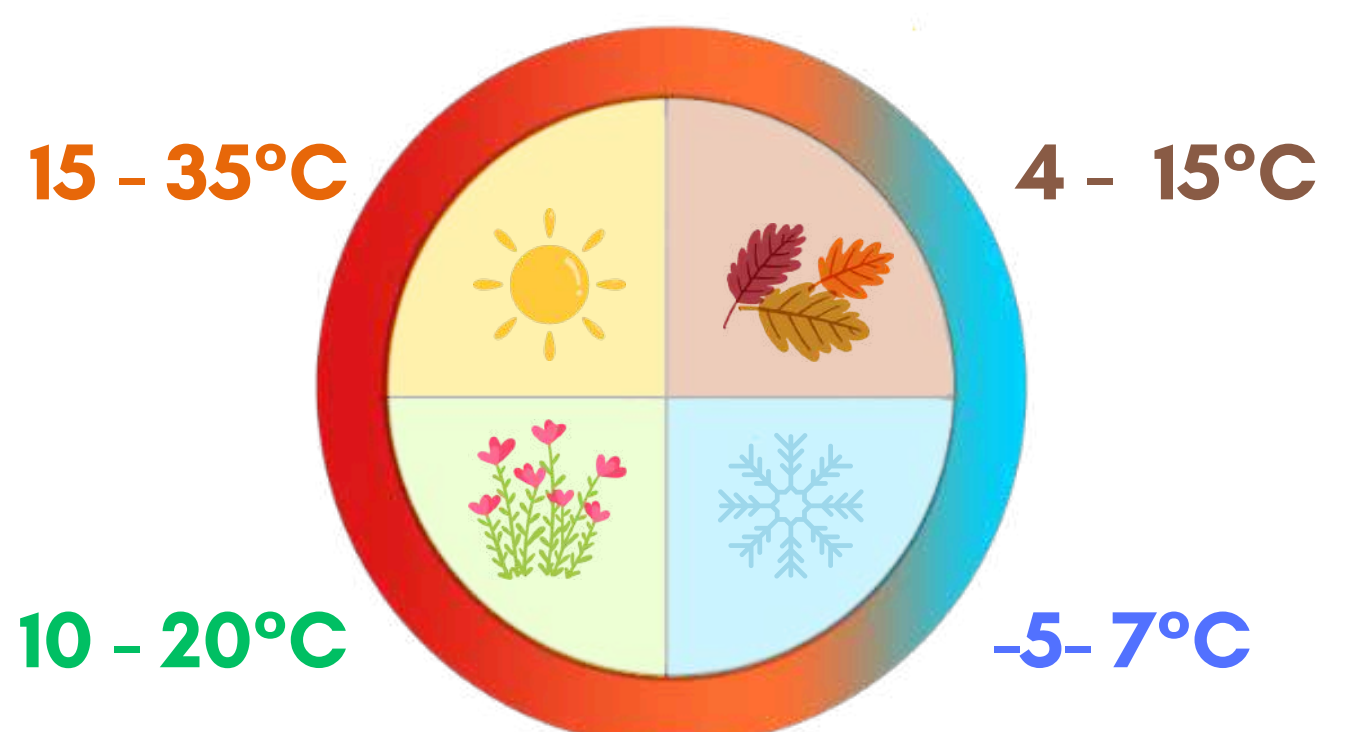


June 21st Music Day*



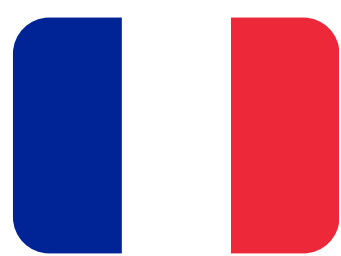
July 14th National Day

Seasons in Franche-Comté



A few French words

As you will quickly realize, French people do not like to talk in English. Here are a few words that will get you by.



Bonjour

Bonsoir

Au revoir

Salut

S'il vous plaît (formal)

S'il te plaît (informal)

Merci

Non, merci

De rien

Pardon

A vos souhaits (formal)

A tes souhaits (informal)

Une baguette s'il vous plaît



Good morning

Good evening (after 5 p.m.)

Goodbye

Hi / Bye

Please

Thank you

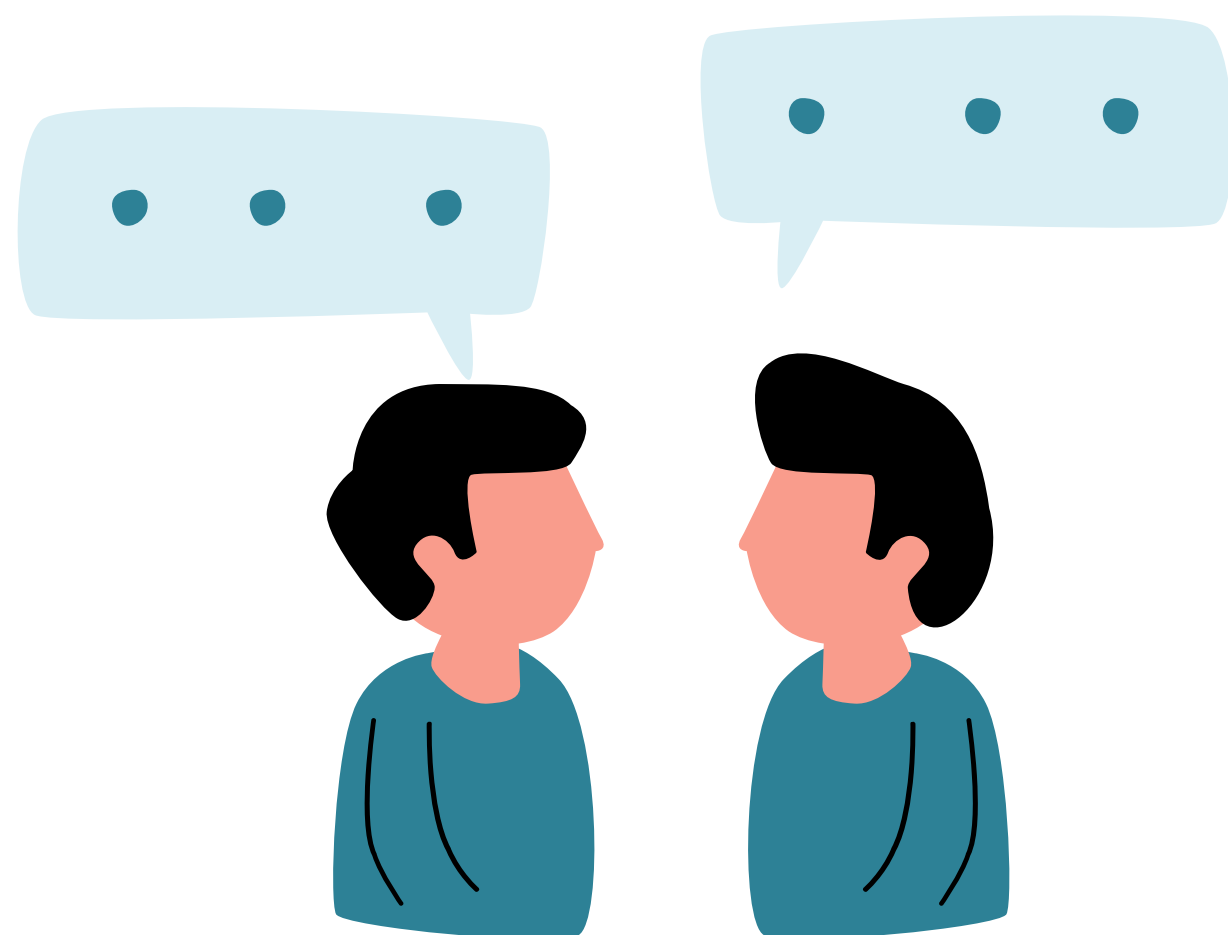
No, thank you

You're welcome

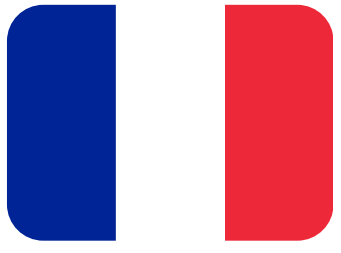
Sorry

Bless you

A baguette please



At the restaurant



Pour X personnes s'ils vous plaît

For X people please

A emporter

To go

Sur place

To eat here

Je voudrais [...]

I'll take [dish name]

Une carafe d'eau s'il vous plaît

A carafe of water please

**Je voudrais un dessert / un café /
un thé s'il vous plaît**

I'll have a desert / a coffee / a tea
please

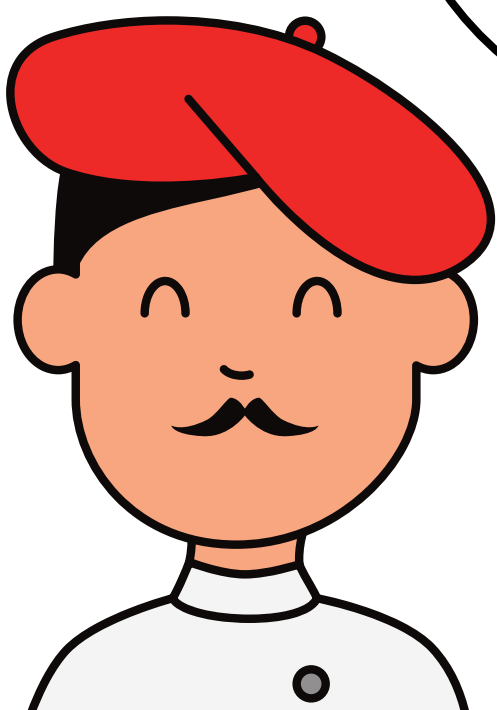
L'addition s'il vous plaît

The check, please

**Je peux avoir le reste à emporter
s'il vous plaît?**

Can I have the rest to go please?

**Want to learn more
French? Register in
our French classes!**



Healthcare

1

At the end of a consultation, I give my Carte Vitale
(or European Health Insurance Card)

2

I pay in advance
(except if I'm at the hospital)

3

I get reimbursed on my bank account



Go to **contractual practitioners only**

You will always have remaining costs ($\approx 30\%$). You can subscribe to a **Mutual health insurance** for a better reimbursement

Not all practitioners are reimbursed :

REMBOURSEMENTS
prestations et aides

With the Social Security, you are covered in Europe. **If you travel outside of the European Union, don't forget to subscribe to an international health insurance!**



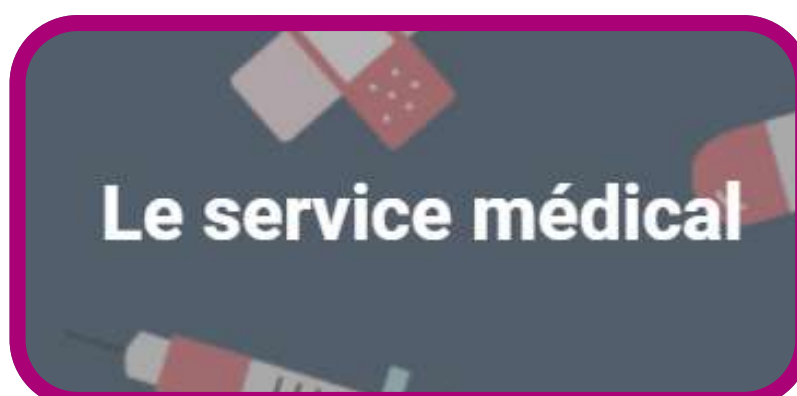
For minor cases, don't hesitate to go to **pharmacies** first! It is free and without appointment.



Go to the hospital in case of emergency only! Otherwise, opt for a **general practitioner** or **doctor on call** (3624, in the evenings and weekends)



More information



Schedule an
appointment with a
UTBM doctor



Schedule an
appointment with a
practitioner



Grocery shopping



Do you want to discover the local products? Go to the markets!

BELFORT MONTBELIARD

Supermarkets



Don't forget to ask for a loyalty card!



Buy reusable bags

Good to know!



Tap water is drinkable



Votre texte de paragraphe



€€€€€€

As a supplement

€€€€€

As a supplement

€€€

Regional products

€€€

Local producers

€€€

Frozen food

€€

Daily groceries

€€

Daily groceries

€€

Daily groceries

€

Cheap but fewer choice

€

Cheap but fewer choice

Furnish your home

La Ressourcerie

€ Second-hand furniture shop

📍 9 Rue de Budapest, 90000 Belfort

Action

€ Very cheap furniture store

📍 15 Rte de Montbéliard, 90400 Andelnans
15 av Altkirch, 90000 Belfort



Buying second-hand clothes

Onlimi

€ Upcycling and Second-hand

📍 <https://www.inser-vet.com/>

Label Fripe

€ Second-hand

📍 Rue des Prés, 90400 Andelnans



Vinted

Application to buy and sell second-hand



In France, most of the transactions are done by **card**. But if you go to the bakery or the market, don't forget to bring some cash!

Administrative to do list



I apply to a Visa



- ☐ I check that my passport is valid for at least three months after my return date
- ☐ I contact the closest French Embassy and apply to a Visa
- ☐ I get my Visa
- ☐ Once arrived in France, I validate my Visa online on the ANEF website

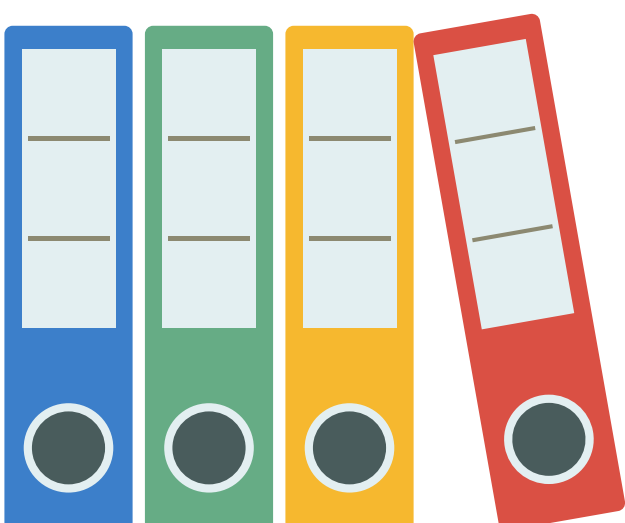


I find an accommodation



Be careful about the **opening hours** of your accommodation!
You will probably have to spend your first night at a hotel

- ☐ I look for an accommodation at Neolia or Crous and file my application
- ☐ I apply to Visale to get a guarantee
- ☐ I subscribe to an accommodation insurance with civil liability
- ☐ I pay for my deposit and my first month rent
- ☐ I do my inventory / check-in and retrieve my keys
- ☐ I apply to APL (CAF) to get reimbursed of a part of my rent
- ☐ One month before my return, I send my leaving notice for the accommodation and insurance
- ☐ I do my leaving inventory, return my keys and get my deposit back





I protect myself!

☐ I ask for my European Health Insurance Card



☐ I subscribe to an international health insurance for one and a half month



☐ I make sure to be covered in case of repatriation or accident



I register at the UTBM



I register to the Social Security



☐ Once arrived in France, I register on www.ameli.fr

☐ I get my Carte Vitale and can be reimbursed of my medical fees up to 70%

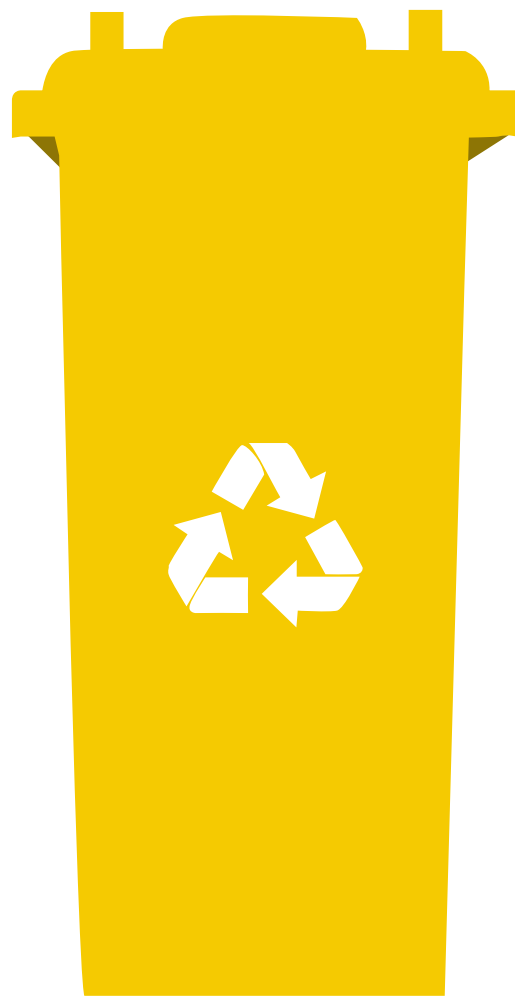
☐ If I want, I subscribe to a Mutual Health Insurance to get a better reimbursement



A question? A doubt? All the procedures are explained in the students guides!

Waste sorting

Yellow bin



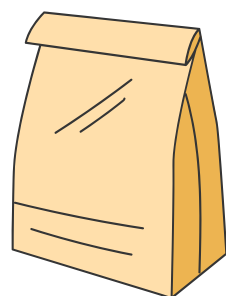
Food bricks



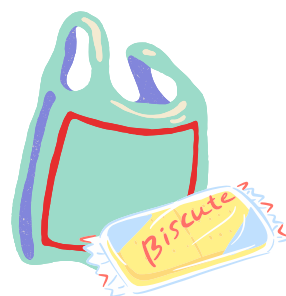
Plastic bottles



Cans



Fast-food packaging



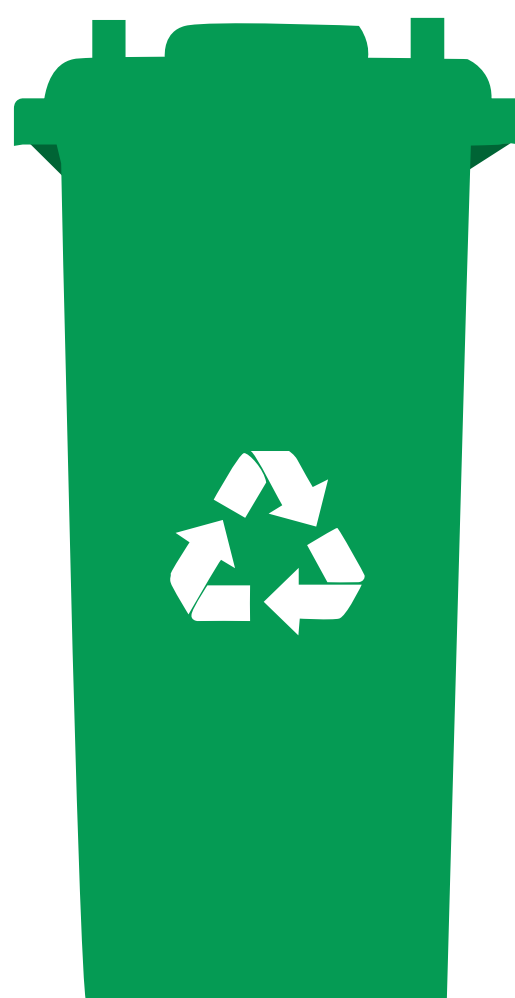
Plastic packaging



Paper and cardboard

FOR BULK DISPOSAL

Glass bin



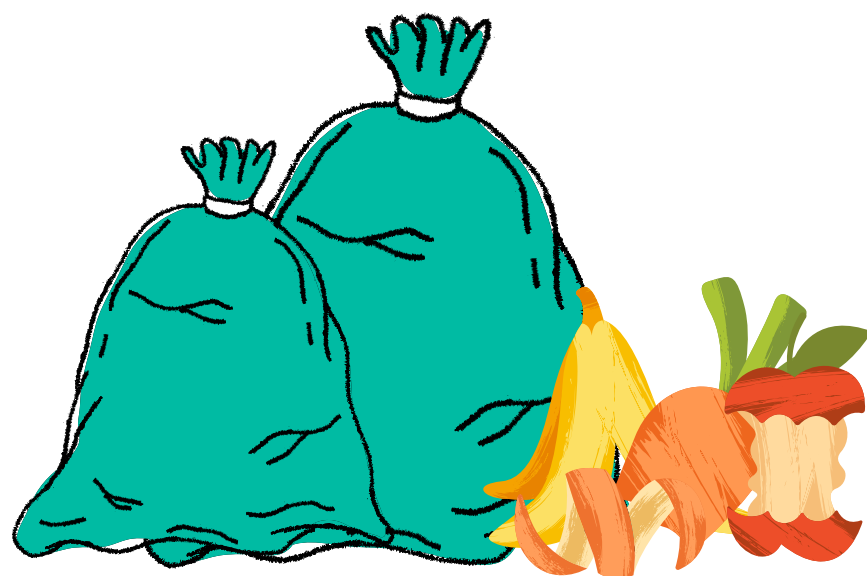
All glass packaging

**WITHOUT THE CAPS
AND LIDS
(yellow bin)**



Map of glass bins

Garbage bin



All the remaining garbage, including food waste



Write **STOP PUB** on your postmail to limit waste

A few rules to follow



Do not throw your garbage in the street or in nature



Cross the road at crosswalks and only when the light is green



Do not spit or urinate in the street



Sneeze in your elbow



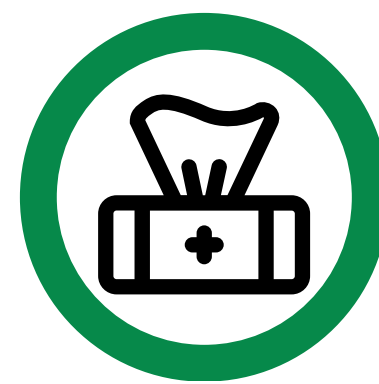
Do not make too much noise between 10 p.m. and 7 a.m.



Say bonjour/au revoir to shopkeepers



Do not be drunk on the public highway



Blowing your nose in public is allowed



Do not smoke in public spaces



Give way to the elderly, the disabled and pregnant women



Always lock your door and never leave your belongings unattended



Useful contacts



You are an **international student** and you **need help?** We welcome you by Teams or in Belfort (E209).
Make appointment and come to see us! 😊

BOOKING AN APPOINTMENT



Campus France
www.campusfrance.org/fr



Étudiant.gouv.fr
<https://www.etudiant.gouv.fr/fr>



Welcome Club
@club.welcome
Club Welcome - AE UTBM



The IRO
(International Relations Office)
relations.internationales@utbm.fr



Le BIJ
(Bureau Information Jeunesse)
3 Rue Jules Vallès,
90000 Belfort



Tourist Offices
Belfort
Montbéliard

EMERGENCY CONTACTS

	18		112
	17		15

ENJOY!

