



Sciences Po Strasbourg

École

de l'Université de Strasbourg

Visiting Students' Guide

2026-2027



WELCOME TO SCIENCES PO STRASBOURG

Hello, future Sciences Po Strasbourg student! You will join us this semester or this academic year, and this guide is made to help you prepare your arrival in France. You will find everything you need regarding your studies in our university, housing, and daily life. If you have further questions, do not hesitate to contact us, and we'll do our best to help you!

The Office of International Relations is open from Monday to Friday: you have to go to **the third floor of the Cardo (the Sciences Po Strasbourg Building), office 333, and ask for Madame Michelle Benoit.**

For all other questions, you can contact the **International Students Office** (Bureau des Étudiants Internationaux, or BEI) – **Agathe and Victor**. We oversee the reception, integration and well-being of international students at Sciences Po Strasbourg. Do not hesitate to contact us through our social networks! We will also be holding "office hour" throughout the year; we will let you know the date and location!

Instagram: @erasmus.sciencespo

WhatsApp:

- **Agathe: +33 6 21 14 54 26**
- **Victor: +33 6 41 10 00 23**

And don't forget to **join our WhatsApp group** with all the international students. A lot of information will be transmitted through this group!



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MOVING IN

Finding accommodation and settling in Strasbourg can seem overwhelming at first! This section aims to help you into this step by providing practical information about renting in France, housing assistance, insurance, banking and mobile phone services.

HOUSING IN STRASBOURG

INFORMATION ABOUT RENT IN FRANCE

In France, before entrusting you with the keys of the accommodation which you are renting, rental agencies request a **security deposit** called the “**caution**” which is equivalent to a month’s worth of rent. Your “**caution**” will be reimbursed upon departure if your accommodation is in the same condition as upon check-in (some landlords do not debit the guarantee from your account unless damage is found). The condition of your accommodation will be evaluated by the landlord or the rental agency according to the **check-in inventory** (called “*état des lieux d’entrée*”) made upon your arrival. To rent a studio or an apartment, you must subscribe to a **home insurance plan** and sign a **lease contract** which commits you to stay in said accommodation for a determined amount of time. Make sure to read your lease contract thoroughly and to specify the duration of your stay with your agency or your landlord. During the check-in inventory, be attentive and don’t be afraid to indicate any damage you notice in your accommodation (damaged furniture, stains, holes, cracks, splits ...). This is important because if any damage isn’t inventoried, you might be considered responsible for said damage, and your security deposit might be cashed in by the agency or landlord. But generally, they don’t keep your caution unless you’ve caused major damage.

NB: If you must release your apartment before the date specified on the lease contract, you must notify your landlord or your rent agency of your premature departure. For furnished accommodation, the minimal period of notice is **one month prior to departure**. You may modify the date of your departure by notifying the landlord or the rent agency by registered mail (*courier recommandé*). However, this isn’t the case in all contracts, so you should check the terms of your own.

FINANCIAL ASSISTANCE FOR ACCOMMODATION

If you are a student who is a national of a country in the European Union, the European Economic Area, or Switzerland, you are eligible for housing assistance through the **Aide personnalisée au logement (APL)**.

If you are a student who is a national of a country outside the European Union, the European Economic Area, or Switzerland, and have a residence permit issued for studies, you are eligible for housing assistance through the **Aide personnalisée au logement (APL)** only if you receive a CROUS need-based scholarship (*bourse sur critères sociaux*). Exchange students are generally not eligible for CROUS need-based scholarships, so they are usually not eligible for APL.

Additional information about APL for eligible students: Applications must be submitted to the Caisse d’Allocations Familiales (CAF). The amount of assistance depends on the cost of your rent, your financial resources, and the type of accommodation you are renting. Before signing a lease, make sure to ask the landlord whether the accommodation is eligible for APL. It is recommended that you apply for housing assistance as soon as you have moved into your accommodation. The first housing assistance payment is usually made about two months after your application. If you are living in a shared apartment (colocation), each roommate may receive housing assistance. Each person must submit their own application in their own name. The amount of assistance is calculated based on the share of the rent paid by each roommate.

For further info, please visit the CAF's website. You have to enter the "code postal" (postcode) first, which is 67000 for Strasbourg, and then follow these steps: "Aide et démarches" → "Mes démarches" → "Logement" → "Demande d'aide au logement" (at the end of the page) → "Faire la demande"

WHERE TO FIND ACCOMMODATION?

The CROUS of Strasbourg offers a wide array of accommodations which are attributed to residents according to social and academic criteria. Students from countries sharing reciprocal agreements with France (Boursiers du gouvernement français BGF, Erasmus Mundus...) benefit from housing priority within the CROUS accommodations.

Student residences: these accommodations are open to all and offer furnished rooms or studios for prices slightly below market levels. For further information, please visit the website of the association of student residences.

The university offers also some advice and also association and organization which can help in case of urgent situations : <https://www.unistra.fr/en/node/1819/find-accommodation>

Main real estate advertisement websites

Le Bon Coin : <https://www.leboncoin.fr/>

Se loger.com : <https://www.seloger.com/>

To share with roommates:

<https://www.appartager.com/>

<https://www.lacartedescolocs.fr/>

You can also check on Facebook on specific groups like Strasbourg Appartement, Chambre, Sous-location, Colocation, Maison à louer or ask people on regular Facebook groups (Étudiants Strasbourg, Sciences Po Strasbourg, Sciences Po Strasbourg - ERASMUS...).

 Be careful with housing scams: When looking for an accommodation, be cautious if the photos seem "too perfect," if the person insists that you use only your personal email address, or if they ask you for money in advance, before any visit and signing of a lease, for example to book a visit. This is very often a scam. Never send money before you've conducted a proper visit and signed a lease!

HOME INSURANCE (ASSURANCE HABITATION)

It is mandatory for CROUS accommodation, and also for private housing. This insurance provides protection in case of damage or incident in your house. This insurance also covers civil liability insurance and is requested when you register at the university. To find a home insurance policy, you can visit online comparison websites (for example, <https://selectra.info/assurance> or <https://www.lelynx.fr/assurance-habitation/>) or go directly to the websites of insurance companies.

OPENING A BANK ACCOUNT IN FRANCE

Opening a French bank account is not mandatory. However, you will need a French bank account to receive housing assistance (APL), if you are eligible.

When opening a bank account, you can choose between:

- a traditional bank (such as La Banque Postale, Crédit Agricole, Caisse d'Épargne, BNP Paribas...)
- an online bank or neobank (such as Revolut, BoursoBank...), which often offer free accounts and can usually be opened more quickly. Also, the exchange rate between currencies are usually better with these types of bank.

Before choosing a bank, make sure that it provides you with a French IBAN, depending on your needs.

To open a bank account, you will generally need the following documents:

- Your passport
- Your visa or residence permit if applicable
- Proof of address in France (rental agreement, accommodation certificate, telephone / electricity bill...).

PHONE CONTRACT

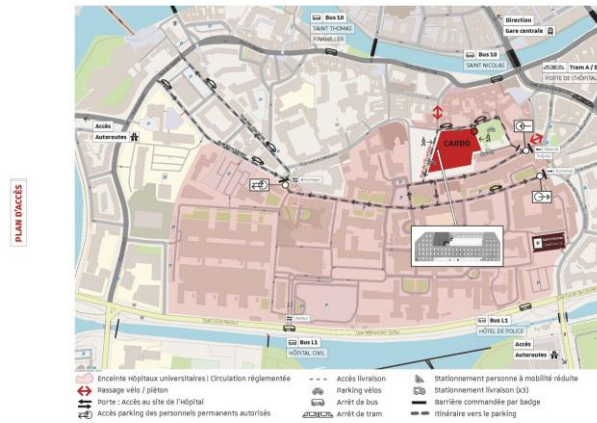
There are various mobile telephone operators in France: Free, Orange, SFR ... To use a French mobile network, you can purchase a French SIM card upon arrival, allowing you to obtain a French phone number. SIM cards are available in most supermarkets, mobile phone shops and shopping centres. For stays of several months, a **monthly mobile plan** is more cost-effective than a prepaid SIM card. We advise you to choose "Free" (<http://mobile.free.fr/>) or "Red by SFR" (https://www.red-by-sfr.fr/forfaits-mobiles/#redintid=B_HP_voir-offre-mobile), because they are less expensive than other phone operators (for example, 9,99 euros per month for 60 GB with Red by SFR). Before leaving your home country, check with your mobile phone provider that your phone is unlocked and compatible with a French SIM card.

STUDYING IN SCIENCES PO STRASBOURG

LE CARDO

Sciences Po Strasbourg is located in a building called *Le Cardo*, at 7 rue de l'Écarlate, 67000 Strasbourg. It is close to Strasbourg's city centre: for example, it's just a 10-minute walk from Place Kléber. This building will become the heart of your student life: all of your classes take place here, as well as most administrative services you may need. It is also where many student association events are held, as all of Sciences Po Strasbourg's student associations have their offices in the building. The nearest tram stop is Porte de l'Hôpital, served by tram lines A and D.

 Please note that Sciences Po Strasbourg is not located on the University's main campus, also called Campus de l'Esplanade. It is likely that you will not need to go to the main campus, but you can reach it in a 25 minutes walk from the Cardo.



YOUR STUDENT CARD

Your student card (*carte d'étudiant*) is your grail. You will need it for many things (eating, paying, going out etc.). Don't forget to pick it up and keep it with you at all times!

Your student card (*carte d'étudiant*) and your university attendance certificate (*certificat de scolarité*) certify your student status. You will receive your student card within two weeks of your registration at the Office of International Relations. Your student ID gives you access to various facilities across campus and allows you to:

- Pay for your **meals** in the CROUS restaurants for **1€ and** in cafeterias with a **special rate**
- Borrow books from **libraries** across campus, print and copy documents in the libraries
- Benefit from **preferential rates** in stores, museums and cultural events : with the sticker on your student card, you can enter all the city's museums free of charge, go to the cinema for 5 € and go to some shows (opera, theatre, concerts) for 6€

THE DIGITAL WORKSPACE: ERNEST

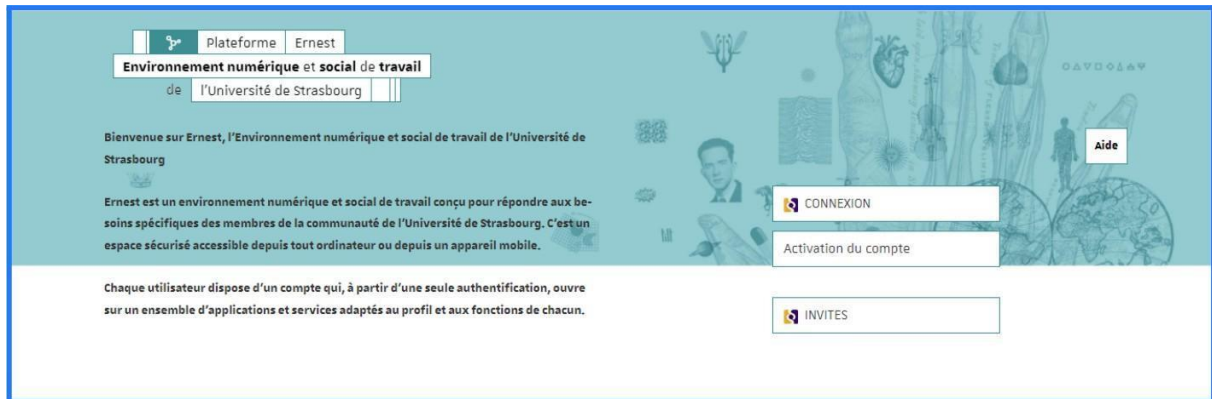
The Digital Workspace, or *Ernest*, gathers educational resources and digital services. <https://ernest.unistra.fr>

From your digital workspace, you'll be able to :

- Have access to your schedule. We advise you to personalize it with the classes you have so that you don't miss any information (class schedules can sometimes change from one week to another, especially at the beginning and end of the semester!)
- Have access to administrative documents with *Lise* (school certificate etc.).
- Have access to your university mailbox called *Partage*. Don't forget to check it regularly because this is where the different university services will write to you and where you will be able to consult your administrative file, your grades and your exam results.
- Access the Moodle platform. From this platform, you have to enter the files of courses you are registered in. Professors usually upload documents related to their courses (powerpoint, syllabus, course outline, etc.). Some registrations require a password. Do not hesitate to contact your professor if you realize that you do not have access to a course you are taking.

How do I activate my Ernest account?

- Your administrative registration (i.e. with the university) must be completed and you must have your INE: National Student ID (Identifiant National de l'Étudiant) ; it is on your school certificate if you need.
- Go to the Ernest website: <https://ernest.unistra.fr>
- Then click on "Activation du compte" (account activation)



- Then, chose the first link :

Vous êtes étudiant(e), ou étudiants fonctionnaires-stagiaires à l'INSPE, [activez votre compte](#).

Cette procédure concerne les nouveaux inscrits (néo-bacheliers ou étudiants provenant d'un autre établissement). Elle s'effectue après inscription administrative et suppose que vous soyez en possession de votre INE (Identifiant National de l'Étudiant). Que vous vous soyez inscrit(e) en ligne ou en présentiel, l'activation de votre compte utilisateur E.N.T est obligatoire pour finaliser votre inscription administrative avec le dépôt des pièces justificatives. La validation de votre inscription administrative permettra la délivrance de votre carte étudiant pass campus (pour les nouveaux arrivants) ou l'obtention du sticker annuel (pour les réinscriptions).

- Then, answer the personal questions.
- If you have any difficulties in doing this, contact us! Remember your login and password, they will be very useful later on.

WIFI

You will soon notice that the Sciences Po building does not allow you to use your 4G. But don't stress! All the campuses of the University of Strasbourg are covered by the **Eduroam and Osiris** network. So you just must go into your wifi network research, and choose "OSIRIS". A page will then open where you will have to enter **the login and password you use for the Ernest site**. It is completely free.

If you have Eduroam in your home university, you should also be able to access Eduroam here with no extra effort on your devices, as long as you had already set it up in your home university.

NB: You will be provided with temporary credentials shortly upon arrival, so that you can connect your electronic devices to the Wi-Fi network even before receiving your student card.

LIBRARIES

Strasbourg has many libraries, check out this site for more information: <https://bu.unistra.fr/opac/article/decouvrir-les-bibliotheques/bibliotheques>

The Cardo Library is open Monday through Friday from 9am to 7pm.

If you want to work later or even on the weekend, no problem! Three libraries at the University of Strasbourg stay open late into the evening and some open on weekends:

- *Bibliothèque de Santé* : Mon–Fri 8:00 AM – 10:00 PM / Sat 9:00 AM – 7:00 PM / some Sundays 10:00 AM – 7:00 PM
- *Bibliothèque du PEGE* : Mon–Fri 9:00 AM – 8:00 PM / Sat 9:00 AM – 7:00 PM
- *Studium* : Mon–Fri 8:00 AM – 11:00 PM / Sat 9:00 AM – 7:00 PM / some Sundays 10:00 AM – 7:00 PM
- *Bibliothèque de droit – L’Alinéa* : Mon–Sat 9:00 AM – 7:00 PM
- *Bibliothèque nationale et universitaire (BNU)* : Mon–Sat 10:00 AM – 10:00 PM / Sun 1:00 PM – 10:00 PM

Libraries are great places to study but also to borrow books, CDs or DVDs. All you need is your student card. But some books are also available online, which means that you can read them from your computer. To do so, you just have to go on the website of the libraries of Strasbourg and to connect with your login and password that you use for Ernest. Website : bu.unistra.fr

Finally, you can reserve work rooms in the libraries. These rooms are very useful to prepare a group presentation or simply to work together. To do so, you have to go on this website and reserve a time slot according to the availability:

https://bu.unistra.fr/opac/article/reserver-une-salle-de-travail-en-groupe/services_reserver_salle_groupe

To make your life easier, you can also download the free Affluences app. It allows you to check in real time how busy each library is, their opening hours, and possible exceptional closures. You can even book a group study room directly through the app for certain libraries. This way, you don’t have to worry about arriving and finding no seats available.

Website: <https://www.affluences.com>

PRINTING

You can print documents at every printer on the campus. You have 2 in the library of Sciences Po, one on the 1st floor of the library and one on the 2nd floor of the building, next to room 211. Printing in black and white costs 0.06€ per page. You can also scan or copy documents.

In order to print something from these printers, you need :

- Your student card and your activated Ernest account
- Go on the website Papercut, and specifically the platform linked with Université de Strasbourg : <https://impressions-unistra-bnu.fr/user>
 - This link is also available on Ernest when you go to “Ressources”, under the title “Pratique” : you need to click on “Gérer ses impressions en ligne”
- Enter your Ernest name account and password
- Click on the button « Envoyer une impression »
- Select either black and white, coloured or A3 format
- How many copies you want
- Upload your document

- Click on « Envoyer et terminer »

Once that is done, you just need to scan your student card on a printer, select your document on the printer screen and confirm!

GOOD TO KNOW: when you print something for the first time, the printer will ask you to log in manually (with your username and password) after you scan your student card. You will only have to do this once, and then, you won't need to do it ever again!

The printing cost will automatically be deducted from your IZLY account, which is discussed later in this document!

HEALTHCARE

SOCIAL SECURITY AND HEALTH INSURANCE FOR INTERNATIONAL STUDENTS IN FRANCE

In France, health insurance is managed by the national social security system, made up of a network of local branches, the Caisses Primaires d'Assurance Maladie (CPAM). The CPAM for Strasbourg is the CPAM du Bas-Rhin (67). The general French social security system is open to all students free of charge: once registered, you can request reimbursements of your medical costs, obtain a social security number and order your Carte vitale (health insurance card). Depending on your nationality, you'll need to follow different procedures.

EU/EEA OR SWISS STUDENTS

Before arriving in France, you must contact your health insurance provider in your home country to obtain a European Health Insurance Card (EHIC) or, alternatively, an S1 form.

⚠ If you have an EHIC, make sure to check its expiry date. It must remain valid until at least the end of the academic year.

(About the S1 form: it's a document that allows insured persons residing in an EU/EEA Member State other than the one where they are insured to register with the health insurance institution in their country of residence and benefit from healthcare coverage.)

Upon your arrival in France, if you have an EHIC, you do not need to complete any registration formalities.

QUEBEC STUDENTS

(FR) Avant votre arrivée en France, vous devez vous munir de formulaires auprès de la Régie de l'assurance maladie du Québec (RAMQ) : le formulaire "Demande d'attestation pour l'application du protocole d'entente Québec-France relatif à la protection sociale des élèves et étudiants et des participants à la coopération" et le formulaire SE 401-Q-106. Vous trouverez toutes les informations nécessaires sur cette page de la RAMQ : <https://www.ramq.gouv.qc.ca/fr/citoyens/absence-quebec/informer-ramq-depart-quebec>. À votre arrivée en France, vous devez vous inscrire à l'Assurance Maladie française en envoyant à la CPAM du Bas-Rhin : le formulaire S1106 « Demande d'ouverture de droits à l'assurance maladie » complété, daté et signé, les documents demandés dans le formulaire, ainsi qu'une copie de votre formulaire RAMQ.

(ENG) Before arriving in France, you must obtain the following documents from the RAMQ: the "Demande d'attestation pour l'application du protocole d'entente Québec-France relatif à la protection sociale des élèves et étudiants et des participants à la coopération" form, and the SE 401-Q-106 form. You can find all the relevant information on this RAMQ webpage : <https://www.ramq.gouv.qc.ca/fr/citoyens/absence-quebec/informer-ramq-depart-quebec>. Upon your arrival in France, you must register with the French Health Insurance system by sending the following documents to the CPAM du Bas-Rhin (67): the completed, dated and signed S1106 form (Application to open entitlement to French Health Insurance), the supporting documents listed in the form, and a copy of your RAMQ form.

UK STUDENTS

Before arriving in France, you may apply for a Global Health Insurance Card (GHIC) through the NHS. Your GHIC must remain valid for the entire duration of your stay in France. Upon your arrival in France, if you have a valid GHIC, you do not need to complete any registration formalities.

STUDENTS FROM OTHER COUNTRIES

Before arriving in France, and while waiting to register with the French Health Insurance system, we recommend taking out travel insurance or private health insurance to ensure that you are covered during the very beginning of your stay! Once you have arrived in France, you must register with the French Health Insurance system through the website dedicated to new international students: <https://etudiant-etranger.ameli.fr/#/> Registration with the French Health Insurance system is free.

You will need to upload the following documents:

- Proof of identity (passport, national identity card, etc.)
- A certificate of enrolment at Sciences Po Strasbourg (available for download from Ernest, in Applications > Lise)
- Your bank account details (RIB/IBAN)
- A civil status document (such as a birth certificate), required to generate your French social security number
- A valid residence permit

Once your online registration has been completed, you will receive a provisional social security number and will be able to download a certificate of entitlement (*attestation de droits*). You should present this certificate and your social security number whenever you visit a doctor, hospital, emergency department, or other healthcare provider.

COMPLEMENTARY STUDENT HEALTH INSURANCE (*MUTUELLE ÉTUDIANTE*)

Social security reimburses approximately **70% of the amount of your medical expenses**. You may subscribe to an optional complementary student health insurance (*mutuelle étudiante*) to improve the repayment rates of your medical care. In order to be eligible for a *mutuelle*, you must already be registered with the French social security system. There are multiple options for students, like the LMDE, the SMENO, the SMERRA...

THE REIMBURSEMENT OF MEDICAL EXPENSES

If you are an EEA National, you must remove the stickers from the medication boxes that you have been prescribed and paste them on the intended location of your treatment form. You must then mail this form to the social security office along with a copy of your prescription and of your EHIC. The social security office of Strasbourg is located at: Caisse primaire d'Assurance Maladie du Bas-Rhin, 16 rue de Lausanne, 67090 Strasbourg Cedex.

Opening hours: Monday through Thursday: 9:00 a.m. to 12:00 p.m. and 1:00 p.m. to 5:00 p.m. Friday: 9:00 a.m. to 12:00 p.m. and 1:00 p.m. to 4:00 p.m.

You can call them on the 3646 from Monday to Friday from 8:30 a.m. to 5:30 p.m.

Social security will then deposit approximately 70% of the amount of your medical expenses directly into your bank account. For your first reimbursement, please enclose your bank account identification details (*relevé d'identité bancaire*, RIB).

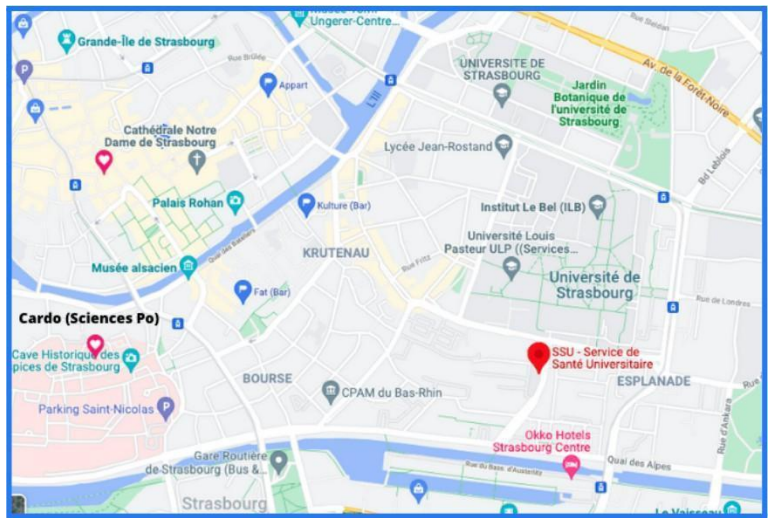
THE SSU (*SERVICE DE SANTÉ UNIVERSITAIRE*) – UNIVERSITY MEDICAL SERVICE

This is a free health service for students. Don't hesitate to go there for a medical examination, to talk to a doctor... It's free with your student card. You can make an appointment on their website, on Doctolib (see next section) or go directly there. If you have an emergency, contact the SAMU directly by calling the phone number 15.

- Website: <https://sante.unistra.fr>
- Address: 6 Rue de Palerme, 67000 Strasbourg. Opening hours: Monday to Friday from 8:30 AM to 5 PM.
- Contact: +33 3 68 85 50 24 – sante.etudiants@unistra.fr

Some examples of exams you can do there:

- You can get a health certificate necessary to sign up for some sports and activities with the university
- Free appointments for preventive medicine
- Specialized medicine on appointment (sports medicine, nutrition advice, travel advice medicine...)
- Other appointments (prescriptions for exam accommodations, relaxation, stress management workshop, foot massage, hearing tests, first aid training (PSC1))
- Screening and counseling center: information and free screening tests for AIDS, hepatitis and sexually-transmitted infections (STI's), gynecologist appointments, contraception (information, prescriptions and renewals), pregnancy tests, assistance with Voluntary Termination of Pregnancy (VTP) requests, and sexual education
- Psychological support center: psychological assistance and counseling given by psychiatrists, psychologists and social workers on appointment in the buildings of the SSU (evidence of affiliation to social security will be requested).



Please bring your student card and your vaccine record on the day of your appointment.

DOCTOLIB

Doctolib is a website where you can get a **medical appointment** for any kind of doctor (generalist, kine, gynecology, dentist...). You can also download the app on your phone. You can choose the place and date that you prefer online very quickly. It also works for vaccines!

<https://www.doctolib.fr/>

Here is the link with English speaking doctors such as dentists, dermatologists or general practitioners:

<http://englishspeakingdoctors.weebly.com/strasbourg.html>



As a reminder, going to a generalist costs 25 euros, but you will get a 70% refund by the **social security** if you follow the procedure (see the health section). The rest can be refunded by your additional insurance if you have one. You can go to the university's **free health service (SSU)** even for specific consultations, but you will wait a bit more before getting an appointment.

For an emergency, call the 15 (SAMU) or go to the emergency service of the hospital or of any private clinic. You will need to pay a small part of your medical fees, so don't forget to ask for a bill.

DAILY LIFE

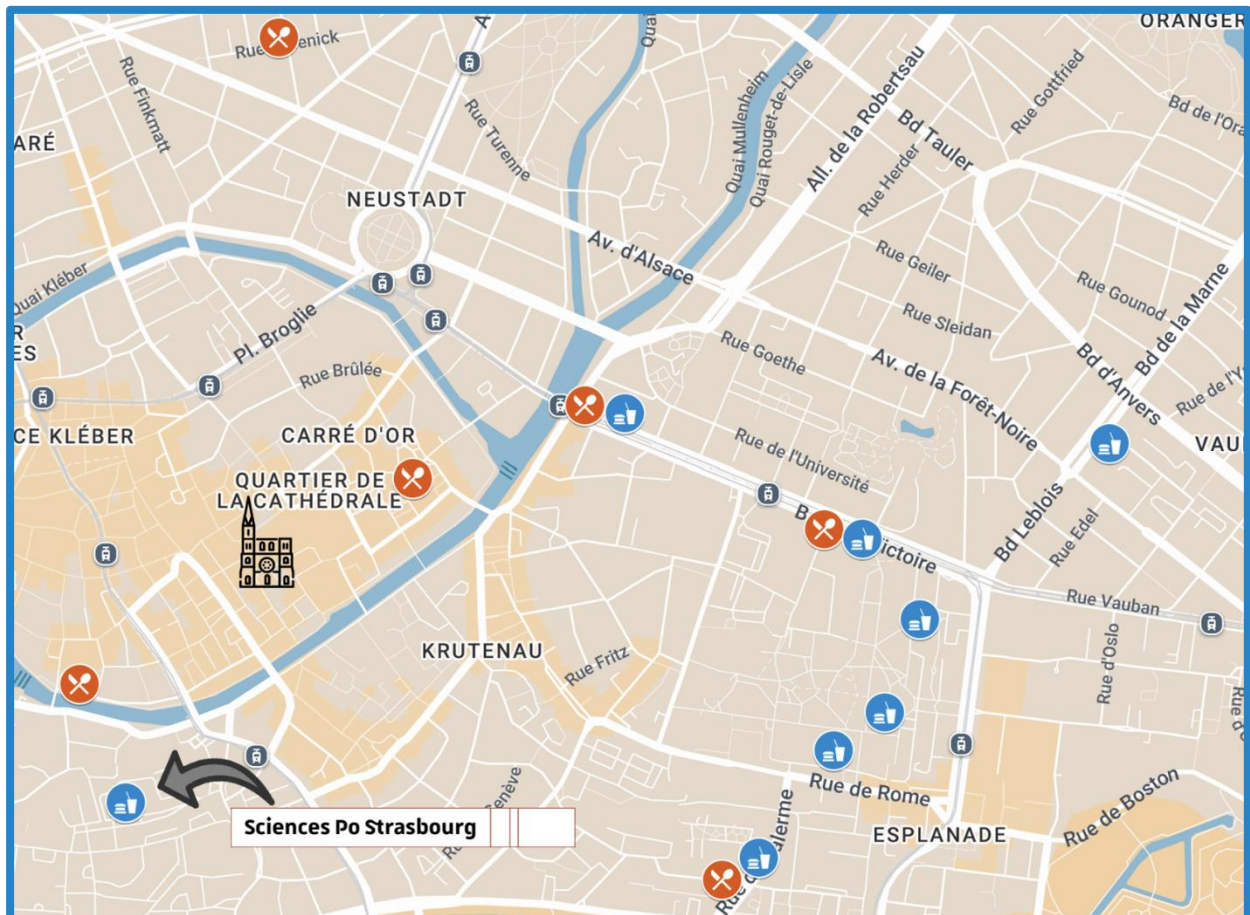
UNIVERSITY CATERING



In France, students have access to University Cafeteria and University Restaurants (RU: *Restaurants Universitaires*). The "restaurants" offer a **complete meal for 1 €** (starter + main course + dessert). The RU are open from Monday to Friday, for lunch and dinner. Some are open on Saturdays at noon. They each have their own menu, which changes every day. There is a vegetarian option every day in every university restaurant. Once a week, a fully vegetarian menu is offered, each day in a different university restaurant. The *Cafeterias* also offer a meal for 1€ (a sandwich and a fruit). Usually, they are open from

Monday to Friday. We have also one in our building, le Cardo, opening at 7:30 am until 3pm.

Here is a map of all the RU in Strasbourg :



In **red** are shown the University Restaurants and in **blue** the University Cafeterias

You can find the menus of the day [here](https://www.crous-strasbourg.fr/se-restaurer/quest-ce-quon-mange/) : <https://www.crous-strasbourg.fr/se-restaurer/quest-ce-quon-mange/>

Here are 5 RU you can go to have lunch or dinner (check opening hours online) :

- [Stift](#) (closest to Sciences Po): 1b Quai Saint-Thomas
- [Foyer de l'Étudiant Catholique / FEC](#) (also open on sundays) : 17 place Saint Etienne
- [Paul Appell](#): 23 Rue du Jura
- [Gallia](#): 1 Place de l'Université
- [Esplanade](#) : 32 Boulevard de la Victoire (It's the one with the widest choice of food)
- [ORT](#) : 11 Rue Sellenick

Note also that there is a cafeteria at Sciences Po! It does not offer hot meals but you can find fast food: sandwiches, pasta boxes, pretzels, drinks, doughnuts etc. If you pay with your student card the prices are cheaper!

Please note that you have to use your student card to pay in the RU especially for the one euro meal! Many of the RU do not accept the classic credit card, and the cafeteria in Sciences Po only accepts it if you are willing to pay the 'normal' which is a more expensive price and not the student price.

IZLY – PAY WITH YOUR STUDENT CARD

The student card issued to you upon arrival also serves as your bank card! It allows you to benefit from the 1€ rates in the RU and to have access to **advantageous rates** in the Sciences Po cafeteria. To put your money on your student card, here is the procedure:

- After your administrative registration at Sciences Po, you will receive in your personal or student mailbox an email entitled: **"Activation de votre compte Izly "** (meaning : "Activation of your Izly account") (check your spam!)
- Click on the link in the email
- Fill in your temporary secret code and complete the registration form
- Confirm your registration by entering the secret code sent by SMS or email

Once validated, you can start browsing on Izly. Then, you have to download the Izly application and:

- Click on the "Activer mon compte" button
- Fill in your mobile number or email address provided by CROUS as well as the 10-digit activation code present in the activation email and complete the registration form
- Once validated, you can start browsing on Izly.
- From the application you can recharge your account with your credit card. You can also find a QR code allowing you to pay even if you don't have your student card on you. It's great.

Here you go, go eat at the RU !

If you need further help you can go check the Izly helping desk : 8 bis rue de Palerme (from Monday to Friday and from 9am to 12am and 1pm to 4pm. You can also check : <https://help.izly.fr>

You can also top-up with cash (euro) at : 1 quai du maire Dietrich (from Monday to Friday and from 9am to 2pm

PUBLIC TRANSPORTATION: FRANCE AND STRASBOURG

TRAIN

SNCF AND LOCAL TRAIN

SNCF is the national train network. It offers different subscriptions that give access to discount on train ticket:

- The **Fluo card** gives you 50% off on all regional trains within the Grand Est area — perfect if you want to explore nearby cities like Colmar, Nancy, or Metz. It costs **€10 (for one year)** for anyone under 26, which makes it an absolute bargain.
- The **Youth Card (Carte Avantage Jeune)** costs **€50 per year** and gives you at least 30% off on most national train tickets. It usually pays for itself in just one or two trips.
- **TGV Max Jeune** is a subscription for **€80 per month** that gives you unlimited free travel on TGV (high-speed) trains, subject to availability. You can book tickets starting 30 days before departure, but you're not guaranteed a seat on the day or time you want, so you may need to be flexible and check often. Don't forget to confirm your trip the day before you travel — otherwise, you won't be allowed to board. A 3-month minimum commitment is required.

You can find them on this website (or directly on clicking on their names above) : <https://www.oui.sncf/train/carte-abonnement-train>

!Those discounts are not available for international trips and trains operated by other companies than the SNCF (f. E. DB)!

- **Grenzenlos Youth Pass:** Every year, the region Grand-Est, in partnership with three German Ländern (Baden-Württemberg, Saarland and Rheinland-Pfalz), and this year with Switzerland, issues a pass that allows those under 28 to travel unlimited on all local trains in the partner regions for 30€ (only during summer months). For the months of July and August 2026, you can find it here: <https://www.fluo.grandest.fr/actualites/pass-jeune-grand-est-grenzenlos/>

When you arrive in Strasbourg by train, you may take the tramway for 1,90 euros to go home.

Tips 💡 : If you don't have a ticket from the CTS you will be charged 0,20 euros in addition, so keep your ticket and top up it to not be charged this fee again.

FLIXTRAIN

You can also take the train between Strasbourg and Offenburg (that cost 7 euros with the Fluo Card mentioned earlier) and change to trains operated by the low-cost rail company **Flixbus** covering the whole of Germany, which can even take you all the way to Berlin without any further changes and at a cheap price.

BUS

Several bus companies (Flixbus, Eurolines, Blablabus...) offer low-cost trips from the Strasbourg bus station (*gare routière*). To go "far away" or to other European countries, you leave from the *Place de l'étoile*. Careful not to go to the regional bus station near *Les Halles*. But at *Les Halles* you can find the bus shuttle to Europapark amusement park!

BLABLACAR

Blablacar is a wonderful carpooling app on which drivers share their journey and offer some seats in their car. The prices are very reasonable and it allows you to get to know new people. However, be careful about who you are driving with : don't forget to read the comments about your driver to make sure you'll be safe, and always send the number of his car plate to a friend.



BICYCLE

Everyone rides a bike in Strasbourg! You can find new or second-hand bicycles on websites such as <http://www.leboncoin.fr>, on Strasbourg Facebook groups, at Emmaüs or at bicycle fairs, which are frequently organized and announced by posters. The cost to acquire a secondhand bicycle (which you can easily sell again before you leave Strasbourg) is between 50 € and 80 €.

You must also buy a good lock in order not to get stolen.

You can also rent a Vélhop for the whole academic year (10 months) for 48€, which is a better option to not have to worry about your bike at the end of your exchange. You need a deposit of 200 euros which you'll get back when you give the bike back. They will also ask for a copy of your passport, your student ID, and a proof of address. Here is the link with a sum-up of the main information and services offered by Vélhop: <https://velhop.strasbourg.eu/etudiant/>. Other private renting shops exist too.

TRAM AND BUS LINES IN STRASBOURG

With your CTS card, you can use public transport (bus and tram) in the greater Strasbourg. For young adults aged 19 to 25, a monthly subscription costs 28 € and a yearly subscription costs 280 euros (10 months+ 2 months free).

Tickets are now dematerialized: buy tickets on your rechargeable CTS card. You can also get the CTS app and buy ticket directly on it, don't forget to validate your ticket with your phone in this case.

For further information: <https://www.cts-strasbourg.eu/en/Titres-de-transport/tarifs/Abonnements/>

At most of the tram stations, you can also buy a single ticket for 1,90 euros (or 2,10 euros if you don't already have a ticket to top up), or get 10 ride tickets for 19 euros. It is the most economic option if you are not a frequent user of CTS services.

Also Strasbourg is one of the only transport networks in the world to have a tramway that crosses a border. In fact, the trams on Line D heading towards Kehl Rathaus cross the Rhine and the border to reach the German town of Kehl. Prices there are generally cheaper than in France. **However, border checks are carried out on board the trams and at Kehl Bahnhof station.** So do remember to take your **identification documents with you** if you're going there.

RENTING A CAR

By uploading the app **citiz**, you can easily rent a car to travel all around Alsace. The cost depends on the kilometers you drive and the time you have the car. It is not the cheapest way to move around but can be affordable if you are several in the car. Easy to use, you just have to book the car on the app after registering your driver license. Find all the information you need to know on the following website: <https://grand-est.citiz.coop/>

PLANE

The two closest airports are the airport of Strasbourg-Entzheim (26 minutes away by train) and the airport of Basel-Mulhouse-Freiburg (2 hours away by train and bus). You may find cheap flights to France and Europe destinations by traveling by low-cost airlines (Hop!, RyanAir, Easyjet...) . It may also be a good idea to fly from Frankfurt Airport, which is accessible by train and by a Lufthansa shuttle. You can go to those airports from the train station of Strasbourg. You can also leave from one of the Parisian airports (Charles de Gaulle airport, in particular, can easily be reached by train) but it is sometimes expensive to go from the airports to the Parisian train stations downtown.

However, trains are a true European experience and the most common way to travel across the continent. Strasbourg is the perfect hub, with trains and buses connecting you to many major cities all over Europe. Choosing this way of traveling not only reduces your footprint, it also gives you the chance to enjoy the beautiful landscapes along the journey!



BORDER CONTROLS

Please be advised that if you want to cross the border between France and Germany **you may be controlled** by border patrols, especially if you cross the border **from France to go to Germany, regardless of if you do it on foot, with bus, car, train or even tramway**. Please don't forget to bring your **identity documents** when you cross the border.

FRENCH EMERGENCY NUMBERS

NATIONAL PHONE NUMBERS TO KNOW

Please be aware that in France, in the event of an emergency (illness, accident), it is very common to call **the fire brigade (18)** even if **medical care is required**.

EUROPEAN EMERGENCY CALL NUMBER: 112

When to dial 112? Dial the **European Emergency Call Number** if you are a victim or a witness of an accident in a European country. 112 is the only European emergency number. This number does not replace national emergency numbers. Calls are free of charge throughout the European Union

Dial 112 for any emergency requiring an ambulance, fire brigades of the police.

SAMU: 15

When to dial 15? Call the SAMU (Emergency Medical Assistance Service) if you are a victim or a witness in life-threatening accidents or if you need to be redirected towards another medical care service (medical practitioners, ambulance transportation ...)

POLICE: 17

When to dial 17? Call the police if you or anyone else are in danger. Your call will be immediately taken by the police call center "police secours" who will dispatch the closest unit, depending on the type of emergency (police or *gendarmerie nationale*).

FIRE BRIGADE: 18

When to call the 18? Call the fire brigade if an accident involving people or property requires a rapid intervention.

VIOLENCE AGAINST WOMEN : 3919

When to call the 3919? If you are a woman victim of physical, sexual and/or psychological violence and you need help. You don't have to give your name and you can call them all week long.

You can also reach the association *Solidarité femmes 67*: at their phone number (+33 3 88 24 06 06) or their email address (adj@solidaritefemmes67.com) or even at their place: 5 rue Sellénick

SUPPORT SERVICES AT SCIENCES PO STRASBOURG

I have a disability: You may be eligible for support and accommodations. Contact: iep-handicap@unistra.fr You can apply for academic accommodations through the University of Strasbourg Disability Support Office (Mission Handicap).

I am experiencing financial difficulties: You may be eligible for the Sciences Po Strasbourg Exceptional Financial Assistance Fund (Fonds d'Aide Exceptionnel). To apply, complete the application form available on Ernest (Resources → Support Services → Financial Assistance) or collect a paper version from the reception desk (booth 333).

I have experienced or witnessed discrimination: Anne-France Delannay, Deputy Director for Widening Participation, Inclusion and Student Success at Sciences Po Strasbourg: a.delannay@unistra.fr

I have experienced or witnessed sexist, sexual or homophobic violence: You can contact:

- At Sciences Po Strasbourg: iep-ecoute@unistra.fr
- At the University of Strasbourg: Listening and Support Unit violences-sexistes@unistra.fr

CAMPUS ACTIVITIES AND TOP TIPS

PREFERENTIAL RATES ON CULTURAL ACTIVITIES

Your student card also works as a "culture card", giving you access to discounted rates for many cultural activities.

Shows: 6 € for all shows (theater, opera etc.). Do not hesitate to consult the programs !

National Theater of Strasbourg : <https://www.tns.fr/spectacles>

Opéra National du Rhin : <https://www.operanationaldurhin.eu/fr>

Théâtre actuel et public de Strasbourg : <https://taps.strasbourg.eu/>

Cinemas:

- 5 € at all screenings in the "Art et Essai" cinemas: the Star, the Star Saint-ex , Le Cosmos
- 5 € from Monday to Thursday in all other partner cinemas in the Bas-Rhin. The filmed Opera/Dance screenings are at the live performance rate of 6 €.
- 5€ for "arts and trials" films at the UGC

Museums: Free admission to 23 museums in Alsace (permanent collections and temporary exhibitions):

<https://wanderlog.com/list/geoCategory/131747/best-free-museums-in-strasbourg>

More information on <https://www.carte-culture.org/fr/>

SPORTS

AT SCIENCES PO

The Sciences Po **Sports association, Le Bureau des Sports (BDS)** organizes training for a dozen sports : football, handball, volley-ball, swimming, athletics, basket-ball, rugby, cheerleading, tennis, badminton. You can join as many teams as you want and participate to the students' competitions. **Every level is welcome** and there are no selections to get in!

To participate, contact the BDS on Facebook (sending a message to Joseph Kriteux) or on instagram @strossteam_bds

You will need to pay a sports **license 40 euros a year** to participate. To do so, you need :

- To fill up the BDS form (ask them)
- Pay by check or cash
- Give a 50 euros deposit (check or cash) – they will give it back to you at the end of the year

If you want to practice a sport that is not offered by the BDS, you can go at the university sports services the SUAPS.

AT UNIVERSITY

A wide range of sporting activities are accessible to all students of the University of Strasbourg at the SUAPS : judo, climbing, yoga, boxe, ski, hiking, mountain bike, paraglider etc. More than **60 free activities are available**. Most of them take place on the university campus at the *Centre Sportif Universitaire (CSU)*.

→ **BE CAREFUL** as the Sciences Po building, the Cardo, is not on the university campus.

To enroll in a sport, you need to **register on their website**. You can join up to 3 activities maximum. You need to register for the entire semester, so hurry up if you want a spot ! In any case if you are not registered you can still show up to the trainings and ask nicely to the coach if you can join in. For most of the activities, you have three different levels of practice : beginners, confirmed or advanced.

To sign up to an activity, log on to your ENT account on the SUAPS website <https://sport.unistra.fr/>. Enter your credentials (Ernest account) and follow the procedure step by step. Make sure you added the sports you wish to take in your virtual basket. If you are having trouble using the website, please go to the reception desk during opening hours.

Also, you can join a **private club** if you want to practice a very specific sport or at a high level. It will cost you between 100 and 300 euros a year.

STUDENT LIFE AT SCIENCES PO STRASBOURG

The student life is very rich in Sciences Po Strasbourg. **Various student clubs** will accompany you during your stay. Sports, arts, environment-focused events, conferences, solidarity projects – you will find everything you like. Every visiting student is more than welcome to **participate or create any project!** You can contact them on their Instagram pages.

Every week the BIA (see after) posts the week agenda of all the student clubs. We will announce to you which events could be nice for exchange students. Check it out !

This is the list with a little presentation for all the clubs in Sciences Po Strasbourg :

BDE: BUREAU DES ELEVES

Instagram account : [@bdesciencespostrasbourg](https://www.instagram.com/bdesciencespostrasbourg)

What's the "BDE"? The BDE (the student body) is the leading association in charge of your integration at Sciences Po Strasbourg. There will be so many events that you won't know where to start!! Don't get us wrong, the BDE does not just organise events in September, but all year round. Our goal is to make you enjoy your year in Strasbourg as much as possible and to help bring people together, and maybe you will even meet your future lifelong friends! Because the BDE is also a safe place, a place of attentiveness and support - both scholastically and morally speaking -, we will be particularly paying attention to potential gender-based, sexual, homophobic, transphobic and racist violence.

The BDE will make you dance, move, travel, laugh so that your year becomes a real daydream. Ready? Let's go!



VDE: VOIX D'EUROPE

Instagram account: [@voix.deurope](https://www.instagram.com/voix.deurope)

Hello, we are Voix d'Europe, Sciences Po Strasbourg's association to discover Europe differently! Our mission? To make you live Europe in every shape and form. Our programme includes: conferences, round-table discussions with enthralling guests coming from all over Europe, visits of the European Parliament and of the french-german TV channel Arte. We also like to organise more convivial events : European cafes where we can discuss current European affairs around a cup of tea, cine-debates to enrich our knowledge, afterworks to take a breather after class, as well as European dinners to discover new flavours. Yearning to share a coffee inside the European parliament itself? With VDE, it is now possible!



You've always wanted to be an European MP? Dive into the world of politics and its backstage with our parliamentary simulation!

And because Europe also goes with fun, join us for a trip to Europa Park, as well as a soirée at Flams, and for all the festivities organised all year round. At VDE we learn, we discuss, but, above all, we live Europe together!

BDS: BUREAU DES SPORTS

Instagram account: [@strossteam_bds](https://www.instagram.com/strossteam_bds)

Hello Sheygueys, and welcome to Sciences Po Strasbourg!

The Bureau des Sports is thrilled to guide you through your year in Strasbourg! In a nutshell, the BDS is about sports, fervour, to-die-for events (sporting weekend, soirée at the Gold, Campus Cup...) and most importantly colours that make our identity: blue and white.

Our beloved team, the STROSSTEAM, would be honoured to have you among its champions, and Josy, our cherished emblem, only has one thing in mind: the start of the training sessions to prepare its future soldiers. Indeed, we are more determined than ever to win les Jeux Inter Sciences Po (JISPO) at Lille next April. What are you still doing here? You should be already learning the chants that will guide our team towards victory!

Crazy about handball, football, cheerleading, badminton, athletics...? Josy is looking forward to seeing you on the field! And don't forget, the JISPO are tomorrow!



SPF: SCIENCES PO FORUM

Instagram account: [@scpoforum](https://www.instagram.com/scpoforum)

Interested in social issues, the news or culture? Sciences Po Forum is THE association that brings debate to life at Sciences Po Strasbourg since 2007. All year round we organise conferences, round-table discussions, literary meetings and even cultural visits open to everyone. Personalities from the intellectual, political and cultural spheres, but also from the media, are invited to discuss the great issues of our time: democracy, society, geopolitics, culture, Europe, international relations... Our goal is to offer new perspectives in a convivial atmosphere. Whether you have lots of questions or just want to listen, you are always welcome to our events, so see you soon!



SBB: STRAS'BOUM BOUM

Instagram account: [@strasboumboum](https://www.instagram.com/strasboumboum)

It's Monday morning. You arrive at the Cardo, you haven't slept well and you feel like s***. You're telling yourself "There it is, let's get this over with". You're chatting with your friends in the hall, waiting for the class to start. And then, all of a sudden, twenty troubadours come after you. To be clear, these troubadours, it's us, the marching band (aka SBB).

So, what's the marching band?

It's music, everywhere, all the time. We are here to liven things up all year round, especially during sporting events. Whether you are an experienced musician or a complete beginner, join us! We are mainly troubadours that make a lot of noise together - and that suits us well -, so if you want to be part of the best marching band in the world - at least - come see us soon !



STRASDIPLO

Instagram account: [@strasdiplomacy](#)

Stras'diplomacy is an association specialising in international relations and diplomatic debates at Sciences Po Strasbourg. Turning 15 years old this year, Stras'diplomacy is booming, organising many events ranging from conferences to MUNs (sessions simulating diplomatic debates at the UN), including embassy visits, simulations of global crises and war scenarios and analyses of the current geopolitical affairs.



Our flagship event? The Stras'Mun: three days of spectacular UN conferences and debates in the European capital in the presence of delegations coming from all over the world.

Stras'diplomacy is THE place to meet with students coming from the four corners of the earth, whose common interest is diplomacy, multilateralism and peace between nations.

To participate in our events is an opportunity to learn more about geopolitics, develop oratorical abilities typical of a diplomat or a negotiator. All this in an international and benevolent spirit.

OENOPO

Instagram account: [@oenopo_ieps](#)

Whether you are a keen amateur of good wines or an occasional consumer of "Very'pamp" (nobody's perfect), an association has decided to introduce you to the richness of the Alsacian terroir. At Oenopo, you will be able to alternate between wine tasting, meetings with wine merchants and theme evenings.

But the adventure is not limited to grapevine: Oenopo will initiate you into zythology (beer tasting) and mixology, while familiarising you with the more subtle art of pairing a dish with a certain wine.



BDA: BUREAU DES ARTS

Instagram accounts: [@bdascpostrasbourg](#) (the main account) / [@bda_comuz](#) / [@bda_pole_kultur](#) / [@bda_club_chant](#) / [@bda_club_cuisine](#) / [@bda_club_theatre](#) / [@bda_club_image](#) / [@bda_club_musique](#) / [@bda_cafe_litteraire](#) / [@bda_club_danse](#)

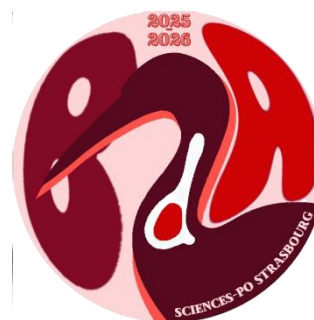
You like art? Brigitte des arts is here for you!

Welcome to the BDA, which gathers the greatest artists of Sciences Po Strasbourg. Trust me, they are ready to welcome you and put red and white glitters in your eyes! There's something to suit all tastes and all talents!

One thing for sure, you'll find here everything to spend an unforgettable year.

Take part in our greatest projects such as our precious "Comuz", the musical that nobody wants to miss, and "Diable au Corps", THE play of the year. Join our talented musicians and singers for frenzied concerts! Try also choreography at the dance club and the shows of our drama club. Come and try the receipts of the cooking club and participate in the short films of the picture club! If your hunger for art is boundless, come to the literary club or the K club. Finally, practice your strategy in a convivial atmosphere at the UPR club.

Yes, that makes a lot of clubs. But don't forget, the BDA is all about fun, art, unforgettable meetings and amazing events! If you want to take part in our greatest projects this year, be on the lookout for our auditions that will take place soon!



STRASPLUG

Instagram account: [@strasplug](#)

Strasplug is an association dedicated to the promotion of rap and hip-hop culture, with a particular attention for the local scene. Our goal: to shed light on the talents that thrill Strasbourg through events around rap, hip-hop, dance and contemporary pieces. If our association organises a lot of events, it also intends to make media formats in order to discuss and gather information about a culture that is too often marginalised and should see its worth recognised. Driven by values of inclusiveness, recognition and legitimisation of hip-hop as a culture of its kind, Strasplug is seen as a space of free expression that is both accessible and committed.



ALTER'BUREAU

Instagram account: [@alterbureau](#)

Alter'bureau is the ecological and social association of the Unistra.

Consisting of 14 members, it is affiliated to Sciences Po Strasbourg. Our goals are to promote an eco-friendly approach on campus, to develop solidarity networks and to raise awareness about environmentalism.

Concretely, we offer a weekly basket of organic vegetables, roam the streets to help homeless people and manage the traditional second-hand clothes shop. This year we also offer a DIY service in which students can exchange tools and advice for the little repairs of everyday life. Moreover, in partnership with the association *ABC HautePierre*, we help underprivileged children by voluntarily giving them private lessons.

Since 2010, Alter'bureau has asserted itself at the board of directors of Sciences Po as a creative force to push for more eco-friendly practices.

You'd like to help us? Become a member with our membership card!



EJO: ECOLE DES JEUNES ORATEURS

Instagram account: [@ecoledesjeunesorateurs](#)

Eloquence is something terrible because it implies that you have to lay yourself bare. Eloquence is indeed much more than pronouncing well-formulated banalities. Nor is it to firmly chant a syllogism after one another. Far from consisting of discourses devoid of meaning, eloquence forces the speaker to lay himself bare in order to move the audience. Eloquence is the art of giving of yourself for others. It reveals something of your inner self. Because you can't convey an emotion without feeling it, eloquence is the art of sharing.

So come and share a part of yourself at one of our workshops, the first workshop being on the 25th of September. Come and shine in front of an entire auditorium during our first verbal jousting on the 24th of September. Be on the lookout for our next events on our Instagram account: [@ecoledesjeunesorateurs](#). EJO's team is looking forward to seeing you!



AEC: ARC.EN.CI.ELLES

Instagram account: [@arcenci_elles](https://www.instagram.com/arcenci_elles)

Hello everyone!

Welcome to Arc en Ci.elles, the feminist and intersectional association of Sciences Po Strasbourg. Our goal is to introduce you to enriching experiences around coffee-house debates, conferences and all kinds of activities in line with our values. Meetings, sharing, discussions and kindness are the keys to our events. Our role is to ensure inclusiveness within Sciences Po so that everyone can find his place and feel safe. We are committed to firmly condemn all forms of discrimination.

Moreover, we are the only militant association of Sciences Po which is in collaboration with other militant associations which fight against all forms of oppression.

That is why AEC holds high the colours of intersectional feminism, fights against gender-based violence, homophobia, transphobia, racism, colonialism and all discriminations whatsoever.

Whether you are interested in the causes we defend or just curious about our actions, we would be delighted to have you as a member of our association!



PROPOS

Instagram accounts: [@media_propos/](https://www.instagram.com/media_propos/) [@straspo.tv](https://www.instagram.com/straspo.tv/) / [@radiopropos](https://www.instagram.com/radiopropos/) / [@3aventure](https://www.instagram.com/3aventure)

Propos is Sciences Po Strasbourg's **media**: paper journal, web journal, television and radio. You can participate by writing articles, making TV shows or podcasts etc. in French or in English.



Every year, they hold a forum in September so that students can come, ask questions and see how they can get involved in the club events. We highly recommend you attend if you are interested, and we will give you more information at the beginning of the fall semester!

LA FAB: LA FABRIQUE DE L'ÉTAT

Instagram accounts : [@lafabriquedeletat](https://www.instagram.com/lafabriquedeletat)

La Fabrique de l'État is an organisation dedicated to French public affairs and the structure of the state. It organises numerous conferences, some of which are interactive, where civil servants and various state representatives – including those holding political office – discuss their professions or their roles.

Ministers, MPs, MEPs, mayors, diplomats and civil servants: an incredible variety of people in diverse roles are invited! Through their events, you can discover the various institutions, workings and services of the French state!



To discover all of them, you can also check the Sciences Po Website: <https://www.sciencespo-strasbourg.fr/la-vie-a-lecole/nos-associations-etudiantes>

GOING OUT

Beyond your studies, Strasbourg offers plenty of opportunities to explore. Here are some of the places and experiences we recommend during your stay!

TYPICAL FOOD

During your stay in the capital city of Europe, do not miss enjoying the various typical bars and restaurants the city has to offer. The Alsatian cuisine is one of the best and most unique in France. Do not forget to try:

- Choucroute
- Tarte flambée
- Kougelhopf (a traditional brioche with raisins and almonds)
- Spätzle (traditional Alsatian egg noodles)
- Munster (strong-flavored cheese)
- Baeckeoffe
- Bredele (Christmas biscuit)
- Bretzel
- Mannele
- Warm wine, that you can find on the Christmas market.
- White wine : Riesling, Gewurztraminer, Pinot Gris, Pinot Blanc
- Red wine : Pinot Noir

MUSEUMS

Strasbourg offers a nice diversity of museums to visit. Among them:

- Musée historique de la ville de Strasbourg: to know more about the history of the city.
- Musée alsacien: for those interested in the history of the region.
- Palais Rohan: where you can find the Museum of Decorative Arts, the Museum of Fine Arts and the Archaeological Museum; It's next to the cathedral
- Musée d'art moderne et contemporain: to see modern art.
- Musée Tomi Ungerer: an international center of drawings.
- European Institutions: the Parliament, the Council of Europe or the European Court of Human Rights
- The Cathedral of Strasbourg
- The Vaisseau: a science museum, fun even for adults

PARKS AND GARDENS

- Square Louise Weiss
- Parc de l'Orangerie
- Parc du Heyritz
- Parc de la citadelle
- Botanical garden
- Place de la République
- Parc de Pourtalès and the Robertsau forest
- Jardin des Deux-Rives

NEIGHBORHOODS TO EXPLORE

- City center / Grande-Île: Petite France, cathedral...
- L'Orangerie - Conseil des XV: Council of Europe, Parc de l'Orangerie...
- Krutenau: the Quai des Bateliers (the boatmen's quays)
- Esplanade: Palais universitaire, botanical garden...
- Neustadt (also known as the German Quarter)
- La Robertsau (residential district, best known for its nature side, with the Robertsau forest and Pourtalès park)

And of course, if you are in Strasbourg during December, you can't miss the Strasbourg Christmas Market (Christkindelsmärik), one of the oldest and most renowned Christmas markets in Europe!

EUROPAPARK

You can also visit Europapark, Europe's largest theme park. There is a shuttle bus operated by the regional authorities that runs from Les Halles coach station (which is different from the stations used by international coach services such as Flixbus or Blablabus). A return journey costs €10 and admission is 67€ per person. We recommend booking your bus tickets and theme park tickets in advance. Also, the BDE usually organises a trip to Europapark at the start of each year, and the prices are more affordable than the standard rates.

More information here : <https://tickets.mackinternational.de/en/>

FRENCH SLANG

We have selected for you some french expressions :

Meuf → girl (from "femme" backwards)

Mec → guy

BG (beau gosse) → good-looking, handsome

Bof → meh, so-so

Mouais → "yeah... not really" / hesitant yes

Crevé → exhausted, super tired

Bref → anyway, whatever

Trop → really, so (trop bien = so cool)

Fac → short for faculté, means university/college

Also in French we have the "verlan". Verlan involves reversing the syllables of a word whilst retaining its meaning. Verlan is extremely common in colloquial speech. A common example is "fou" (crazy), which becomes "ouf" which is a very common word in French slang.

WHAT TO KNOW ABOUT FRANCE AND FRENCH PEOPLE...

A few cultural habits and tips that will make life easier:

- Free water at restaurants → Always ask for a carafe d'eau. Tap water is free and totally normal to order!
- Communication style → French people can sound direct, they interrupt each other a lot, and enjoy debating. Also, when something needs to be said, they don't beat around the bush and go straight to the point! It's not meant to be rude, it's just because they want to be efficient above all. Don't take it personally! Nevertheless, in the region where Strasbourg is located, called Alsace, the people can seem at first kind of distant and sometimes difficult to befriend, but when you get to know one, the person will become a real and loyal friend!
- Greetings → A handshake is for formal situations; among friends you'll often do la bise (cheek kisses) also the number of them and on which chin we begin it depend of each region (here in Alsace, it's 2 beginning at left chin,

but you can check the number and order in each region [here](#)). Also, students also just hug or wave depending on the vibe.

- Shops and Sundays → Many stores are closed on Sundays, so plan your shopping ahead.
- Public transport → Always validate your ticket (even on trams and buses). Inspectors are common.

We can't wait to meet you all ! In the meantime, do not forget to join the Whatsapp group and follow our instagram account where all the informations about the events will be published (@erasmus.sciencespo)! See you soon !