# **AVIGNON UNIVERSITE**

# INTERNATIONAL STUDENTS' GUIDE

#### Université d'Avignon et des Pays de Vaucluse

Maison de l'International Service des Relations Internationales Campus Hannah Arendt 74 rue Louis Pasteur 84029 AVIGNON cedex 1

Tél. +33 4 90 16 25 81 +33 4 90 16 26 29 http://univ-avignon.fr/international/

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This document is aimed at helping you, the information contained is not contractual. Although it is as precise as possible at the date of publication, it may be subject to modifications. We would be glad to hear your feedback on any mistakes or useful information you think we could include.

The International House team

#### A) A WELCOMING UNIVERSITY IN A CITY OF CULTURE

Created in 1303 by pope Boniface VIII, closed after the French Revolution in 1793, Avignon University re-opened its doors in 1963 as a university centre. In 1984, it became Avignon University again.

Avignon University is a human-sized establishment in a medium-sized city. A personalized welcome is given to international students in order to make their integration easy and their stay as pleasant as possible.

Among the University's 7900 students, 13 % are internationals, from about 90 different countries.

The main campus (or « campus Hannah Arendt ») is located in the heart of the historical city centre on the « Sainte-Marthe site». The Sciences & Technologies campus (or « campus Jean-Henri Fabre ») is located 7 kilometres from the city centre, in the heart of Avignon Agroparc technopole. It groups together the Technology Institute (IUT), the Computing Study and Research Centre (CERI) and the Sciences Faculty (UFR-ip Sciences, Technologies, Santé).

#### B) BEFORE YOUR DEPARTURE

#### PLEASE READ THIS GUIDE CAREFULLY

In order to make the most of your stay, it is of utmost importance for you to read all the following information and to respect the instructions.

#### Student visa

International students from the European Economic Area (EEA) (European Union, Iceland, Liechtenstein, Norway, Switzerland, Monaco and Andorra) do not need a visa, whatever the duration of their stay in Avignon.

For other international students, a student visa is compulsory for any stay exceeding 3 months, and must bear the specific "étudiant" mention. It must be requested / ordered **before your departure** at the French Consulate of your home country. If you come from a country subject to visa requirements and arrive without a visa, then **you will not be able to sort out your situation after your arrival in France**.

Students from the following countries must register via Campus France in their home country in order to apply: Algeria, Argentina, Benin, Brazil, Burkina Faso, Burundi, Cameroun, Chili, China, Colombia, Comoros, Congo Brazzaville, South Korea, Ivory Coast, Djibouti, Egypt, United States, Gabon, Guinea, India, Indonesia, Iran, Japan, Kuwait, Lebanon, Madagascar, Mali, Morocco, Maurice, Mauritania, Mexico, Peru, Democratic Republic of Congo, Russia, Senegal, Singapore, Taiwan, Togo, Tunisia, Turkey, United Kingdom and Vietnam.

This online application procedure was set up by the French Foreign affairs and international development Ministry (MAEDI). It must be followed in order to obtain a student visa, even if students come as exchange students under a bilateral agreement. Exchange students may nevertheless be exempted from the individual appointment and the visa fees are slightly less expensive than for free movers. For more information, please check the Campus France website of your home country or the international website: <a href="https://www.campusfrance.org">www.campusfrance.org</a>

**"Parrainage" programme** (mentoring/buddy system): You can join this programme by sending an email to the following address: <u>parrainage-international@univ-avignon.fr</u>, we will try our best to put you in touch with a French student in the same field of study for the first semester.

#### C) YOUR ARRIVAL IN AVIGNON

On your arrival in Avignon, please go as soon as possible to the registrar's office (Service Scolarité) during opening hours: (9.00 a.m.-noon and 2.00 p.m.-4.00 p.m.). The office is located on the central campus, in the left wing of the old building, ground floor.

The International house, hosting the Languages Service and the International Relations, is located on the central campus, in the right wing of the old building, ground floor. Student tutors are here during the first weeks to help you with all administrative questions.

If you arrive on a weekend, or late at night, the university will be closed, as will the student residences reception desk. If you cannot access your accommodation directly on arrival, you can find a hostel or youth hostel in the city (see list in the ACCOMODATION section).

#### D) ADMINISTRATIVE REGISTRATION AT AVIGNON UNIVERSITY

On your arrival, the registrar's office (Service Scolarité) will help you register and issue your student card, which will be useful to access the library and to pay for your meals at the University's Restaurant and cafeteria.

Before applying, please prepare the following documents:

- A copy of your ID card or passport (and the visa page if relevant);
- A birth certificate: documents in English, Spanish, German, Italian and Portuguese are accepted, documents in other languages must be translated into French;
- A copy of your diplomas;
- A valid health insurance certificate, depending on your situation :
  - European Union students will provide a copy of both sides of the European Health Insurance card (CEAM), valid for the length of their stay. A CEAM card expiring during the stay must be renewed as soon as possible.
  - Non-European Union students: you must register on the CPAM website (French National Health Insurance = sécurité sociale): https://etudiant-etranger.ameli.fr/#/
- ONLY FOR STUDENTS RESIDING OUTSIDE the European Economic Area: a copy of your updated vaccination record or a medical certificate mentioning vaccination dates.
- Social security only covers part of the medical expenses, you must also take out supplementary health insurance (insurance or mutual insurance). The 'COMPLEMENTAIRE SANTE SOLIDAIRE' costs about 8 € par mois. To check your eligibility: <a href="http://www.ameli.fr/simulateur-droits">http://www.ameli.fr/simulateur-droits</a>, otherwise you can subscribe by any insurance company with higher rates (ask for « mutuelles étudiantes »)
- CVEC: CAUTION! THIS IS COMPULSORY BEFORE ENROLMENT, ONLINE PAYMENT ONLY! <a href="https://cvec.etudiant.gouv.fr/">https://cvec.etudiant.gouv.fr/</a>

#### E) IMMIGRATION

Any student (exchange student or free mover) from a country outside the European Economic Union must possess a long stay visa (VLS), and must, on arrival, request a validation of the visa by the French Immigration Office (OFII).

A **single service point** is organized by the CROUS Aix-Marseille-Avignon in collaboration with the University's admissions office and international office, located at the CROUS. International students can seek assistance with administrative procedures (help with accommodation-seeking and support, residence permits applications, work permit, etc.) and other practical information. The single service point is open from early September until mid-October.

Later in the year, please contact the Registrar's office (Scolarité)

#### F) ACCOMMODATION

A wide range of accommodation is available in Avignon: private residences, shared flats, rooms in private houses.

#### 1) INSURANCE

For any accommodation, you will have to take out housing insurance: « Multirisques Habitation » covering damage caused by fire, storm, water damage, electrical damage, etc.: Useful links:

www.mae.fr/contrats/assurance-etudiant

www.mep.fr/Assurances-etudiantes

www.assurances-etudiants.com/

http://www.matmut.fr/assurance/assurance-habitation-etudiants

#### 2) ACCOMMODATION IN THE PRIVATE SECTOR

#### PRIVATE STUDENT RESIDENCES

There are several private residences, mainly next to the city centre campus. (For a list of residences, see appendix).

#### ACCOMMODATION IN A HOST FAMILY

The International House can give you a list of host families providing a bedroom with half board. The price (breakfast and dinner included) is between  $20 \in$  and  $25 \in$  per day all charges included. This is only available for short periods, before finding other accommodation for example.

#### INTERGENERATIONAL ACCOMMODATION: IN an OLDER PERSON'S HOUSE

There is an association in Avignon putting elderly people in contact with students looking for a room. This association is called « La Logitude ». The student does not have to clean the house or stand in for a nurse, but rather spend some time with his or her host (have dinner with the older person for example). The price for one bedroom is 200€ per month (charges included) www.lalogitude.org

#### INDEPENDENT ACCOMMODATION IN THE PRIVATE SECTOR

The Lokaviz platform offers accommodation search in Avignon or nearby: <a href="https://www.lokaviz.fr/rechercher-un-logement/recherche-par-crous/crous-aix-marseille/avignon-84/n:202">https://www.lokaviz.fr/rechercher-un-logement/recherche-par-crous/crous-aix-marseille/avignon-84/n:202</a>

Check information in the local shops of your favourite area (notice boards at the baker's, minimarket, tobacconist's, in free newspapers, and classified ads websites, for example :

- Le Bon Coin: www.leboncoin.fr

De Particulier à Particulier : <a href="www.pap.fr">www.pap.fr</a>Paru-Vendu : <a href="www.paruvendu.fr/immobilier/">www.paruvendu.fr/immobilier/</a>

#### G) FRENCH LANGUAGE COURSES

With a few exceptions in English and other languages, all courses at Avignon University are taught in French. International students must have a sufficient level of French to follow the courses: at least a B1 / B2 level. Please use the European self-evaluation grid to estimate your level: grille d'auto-évaluation

Avignon University proposes intensive courses of French as a Foreign Language from A2 to C1 levels. (One level per semester), as well as a summer course "French language, culture and gastronomy" during the international Theatre Festival.

We are also an exam centre for the French DELF and DALF diplomas (one session per year at the end of May). More information here: <a href="http://univ-avignon.fr/international/cours-de-francais-fle-/">http://univ-avignon.fr/international/cours-de-francais-fle-/</a>

#### H) ACADEMIC CALENDAR

The first semester starts early September and finishes by the end of January. This calendar may vary depending on the Faculties and the level of studies.

The main dates for 2021-2022 are as follows:

	Semester 1	Semester 2
Welcome day for international students	31st August 2021	-
Welcome week	1 - 7 sep 2021	-
Course start	Sep 2021	Jan 2022
Fin des cours et examens	Jan 2022	May/June 2022

**Important**: Attendance to all courses is compulsory. No credits can be obtained if you miss more than 3 classes without justification (health pbs etc.)

#### Holiday calendar

\*provisional calendar

Autumn	Christmas	Winter	Spring
1 <sup>st</sup> - 5th November	18th December 2021 –	14th – 18th February	18th -22nd April 2022
2021	3rd January 2022	2022	

#### I) INTERNATIONAL STUDENTS WELCOME DAY

The International House organizes a welcome day for international students at the beginning of the academic year. It takes place on the main campus in the city centre, before courses start. **THIS YEAR IT WILL TAKE PLACE ON AUGUST, 31ST** 

#### Programme:

Welcome buffet (coffee/croissants or picnic in the park), presentation of the student associations and the student mentoring/buddy programme (U.E.O. « Parrainage étudiants internationaux »), and visit of the city in small groups.

Examples of activities with the students' associations: welcome night in a bar, cultural evening (theatre, cinema, etc.), participation in the European Heritage days...

#### J) ACADEMIC DETAILS

Reminder: All courses except for foreign language studies take place in French at Avignon University. You must have a sufficient level of French to attend the courses. The minimum recommended level is B1 (intermediary) or even B2/C1 for specific programmes (Law, Literature, Master's degrees).

*Odd* semesters (1.3.5) are Autumn semesters (September to January)

**Even** Semesters (2.4.6) are Spring semesters (January to June).

The standard course load for a full-time student, whatever the level or field of studies, is **30 ECTS credits per semester**.

For more information regarding ECTS credits, see:

https://ec.europa.eu/education/resources-and-tools/european-credit-transfer-and-accumulation-system-ects\_en

Marks/grades: All students are generally marked out of 20 points, 0/20 being the worst, 20/20 the best.

The minimum pass mark for an exam is 10/20.

Courses are organized in units called « Unités d'Enseignement » or « UE ». One unit may contain several courses called « <u>ECUE</u> ». Courses are organised by semester. Most degree courses are under continuous assessment (no final exams) throughout the semester.

Masters courses are usually assessed partly under continuous assessment + 1 final exam.

Only in the case of a justified absence (serious medical or family problems with formal proof with a justification given within 2 weeks), may a replacement exam session be granted to the student.

A large choice of transdisciplinary courses ("transversal"), called *Unités d'Enseignement d'Ouverture* (UEO) - Opening Units - is on offer each semester: foreign languages, civic action, cultural, artistic and sports activities. Each UEO is worth 2 ECTS credits.

Those units do not get any grade or mark, only ECTS credits are granted. Students can choose a maximum of 2 UEO per semester.

More information here: <a href="https://univ-avignon.fr/formations/unites-d-enseignement-d-ouverture-ueo-/">https://univ-avignon.fr/formations/unites-d-enseignement-d-ouverture-ueo-/</a>

#### K) RESTAURANTS

#### UNIVERSITY RESTAURANTS

Each campus hosts a university restaurant managed by the CROUS, **these are only open for lunchtime**.

The price of a full meal was 3.25€ for the year 2020, and 1 € in 2021 (specific COVID situation) A cafeteria on each campus also offers sandwiches, snacks and salads at low prices.

In both university restaurants and cafeterias, you can pay with your student card, which is also a prepaid **Izly** card. Izly also allows payment for other services (photocopies, food & drinks vending machines on the campuses). More information here: <a href="www.izly.fr">www.izly.fr</a>

#### L) ACCESS TO DIGITAL TOOLS AND SERVICES AT AVIGNON UNIVERSITY

#### USE OF DIGITAL TOOLS AT THE UNIVERSITY

All students joining Avignon University can attend « Outils numériques» / digital tools tutorial classes in computing rooms. Those tutorial classes are discovery sessions to handle the digital tools available for students, explaining access and use of the network and computing rooms, the digital work environment (ENT), and the educational web platform. It is highly recommended to follow this class on arrival.

#### **COMPUTER ROOMS**

Several self-service computer rooms are available on both campuses. They are usually open from 8.00 a.m. to 7.30 p.m.

All rooms are equipped with internet access and most of them offer black & white printing facilities.

#### INTERNET CONNECTION

You can access the network via Wi-Fi connection in most parts of the campuses (library, cafeteria, halls, etc.)

#### **PHONE**

To reach France from abroad, you must remove the 0 at the beginning of the French phone number and add the French international country code: +33 or 00 33.

Phoning from France to France: you have to compose the 10 digits even if the phone call is in the same local area.

Different types of phone numbers:

Starting with 01/02/03/04/05: French landlines

Starting with 06/07: mobile numbers

Starting with 0800 and 0806 to 809: free numbers

Caution: 4-digit numbers correspond to service numbers and can either be free, standard tarification, or premium (surtaxed) numbers, only the numbers starting with 1 or 3 are free.

100% Gratuit	Service Gratuit + Prix Appel	Service payant + Prix Appel
Numéros 0800 à 0805	Numéros 0806 à 0809	Numéros 081x, 082x, 089x
Numéros 30XX / 31XX	Numéros 32XX / 34XX / 36XX / 39XX	Numéros 32XX / 34XX / 36XX / 39XX

#### M) SUPPORT SERVICE FOR STUDENTS WITH PROBLEMS

If you encounter problems of any kind, we invite you to mention it (with the registrar's office for international free movers and the international relations for exchange or DUEF students). Our services will do their best to help.

Please note the existence of free support services for particular situations:

HTTPS://UNIV-AVIGNON.FR/CAMPUS/VIE-DE-CAMPUS/

#### SUPPORT SERVICES FOR SPECIAL NEEDS STUDENTS

For students with special needs (even in case of a temporary need), a special service is available in order to help you with your studies. Another student can give you photocopies of the lessons in case of illness or hospitalisation (on presentation of a medical certificate). Tél. 04 90 16 25 62, relais-handicap@univ-avignon.fr

#### MEDICO-PSYCHOLOGICAL CENTRE FOR STUDENTS

CMP (near the University)	CMP	St Lazare II (near the
4, rue Vallayer	164, boulevard de la fraternité	University)

84000 Avignon

Phone: 04 90 87 38 45

Phone: 04 90 23 98 38

16D Avenue de la Synagogue
84000 Avignon
Phone: 04 90 85 01 21

#### HEALTH POINT (« MEDECINE PREVENTIVE »)

The University Preventive Health Service (Service de Médecine Préventive Universitaire), has a nurse and is in charge of student health care. The students can get a free appointment with the nurse or the doctor (for any question regarding health, vaccination, medical certificates, etc.)

#### The OFII compulsory medical appointments also take place in this service.

It is situated on the central campus, ground floor of the North building.

Contact: medecine-preventive@univ-avignon.fr

#### N) CULTURAL ACTIVITIES

Avignon University offers various cultural activities all year long (plastic arts, music, choir, theatre, poetry, etc.) open to all students. If you attend this kind of activity on a regular basis (18hrs per semester), you can obtain 2 ECTS credits as an "Opening Unit" (U.E.O.).

The University also proposes a < **Patch Culture** > card, allowing students to enjoy several shows (theatre, dance, music, cinema) for about  $5/6 \in$  per person. This card is given to you with the University's Diary on your arrival.

More information here: <a href="http://univ-avignon.fr/campus/culture/patch-culture/">http://univ-avignon.fr/campus/culture/patch-culture/</a>

#### O) SPORTS ACTIVITIES

#### SPORTS AT THE UNIVERSITY

The Sports Service (SUAPS) and Avignon Université Club association (AVUC) offer a wide range of permanent or seasonal activities throughout the academic year, supervised by professionals (team sports, swimming, dance, squash, tennis, etc.) in a modern university gym.

On top of this, there are special tournaments in numerous disciplines, and outdoor activities (hiking, mountain biking, alpine and cross-country skiing, canoeing, climbing, etc.) for one day, a week-end, or longer sessions.

International students can also be granted 2 ECTS credits per semester by attending Sports Opening Units (Unités d'Enseignement Ouverture sport) proposed by the Sports Service (SUAPS).

The SUAPS building is open Monday to Friday, from 9.00 a.m. to 12.30, and from 1.30 p.m. to 4.30.

To take part in any sports activity, a participation of 20 € per year must be paid on academic registration.

More information here: http://univ-avignon.fr/campus/sport/

#### P) STUDENT ASSOCIATIONS

Avignon University hosts about 30 student associations on the 2 campuses.

Every year, early in October, they organize Associations' Week (« La semaine des Assos ») on the main campus, with different stands presenting activities, different animations, cinema nights, concerts and more. Don't miss it!

The associations list is listed here: <a href="http://univ-avignon.fr/campus/vie-de-campus/les-associations-etudiantes/">http://univ-avignon.fr/campus/vie-de-campus/les-associations-etudiantes/</a>

There is also the associations' office: **local REVE** (*Réseau Espace Vie Étudiante*), situated on the ground floor of the South building: a place to find information and to meet up with other students.

#### Q) ADDRESS BOOK

#### AVIGNON HOSPITAL« HENRI DUFFAUT »

Rue Raoul Follereau tél. 04 32 75 33 33

## EMERGENCIES - SERVICE D'AIDE MEDICALE D'URGENCE (« SAMU »)

15 ou 112 (appel gratuit)

#### **POLICE**

Boulevard Saint-Roch 17 ou tél. 04 90 16 81 00

#### LOST PROPERTY OFFICE

- University: Welcome desk North building
- In town (loss, theft)

Police municipale, 10, Place Pie

tél. 04 90 82 94 26 ou tél. 04 32 76 01 73

#### **POMPIERS - FIREMEN**

18 ou 112 (appel gratuit)

#### SOS MÉDECINS - EMERGENCY DOCTORS

tél. 04 90 82 65 00

ANTIPOISON CENTRE (MARSEILLE)

tél. 04 91 75 25 25

#### POST OFFICE (MAIN)

Cours Kennedy tél. 04 90 27 54 00

#### PRÉFECTURE DE VAUCLUSE

Avenue de la Folie tél. 0821 80 30 84

#### WEATHER FORECAST - MÉTÉO

http://france.meteofrance.com/france/accueil

#### TOWNHALL - MAIRIE D'AVIGNON

Place de l'Horloge tél. 04 90 80 80 00

TOURIST OFFICE - OFFICE DU TOURISME

41, cours Jean Jaurès tél. 04 32 74 32 74

## HOUSING BENEFIT OFFICE – CAISSE D'ALLOCATIONS FAMILIALES (CAF)

6, rue Saint Charles tél. 0 820 25 84 10 (0,118 €/min)

#### WATER COMPANY - GENERALE DES EAUX

305, avenue de Colchester tél. 04 90 27 56 50

# CAR BREAKDOWN/TOWING ASSISTANCE - DÉPANNAGE AUTO 24/24

Garage Catto 16, bd St. Roch tél. 04 90 82 16 11

#### **LAUNDRETTES**

50, rue Carreterie

101, rue Bonneterie9, rue du Chapeau rouge24, rue Lanterne27, ave Monclar66, place des Corps Saints

#### R) TEMPORARY ACCOMODATION IN AVIGNON AND NEARBY

Here are a few cheap, nearby addresses to spend a night before finding proper accommodation:

**Youth hostel**, Résidence Le Clos des Jardins, 6 av. Bonaventure, Avignon, 15 minutes' walk from the city campus Tél. +33 (0)4 86 19 41 00 / aubergejeunesse.avignon@apiprovence.org About 20 € per night per person.

**Youth hostel**« H036» 17, rue République, Avignon City centre Tél. +33 (0)4 32 40 50 60 / http://www.h036hostels.com/avignon About 15 € per night per person.

Youth hostel « Bagatelle », 25, allée Pinay, Avignon Barthelasse island (on the Rhône river), Tél. +33 (0)4 90 86 71 35 / auberge.bagatelle@wanadoo.fr http://www.campingbagatelle.com/56/Auberge\_jeunes.html Starting from 20 € per night in a dormitory, breakfast included.

**Foyer YMCA**, 7 bis chemin de la Justice, Villeneuve-lès-Avignon On the other side of the Rhône river (city buses)
Tél + 33 (0)4 90 25 46 20 / http://www.ymca-avignon.fr/fr/
29 € per night per person, 37 € for 2 people, 47 € for 3 people, etc.

**Hôtel Les Corps Saints,** rue Agricol Perdiguier, Avignon (intramuros), Tél. +33 (0)4 90 86 14 46 / http://www.hotel-les-corps-saints.fr/ From 45 to 76 € per night per person, breakfast not included, From 65 à 84 € per night for 2 people, breakfast not included.

**IBIS Budget Hôtel**, 8, boulevard St Dominique, Avignon Next to the central train station. Tél. 08 92 68 07 24, fax +33 (0)4 90 86 27 19. Starting from 56 € per night for 2 people.

**Hôtel Médiéval** (intramuros) 15, rue Petite Saunerie, Avignon Tél. +33 (0)4 90 86 11 06 / http://www.hotelmedieval.com/ Starting from 60 € per person, 109 € for 3 people.

**Hôtel Le Magnan**, 63, rue Portail Magnanen, Avignon (intramuros) Tél. +33 (0)4 90 86 36 51 / www.hotel-magnan.com/ Starting from 68 € per night for 1 person, 98 € for 3 people.

### S) GLOSSARY

AVUC	Avignon Université Club
BU	Bibliothèque Universitaire
CAF	Caisse d'Allocations Familiales
CEAM	Carte Européenne d'Assurance Maladie
CEF	Centre d'Études en France
CNRS	
CPAM	Caisse Primaire d'Assurance Maladie
CROUS	Centre Régional des Œuvres Universitaires et Scolaires
	(les bureaux du CROUS sont situés sur le campus centre-ville)
CST	Carte de Séjour Temporaire
DALF	Diplôme Approfondi de Langue Française
DELF	Diplôme Élémentaire de Langue Française
DU	Diplôme d'Université
EDF-GDF	Électricité de France- Gaz de France
EEE	Espace Économique Européen = Union Européenne + Liechtenstein, Islande, Norvège, Suisse, Monaco, Andorre
Extra-muros	à l'extérieur des remparts
FLE	Français Langue Étrangère
GU	Guichet Unique (localisé dans les bureaux du Crous)
Intra-muros	à l'intérieur des remparts (centre-ville)
IUT	Institut Universitaire de Technologie
LMD	Licence Master Doctorat
MAEE	Ministère des Affaires Étrangères et Européennes
OFII	Office Français de l'Immigration et de l'Intégration
PACA	Provence Alpes Côte d'Azur : la région dans laquelle est située Avignon
Resto U	Restaurant Universitaire
REVE	Réseau Espace Vie Étudiante (local des associations sur le campus centre-ville)

RIB / RIP	Relevé d'identité bancaire ou Relevé d'identité postale
SDL	Service des Langues
SRI	Service des Relations Internationales
SUAPS	Service Universitaire des Activités Physiques et Sportives
TCF	Test de Connaissance du Français
TGV	Train à Grande Vitesse
UE	Union Européenne ou Unité d'Enseignement (selon le contexte)
UEO	Unité d'Enseignement d'Ouverture
UFR	Unité de Formation et de Recherche (= Faculté)

### Practical guide for international students – Avignon University 2020-2021

### T) LIVING COSTS

Coffee: 1 to 2 €

Beer: 2.30 to 3 €

Laundrette: 3 to 5 €

Bread: 1.50 / 2 €

Hairdresser: 20 to 45 € (standard haircut)

Cigarettes: 10 €

Bus (day travelcard): 3.50 €

Milk: 0.70 - 1 € Bottle of water (1 litre)

Rice: 2-3 € (kg)

Doctor: 23 € (compulsory advance payment until you are properly registered with the French NHS)

Avignon-Paris with OUIBUS: 60 − 100 € return

Avignon – Paris with OUIGO (fast train): 50 – 100 € return

Velopop (local self-service city bike rental) 0.50 € for half an hour + access fee (1 to 5 €)