GUIDE
TO
STUDENT LIFE

www.crous-bordeaux.fr
Contents

Contacts p.3

The CROUS p.4

Student Benefits Application p.6

Scholarships p.8

Housing p.9

Food services p.13

Culture p.19

Activities and entertainment p.24

Health and well-being p.26

Social services p.27

The CVEC p.28

Jobaviz p.30

Photo credits: CROUS of Bordeaux-Aquitaine, unless otherwise stated
3D illustrations: freepik, upklyak, Xvect intern, Firefly Adobe
Design/Layout: CROUS of Bordeaux-Aquitaine Communications Department
A single phone number dedicated to student life: 

+33 (0)9 72 59 65 33

Telephone assistance available from Monday to Friday, 8:30 am to 4:30 pm.

Contact the Student Life Department via email at messervices.etudiant.gouv.fr in the Support section.

Learn more about the CROUS of Bordeaux-Aquitaine, including its mission and news: www.crous-bordeaux.fr.

Get in touch with your student vice president

+33 (0)6 12 04 93 37
vice-president.etudiant@crous-bordeaux.fr

More information can be found at crous-bordeaux.fr

Seven student representatives, elected for two years, sit on the CROUS board of directors. Their role is, first and foremost, to be spokespeople for the student community. Within the CROUS, these students participate in the organisation of the agency by joining in sessions:

- of the board of directors;
- of the various committees (cultural, food services, student life, special assistance);
- of the working groups on construction and furnishing the halls of residence;
- and by participating in invitation to tender committees.

CROUS DE BORDEAUX-AQUITAINE

18 rue du Hamel
CS 11616
33080 Bordeaux cedex, France

Student life information desk, Monday to Friday, 8:30 am to 4:30 pm

CROUS DE PAU

7 rue Saint John Perse B.P. 1161
64011 Pau Cedex, France
Tel.: +33 (0)5 59 30 89 00

Student life information desk, Monday to Friday, 8:30 am to 5:30 pm
WHAT IS THE CROUS?

The Centre Régional des Œuvres Universitaires et Scolaires (CROUS - Regional Centre for University and School Assistance) is a public agency overseen by the French Ministry of Higher Education and Research.

WHAT IS ITS ROLE?

The mission of the CROUS is to help to improve living and working conditions for students and, by doing so, to enable more of them to succeed in their higher education studies.

WHO CAN RECEIVE SERVICES FROM THE CROUS?

Any student enrolled at an institution of higher education, including open-enrolment universities, ‘grandes écoles’ (selective universities), ‘IUT’ technical institutes, ‘BTS’ technical training courses, and university entrance exam preparation classes.

HOW DOES THE CROUS WORK?

The General Manager of the CROUS directs the departments and implements policies set by the board of directors, presided over by the Chief Education Officer.

HOW IS THE BOARD OF DIRECTORS OF THE CROUS COMPOSED?

The board of directors is composed of student representatives (including the Vice-President), staff representatives, individuals chosen for their skills, and presidents or directors of higher education institutions.
HOW MANY CROUS ARE THERE?

There are 26 CROUS and 16 CLOUS (Local Centres for University and School Assistance) in France, connected in a network led by the CNOUS (National Centre for University and School Assistance).

WHAT ARE THE CROUS’ MISSIONS FOR STUDENTS?

- Scholarships
- Housing
- Food services
- Social assistance
- Culture
- International exchanges
- Jobs

THE CROUS IN NUMBERS

- 135,000 students in 5 departments of France
- 830 people employed
- 21 community service volunteers
- 34,000 students on scholarship
- 56 halls of residence
- 10,715 housing spaces
- 40 student food service locations
- 3,100,000 meals served per year
The Student Benefits Application (DSE, Dossier Social Etudiant) is a single application for a scholarship based on socio-economic criteria and housing at a university hall of residence. The application must be completed every year on the etudiant.gouv.fr website.

Note: Housing applications for new arrivals must be sent to the CROUS by 1 June.

Scholarships and/or housing are not automatically renewed. Remember to apply in the 1st quarter of 2024 and then each year!
The student registers at a higher education institution and submits their notification to the school enrolment department (service de la scolarité).

If the student is receiving a scholarship, the institution waives the university and CVEC fees. The student or their institution confirms to the CROUS the academic registration.

The CROUS sends the student a final scholarship notification.

From 30/8, the CROUS sends the first payment for all reviewed and completed applications. The student receives their scholarship (payment over 10 months from September to June).
A scholarship is financial aid granted according to socio-economic criteria. Scholarships are applied for via the Student Benefits Application, which must be completed from the first quarter of 2024.

Go to the Scholarships and financial aid (Bourses et aides financières) section of the crous-bordeaux.fr website for information on the conditions and various scholarship levels.

Other forms of financial aid may be given:

- Aide à la Mobilité Master (Master’s Programme Mobility Assistance)
- Specific assistance (annual or one-time assistance payments)
- Merit-based aid
The CROUS has **rooms and furnished accommodation** for which scholarship students have priority. Applications for accommodation are made via the **Student Benefits Application** which must be completed in the first quarter of 2024 on the website trouverunlogement.lescrous.fr. The CROUS assigns accommodation throughout the year when there are departures and drop-outs.

Learn about the housing assignment process at [crous-bordeaux.fr](http://crous-bordeaux.fr), on the Housing (Se loger) tab.

### Bordeaux
- 11 halls of residence
- Capacity: 1,460

### Périgueux
- 3 halls of residence
- Capacity: 139

### Talence
- 5 halls of residence
- Capacity: 1,494

### Gradignan
- 2 halls of residence
- Capacity: 467

### Dax
- 1 hall of residence
- Capacity: 80

### Bayonne
- 2 halls of residence
- Capacity: 293

### Anglet
- 3 halls of residence
- Capacity: 207

### Agen
- 2 halls of residence
- Capacity: 157

### Mont-de-Marsan
- 2 halls of residence
- Capacity: 160

### Pau
- 8 halls of residence
- Capacity: 1,608

### Pessac
- 14 halls of residence
- Capacity: 4,289

### Merignac
- 2 halls of residence
- Capacity: 314

### Gradignan
- 2 halls of residence
- Capacity: 467

### Agen
- 2 halls of residence
- Capacity: 157

### Périgueux
- 3 halls of residence
- Capacity: 139

### Pau
- 8 halls of residence
- Capacity: 1,608

### Bayonne
- 2 halls of residence
- Capacity: 293

### Anglet
- 3 halls of residence
- Capacity: 207

### Mont-de-Marsan
- 2 halls of residence
- Capacity: 160

### Pau
- 8 halls of residence
- Capacity: 1,608

Some of our halls of residence offer **rooms or studios** specially equipped for **students with disabilities** to ensure access. To request disabled-accessible housing, students must complete their **Student Benefits Application** (see p. 6), download the disabled-accessible housing application (Demande de logement adapté) – available at [crous-bordeaux.fr](http://crous-bordeaux.fr), on the Housing (Se loger) tab in the Disabled-accessible housing (Logements adaptés) section – and follow the steps given.
The CROUS of Bordeaux-Aquitaine offers two types of housing available for rent: ‘Cités Universitaires’ university housing campuses (giving students access to the ALS housing benefit) and ‘Résidences Universitaires’ (giving students access to the APL housing benefit).

Find pricing information at crous-bordeaux.fr, on the Housing (Se loger) tab.

Renovated rooms and studios
private bathrooms, shared kitchens (for rooms) or private kitchens (for studios)
rooms from €251 incl. utilities* (excluding ALS) studio flats from €356 incl. utilities (excluding ALS)
12 months’ occupancy from September to August (one month’s notice required)

From studio to 4-bedroom flats
private bathroom, private kitchen T1 from €313 incl. utilities* (excluding APL housing benefit)
shared flats (shared studio to 2-bedroom) with flatmates of your choice starting at €207 incl. utilities* per person (excl. APL housing benefit)
shared flats (3-bedroom and 4-bedroom) with CROUS-chosen flatmates starting at €269 including utilities* per person (excl. APL housing benefit)
12 months of occupation, from September to August (one month’s notice required before moving out)

Students can access Cité U from their personal space where it is quick to pay the usage-fee advance to confirm your booking, the security deposit and the monthly rent, as well as access your online rental file.

For help with these steps, go to:
crous-bordeaux.fr, in the Housing (Se loger) section.

*Incl. utilities: includes water, electricity, heating, and internet
CROUS residents receive **Planet Campus** services from SFR-Wifirst, as well as **additional free services**: unlimited calls to landline phones in continental France, HD television, a community platform for students, etc.
TIP #1

Insist on a rental contract and an inventory when you move into a room or flat. Don't forget to get insurance for your room or flat: it's obligatory (multi-risk home insurance)!

TIP #2

Your rent can be reduced if you receive housing benefit PAID BY THE ‘Caisse d’Allocation Familiale’ (CAF - family benefits agency) for your accommodation. Contact your local CAF for more information!

TIP #3

Tenants must have a guarantor. Generally, guarantors must be French residents, have the means to pay the rent, and agree to pay it for one year. If you do not have a physical guarantor, you can apply for the national VISALE rental guarantee scheme or the Garantme scheme (a guarantee service that does not require guarantors and provides tenants with the guarantees landlords expect, thus broadening their choice of potential accommodation).

For more information, see the www.visale.fr and www.garantme.fr sites.

The CROUS provides free of charge accommodation offers from private individuals: rooms, studios, and flats, furnished or unfurnished.

Visit www.lokaviz.fr
The Bordeaux-Aquitaine CROUS offers many daily dining options. Their mission is to constantly improve their service which ensures students have access to low-cost meals adapted to the latest consumption practices.

More information at crous-bordeaux.fr, in the Food Service (Se rester) section

CROUS RESTO U’
THE top student food service. A full, balanced meal for only €3.30!

Advantages: a veggie option each day

CROUS CAFET’
A wide range of snacks to satisfy lunchtime cravings!

CROUS BREAK’
Hungry between meals? Find our vending machines on campus.

CROUS MARKET’
In a hurry? Pick what you want for a take-away lunch!

CROUS MOOVY MARKET’
A new kind of mobile grocery for options and convenience!
**BORDEAUX**

- **Le 98 - Crous Cafet’ + Crous Market’**
  98, quai des Chartrons.

- **La Bastide - Crous Cafet’ + Crous Market’**
  15, avenue d’Abadie.
  Pôle Universitaire des Sciences de Gestion.

- **Le Capu - Resto U’**
  15, rue Jules Guesde.
  Close to Les Capucins market.

- **Le Mascaret - Resto U’ + Crous Market’**
  146, rue Léo Saignat.
  Close to Université de Bordeaux, Carreire site.

- **Le Musée - Crous Market’**
  Place de la Victoire.
  Interior courtyard of Université de Bordeaux.
PESSAC CAMPUS & GRADIGNAN

- **(S)pace’ Campus**
  - Resto U’ + Crous Market’
  - 20 avenue de Bardanac, Pessac.
  - Near Village 5 and the universities.

- **Le Forum - Crous Cafet’ + Crous Market’**
  - 2, avenue Léon Duguit, Pessac.
  - Close to the universities.

- **IEP - Crous Market’**
  - 11 allée Ausone, Pessac.
  - Inside the IEP building.

- **Resto U’ n°2 + 2 Crous Markets’**
  - Avenue des Facultés, Pessac.
  - Close to the preventive medicine building.

- **Le Sirtaki**
  - Crous Cafet’ + Crous & Go’
    + Crous Moovy Market’
  - 23, esplanade des Antilles, Pessac.
  - Close to the universities.

- **Le Veracruz - Crous Cafet’**
  - Avenue Maine de Biran, Pessac.
  - Close to the universities.

- **L’IUT - Crous Cafet’ + Crous & Go’**
  - 15 rue Naudet Gradignan
  - Inside the IUT building.

Find our menus and hours on the Crous Mobile app and at crous-bordeaux.fr, in the Food Service (Se restaurer) section in Where to eat (Où manger?)

TALENCE CAMPUS

- **Resto U’ n°1 + Crous Market’**
  - 351, cours de la Libération, Talence.
  - Close to Université de Bordeaux Talence site.

- **La Soucoupe - Crous Market’**
  - 351, cours de la Libération, Talence.
  - Building A22 of the Université de Bordeaux undergraduate section, Talence site.

- **La Cabane - Crous Moovy Market’**
  - 351, cours de la Libération, Talence.
  - Building A21 / Campus Peixotto - Talence site

- **La Bust - Crous Market’**
  - 1 Allée Baudrimont, Building B20, Talence
  - In the hall of the Sciences et Techniques library - Talence site.
AGEN

- La Péniche - Crous Cafet’
  4, quai de Dunkerque.
  Le Pin site.

- DUSA - Crous Market’
  Avenue Michel Serres.

ANGLET - BIDART - BAYONNE

- Pierre Bidart - Resto U’ + Crous Cafet’
  55, rue de Mirambeau, Anglet.
  Montaury campus.

- ESTIA Berri - Crous Market’
  90, allée Faust d’Elhuyard, Bidart.
  Estia berri.

- La Nive - Resto U’ + Crous Cafet’
  79, rue Bourgneuf, Bayonne.
  La Nive campus.

- Jardins du Conservatoire
  M. Ravel - Crous Moovy Market’
  29, cours comte de Cabarrus, Bayonne.
**PAU**

- **L’Arlequin - Crous Cafet’**
  University campus.
  On the premises of the Université de Droit (law school).

- **Cap Sud - Resto U’ + Crous Cafet’**
  2, avenue Poplawski.

- **La Vague - Resto U’ + Crous Cafet’**
  Avenue de l’Université.
  On campus between the science and humanities schools.

**PÉRIGUEUX**

- **Crous Market’**
  Suzanne Noël roundabout
  Périgord Campus, Périgueux.

- **L’Entracte - Resto U’**
  47, rue Jean Secret.
  Near the Périgord campus and Lycée Claveille.
GET REWARDED FOR LOYALTY!
Use your Izly card and every euro you spend at the Crous Markets’ and Moovy Markets’ earns you 100 points*.

REWARDS

Benefit from the first three rewards (up to 10,000 points) directly at a till. After that, complete the form available at:
crous-bordeaux.fr, on the Food Service (Se restaurer) tab in the Pay for my meal (Payer son repas) section, then go to My Izly loyalty card (Ma fidélité Izly) to claim your rewards**

* On marked products only. Loyalty programme reserved for students. Loyalty accounts are reset to zero at the beginning of every university academic year.
** There may be a delay between your reward request and receipt of the reward.

Use Izly to pay at the till at your Crous Market’.
Accumulate points (one euro spent = 100 points*).
View your point balance at any time on your personal account from the Izly app or on the website www.izly.fr
Win gifts and unlock rewards with your points.

ANY QUESTIONS?

Have a question about Izly? You can find answers at izly.fr ‘aide et contact’ (help and contact) tab or by sending an email to assistance-izly@crous-bordeaux.fr

Activate and manage your account at Izly.fr

The Izly app can be downloaded for free from the App Store, Google Play, or Windows Phone Store.
The Bordeaux-Aquitaine Crous has a dynamic and committed cultural policy for students. The culture department works year-round to offer numerous events and help with your projects.

The cultural calendar for the year is available at campulsations.com. Find out about all the cultural events organised by the CROUS and its partners throughout the year.

Campulsations is THE festival that opens the academic year. Planned for late September, the festival takes place on campuses across the Académie de Bordeaux. The festival is organised by the CROUS with student associations, the university culture departments, local governments, and artists from the region.
SPECIAL DEALS FOR CULTURAL ACTIVITIES

Operas, concerts, theatre, dance, expos, and more. Enjoy amazing events at discounted student prices all year long thanks to the CROUS’ partners!

MUSIC CONTEST

Pulsations is a national student music contest managed by the CROUS of Bordeaux-Aquitaine. Open to all styles of music (contemporary music), the contest includes several regional selection phases before the national final held in May at the Bordeaux campus.

SELIL national winner 2023

PULSATIONS
Danse avec ton Crous is the national competition for student choreographic creation organised by the CROUS. Come and share your world with us, individually or as a group!

The national student theatre competition allows you to present your original work or an adaptation of a play of your choice!

4 contests, 1 common theme. Enter to win up to €2,000, support from the culture department with professionals from the artistic world, and distribution opportunities.

Information and regulations: etudiant.gouv.fr
The CROUS helps you get involved in campus life by providing you with support and financial backing for your projects via two schemes: Culture ActionS and the CVEC call for projects (open to non-student organisations, see p. 26). Make an appointment with the CROUS Culture Hub to participate in one of the three Culture ActionS committees planned each year.

See the support terms and conditions and committee meeting dates on the crous-bordeaux.fr website in the Get Out, Get Moving, Get Creative (Sortir, bouger, créer) section under Student Project Support (Soutiens aux projets étudiants).

The CROUS provides a number of cultural and community facilities throughout the Bordeaux academy. For more information and booking details, visit crous-bordeaux.fr.

A NETWORK OF VENUES

- Mac 3 - Pessac
- Mac 2 - Gradignan
Get news from the culture department of the Bordeaux-Aquitaine CROUS

campus

Send an email to service.culturel@crous-bordeaux.fr to subscribe to the newsletter

(S)PACE’ CAMPUS

You can visit the culture department offices in the (S)pace’ Campus on the Pessac campus. This 3,500-m² venue is dedicated to student life with food services, a comic bar, a beach, a basketball court, an Etu’Recup campus resource centre, areas for cultural, club, and student activities (meeting rooms, co-working spaces, dance hall, rehearsal studios) and the Mac 3, the campus concert hall!

+ Cultural café | A space for interaction and meetings between students, associations and artists (S)pace’ Campus cultural café

More information can be found at crous-bordeaux.fr
THE CAMPUS LIFE AND ACTIVITIES DEPARTMENT

The department’s mission is to foster social links between students in CROUS in the Bordeaux area, by offering leisure activities (sports match and film broadcasts, board games, Bordeaux city tours, Halloween evenings, etc.) and workshops designed to improve students’ well-being (cookery, yoga, health cafés, etc.) with our partners. These events are open to all students, regardless of whether they live in the halls of residence.

COMMUNITY SERVICE VOLUNTEERS

CROUS community service volunteers arrange events and activities in halls all year round. Join your campus Facebook group to stay up to date with the latest news and events on offer for your hall of residence. Students in halls receive a weekly newsletter with the events programme.

For more information: animation.campus@crous-bordeaux.fr or on +33 (0)5 64 37 20 40

THE ACTIVITIES DEPARTMENT’S FACILITIES

The CROUS Relax’ reception, on the ground floor of the René Maran residence, provides advice and answers to students’ questions. The department also manages the use of Relax’ facilities: teaching kitchen, e-sport room, dojo, foyer. The facilities are available free of charge to student associations. There are also other rooms and areas: fitness room, coworking room, etc.

Book online here: crous-bordeaux.fr

For more information: accueil.relax@crous-bordeaux.fr or +33 (0)5 64 37 20 85
The gym in the residence has **cardio equipment with bicycles, elliptical trainers and treadmills, and weight training equipment with guided machines**. Other fitness accessories, including skipping ropes and elastic bands, are also available.

A coach is **on regularly hand** to guide you with **your sporting activities**.

For more information about prices and opening times: [Crous-bordeaux.fr](http://Crous-bordeaux.fr) in the **Sortir, bouger, créer (Get out and about, create)** section under **Nos salles (Our facilities)**

---

**COWORKING SPACE**

The Coworking space is **open to all students from Monday to Sunday, 8am to 10pm**. Simply ask at the CROUS Relax’ reception desk.

---

**THE SALON**

Mélanie, nail technician, Joy and Kamel, hairdressers, welcome you to the Salon on the ground floor of the **Simone Veil residence** near the Unitec tram stop. Their rates are affordable for students, and evening opening times are ideal for after classes.


6 avenue Henri Vizioz, 33600 Pessac
Peer mentors check how you’re getting on, either remotely or face to face, and guide you to the right service if you have any problems, either financial, psychological or social. Their role is to foster goodwill, social connection, and friendliness in the halls.

**PSYCHOLOGICAL SUPPORT**

**ACCA**
Help line for residents
Available 24/7 and toll free from French lines: 0 800 73 08 15

**APSYTUDE**
Face-to-face consultations with psychologists for residents of Bordeaux and Pau (rdv.apsytude@gmail.com)
www.apsytude.com | +33 (0)6 27 86 91 83

For more information, visit crous-bordeaux.fr, in the Social et accompagnement (Social and support) section

**STUDENT HEALTH CENTRE**

The team of professionals at the Espace Santé Student health centre, managed by the Université de Bordeaux and UPPA, is available to answer your questions, help you, and provide you with support for healthcare and student life matters.

22 avenue Pey Berland, Pessac
ese@u-bordeaux.fr

**Contacts**
- +33 (0)5 33 51 42 00
- doctolib.fr/centre-de-sante/pessac/espace-sante-etudiants-pessac

Avenue de l’Université, Pau
espace.sante.etudiant@univ-pau.fr

**Contacts**
- +33 (0)5 59 40 79 01
- rdv-medical-spacesanteetudiant.univ-pau.fr
Social services workers from the Bordeaux-Aquitaine CROUS are available to support you throughout your studies.

For more info: crous-bordeaux.fr
in the Social and support (Social et accompagnement) section

To listen and help you overcome personal difficulties with professional confidentiality.

To support you and help you find solutions to your problems.

To provide you with information about aspects of student life: budget, scholarships, housing, regulations, etc.

To guide you to services you need, help you navigate university departments (particularly the Espace Santé student health centre) and academic support services, and connect you with outside organisations.

To help you complete various administrative steps (info on CAF, scholarships, specific assistance).

MAKE AN APPOINTMENT

Create and/or log in to your personal space: clicrdv.com/crousdebordeaux

You can choose between in-person or telephone appointments with social services staff. Also see the Social and support (Social et accompagnement) section on the Bordeaux-Aquitaine CROUS website.

The social services staff do not manage CROUS accommodation allocation or review scholarship applications except in exceptional circumstances. Please contact the Vie Etudiante (Student Life) department responsible for these applications.
The CVEC is the Student Life And Campus Fee. It is used to offer services to help with your daily life at your institution and at CROUS offices from your regional education authority.

Every year, depending on your situation, you must pay the CVEC (Contribution Vie étudiante et de Campus) fee to enrol at a higher education institution.

For more information, visit crous-bordeaux.fr in the CROUS section, under CVEC.

What is it?

The CVEC is the Student Life And Campus Fee. It is used to offer services to help with your daily life at your institution and at CROUS offices from your regional education authority.

Who does it apply to?

Any student enrolled in a formal course of study at an institution of higher education. To learn more about the exemption requirements, visit crous-bordeaux.fr in the CROUS section under CVEC.

How?

Go to cvec.etudiant.gouv.fr
To improve your access to care on campus and improve the prevention policy.

To support your initiatives.

To develop sports on campus.

To make art and culture part of life within higher education institutions.

To improve student support services.

To offer social support services.

In 2023, the CVEC funds were used to finance projects for all students: Campulsations back-to-school festival, development of multi-sport fields in Bordeaux and Pau, open stages, theatre performances with the Diphda company and the Méchante memorial association, hygienic protection dispensers in five higher education establishments, culinary workshops with the Vrac association, and much more.

Every year, the CROUS of Bordeaux-Aquitaine holds several calls for projects for student organisations, higher education institutions, and any public or community bodies interested in implementing a project to enrich campus life.

More information can be found at crous-bordeaux.fr
+33 (0)9 72 59 65 33
viedecampus@crous-bordeaux.fr
Throughout the year, the CROUS of Bordeaux-Aquitaine provides free information about student job opportunities in all fields.

Find more info at www.jobaviz.fr

WHAT JOBS ARE AVAILABLE?

Home help, babysitting, individual lessons, events, leisure activities, sport, administration, hotels, food service, sales, distribution, etc.

WHO CAN APPLY?

All students enrolled in a higher education institution.

HOW DO I APPLY?

The job offers can be accessed directly on the www.jobaviz.fr website. The employer’s contact details can be viewed after the student registers on the messervices.etudiant.gouv.fr website (INE (French national student ID number) required). Jobaviz is also accessible from the CROUS of Bordeaux-Aquitaine website.
Need to rent student housing?

Lokaviz is a free online platform that helps you to find a room, studio or flat, both private or shared.

Discover more at www.lokaviz.fr
THE CROUS CULTURAL PROGRAMME

Festivals • Shows Art competitions • Workshops

Find out more about the cultural calendar on www.campulsations.com