



# GUIDELINES FOR VISITING FOREIGN EXCHANGE STUDENTS



## HELPING YOU FOR RECEPTION, ADVICE AND GUIDANCE

### THE INTERNATIONAL RELATIONS OFFICE (DRI)

The International Relations Office (*Direction des Relations Internationales*/DRI) will be your main contact point throughout your stay at the University of Reunion Island. See its location on campus on the last page of this document.

The Service is open **MONDAY to FRIDAY**:

- -8 am to 12 pm
- 2 pm to 4 pm

**Closed on Tuesday and Thursday mornings** 

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On Reunion Island dial 02 62 93 83 21.

### RELEVANT OFFICERS IN OTHER COMPONENTS:

<b>International Relations Officers</b>	Administrative Officers
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### ORGANISE YOUR CURRICULUM

You should first read through the study programmes offered by the University of Reunion Island on the University's website: <a href="http://formation.univ-reunion.fr/">http://formation.univ-reunion.fr/</a>

Non French-speaking foreign students (Erasmus, ISEP, South Korea, etc.) registering with the Humanities & Social Science Faculty (FLSH) are strongly advised to attend the following courses:

- French as a Foreign Language (FLE) (4 ECTS credits)
- **Translation from/into English** (4 ECTS credits)

  German-speaking students have to follow the same course in German-French (please see the curriculum online for ECTS credit details)
- Reunion Island's Environment, Society & Culture (3 ECTS credits)
- These courses are also accessible to other visiting foreign exchange students registering with other Faculties and Institutes.
- For more information, see: <a href="http://www.univ-reunion.fr/international/venir-etudier-a-la-reunion/cours-specifiques-reserves-aux-etudiants-etrangers/">http://www.univ-reunion.fr/international/venir-etudier-a-la-reunion/cours-specifiques-reserves-aux-etudiants-etrangers/</a>

# WHAT MUST YOU DO? DEADLINES, PROCEDURE AND DOCUMENTS TO BE SENT

### **ERASMUS Students**

- A) Students registering for the 1<sup>st</sup> Semester (End of August-December):
- 1. The following documents must be sent by e-mail to the DRI not later than 1<sup>st</sup> June:
- Formulaire électronique de candidature Erasmus (Erasmus E-Application Form);
- Contrat d'études Erasmus (Erasmus Study Contract);
- Fiche de demande de logement universitaire (Hall of Residence Application Form).

### NO INCOMPLETE APPLICATION WILL BE CONSIDERED

- 2. The DRI will process applications and send acceptance mails between 1st June and late June.
  - Students registering for the whole year are given priority for accommodation in halls of residence over those registering for Semester 1 only).
  - Students wishing to be welcomed at the airport by the DRI should return the *Annonce d'arrivée* (Arrival Notice).

# 3. All students to be accommodated in a hall of residence must send the following documents by e-mail to the DRI not later than 1<sup>st</sup> July:

- Contrat d'hébergement CROUS (CROUS [Student Accommodation & Catering Services Board] Accommodation Agreement) signed by student;
- *Règlement intérieur CROUS* (CROUS Rules & Regulations) and Agreement for use of CROUS Internet network signed by student;
- Annonce d'Arrivée (Arrival Notice) if you want us to welcome you at the Airport.

IMPORTANT NOTICE: You will have to pay 3 months' rent and a deposit once on Reunion Island.

All above documents can be downloaded from:

http://www.univ-reunion.fr/international/venir-etudier-a-la-reunion/programme-dechange-erasmus/

### B) Students registering for the 2<sup>nd</sup> Semester (End of January-June):

- 1. Please return the following by mail to the DRI by 1st November:
- Formulaire électronique de candidature Erasmus (Erasmus E-Application Form);
- Contrat d'études Erasmus (Erasmus Study Contract);
- Fiche de demande de logement universitaire (Hall of Residence Application Form).

### NO INCOMPLETE APPLICATION WILL BE CONSIDERED

### 2. Between 1<sup>st</sup> and 15<sup>th</sup> November:

The DRI will process applications and send acceptance mails. You will then have to download the following documents:

### if you apply for a room in a hall of residence:

- Contrat d'hébergement CROUS (CROUS Accommodation Agreement) signed by student;
- Règlement intérieur CROUS (CROUS Rules & Regulations) signed by student;
- Agreement for use of CROUS Internet network signed by student.
- if you need assistance at the Airport, please return the *Annonce d'Arrivée* (Arrival Notice) if you want us to welcome you there.

### 3. Not later than 1<sup>st</sup> December:

All students registering for the 2<sup>nd</sup> Semester and applying for a room in a hall of residence must send the following documents to the DRI by e-mail:

- Contrat d'hébergement CROUS (CROUS Accommodation Agreement) signed by student;
- *Règlement intérieur CROUS* (CROUS Rules & Regulations) and Agreement for use of CROUS Internet network signed by student;
- Annonce d'Arrivée (Arrival Notice) if you want us to welcome you at the Airport.

IMPORTANT NOTICE: You will have to pay 3 months' rent and a deposit once on Reunion Island.

All above documents can be downloaded from:

http://www.univ-reunion.fr/international/venir-etudier-a-la-reunion/programme-dechange-erasmus/

# II – BCI (former CREPUQ), International Profile, ISEP, South Korea and Other Students

Between mid-April and mid-May: The DRI will process applications and send acceptance mails.

A) Students registering for the 1<sup>st</sup> Semester (End of August-December):

If you apply for a room in a hall of residence, you must send the following documents signed by you to the DRI by e-mail not later than 1<sup>st</sup> July:

- Contrat d'hébergement CROUS (CROUS Accommodation Agreement) signed by student;
- Règlement intérieur CROUS (CROUS Rules & Regulations) and Agreement for use of CROUS Internet network signed by student;
- Annonce d'Arrivée (Arrival Notice) for us to go and welcome you at the Airport.
- B) Students registering for the 2<sup>nd</sup> Semester (End of January-June):

If you apply for a room in a hall of residence, you must send the following documents by e-mail to the DRI not later than 1<sup>st</sup> December:

- Contrat d'hébergement CROUS (CROUS Accommodation Agreement) signed by student;
- Règlement intérieur CROUS (CROUS Rules & Regulations) and Agreement for use of CROUS Internet network signed by student;
- Annonce d'Arrivée (Arrival Notice) if you want us to welcome you at the Airport.

IMPORTANT NOTICE: You will have to pay 3 months' rent and a deposit once on Reunion Island. (ISEP exchange program students are exempted from that)

All above documents can be downloaded from: <a href="http://www.univ-reunion.fr/international/venir-etudier-a-la-reunion/">http://www.univ-reunion.fr/international/venir-etudier-a-la-reunion/</a>

### **ACADEMIC YEAR**

### **4** 1<sup>st</sup> Semester starts in late August

This will be specified in the acceptance letter we send to students admitted for studying in our university.

A reception and welcome meeting will be organised in early September: Your presence is compulsory.

1<sup>st</sup> Semester holidays:

- 15<sup>th</sup> August: Assumption
- 1<sup>st</sup> November: All Saints' Day
- 11<sup>th</sup> November: WW1 (1914-18) Armistice

1<sup>st</sup> Semester officially ends on 18<sup>th</sup> or 19<sup>th</sup> December Regional holiday on 20<sup>th</sup> December (Abolition of Slavery)

### **4** 2<sup>nd</sup> Semester starts in late January

A reception and welcome meeting will be organised for visiting students in early February.

2<sup>nd</sup> Semester holidays:

April: Easter Monday
 1<sup>st</sup> May: Labour Day

- 8<sup>th</sup> May: WW2 (1939-45) Armistice

In May: Ascension DayIn May: Whit Monday

2<sup>nd</sup> Semester officially ends on 1<sup>st</sup> July.

### Note:

- The exact dates of end of courses and examinations vary from one faculty to another and will be indicated in the letter of acceptance.
- The Faculty of Science may hold remedial examinations during the 1<sup>st</sup> half of July.

### WHAT DOCUMENTS SHOULD YOU HAVE WITH YOU?

### I - TO REGISTER WITH THE UNIVERSITY OF REUNION ISLAND

### • Administrative registration

Registration with the University of Reunion Island is compulsory. It must be made online on the University's website. Your Student Card will be ready as soon as you arrive.

Your Student Card will enable you to get a residence permit (*Carte de séjour*) if you are staying on Reunion Island for more than 3 months, benefit from many price reductions and receive a housing allowance (*Aide Personnalisée au Logement* or APL): <a href="http://www.caf.fr/">http://www.caf.fr/</a>

Foreign exchange students are exempted from registration fee.

### • Health insurance

You do not have to subscribe to the French student health system as part of your administrative registration; you will therefore pay no social contribution if:

- You are a national from an **EU or EEA** (**European Economic Area**) member state: you must produce a subscription certificate (*Carte européenne d'assurance maladie* or private insurance);
- You are a Quebec Higher Education student: you must produce Form SE 401Q106, which is a subscription certificate to a social security system.

### → If you provide neither document, you will have to pay student social contributions.

All foreign students from outside the EEA must subscribe to the French student health insurance system, even if they already subscribe to a foreign public health system or to a French or foreign private health insurance scheme (€213 in 2016/2017).

### **♣** *Documents required:*

- Photocopy of valid passport or identity card;
- Photocopy of the visa;
- Birth Certificate translated into French;
- Student card or proof of registration with your university for the current academic year;
- 2 passport format photos (2cm x 3cm), with your name and surname written on the back.

### II – TO OBTAIN A RESIDENCE PERMIT (CARTE DE SEJOUR)

### **European ERASMUS and EEA Students**

As of 1<sup>st</sup> July 2004, citizens of EU member states and Switzerland are no longer required to hold a residence permit to reside on Reunion Island. **You only need a valid passport or national identity card.** 

Non-European exchange programme (BCI, some Erasmus students, International profile, ISEP) and bilateral agreement (South Korea, New-Zealand, etc.) Students

To be in a regular situation, you must get a long-term visa. This procedure has to be carried out as soon as you arrive.

### **Steps to follow:**

- 1. The following documents must be provided to the University's Direction of International Relations (DRI) for your visit on Reunion Island to be approved by the OFII (French Immigration & Integration Office):
- "Long stay visa OFII application certificate" form issued by a French Consulate in you country of origin;
- Copy of passport;
- Copy of the visa stamped on your passport;
- Proof of your place of residence on Reunion Island (or certificate of accommodation);
- Identity photo (bareheaded).
  - → Those documents must be handed in at the University DRI (Building A, in front of the DSVE [University Registrar & Student Life Division]) not later than 3 months after arrival. After reception, they will be sent to OFII by the DRI.
- 2. The OFII will register your file and send you an instruction to appear for your visa by post.

This formality is compulsory; any student failing to register within three months after arrival on Reunion Island will be considered an illegal resident by French immigration authorities.

3. On the day of appearance you will have to bring a €60 duty stamp (ANAEM Stamp) and your passport with the relevant visa. A sticker will be affixed on your visa by OFII.

### III - FOR YOUR CROUS ACCOMMODATION FILE

### **♣** Documents required:

- 3 photos;
- Photocopy of your Student Card or another proof of your registration with the University of Reunion Island:
- Photocopy of insurance certificate proving that you are covered for water damage, fire, theft and personal liability (You can take out such insurance from one of the student mutual health insurance company: LMDE, VITTAVI or MAE).

### ARRANGEMENTS FOR ARRIVAL AT REUNION ISLAND

### 1. ARRIVAL AT AIRPORT

Make sure you arrive between Monday and Friday so that we can welcome you at the airport (preferably in the morning).

When at the airport, go to the reception desk (*Accueil information*) where an ERASMUS tutor/student will be awaiting you.

Students going to the south campus at Le Tampon or St Pierre will be driven to the bus station in the city centre of Saint-Denis. From there, take a *Car jaune* or *Car Alizé* (price: €2 per ticket).

### 2. ACCOMMODATION

### a) Staying in a CROUS student hall of residence

If you have requested accommodation in a student residence, you will be driven to the CROUS located in: 20 Rue Hippolyte Foucque - 97490 Sainte-Clotilde (see map)

At the CROUS, you will be given:

- a form to be completed for your administrative registration;
- the key to your room (after inventory of fixtures).

Students accommodated in a university residence will have pay the following to CROUS on arrival:

- 3 months' rent:
- a deposit.

The deposit will be refunded at the end of your stay, provided that no damage has been made.

2016 deposit price: €233

### **PLEASE NOTE:**

You must arrive between Monday and Friday, as CROUS is open:

- morning: 8 am to 12 pm Monday to Friday;
- afternoon: before 2.00 pm except on Tuesdays and Thursdays (closed).

### DO NOT ARRIVE ON SATURDAYS, SUNDAYS OR PUBLIC HOLIDAYS

as there will be no one on duty to give you your room key.

### **IMPORTANT NOTICE:** You will have to provide the following:

- Bedding: Sheets, pillow case, blanket;
- Bathroom equipment: bathmat, towels;
- Kitchen equipment: bowl, cups, glasses, plats, cutlery, pan, frying pan, kettle, etc.

Camping gas stoves or small electric cooking plates are not allowed.

### b) Staying in a private residence

If you do not wish to stay at a CROUS hall, here are some accommodation leads:

- Reunion Island real estate agency database: http://www.dom-tom.agences-immobilieres.com/reunion/immobilier-ile-reunion.htm
- In Saint-Denis: **AMI REUNION** Agency: Contact: contact@amireunion.com/ website: http://www.amireunion.com/
- On Le Bon Coin website: https://www.leboncoin.fr/annonces/offres/reunion/

If you have not found accommodation before your arrival in Reunion, you will have to stay at a hotel. You will find some addresses on the Reunion Island Tourism Bureau (IRT) website:

http://www.reunion.fr/planifier/ou-dormir

Whatever accommodation you choose, you can apply for a housing allowance (APL) to reduce the amount of your rent: http://www.caf.fr/wps/portal/particuliers/simulationlogement

### 3. UNIVERSITY RESTAURANTS

### **North Campus:**

- Moufia site:
  - 2 university restaurants: La Bourbonnaise and Restaurant Hippolyte Foucque (Meal price: €3.25);
  - 1 cafeteria: Le Croustillant where you can pay cheaper with IZLY Card\* (the cafeteria doesn't take credit cards and it is advisable to have small change forb items under €10);
  - 1 pasta van: *Il Bel Canto*.
- IAE Saint-Denis: 1 cafeteria and some snacks and restaurants around the IAE (Business School).

### **Le Tampon South Campus:**

- 1 university restaurant;
- 1 cafeteria.

Note: CROUS restaurants are closed in August. If you are arriving before September, you will need to arrange your own food and catering. During the academic year, they are also closed from Saturday evenings to Monday mornings. In the week, evening meals are only available at La Bourbonnaise.

### University restaurant prices:

- Breakfast (hot drink, orange juice and a pastry): €2.50;
- Meals (one starter, main course and dessert): €3.25.

You will find full information about CROUS catering on: http://www.crous-reunion.fr/restauration/tarifs/

### > What is the IZLY Card?

IZLY allows you to pay for all your purchases on campus, simply with your student card or smartphone.

### What is the interest of having an IZLY account?

- Food at the cafeteria is cheaper;
- You need no cash;
- Opening an account is totally free of charge.

### ➤ When/Where can you use the IZLY Card?

- At CROUS restaurants:
- To make photocopies;
- In some launderettes.

### ➤ How to get an IZLY Card

Full information on the steps to follow can be found on the <a href="http://www.izly.fr/">http://www.izly.fr/</a> under Comment ça marche? (How to get one)



### LIFE ON REUNION ISLAND

### 1. Facts and Figures

*Population:* 843,617*Area:* 2,512 sq km

- Status: French Overseas Department since 19<sup>th</sup> March 1946.

- Motto: "I Shall Bloom Wherever I Am Taken." A flag was devised in 1998 by an association in Le Port, but hasn't been officially approved yet. It contains the different colours of the island's ethnic communities.
- County Town (Préfecture): Saint-Denis
- *Main towns* (2009 census figures): Saint-Denis (pop. 144,642); Saint-Paul (pop. 104,332); Saint-Pierre (pop. 81,415); Le Tampon (pop. 72,658); Saint-Louis (pop. 52,803).
- *Languages:* French is the official language, but the inhabitants speak Creole and several other ethnic languages such as Tamil (Tamil Indians), Gujarati (Indo-Muslims from Gujarat), Chinese, Malagasy or Comoran (Swahili).
- *Currency:* The euro (€) replaced the French franc on 1<sup>st</sup> January 2002.
- *Economy:* La Reunion produces less than a tenth of what it imports. A large proportion of the island's revenue comes from French public funding. Little industry other than sugar cane. Also, tourism, service industries, trade and supermarkets. Inflation: 2% (7% in Mauritius).
- *Religions:* Mainly Roman Catholic, also Muslim and Hindu.

### 2. Location and Climate

A volcanic and mountainous island located in the Indian Ocean, Reunion is part of the Mascarene archipelago (Reunion, Mauritius, Rodrigues). Some 207 km of coastline (of which 30 km beaches) at the foot of the mountains.



### a) Flora and Fauna

Indigenous species: 800 flowering plants and 230 varieties of fern. All other plants currently found on Reunion Island come from elsewhere.

- Coast: beaches lined with filao (Casuarina) trees. Vacoa (pandanus) grows along rocky coasts and in sandy gardens.
   Swampy areas may be overgrown with Nile papyrus and water hyacinths.
- *Arid zones:* used to be covered with forests, which gradually gave way to coffee, then sugar plantations.



Pinpin d'amour

- Low-altitude forest: you can see Rubus alcaefolius (Giant Bramble) and Psidium cattleyanum or goyavier (Strawberry Guava) tree with edible fruit (large red berries).
- *Mid-altitude forest:* this is the land of ericoid vegetation, i.e. mainly heather and some shrubs.
- High-altitude vegetation: heather and shrubs.
- **Plants imported by humans:** these are easier to identify. In Europe, they are often found as pot plants. The main ones are poinsettia, *alamanda, acalyphas, ravenala* ("traveller's tree"), laburnum, frangipani, *colocasia*, crotons, hibiscus, ficus.

Reunion Island is also a true bird paradise. The island offers an exuberant and colourful nature, endowed with astonishing landscapes, exceptional biodiversity, microclimates and a unique fauna.

See full information on Reunion Island flora and fauna on: <a href="http://www.reunion.fr/">http://www.reunion.fr/</a>

### b) Climate

The climate is tropical. On the coast, temperatures vary between 20 and 31°C. In the uplands, however, they can drop to 4°C. Bring light clothes for the coast, a pullover and windproof coat for the mountains.

### There are only 2 seasons in Reunion Island:

- Winter, the "cool" season: May to November. Little rainfall and lower temperatures;
- *Summer, the hot season:* November to April. High humidity and *avalasses*, torrential rain showers towards the late afternoon.

Average water temperature: around 26°C from November to May, 23°C from May to October.

### Rest of the year:

- Winter-summer transition: October-November. Amazing landscape!
- Cyclonic season: usually from December to March. It often rains.

For more information about climate in Reunion Island: http://www.reunion.fr/pratique/l-ile-de-la-reunion/climat-geographie/climat

### c) Cyclones

Reunion is safely equipped and cyclones (hurricanes) are rarely fatal. **Keep informed by reading the press, listening to the radio and calling the Météo France weather service.** During this period, as soon as the weather becomes cloudy, it is advisable to call the Météo France weather service before starting any walks or hikes.

### 3 warning levels are used:

- Cyclone Warning (vigilance cyclonique): a cyclone is present over the Indian Ocean but is still some distance from the island;
- Orange Warning (alerte orange): cyclone is approaching the island;
- Red Warning (alerte rouge): cyclone is going to hit the island. Imminent danger! Red alert is always announced three hours in advance.

After the cyclone, beware: roads are often blocked and there are risks of landslides.

For more details about cyclone warnings: http://www.meteofrance.re/cyclone/activite-cyclonique-en-cours

### 3. Language

Most people on Reunion speak Creole, although the official language is French. Creole has been taught at the University of Reunion Island for several years.

### 4. Time difference

Add 2 hours to French mainland summertime (3 hours to BST) and 3 hours (4 hours to GMT) in the winter (from late Sept. to late March).

### 5. Clothing

- You will need light clothing all year round. Don't forget your sunglasses and a strong sun protection cream to avoid painful sunburn.
- Bring a light raincoat for the cyclone (or rain) season (mid-Nov. to early April) as tropical rain can be torrential.
- Warm clothing and good quality walking shoes are essential for any trip to the mountains or the volcano.

### 6. Transport

**<u>Bus</u>**: Buses are the only public transport (no tram, no trains).

- The Citalis bus network runs between the different parts of Saint-Denis.
- Use the Yellow Buses (Cars jaunes) to travel across the island.

There is a regular shuttle service between Roland Garros Airport and the bus station in the centre of Saint-Denis.

\*You can take a Student Reuni-Pass giving you access to *Citalis* buses and *Car jaunes*: http://www.cg974.fr/index.php/Reuni-Pass-Etudiant-informations-generales.html

\*An exotic touch: you need to clap your hands to let the driver know when you want to get off! But this is only on buses with no "Stop request" button.

**Cycling:** Not easy, given the hilly terrain. There aren't many cycle lanes or paths.

<u>Motoring</u>: There are no motorways (only 4-lane roads) on Reunion Island. The maximum speed limit is 110 km/h.

### 7. Money and Banks

The Euro ( $\mathfrak{E}$ ) has been local currency since 1<sup>st</sup> January 2002.

- o Cash dispensers (ATMs) are called *gabiers* (from GAB: *Guichet Automatique Bancaire* [Automatic bank teller]). Credit and debit cards are accepted in most places and you can withdraw cash in the same way as in all European countries.
- o Most banks are closed on Mondays and open from Tuesday to Friday between 8 am and 4 pm.
- o Traveller's cheques are accepted, but it is difficult to change them in small and medium-sized bank branches.

For details about banks in Reunion Island: <a href="http://www.guide-reunion.fr/guide-pratique/banque/">http://www.guide-reunion.fr/guide-pratique/banque/</a>

### 8. Prices

### Food:

- 1 kg rice = €1.61
- a 250g loaf of bread = €1
- 1 kg meat (chicken) = £6.50
- 6 eggs = €2
- 1 L milk = €1.08
- a meal at the University restaurant = €3.25
- a sandwich = €1.50 to €4
- a pizza = €14

Your typical food budget will be between €150 and 200 per month.

### \* Accommodation:

**In town:** If you do not stay in a University residence, you will have to rent through an agency or private landlord. Renting through an agency involves paying agency fees and a deposit (usually 2 months' rent). You must sign a *bail* (lease) stipulating the rental price, duration and rental conditions. You will have to take out a compulsory insurance policy covering the rented premises.

Rent is payable on the first of each month. Expect to pay:

- first month: €1,000;
- monthly rent and other charges, between €300 and €450.

Whatever accommodation you choose, you can apply for a housing allowance (APL) to reduce the amount of your rent: http://www.caf.fr/wps/portal/particuliers/simulationlogement

### Free time:

- **Cinema:** €9.90 in Cinépalmes (Sainte-Marie), €6 in Ritz (Saint-Denis) \*Reduced student price on Thursdays
- **Bowling**: €8.50 (1 game)
- Water park: €8
- **Shopping**: Shops are opened from Monday to Saturday (Shopping centres are also open on Sunday mornings).

The range of activities is constantly developing on the island. For details of everything on offer throughout Reunion: http://www.reunion.fr/planifier/voir-faire

### 9. Post Office

There are Post Offices in all towns, generally open Monday to Friday 8 am-12 pm and 2-4 pm.

\*20g letter: €0.70 (green letter) / 0.80 (priority) for France and €1.55 for Europe.

Long distance: allow 3 days for a letter to reach France.

### 10 - Telephone

The Reunion telephone system is the same as in France (except that Reunion's country code is +262 and France's is +33).

You can use your home mobile phone (roaming) but be careful of the hefty bill! Ask your operator about your mobile phone terms and conditions overseas.

OR

You can buy a SIM card in Reunion Island.

- To call
- abroad from Reunion Island, dial 00 + country code + number;
- Reunion from abroad (foreign), dial +262 2 XX XX XX XX (landline) or +262 6 XX XX XX XX (mobile). Example: for landline No. 02 62 66 55 44 dial +262 2 62 66 55 44; for mobile No. 06 92 33 22 11 dial +262 6 92 33 22 11;
- Reunion from mainland France or Reunion, dial 02 62 + 6 digits (landline) or 06 92 / 06 93 + 6 digits (mobile).

Mobile operators on Reunion Island:

- SFR REUNION
- ORANGE REUNION
- ONLY (soon FREE)

### 11. Sport and Recreation on Reunion Island

### a) Hiking

Reunion Island is an amazing place, particularly for hikers. Hundreds of kilometres of paths of all difficulty levels are signposted by the Forestry Commission (ONF).

To know about Reunion Island hiking trails and for practical information: <u>http://www.reunion.fr/planifier/les-circuits-de-randonnee - !/page/1</u>

### Useful advice:

### CHECK THE WEATHER BEFORE YOU GO!

- *Clothes:* take a pull-over, a light waterproof coat, and of course light, non-slip quality walking shoes; "Micropur" water sterilizing tablets for the more adventurous or mineral water bottles for the more conservative, a pocket or head light. A wide-brimmed hat or bandana, sun cream and a flask (2 to 3 L) are indispensable.
- **Food and equipment:** food can be bought on the way (except on Sundays and sometimes Mondays), and most mountain lodges serve meals. If you book your accommodation in advance, a sleeping bag is not necessary, but it is advisable to take a sheet bag.
- *Altimeters:* never trust them entirely as they do not give accurate results on Reunion Island.



- *Maps:* you will find <u>IGN (French Geographical Institute) maps</u> useful (No. 512 covers the whole island). More detailed maps are IGN Top 25 4401 to 4406.
- Walking times: those given below are only indicative.
- *Start early in the morning:* You will have a better view of the landscape and be able to go back in time if the weather changes for the worse.
- Car: Don't leave a rental vehicle in a car park near the beginning of a hiking trail over the night.

### **NEVER GO HIKING ALONE!**

Some useful addresses:

Best hiking trails: <a href="http://en.reunion.fr/discover/mountains/hiking-trails-!/page/1">http://en.reunion.fr/discover/mountains/hiking-trails-!/page/1</a>

Rando Run: <a href="http://www.randorunoi.com/">http://www.randorunoi.com/</a>

Austral Adventure: http://www.australaventure.fr//Email:canyon@australavaventure.fr

### b) The Sentiers de Grande Randonnée or GR (Hiking Trails)

There are 2 GRs on Reunion Island (a 3<sup>rd</sup> is under consideration in the Cirque of Mafate only):

- *GR R1*: Goes around the Piton des Neiges via the three cirques (Salazie, Cilaos, Mafate) = **About 60 km (3 to 6 days)** Average elevation: 1,750 m. Some passes are nearly 2,000 m high.
- *GR R2:* Crosses the island from North to South-East via 2 cirques (Mafate, Cilaos) and the volcano (Piton de la Fournaise) = **150 km**. Strikingly varied landscapes, mainly in mountainous environment. Numerous difficult passages. **Takes 11-12 days.**

More information on RunRando's website: <a href="http://runrando.free.fr/rando.php?rando=C01">http://runrando.free.fr/rando.php?rando=C01</a>

### c) Skin Diving

Reunion Island is a volcanic island and has a specific underwater landscape, abysses and narrow faults. Most diving sites are on the west coast. Seasoned and independent divers go to less visited sites on the south-east coast, near the 1977 lava flow, at Grand-Brûlé or Anse-des-Cascades. Those who cannot afford diving sessions can simply use goggles and get a thrill in the lagoons.

You can skin dive all year long, however the best period is from October to April.

Website for information on skin-diving in Reunion Island:

- A guide book on Skin Diving in Reunion Island
- Association Parc Marin de la Réunion (Marine Reserve Association): <a href="http://parcmarin.chez.com/">http://parcmarin.chez.com/</a> Tel: 02 62 34 64 44 / Email: <a href="mailto:parcmarinreunion@wanadoo.fr">parcmarinreunion@wanadoo.fr</a>.

### d) Paragliding: "Free as a Bird"

With its rugged relief, micro-climates and trade winds, Reunion Island is one of the world's best paragliding sites—and you can fly all year round. This sport requires good knowledge of air streams and perfect command of the glider.

Website for information on paragliding in Reunion Island:

- <a href="https://www.bourbonparapente.com/">https://www.bourbonparapente.com/</a>
- https://www.airlagon-parapente.fr/

### e) Canyoning

Reunion Island is a canyon rafter's paradise. The most popular sites:

- For beginners: Bassin Bœuf in Sainte-Suzanne; Bassin la Mer/Bassin la Paix in Bras-Panon (water hike); Ravine Saint-Gilles;
- For regular goers: Trou Blanc in Salazie, a natural Aqualand, the canyon you don't want to miss;
- For confirmed riders: Takamaka.

Expect to pay around €40 half-day and €65 full day (equipment included).

Websites for canyoning in Reunion Island:

- <u>http://www.canyonaventure.re/</u>
- <a href="http://www.canyoning-la-reunion.fr/">http://www.canyoning-la-reunion.fr/</a>
- <a href="http://www.australaventure.fr/-002-canyon-reunion-">http://www.australaventure.fr/-002-canyon-reunion-</a>

### LIFE ON CAMPUS

### 1. Access to the Moufia University Campus

The campus is closed every day between 10.00 pm and 5.00 am, and during weekends from Saturday 10.00 pm to Monday 5.00 am. Access is controlled and strictly limited to listed authorized persons at the East Gate (roundabout near the Regional Council). You should always have your student card on you.

### 2. Cultural Activities

The **University Cultural Board** is in charge of:

- © Coordinating cultural information on campus;
- Fostering and facilitating cultural projects;
- © Contributing to cultural dissemination;
- Developing partnerships.

In partnership with the University Library (SCD) and CROUS, the Cultural Board regularly organizes film projections, exhibitions, concerts, and conferences in the Vladimir Canter Hall.

The Board runs numerous activities, clubs (choral, improv, film club) and training schemes.

More information on the University website: http://www.univ-reunion.fr/vie-etudiante/culture/

### 3 - Sporting Activities

### The Physical & Sporting Activities Department (SUAPS)

All year round, the SUAPS offers the possibility to practice:

- Team sports
- Individual sports
- Racket sports
- Artistic and expression activities
- Fitness activities
- Recreational activities
- Combat activities and martial arts



The SUAPS regularly organizes events such as:

- Sporting week-ends
- Gala evenings, friendly competition nights
- The University Sporting and Cultural Week

### Subscription for the whole year: €30 (for all activities)

### **The University Sports Club:**

- **ASCUR**: Discovery of many activities, generally outdoors;
- **RUC**: The biggest sports club in French Overseas territories with great competitive spirit;
- **GRAND AIR**: Outdoor activities;
- **ASUR**: The only real multi-sports club on Le Tampon campus.

More information on the Physical & Sporting Activities Department website: http://www.suaps-lareunion.fr/

### 4. The Students' House (La Maison des Etudiants)

The House includes areas managed by and dedicated to the students themselves. Information on current events, cultural and sporting activities, etc. taking place at the University is available there.

The Students' House has:

- A computer room (free access);
- A meeting room;
- Recreational activities (billiards, board games, etc.).

Each University of Reunion Island site (Moufia, IAE, Le Tampon, etc.) has a Students' House.

### **USEFUL ADDRESSES**

### **Université de La Réunion / University of Reunion Island**

15 Avenue René Cassin - BP 7151

97751 Saint-Denis Messag Cedex 9

Tel.: +262 2 62 93 83 20 (Reunion: 02 62 93 83 20) / Website: http://www.univ-reunion.fr

# **♣** Service Universitaire de Médecine Préventive et de promotion de la santé (SUMPPS) / Medical Service

15 Avenue René Cassin

97744 Saint-Denis Cedex 9

Tel.: +262 2 62 93 84 00 (Reunion: 02 62 93 84 00) / E-mail: medecine.preventive-nord@univ-reunion.fr

### **♣** CROUS de La Réunion / Accommodation & Catering Services Board

20 Rue Hippolyte Foucque

97490 Sainte- Clotilde

Tel.: +262 2 62 48 32 32 (Reunion: 02 62 48 32 32) / Website: http://www.crous-reunion.fr/

### Ile de la Réunion Tourisme (IRT) / Tourist Board

4 Place du 20 Décembre

97400 Saint-Denis

Website: http://www.reunion.fr/

### **♣** Préfecture de La Réunion / Government Services

Rue des Messageries 97400 Saint-Denis

Tel.: +262 2 62 40 78 78 (Reunion: 02 62 40 78 78)

Website: http://www.reunion.pref.gouv.fr

### **♣** Office Français de l'Intégration et de l'Immigration (OFII) / Immigration Office

Préfecture de la Réunion - Place du Barachois

97400 Saint-Denis

Tel.: +262 2 62 40 75 69 (Reunion: 02 62 40 75 69) / E-mail: ofii-reunion@ofii.fr

### **♣** CAF (Caisse d'Allocations Familiales de la Réunion) / Family Allowances - APL

412 Rue Fleur de Jade 97833 Sainte-Marie Cedex

Tel.: 0810 25 97 40 / Website: http://www.caf.fr/

### **La Caisse Générale de Sécurité Sociale / Social Security**

4 Boulevard Doret 97400 Saint-Denis

Tel.: 02 62 40 33 40 / Website: http://www.cgss-reunion.fr

### **4** Cars Jaunes (Long distance transport)

Info line: 08 10 12 39 74

### **↓** Citalis (Local transport: Saint-Denis, Sainte-Marie, Sainte-Suzanne)

3 ticket & information offices:

- Opposite the Saint-Denis Town Hall entrance in Rue Pasteur;
- Near the "Petit Marché" in Rue du Maréchal Leclerc, Saint-Denis;
- In Le Chaudron near the "Jumbo Score" supermarket, Sainte-Clotilde.

Tel.: 02 62 92 59 25

### **₲** Gare routière (Bus Station)

Boulevard Lancastel 97400 Saint-Denis

Tel.: 02 62 41 51 10

### Le Journal de l'Ile (newspaper) for Classified ads (accommodation): http://www.clicanoo.com/

### **Student Mutual Health Insurance:**

### **VITTAVI**

Pôle Entrepreneuriat Etudiant de la Réunion 15 Avenue René Cassin 97400 Saint-Denis

Website: http://www.vittavi.fr

### **LMDE**

35 Rue Félix Guyon 97400 Saint-Denis

Website: http://www.lmde.com

### MAP OF LE MOUFIA MAIN CAMPUS - Saint-Denis



Adresse

### Campus du Moufia

Université de La Réunion 15 avenue René-Cassin - CS 92003 97744 Saint-Denis Cedex 9



### **... ∴** Composantes

- UFR Droit et Économie
- UFR Sciences et Technologies
- UFR Lettres et Sciences Humaines
- UFR Santé
- Amphis communs

### … ⊹ Institut

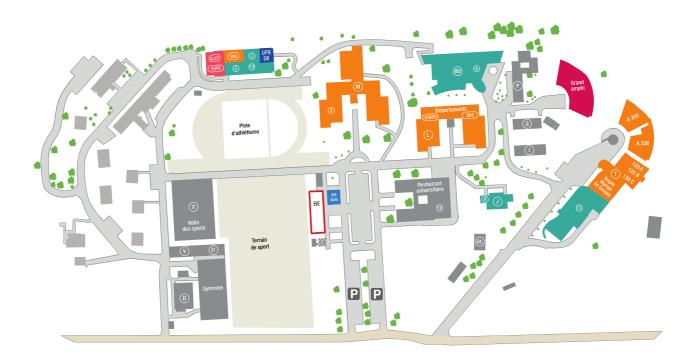
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### **...**→ Services

- Pôle Relations extérieures,
   Orientation et Formation
   pour l'Insertion professionneLle (PROFIL)
- Service Universitaire de Médecine Préventive et Promotion de la Santé (SUMPPS)
- Espace Vie Etudiant (EVE)
   Service Universitaire des Activités Physiques et Sportives (SUAPS)
  - > Service Université Art et Culture (SUAC)
- Direction des Relations Internationales (DRI)
- Division de la Scolarité et de la Vie Etudiante (DSVE)
- Pôle de l'Entrepreneuriat Etudiant de La Réunion (P2ER)

### MAP OF LE TAMPON CAMPUS (South of Reunion Island)





### ··· Composante

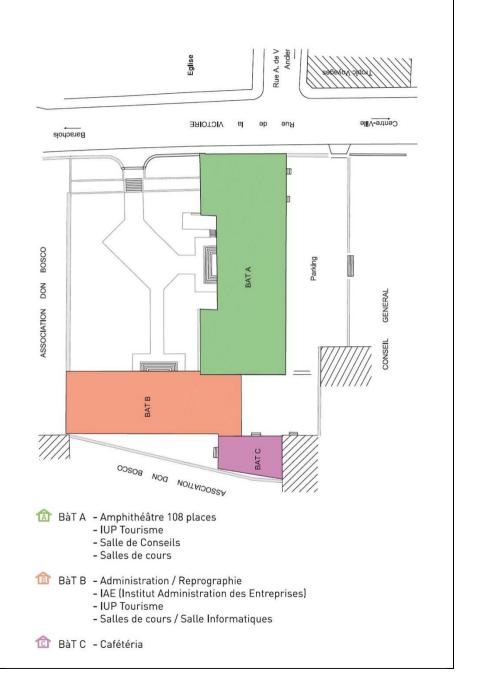
- ■1: UFR Sciences de l'Homme et de l'Environnement (SHE)

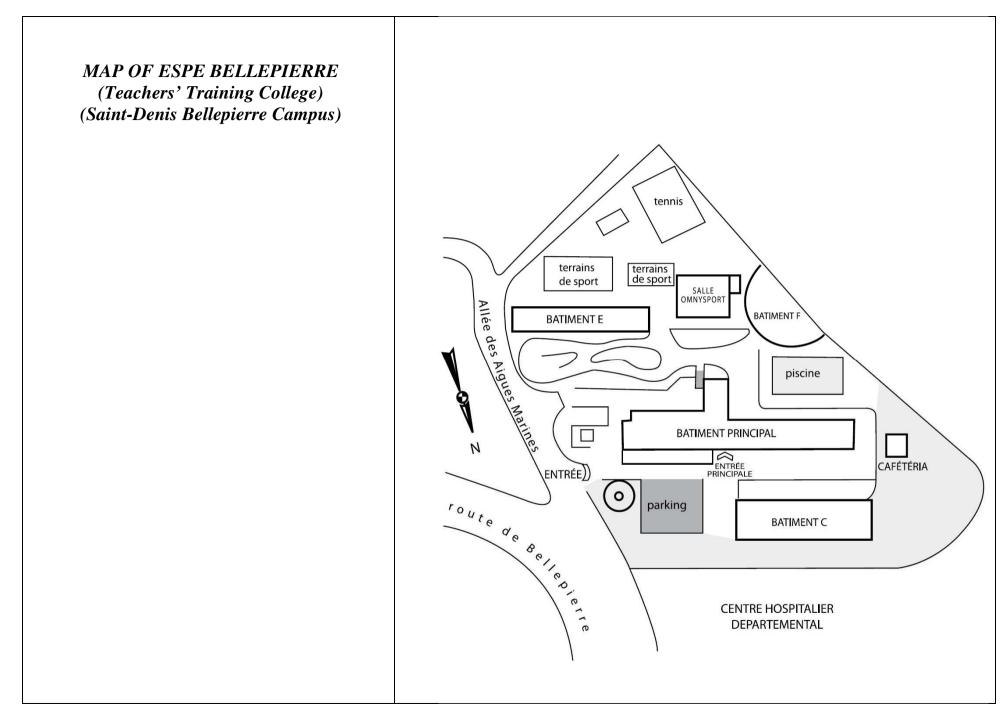
### ··· Services

- 3 : Division de la Scolarité et de la Vie Etudiante (DSVE)
- 4 : Centre International d'Études Pédagogiques (CIEP)
- 5 : Pôle Relations extérieures, Orientation et Formation pour l'Insertion ProfessionneLle (PROFIL)
- 6 : Bibliothèque universitaire
- 11 : Maison Des Langues (MDL)
- ■13 : Service Universitaire de Formation Permanente (SUFP)
- 12 : Restaurant Universitaire

- UFR Droit et Économie
- UFR Santé
- Amphis communs
- Institut de l'Illetrisme
- École Supérieure du Profe et de l'Éducation
- Espace Vie Etudiant (EVE)
  - Service Universitaire de Médecine Préventive et Promotion de la Santé (SUMPPS)
  - > Service Université Art et Culture (SUAC)
  - Service Universitaire des Activités Physiques et Sportives (SUAPS)
  - ) Maison de l'étudiant (MDE)

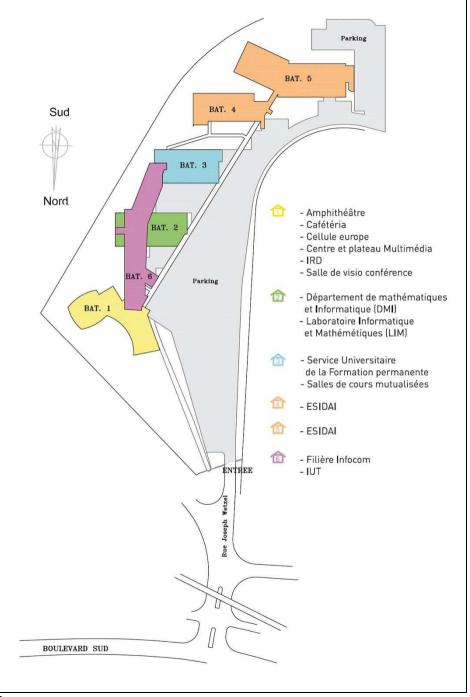
# MAP OF IAE (Business School) Saint-Denis Centre Campus



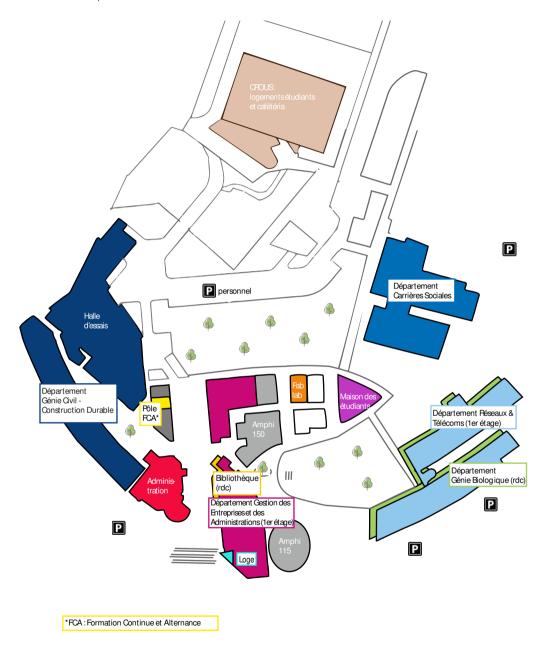


### MAP OF THE UNIVERSITY SCIENCE PARK

Ecole Supérieure d'Ingénieurs de la Réunion et de l'Océan Indien / Reunion Island & Indian Ocean Higher Engineering School (ESIROI)



### MAP OF SAINT-PIERRE IUT (UNIVERSITY INSTITUTE OF TECHNOLOGY - SOUTH OF REUNION ISLAND)



25/25