

Choosing



AS AN

*exchange
student*

Our identity :

UNIVERSITE POLYTECHNIQUE

Which combines humanities and sciences
Where several fields of studies are taught
1st of its kind in France

Université Polytechnique Hauts-de-France is a French
university regrouping :

3 component institutes
2 institutes
4 research labs



14 000 / 1 200

students

international students



160 training
programmes



5 campuses

INSA Hauts-de-France

COMPONENT INSTITUTE OF UPHF

- **Engineering school with engineering 3 year cycle and master programmes**
- **One of the 7 INSA Group members**
- **12 engineering specialities**
- **A widespread network of industrial partners in France, Europe and around the world**

5 reasons to choose UPHF/INSA



An environmentally friendly university



A French experience



An affordable cost of living



A vibrant city and region



At the heart of Europe

Environmentally friendly university

At UPHF/ INSA HdF, you will study on a reasonably sized and environmentally friendly campus; 12 000 students on 5 campuses. Enough space for everyone but you won't be lost!

And that's not its only asset!

The 2 main campuses, Mont Houy campus with its green environment (green areas, picnic tables and sports equipment available) and Tertiales in the city center (really close to shops and the train station), are connected free of charge by the tram.

With the Transvilles Pass & Go card, anyone under the age of 25 can travel for free and without limitation on the entire Transvilles network*. This card allows you to enjoy and move from one campus to another worry-free!

* See conditions on the website: <https://www.transvilles.com/pasandgo>.



Total French experience

Our programs cover all levels and many fields of study, as well as provide an innovative interdisciplinary approach to the curriculum.

You will therefore find the courses you are looking for.

The majority of which are offered in French!

For those serious about improving their French, that's not all.

The International Relations Office also offers a week of intensive online lessons at the beginning of your stay, led by the International Academy!

You can also take French as a Foreign Language (FLE) courses during your mobility and obtain 3 ECTS.

You can also go to one of our language resource centers where various materials are made available for language learning.

**NOT CONVINCED TO STUDY IN FRENCH ?
GO CHECK OUR "STUDYING IN ENGLISH AT UPHF / INSA"**



Accessible cost of living



Were you thinking about France for your exchange but the cost of student life seems too expensive?

In some large cities, the transport fees can reach €350/year, here there is no cost to travel by tram and bus.

For housing, the amount can represent up to 55% of monthly expenses.

It is therefore one of the main factors to take into account.

Here, in addition to the university's residence reservation service offered by the International Relations Office, the rental price remains affordable (on average €350 in university residences and €390 in the private sector).

Valenciennes is the second largest student city in the region, you will find everything there... except the disadvantages of big cities!

A dynamic city and region

Valenciennes has a lot to offer:

- for sportspeople : a wide range of sports venues such as the brand new olympic aquatic center Nungesser, the Hainaut stadium, the ice rink, the baseball/cricket stadium, etc. Everything to stay in shape!
- for cultural outings: the Phénix theater, the Fine Arts Museum and the city library are national treasures that tell stories of the region and that will welcome you with pleasure.
- for a leisure activities: cinemas, bowling alleys, laser Game, escape Game, paintball as well as many bars and restaurants in the city center will not disappoint you.

The Hauts-de-France region is also really animated! Events like the Lille Braderie or the Dunkirk Carnival, bring together its inhabitants, known as the "Ch'tis".

The International Relations Office offers day trips for exchange students to discover the area; the opportunity to visit the Louvre-Lens Museum, the Musée de la Piscine in Roubaix, but also to go tree climbing or event to the ice rink.

The people of Valenciennes will tell you, in "ch'Nord" you never get bored!

[Know more about Valenciennes area :](https://www.tourismevalenciennes.fr/)
<https://www.tourismevalenciennes.fr/>



At the heart of Europe

Do you want to travel or go on a road trip for a weekend?
Nothing could be simpler, thanks to Valenciennes' location!

Only 1:40 by train to Paris, 1:45 to Brussels and 3:20 to London.
Several bus companies also serve Valenciennes for ecological and inexpensive trips.

And if you want to go further or for a longer time, take off from the airports around Valenciennes such as Lille-Lesquin, Paris, Beauvais, Brussels or Charleroi.



*Here we
are waiting
for you!*



Good things to know / remember

- Most of our courses are taught in French: you need a B1-B2 level.

We offer intensive online lessons of French before the start of the academic year; free of charge!

- The International Relations Office can book a room for you at the university dorm. You just need to complete the application form which includes this option.

- During your stay, day trips are organized every month for exchange students to discover the area.
Free of charge!

Convinced to join UPHF / INSA
AS AN
exchange student?

1 CONTACT YOUR
INTERNATIONAL OFFICE

2 CHECK OUT OUR WEBSITE

3 CONTACT US FOR ANY
QUESTION

4 APPLY AND LIVE THE
ADVENTURE

INSTITUTION NAME :

Université Polytechnique Hauts-de-France
(UPHF)- France

TOWNS : Valenciennes ("Le Mont Houy"
campus & "les Tertiales" campus), Cambrai,
Maubeuge & Arenberg

CODE ERASMUS : F VALENCI01

Connected to EWP network through
MoveOn

INSTITUTION NAME :

Institut National des Sciences Appliquées
Hauts-de-France (INSA HdF) - France

TOWN : Valenciennes

CODE ERASMUS : F VALENCI21

Connected to EWP network through
MoveOn

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**PÔLE DE RELATIONS INTERNATIONALES /
INTERNATIONAL RELATIONS OFFICE**

MAILING ADDRESS:

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F – 59313 Valenciennes Cedex 9

Incoming students:

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[https://www.uphf.fr/etudiants-venant-dun-etablissement-
partenaire](https://www.uphf.fr/etudiants-venant-dun-etablissement-partenaire)

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