

Dear Student,

Welcome to Alpadia Language Schools.

We are so pleased to have you study with us and firstly, want to remind you that we are here to help you if you need anything at all. If you need to contact someone about your accommodation, your health and wellbeing, your meals, your travel or have a question about life in Lyon or France in general, the Student Support Team is there to help in Lyon and can be contacted by email at lyon@alpadia.com.

We understand that things are a little different to normal now and you may have some questions. We have made this document to try and make your arrival and stay in France as easy as possible. If you have any questions, please contact us at the above addresses and we will be happy to help you.

ARRIVAL INTO FRANCE

Entry in France is subject to restrictions. Detailed rules and regulations can be found on the following website:

<https://www.diplomatie.gouv.fr/en/coming-to-france/coronavirus-advice-for-foreign-nationals-in-france/>

If **you are vaccinated**, you can travel to France with no restrictions linked to health conditions. Only vaccines authorized by the European Medicines Agency will be accepted: Pfizer, Moderna, AstraZeneca or Johnson&Johnson.

If **you are not vaccinated**: a list of countries of departure has been drawn up on the basis of the health indicators. The list of countries can be altered based on changes in the epidemic situation.

- Arrivals from countries in the **green list** will be able to enter the French metropolitan territory without the need to provide proof of their purpose of entry, undergo multiple tests or quarantine. Travellers from the green list who are not vaccinated, however, will have to present proof of a PCR or antigen test taken within the last 72 hours before their arrival to France.
- If you are not vaccinated and you arrive from an **orange country**, you can only travel to France if you have pressing grounds for travel. The list of pressing ground is set out in the the certificate of international travel drawn up by the [Ministry of the Interior](#). Each traveller must present a **negative PCR test taken less than 72 hours before departure or a negative antigenic test taken less than 48 hours before departure**. If you are arriving from the **United Kingdom, the PCR or antigenic test must have been taken less than 24 hours before boarding**. You may be subject to a random test when you arrive in France and **you must pledge to self-isolate for 7 days**.
- If you are not vaccinated and you arrive from a **red country**, you can only travel to France if you have pressing grounds for travel. The list of pressing grounds is set out in the certificate of international travel drawn up by the [Ministry of the Interior](#). Upon boarding, each traveller aged 12 and over must present a **negative PCR or antigenic test taken less than 48 hours before the flight**. You will be tested when you arrive in France and you will be subject to a **mandatory 10-day quarantine supervised by security forces**.

TRAVEL DOCUMENTS

If **you are vaccinated**:

- Proof of vaccination
- A sworn declaration, which you can download from the [Interior Ministry's website](#)

If you are not vaccinated:

- sworn declaration, which you can download from the [Interior Ministry's website](#)
- an exempted international travel certificate for Metropolitan France, which you can download from the [Interior Ministry's website](#). You must present this certificate to travel companies before using your travel ticket, as well as to border control authorities (for travel by air, sea and land, including by rail)
- proof of location of self-isolation, and where appropriate, access details for inspectors to carry out checks.

HEALTH PASS

France has made it obligatory to show a “pass sanitaire” (health pass) – proving that you are vaccinated or have tested negative for Covid-19 – for access to long-distance transport, restaurants, cafés, etc. You can find more information on the following website <https://www.diplomatie.gouv.fr/en/coming-to-france/coronavirus-advice-for-foreign-nationals-in-france/coronavirus-statements/article/applying-for-a-covid-certificate-if-you-were-vaccinated-abroad-procedure-for>.

During your stay in France, download and activate the [TousAntiCovid application](#) (in English and French).

If you have been vaccinated in one of the following countries: European Union Member States, Andorra, Iceland, Liechtenstein, Monaco, Norway, Switzerland, United Kingdom (England and Wales only), **you already have an EU Digital COVID Certificate, which is accepted in France, and you do not need a separate COVID certificate.**

You can apply for a COVID vaccine certificate of equivalence if you meet the following conditions:

- You are from a country which is not a member of the European Union;
- You are aged 18 or over (until 30 September 2021, the COVID certificate is not required for minors aged 12 to 17 years, and minors aged under 12 years old are not subject to COVID certificate requirements);
- You have been vaccinated with a vaccine which is accepted by the European Medicines Agency or an equivalent for over
 - 4 weeks if you received a one-dose injection (Johnson&Johnson);
 - 7 days after the second injection for two-dose vaccines (Pfizer, Moderna, AstraZeneca);
 - 7 days after the injection if you have recovered from COVID-19 (in this case, only one dose is necessary);
- You are already in France or the European Union or you intend going there within the coming days.

How can I apply for a health pass and receive a QR code?

Follow the instructions on the following website <https://www.diplomatie.gouv.fr/en/coming-to-france/coronavirus-advice-for-foreign-nationals-in-france/coronavirus-statements/article/applying-for-a-covid-certificate-if-you-were-vaccinated-abroad-procedure-for>

How to self-isolate if you are staying in a Homestay

- You should spend most time in your bedroom and avoid mixing with other members of the house.
- You should wipe down bathroom surfaces after use.
- You should use your own, separate towels. Don't forget to take your towels with you.
- You should keep your room well ventilated (opening your window as much as possible).
- Your host will deliver your meals to your room. They will place it outside your room for you to collect.
- You should wash your hands regularly and for at least 30 seconds.
- Please follow instructions from your host. They are here to keep you safe as well as themselves and their families.



How to self-isolate movement if you are staying in a residence / student apartment.

- You should spend most time in your bedroom and avoid mixing with other members of your apartment.
- You should not use residence / student apartment common spaces.
- You should order online food deliveries as you should not be going to the shops. Please see our list of suggestions below.
- You should keep your room well ventilated (opening your window as much as possible).
- You should use the kitchen at a different time to your other flatmates. You should wipe down all surfaces with antibacterial spray when you have finished.
- You should wash your hands regularly and for at least 30 seconds.

How can I order food from my residence / apartment?

If you wish or need to order your meals, you can order take away meals through those various apps:

<https://deliveroo.fr>

<https://www.ubereats.com/fr>

<https://www.just-eat.fr/>

Or you can order groceries at:

<https://www.carrefour.fr/services/livraison-domicile>

<https://www.monoprix.fr/courses-en-ligne>

<https://www.auchan.fr/courses>

If you need more information or help to order food, please contact the Student Support team.

LIFE IN FRANCE DURING THE COVID 19 OUTBREAK

France has some restrictions in place to keep everyone safe and prevent the spreading of the virus. Please consult the government website to know more about the rules : <https://www.gouvernement.fr/en/coronavirus-covid-19>

Life in a homestay

Your homestay host will be fully up to date with what current restrictions and can help explain them to you. Some homestay hosts will be travelling to work, others may be working from home. Some will be fairly relaxed about the situation, but others may be shielding (limiting leaving the house to protect themselves or a relative) and may wish to limit socialising as a result. Please respect the rules of your homestay host. If you are unsure of anything, please speak to the Student Support team for advice.

Life in a residence/Apartment

Your experience in our residences/apartment will be slightly different as a result of the pandemic.

As per French restrictions, numbers of people are limited, and we ask you to respect the barrier gestures by wearing masks in common areas, respecting 2 m distances and wash your hands often with soap and for 30 seconds or more. Disinfectant is available in residences and apartment, please use it often.

What to do if you have been in contact with a person tested positive to the COVID 19

If you have been in contact with a person tested positive to the COVID 19, please follow these [instructions](#).

What to do if you feel unwell

It is important for as many cases of infection with the coronavirus to be identified as possible. For this reason we recommend a test even if you have only mild [symptoms](#).

1. Reduce contact: Stay at home and avoid all contact with other people.
2. Test: Have a test immediately if you have symptoms. An appointment can easily be made for a quick or PCR test on the following [link](#). If you need help to get a test appointment, please contact the Student Support Team.
3. Until the test results are available: Stay at home, follow the instructions on isolation (in French, page 3) and avoid all contact with other people until the result of the test is available. Depending on the result, follow the instructions for a [positive test](#) result or a [negative test](#) result (in French, page2).

If you think you have Coronavirus and or you test positive, contact your Student Support Team immediately. They will be able to support you.

What to do in the event of a positive test result: Isolation

Note: This procedure applies to people with symptoms of the disease and those who have tested positive in a confirmatory PCR test. If you have a test without having symptoms, you will find information on what to do on the Tests page under Tests without symptoms - [what to do after you get your test result](#).

Follow the instructions on [isolation](#) (in French, page 3) and avoid all contact with other people. If you live with other people in the same household, set yourself up in one room on your own. Isolation normally lasts 10 days.

What to do in the event of a negative test result

Note: This procedure applies to people with symptoms of the disease and those who have tested negative in a confirmatory PCR test. If you have a test without having symptoms, you will find information on what to do on the Tests page under Tests without symptoms - [what to do after you get your test result](#).

- If you were not in quarantine when you had the test: Stay at home until you have no longer had symptoms for 4 hours. This is also the recommendation for respiratory diseases such as the flu.
- If you were in quarantine when you had the test: Stay at home until you have no longer had symptoms for 48 hours. This is also the recommendation for respiratory diseases such as the flu.

We appreciate that this is a challenging time to be an international student and we want to remind you again that we are here to help you in any way we can. We are really looking forward to welcoming you safely to our schools soon.

Kind regards,

The ALPADIA Lyon Team

lyon@alpadia.com