

Grenoble Alpes 

THE NEWCOMER'S GUIDE

A fulfilling life in the heart of the Alps





Grenoble Alpes





WELCOME TO GRENOBLE ALPES, YOUR NEW LIFE STARTS HERE.

Here, everything invites you to reach new heights: from the peaks that lift the spirit to the ideas that enhance the art of living together.

Whether you are a passionate researcher, an everyday athlete, an art lover, a fan of terraces, or a mountain hiker, you will quickly find your place.

Grenoble Alpes promises an inspiring life connected to what matters most.

More than just a destination, it is a pioneering region where people anticipate, experiment, and dare. In laboratories and neighborhoods, on trails and in living spaces, the future is built every day.

Here, innovation goes hand in hand with quality of life: everything is fluid, accessible, close by. In just a few minutes, you can go from a museum to a mountain peak, from a tram to a trail, from an office to your home with just a few pedal strokes!

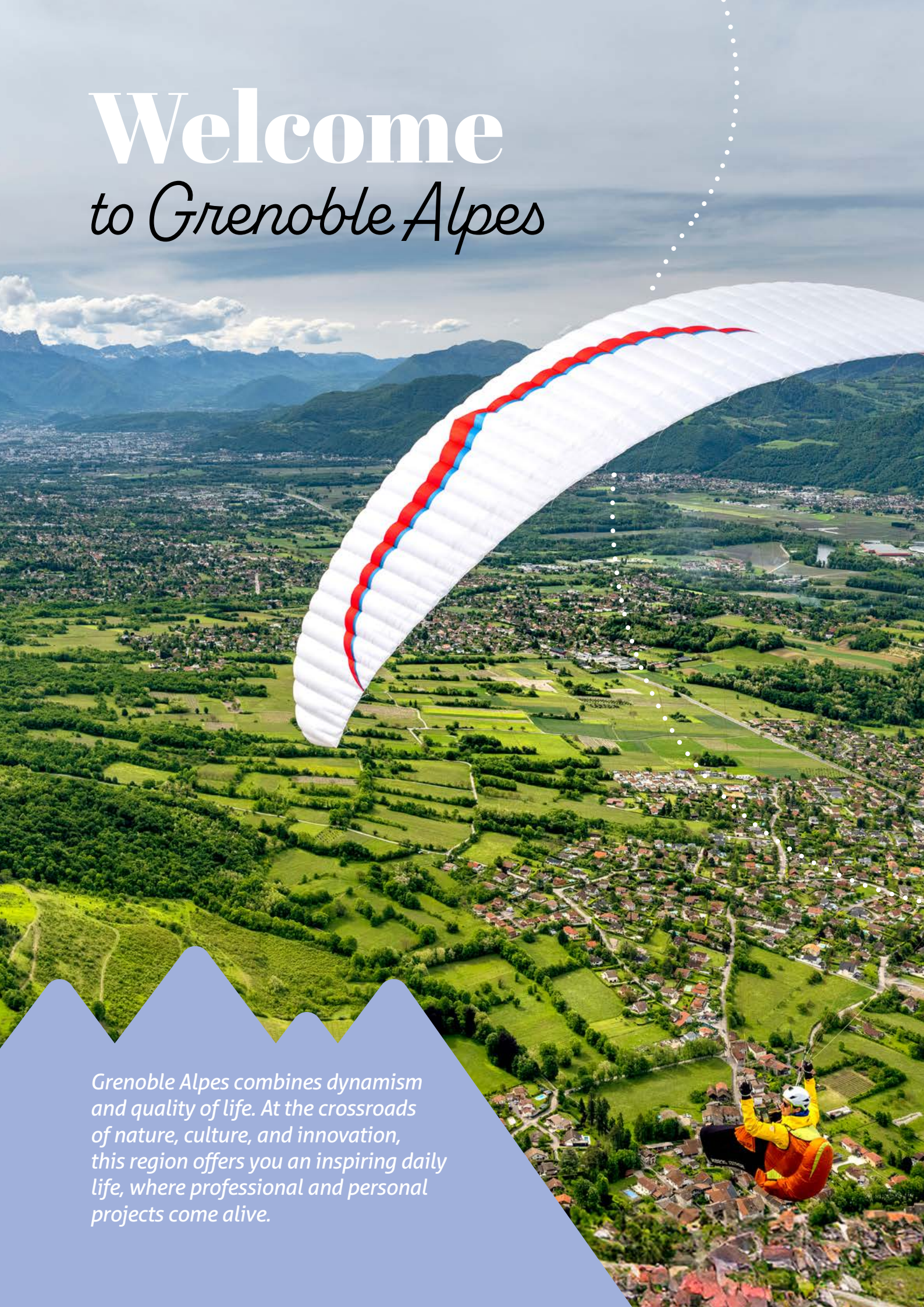
A vibrant region at the heart of which beats an associative community fabric, made up of commitment, sport, culture, and interculturality.

Grenoble Alpes is an open, supportive region where everyone can express themselves and flourish.

Welcome to Grenoble Alpes.
Welcome home.

Jacques Reboh
President of the Grenoble Alpes Association

Welcome *to Grenoble Alpes*



Grenoble Alpes combines dynamism and quality of life. At the crossroads of nature, culture, and innovation, this region offers you an inspiring daily life, where professional and personal projects come alive.

Why choose Grenoble Alpes?



**41% of the
population
is under 30**



**2nd-largest
research hub**
in France



**Largest
English-speaking
community**
after Paris



4 mountain ranges
Belledonne, Chartreuse,
Vercors, Taillefer



**+2,000 hours
of sunshine
per year**
(as much as Bordeaux
and Toulouse)

*Explore
Grenoble Alpes
in video*





First steps *in Grenoble Alpes*

This guide has been designed to help you take your first steps. It does not claim to tell you everything, but it gives you the keys to get started: housing, administrative procedures, employment, health, schooling, mobility, community life... Plus some practical advice and testimonials from new residents who have arrived in the last five years, so that Grenoble Alpes quickly becomes your home.

Feel free to browse through it at your own pace, according to your needs or interests.

When links are available in English, they are provided as clickable versions. If not, users are invited to switch the language manually when possible or to use online translation tools for english or any other language needed.



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Grenoble Alpes

French Touch

User guide

In Grenoble Alpes, the lifestyle has its own unique flavor: between mountain and city spirit, people dress is practical yet trendy, they quickly switch to first-name terms over coffee on a terrace, people play sports during their lunch break and enjoy an aperitif with a view of the summits... Here, the local culture, daily habits, and friendliness are easy to learn... and shared enthusiastically.

"I immediately adopted the local look: lightweight jacket, backpack. And I'm ready for the mountains after work. Here, everyone lives outdoors, even at lunchtime. The energy is contagious!"

Lars, Sweden

Culture, art de vivre & local style



Lifestyle: Grenoble's outdoor chic

Grenoble Alpes cultivates a hybrid look between mountain and city: hiking sneakers, rain capes, clip-on bags... Here, the "grelou" (ready to go hiking) is in fashion. This practical and trendy style even influences major cities.

*The cyclist's gear:
an iconic look seen
around town!*



Grenoble-style conviviality



- **"Tu" or "Vous" ?**

"Vous" remains the norm, but "tu" quickly comes into use once people get to know each other.

- **Greetings**

"Bonjour" / "Bonsoir" (neutral).

- **La bise (cheek kisses)**

Here, it's two, starting on the right.



Schedules & habits

- **Sundays & holidays**

Throughout France, Sunday is traditionally a rest day.

- **Food markets**

Open all week (see p. 12).

- **Shops**

Often open from 9 a.m. to 7 p.m. (with a noon-2pm break).



Culture, art de vivre & local style



The "aperitif", or "apéro", a sacred ritual!

A time to get together with friends or family

and chat over a drink and snacks
such as olives, chips, sausage,
cheese, etc.

Essential Grenoble Alpes

"Apéro" on the terrace, with a
view of the summit.



"À table" in Grenoble Alpes

Mealtimes:

• Breakfast (6 a.m.-8 a.m. on weekdays)

At breakfast, dipping your toast
in your coffee is a classic French
tradition.

• Lunch (12am-2pm)

In Grenoble Alpes, it's common for
lunch breaks to turn into outdoor
activities (jogging at the Bastille,
via ferrata, etc.), solo or in
a group with a picnic lunch.

• Dinner (7:30-8:30 p.m.)

A quiet, family moment, usually
at home.



Trendy treats

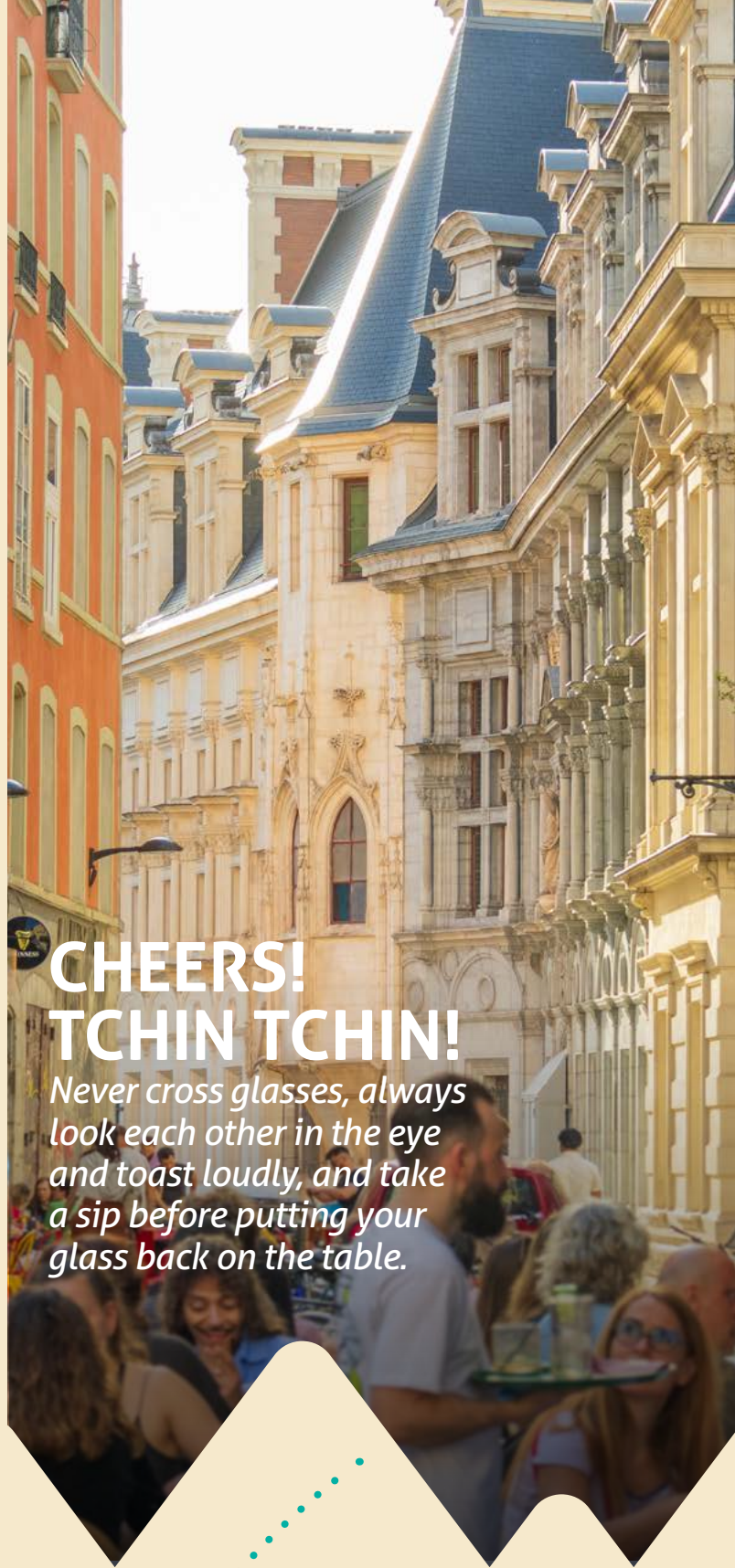
• Brunch from 10 a.m. to 2 p.m.
on weekends.

• Tea rooms in the afternoon.



Bakeries

True institutions with their
varieties of "baguettes" and
pastries.



CHEERS! TCHIN TCHIN!

*Never cross glasses, always
look each other in the eye
and toast loudly, and take
a sip before putting your
glass back on the table.*

Gastronomy

In Grenoble Alpes, gastronomy is part of "the art de vivre": between innovative restaurants, local cuisine, international influences, and mountain specialties, every meal is savored as a moment of sharing and pleasure.

True to its alpine spirit, the region focuses on quality, short supply chains, plant-based ingredients, and responsible, committed cuisine... Here, eating well also means living well.



Must-try

- Gourmet break at Championnet or up at the Bastille.
- Pizza on the Saint Laurent quarter quays.
- Sunny café in the historic center.



International cuisine... and local specialties



Where to eat?

Our local specialties

- "Gratin dauphinois", the real one, without cheese.
- "Bleu du Vercors" & Saint- Marcellin cheese, Grenoble walnuts, trout.
- Teisseire, Chartreuse, craft beers, and local spirits.
- Tap water? Pure and untreated!



Flavors of Isère



Local products guide

Rue de Strasbourg: THE street for gastronomy!

Honey by the ladleful, craftsmen with traditional skills, a "Meilleur Ouvrier de France" cheese maker.

Grocery shopping *and shopping*



Local shops in city centers

Find everything you need for everyday life, just by stepping outside your door: from food to eyewear, not to mention shopping for pleasure!

 www.labelville-grenoble.fr



The markets

Flavors, colors, freshness ... markets are the beating heart of neighborhoods.



Grenoble Alpes Métropole



Grésivaudan



Pays Voironnais



6 iconic markets in Isère

Les Halles Sainte-Claire in Grenoble

The historic fresh food market hall!



Discover





*Come and meet
the team at the
Grenoble Alpes
store*

Personalized advice and a wide selection
of local products and flavors.

 **Grenoble Alpes Boutique**



Furniture and shopping centers

Everything you need to equip your
home, whatever your budget.



Consume differently

 **Pôle R / Re-use & thrifting**

- **Ressourceries**
Repair & solidarity-price shops.
- **Flea markets & garage sales**
For bargain hunting and
exploring neighborhoods.



Local producers, farm-gate

 **Grenoble Alpes Métropole**

 **Grésivaudan**

 **Pays Voironnais**




Cap 38
St Égrève




Neyrpic




Grand Place


• Espace
Comboire

Settling *in Grenoble Alpes*

Housing, administrative procedures, healthcare, schooling, employment... here you will find everything you need to settle in with peace of mind, whether you are single, a couple, or a family.

"We arrived from Madrid with two young children. Thanks to the support of a relocation agency, we found a daycare and enrolled our daughter in school within a month. It was reassuring to be well guided from the start."

Javier & Elena, Espagne



**Grenoble European
Green Capital
(2022)**



**87% of the metropolitan
area's waste is recycled**



**84% of the
metropolitan area's
local drinking water
is natural and
untreated**



**The metropolitan area
is exemplary in the
fight against social
inequality**

*"One of the lowest wage gaps
between workers and
managers in France"
(INSEE data)*

Housing

To meet your future employer, during your trial period or in the longer term, there are various options available to you, in urban or suburban areas.



Hotels, tourist residences, furnished apartments, and cottages

For short or medium-term stays.



Everything you need to know about housing legislation

 www.anil.org



Apartments, houses to rent or buy

 **ADIL 38**

Legal, financial, and tax advice on housing.

 **FNAIM 38**

Network of 180 professional and certified real estate agencies.



Petites annonces

- ParuVendu
- www.bienici.com
- Se loger
- Particulier à particulier
- Leboncoin

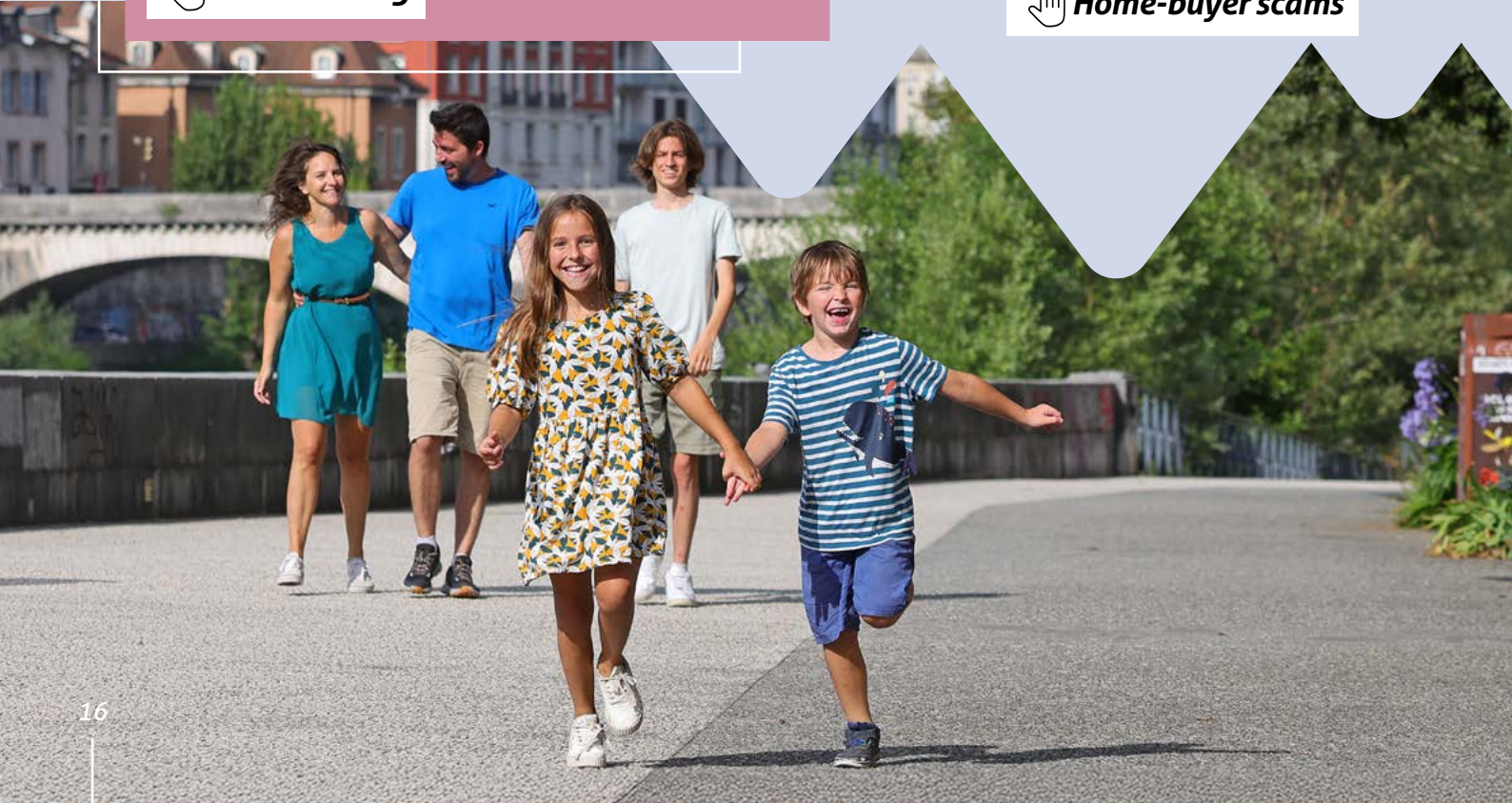


Warning

Some websites are sometimes targeted by scammers, fake sellers, or buyers.

 **Rental scams**

 **Home-buyer scams**



Essential procedures

Once you have found your accommodation, here are the priority steps to take to move in with peace of mind:



Insuring your home, a requirement

For short or medium-term stays.

 www.service-public.fr

Information, market observation, and comparison tools.

 **Compare**



Start your water service

 **Grenoble Alpes Métropole**

 **Grésivaudan**

 **Pays Voironnais**



Energy, how does it work ?

In France, a **single network operator** delivers energy to your door.

 **ENEDIS for electricity**

 **GRDF for naturel gas**

 **GEG for electricity and gas**

Next, you can choose an **approved energy supplier**.

 **Let competition play its part!**



The Visale guarantee, a real leg up.

The Visale guarantee is a free guarantee that exempts you from providing a personal guarantee to the landlord.

 www.service-public.gouv.fr



Internet in two clicks

Access everything you need to know about signing up.

 www.service-public.gouv.fr

To understand the market and choose the right provider.

 www.quechoisir.org

Health

In Grenoble Alpes, access to healthcare is simple, inclusive, and high-quality: municipal centers, multi-professional health centers, multilingual practitioners, and more. Here are the essentials for understanding the French healthcare system and easily navigating the Grenoble Alpes region.



Understanding the healthcare system in France

1

Registering for social security

Registering for **social security** is essential in order to receive reimbursement for healthcare. Once you are registered, you will receive a **social security number** and a "**carte vitale**".



Information and procedures on service-public.fr

2

Choosing a primary care physician

It is recommended that you designate a **primary care physician**, called a "**médecin traitant**", who will accompany you in your medical follow-up.



Register your doctor online

3

Have supplementary health insurance

Social security **only covers part** of your healthcare expenses. Supplementary **health insurance**, called a "mutuelle", tops up your reimbursements (consultations, pharmacy, hospitalization, etc.). Subscription is often offered through your employer.



Find a healthcare professional

Online

 **ARS Auvergne-Rhône-Alpes**

 **Doctolib**

Quick and easy appointment booking. Choose a professional based on the language they speak.

 **PagesJaunes.fr**

Practical directory by specialty and proximity.

In case of emergency

- **15** (emergency medical service)
- **112** (European emergency number)
- **114** (reserved for deaf, deaf-blind, hard of hearing, aphasic)

• Responding in an emergency

 **ameli.fr**

Medical teleconsultations

 **Qare**

 **MédecinDirect**

 **Maïa**

Le CHU Grenoble Alpes: a leading university hospital

It offers comprehensive care for adults and children, ranging from emergency care to chronic and complex pathologies, thanks to the high level of expertise of its clinical teams.

Equipped with high-performance technical facilities, it provides highly specialized care at its four sites:

- Michallon Hospital (La Tronche)
- Couple-Enfant Hospital (La Tronche)
- Sud Hospital (Échirolles)
- Voiron Hospital

 **Info & Appointments: chugrenoble.fr**

 **Interactive map of hospitals**





From early childhood *To university*

Grenoble Alpes combines a structured national education system with local programs of excellence, from daycare to PhD. Take advantage of this to plan ahead for each stage and support your child every step of the way, from nursery school to graduation!



From 0 to 3 years old, childcare options and first steps

- **"Crèche:" Collective and family daycare centers**

From 0 to 3 years old, childcare options and first steps

- **"Haltes-garderies:" daycare centers**

These are facilities that provide occasional childcare.

They are useful for parents who need occasional childcare solutions.

- **"Micro-crèches": Micro-nurseries**

These are small facilities that take in a limited number of children (usually fewer than 10).

- **Certified childminders, "les nounous"***

These are professionals who look after children in their own homes.

They must be certified by the Departmental Council's Maternal and Child Protection Service.

*Need childcare for your child?
Your local town hall can provide information on the options available in your area.*

Good to know

The CAF offers financial assistance depending on your child's childcare arrangements.



www.caf.fr



Grenoble stands out for its particularly well-developed network of daycare solutions (69% coverage rate compared to 62% nationally), making the area a welcoming and reassuring environment for families with young children.
(source: CPAM)

** "Nounous" = The nannies*

*A term of endearment used by children and families to refer to grandma or a nanny:
"We're going to Nounou!"*



From 3 to 16 years old, schoolyards, hallways and classrooms

Until middle school, the first point of contact for any questions you may have about your child's education is the town hall where you live.

All procedures related to the French National Education System (school zoning, assignment, enrollment, exemptions) are handled by the Grenoble education authority.



Académie de Grenoble



Good to know

In France, public schools are free and secular, and education is compulsory for girls and boys aged 3 to 16 years old.

The school year begins in early September and ends in early July.

Preschool	3-6 years
Elementary	6-11 years
Middle school	11-15 years
High school	15-18 years

Please note

- Private education options are also available.
- Starting in middle school, students have the option of enrolling in specialized programs focused on music (CHAM), dance (CHAD), or foreign languages (SELO).



Discover the programs

- Bilingual classes and European or Oriental language sections (SELO) in middle school.



Discover the programs





Higher education



62,000 students



+160 nationalities



7 engineering **schools**



13 doctoral **schools**

• Graduate schools:



Grenoble École de Management (GEM)
(Management school)



**GRENOBLE
ECOLE DE
MANAGEMENT**



Grenoble INP - UGA
(Engineering school)



Sciences Po Grenoble - UGA
(Political sciences school)

University Student Services Center (MUSE):

A place that welcomes and supports university students.



Admissions and enrollment

UGA
**Université
Grenoble Alpes**

A great starting point

Welcome program for students: free places, events, unusual experiences, etc.



Grenoble's specific features and strengths

• Bilingual and international options

Available from primary school onwards, which is rare for a city of this size.

• Outdoor activities

Sports and nature clubs (UNSS mountain climbing, ski studies).

• Scientific ecosystem

School-laboratory partnerships for internships and school projects.



Crous

Everything you need to know about scholarships, housing, catering, social support, access to culture, and more.



Grenoble Alpes *Getting around*

Grenoble Alpes offers a fluid, multimodal mobility model for its residents.

A pioneer in this field, Grenoble inaugurated the world's first wheelchair-accessible tramway in 1987, and its network remains a model of inclusion today.

Here, every journey benefits from a structured, dense, and interconnected transport system.

Train, tram, bus, bike, or walking: these modes of transport can be combined to meet everyday needs.

This complementarity guarantees fast, flexible journeys that are suitable for all profiles.

"I live in Fontaine and work on the campus. By tram or bike, it takes me less than 30 minutes door to door. It's fast, I don't need a car, and everything is accessible, even for my evening activities."

Nicolas, Belgium





**Over 400 km of
bike paths**
and bike highways



**5 tram lines
and over
100 bus lines**



**75% hybrid
buses**
or running on natural gas

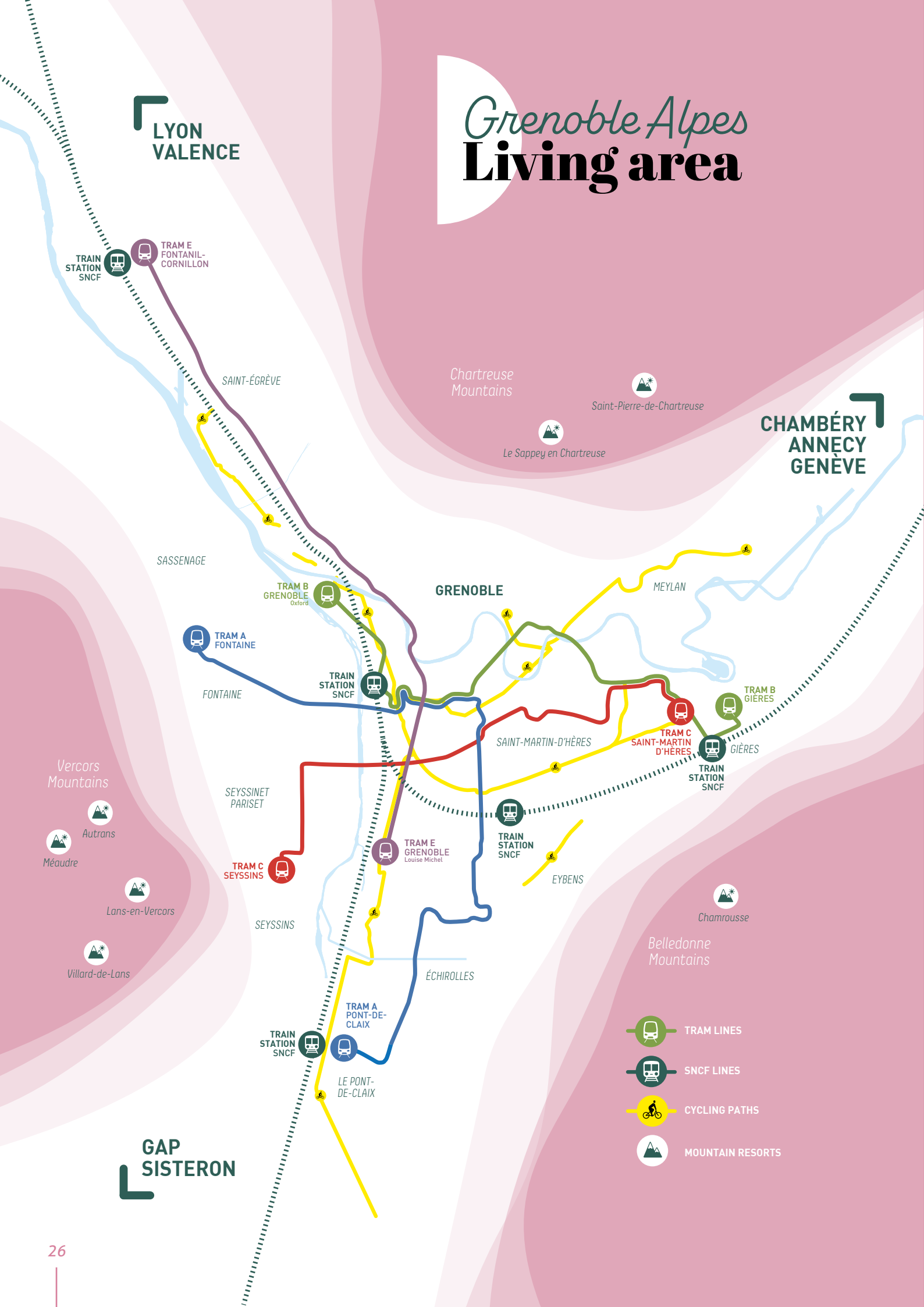


**11 mountain
resorts**
accessible by public
transport from the city
center



**The flattest city
in France!**

Grenoble Alpes Living area



LYON
VALENCE

Chartreuse
Mountains

Saint-Pierre-de-Chartreuse

Le Sappey en Chartreuse

CHAMBÉRY
ANNÉCY
GENÈVE

GRENOBLE

MEYLAN

SASSENAGE

TRAM B
GRENOBLE
Oxford

TRAM A
FONTAINE

FONTAINE

TRAIN
STATION
SNCF

SAINT-MARTIN-D'HÈRES

TRAM C
SAINT-MARTIN
D'HÈRES

GIÈRES

TRAIN
STATION
SNCF

Vercors
Mountains

SEYSSINET
PARISSET

TRAM E
GRENOBLE
Louise Michel

TRAIN
STATION
SNCF

EYBENS

Autrans

Méaudre

Lans-en-Vercors

Villard-de-Lans

SEYSSINS

ÉCHIROLLES

TRAIN
STATION
SNCF

TRAM A
PONT-DE-
CLAIX

LE PONT-
DE-CLAIX

Chamrousse

Belledonne
Mountains

GAP
SISTERON

TRAM LINES

SNCF LINES

CYCLING PATHS

MOUNTAIN RESORTS



Multimodal transport

M réso

Public transport in the Grenoble area (Grenoble Metropolitan Area, Grésivaudan and Pays Voironnais). Everything you need to get around by tram and bus!



Calculate your route



Bikes

Mvélo+

Meets all your cycling needs: 11,500 bikes for hire in 5 agencies and over 2,600 individual or shared lockers.



Bus & Tram



Maps and networks



Lines and schedules



A rate for everyone



Practical information



Rental & lockers



Bike paths



Scooters

A fleet of scooters deployed throughout the metropolitan area and Grésivaudan offers a solution for soft mobility for the last few kilometers.



Practical information



Rental



Carpooling & Car sharing

- Free, practical, and intuitive, the M covoit' Lignes+ app allows you to carpool daily without booking from Voironnais, Grésivaudan, and Vercors to and from Grenoble.



M covoit' Lignes+



- Citiz cars are available for selfservice use for errands, weekends, business appointments, etc.



Citiz cars



Taxis & chauffeurs

- Over 100 professionals for all types of trips.



Grenoble taxis

- Chauffeur-driven car service.



VTC



Trains & Coaches

All rail and road lines on the TER and coaches of Cars Région Express Auvergne-Rhône-Alpes networks.



Map of the TER network



TER
AUVERGNE-RHÔNE-ALPES

Going further

Transport networks to take you to the mountain resorts, to major cultural events, or to discover the natural and historical heritage of Isère.



Itinisére networks



Mountain resorts



Pays Voironnais



Nature destinations



Flixbus



Blablacar

An accessible and connected destination

Grenoble Alpes has excellent infrastructure, making accessibility one of its major assets. Whether by plane, high-speed train, or car, the region is connected to all European capitals.



1 1/2 hours from Lyon
3 hours from Paris
or Marseille



1 hour from Lyon
1 1/2 hours from Geneva
2 1/2 hours from Turin



Direct flights
From Lyon Saint Exupéry (LYS), Grenoble Alpes Isère (GNB), and Geneva International Airport (GVA)

Paris
3 hours


Lyon
1 hour


Grenoble
30 min.

Marseille
3 hours


Geneva
1 hour 30 min.

Torino
2 hours 30 min.



LIVING *and integrating*

With more than 180 nationalities represented, Grenoble Alpes is an open, supportive, and multicultural region. Here, everything is designed to make your arrival easier and your integration smoother: multilingual services, a dynamic associative life, events, cultural and sports networks, and more. Integrating also means feeling at home, forging connections, sharing your passions, and finding your place, whether in your personal or professional life. Grenoble Alpes welcomes you for an enriching human adventure.

"As soon as I arrived, I joined a hiking club and made friends who introduced me to the cool bars in the city center. With the sunshine, I sometimes feel like I'm in Italy. Grenoble is la dolce vita!"

Marco, Italy

A personalized pathway to help you settle in

In Grenoble Alpes, you will receive step-by-step support to help you settle in, thanks to a **free, tailor-made program** open to everyone.



A warm, personalized welcome

Upon your arrival, or even before, you will have an **individual appointment** with the **Residential Hospitality & Welcome Officer** of the Grenoble Alpes agency to:

- Understand your needs and plans.
- Direct you to the right contacts, networks, and events.
- Discover the area and its useful resources.



Social and cultural integration

- Connect with leisure, cultural, or sports networks.
- Personalized tour with a Grenoble Alpes Pioneer or Greeter.
- Participation in friendly events ("Welcome to spouses").
- Integration support for 6-12 months.



Support for spouses

For those who are employed, in career transition, non-French speakers, remote workers, etc.



Active professional support for employment seeking

- Discussion about your profile, aspirations, and constraints.
- Action plan for employment, entrepreneurship, or volunteer work.
- Networking in HR, economic, and association circles.
- Access to professional events, forums, and tutored support.



Nadine ROSIER-DI BISCEGLIE

*Residential Hospitality & Welcome Officer
Grenoble Alpes Agency*



Make an appointment

Free-of-charge support service



International *newcomers*



**Complete your
first steps**

Visa/ Residence permit

*Required for stays
over 3 months...*



Procedures



France Visas

**A dedicated
website to facilitate
your arrival in France**



Welcome to France

All the advice you need to
settle in France



Social security

*Provides access to
healthcare reimbursement.*



ameli.fr



student- UGA

Bank account

*Essential for day-to-day
payments, grants,
salaries, rent.*



Local banks
(ID + proof of address
required)

Driver's license

*All the steps you need to
take to drive in France with
a foreign license.*



driving in France

CAF (housing/ family)

*To apply for housing
assistance or family
benefits.*



caf.fr



CCAS reception

Taxes

*Mandatory declaration
after 6 months of
residence.*



impots.gouv.fr

Health & housing insurance

*Mandatory upon moving
into accommodation or
enrolling in an educational
institution.*



**Supplemental
insurance companies,
insurers, CROUS, student
guides**

Good to know

The **"talent passport"** allows spouses and children over the age of 16 to work legally in France.

 **Obtain a talent passport**



Learning French

- Individual and group lessons

 **Alliance Française de Grenoble**

- FLE courses for all levels
(french as a foreign language)

 **Grenoble Alpes University - CUEF**

- Free apps and platforms
Mosalingua, Duolingo, TV5Monde



Recognizing a foreign degree

 **ENIC-NARIC equivalence request**



Working in France

Outside the EU, a **work permit** is required (usually requested by the employer).

 **Details of conditions**



Support from a relocation agency

Personalized support from a professional (housing, schooling, employment for spouses, etc.).

Good to know

A place for international people to meet, exchange ideas, and find information, as well as a resource center for international newcomers.

 **La Maison de l'International**

Working *and starting a business*



Find a job

• National organizations

These organizations offer support in your job search, depending on your profile.

France Travail: France's main job portal, with job offers, training courses, and personalized advice.



APEC: for executives and young graduates looking for opportunities or guidance.



Civil service: job offers and information on jobs in the three civil service sectors (state, local, and hospital).



• Local organizations

Several local organizations offer local support tailored to the realities of the economic area.

Région Auvergne-Rhône-Alpes

Our talents, our jobs: regional employment platform.



Grenoble Alpes Métropole: support for employment, integration, and assistance for specific groups.



Le Grésivaudan - jobs: local support for the area inhabitants.



Pays Voironnais - Maison de l'Emploi: local public service dedicated to professional integration.





Starting, taking over, or developing a business

If you have an entrepreneurial spirit, Grenoble Alpes is a fertile ground for launching your business, taking over a company, or growing a project:

AURA Region – Business creation/takeover: regional assistance, advice, and tools to get started.



Réseau Isère Entreprendre: support from business leaders to help you successfully start or take over a business.



Grenoble Alpes Métropole – Advice & tools for entrepreneurs: support for project leaders in the metropolitan area.



Le Grésivaudan:

advice and support for local entrepreneurs.



Pays Voironnais – Business creation:

advice and guidance for local entrepreneurs.



CCI de Grenoble (Chamber of Trade and Industry): support, formalities, training, and networks for all types of businesses.



CMA Isère (Chamber of Trades and Crafts): support for craftsmen or future craftsmen.



Guide for Alpine entrepreneurs: local resource to better understand the key stages of entrepreneurship in the area.



UGA – Student Entrepreneur Status: for students or recent graduates wishing to start a business, with specific support.





Social

and associative life

Grenoble Alpes offers a dynamic associative life, supported by more than 2,500 associations and events accessible to all. Among the top five French cities in terms of number of licensed athletes, it has major facilities such as the Stade des Alpes, the Pôle Sud ice rink, and the Pont d'Oxford water sports center, reflecting an active lifestyle between city and nature.



Volunteering & active citizenship

Want to get involved in local life or contribute to community projects?

- **France Bénévolat Isère:**

opportunities in culture, education, the environment, social work, and more.



- **Charitable organizations:** Restos du Coeur, Banque Alimentaire, Secours Populaire, etc.

- **Local citizen initiatives:** participatory budgets, consultation workshops, jointly developed urban projects led by municipalities and Grenoble Alpes Metropolis.



Association activities

- **Directory of local associations:** arts, solidarity, education, etc.



- **Sports clubs**





Home & community life

• AVF (Accueil des Villes Françaises)

Three meetup groups for newcomers (outings, cafés, weekly activities) in Grenoble, Voiron and in Grésivaudan.



- **Welcome days for new residents** organized in most municipalities.

• Les Pionniers Grenoble Alpes

Network of ambassadors passionate about the region.



• International associations

Numerous groups representing cultures from around the world (North Africa, Latin America, Asia, Africa, the US, etc.) offer events, language exchanges, and intercultural encounters.

• Expat community

Internations Grenoble



Social life 2.0: connecting people... with just one click!

Platforms and apps facilitate meetings around shared activities.

- **Entrepotes:** local meetings between residents and newcomers.



- **On Va Sortir Grenoble:** hikes, movies, drinks, sports outings, and more.



- **Meetup Grenoble:** cultural, professional, and social groups.



- **Frimake:** local activities to meet people.



- **Bumble:** make friends (nonromantic version).



Social media, always a source of ideas!



@grenoblealpes



Survival kit

Tips & Tricks

Because Chartreuse is both a mountain and a liqueur, because it can snow in the morning and be 18°C in the afternoon, this chapter invites you to live each day with curiosity and lightheartedness.

Here you will find a selection of local tips, good deals, and practical resources to explore Grenoble Alpes at your own pace, enjoy the area, optimize your budget, and feel at home with ease.

Survival kit

The all-season down jacket, a must-have! With the right weather app, to be checked every 15 minutes. Because you never know...

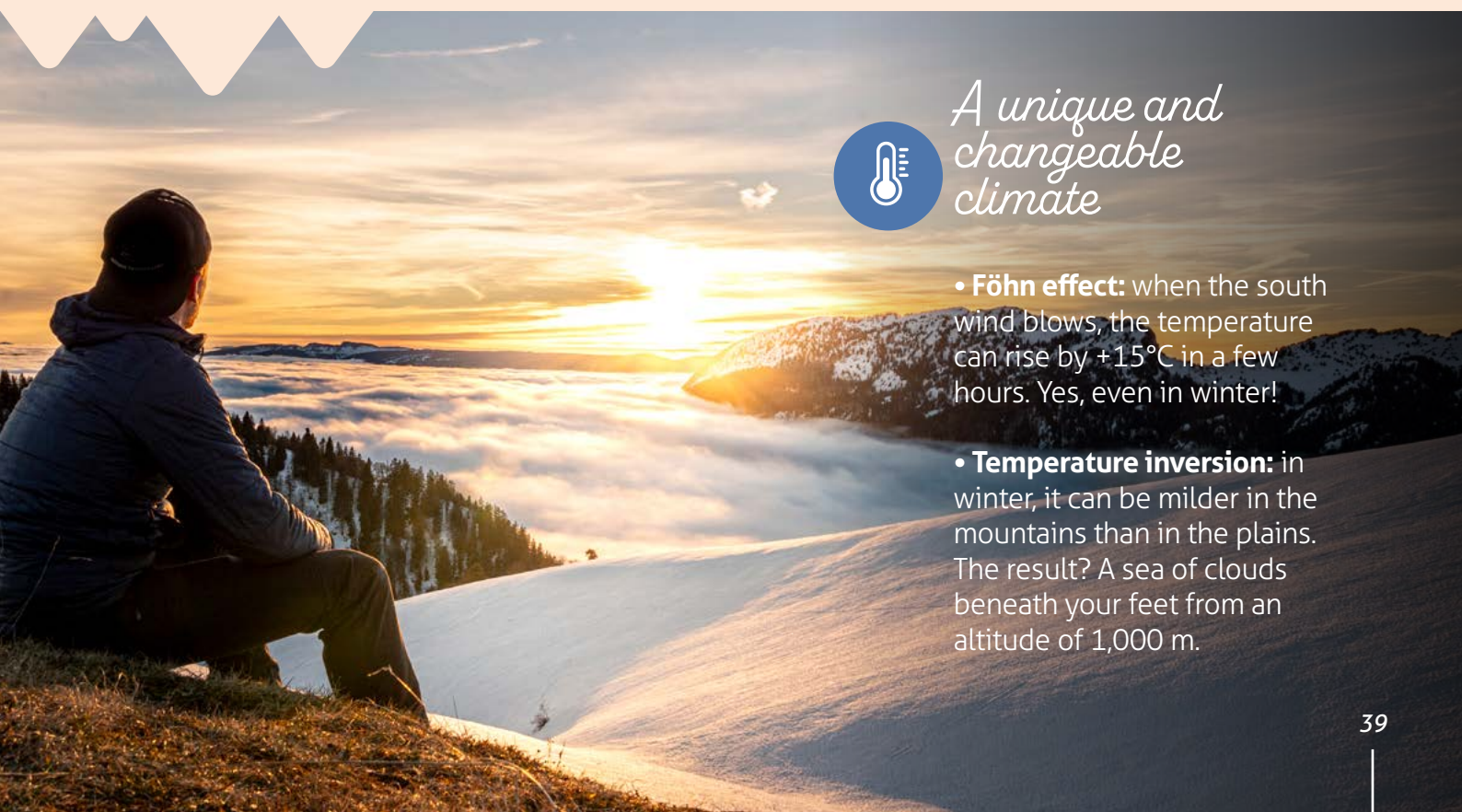


The **U**, because there's a 1 in 2 chance you have a bike (Grenoble is France's leading city for commuting by bike) and a 1 in 4 chance that you prefer buying to renting.
The U lock, the best bike lock.

Even your car will need to wear socks, or even chains, to go to the mountains (mandatory for mountain passes in winter).



Good shoes for walking, climbing, and stairs, because even stairs have significant elevation changes.



A unique and changeable climate

- **Föhn effect:** when the south wind blows, the temperature can rise by $+15^{\circ}\text{C}$ in a few hours. Yes, even in winter!

- **Temperature inversion:** in winter, it can be milder in the mountains than in the plains. The result? A sea of clouds beneath your feet from an altitude of 1,000 m.



Tips *and good deals*



Discover the region

Explore the region and enjoy exclusive benefits.



**With the G-Pass,
Grenoble Alpes is yours
to explore!**



**Take a stroll with
a Grenoble enthusiast**



**Let yourself be guided
on themed tours**



**Become a Grenoble
Alpes ambassador**

Enjoy unique experiences in the region!



Summer deals

Guided tours, walks, workshops, cool spaces... Every year in June, the Metropolis introduces you to effective solutions for dealing with the heat, as well as places and tips for cooling off: it's Coolness Month.



**Stay cool this summer in
Grenoble Alpes**



Winter deals

**Enjoy discounted ski passes with
your transport ticket.**



**Book via the Bus et Clic
online platform**

**Plan your ski trips with reliable
local weather forecasts.**



Check the weather



Great deals all year round

- **Local newsletters:** tourist offices (Grenoble Alpes, Belledonne-Chartreuse, Pays Voironnais), municipalities, etc.
- **Social media** accounts of cultural, sporting, or community organizations that interest you.



Weekend selection



Grenoble Alpes

A territory to experience

In Grenoble Alpes, everyday life is lived in the great outdoors. Lakes, forests, trails, peaks, rivers, viewpoints: nature is everywhere, accessible. Ranked the 2nd greenest metropolis in France, with 55% of its territory covered by natural spaces and 93% of residents living less than 300 meters from a green space, the region combines fresh air, vitality, and freedom of movement.

"When I arrived in Grenoble, I didn't think that I could go rock climbing in the city, but there's an urban via ferrata! I go kite surfing, often at Lake Monteynard, the windiest lake in Europe. Everything is possible here, and everything is close by."

Sara, Chile

Exceptional *natural environment*



*Practical resources
& local inspiration*



Interactive outdoor map



**Exercise and get away
from it all**



Parks and nature in the city



Lakes



Do not miss

- **La Grotte les Cuves de Sassenage**

*Immerse yourself in the
underground world.*

- **Garden & Bastille Cable Car**

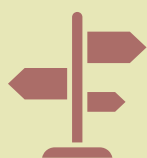
*Breathtaking view of the
mountains.*

- **Vizille Estate Park**

*A historical stroll in the heart
of nature.*

- **Chamechaude Estate -
Col de Porte**

*A four-season mountain resort
around the legendary
Col de Porte, 20 minutes
from downtown.*



**2,025 km
of hiking trails**
within 1 hour



**147 climbing
sites**

within a radius
of 30 km



**25 mountain
resorts**

accessible by public
transport



**Nearly 100 trail
running routes**





Economic *dynamism*

In Grenoble Alpes, innovation is always one step ahead... and meaningful. From the invention of the snap fastener to facial recognition software, the region has nurtured a pioneering spirit for over two centuries. Today, startups, researchers, and manufacturers are working together to co-create concrete solutions to address the challenges of climate change, health, and energy transition.

"What struck me when I arrived here was the strength of the community. You're never alone: researchers, entrepreneurs, local authorities... everyone works together, sharing their contacts and ideas. It's an ecosystem that encourages you to take action, to test, to dare- and that changes everything when you're starting a business."

Jules, Nantes



A globally recognized innovation ecosystem

- **France's leading research hub** after Paris IDF.
- **+800 startups created and +€4 billion raised** since 2000.
- **UGA:** #1 European university in innovation (2000–2020, EPO 2024).



A diversified industry

Major groups present:
STMicroelectronics,
Schneider Electric,
Caterpillar, HP, Air Liquide,
Petzl, Becton Dickinson...



**Health
technologies**



**Electronics/
Digital**



Energy



**Cleantech/
Environment**



**Sports
& Mountain**



**Mechanical engineering/
Metallurgy**

6 sectors of excellence



An international dimension

- **430 foreign-owned companies**
- **10,000 international scientists** welcomed each year.
- **10,000 international students** at UGA and in the grandes écoles.



A pool of skilled labor

- **A near full employment situation** (around 6% unemployment rate).
- **#1 metropolitan area in France in terms of industrial and R&D jobs**
- **#2 in terms of skilled jobs in industry** (technicians, engineers, etc.).



Find out more



Cultural *hotbed*

Grenoble Alpes is a curious and committed region, where culture engages with major social issues. Festivals, museums, and citizen initiatives sit alongside unique scientific facilities, making this region a veritable laboratory where art, science, and innovation meet on a daily basis.

27 museums
including **11 free**



**2nd-largest exhibitor
of modern art
in France**

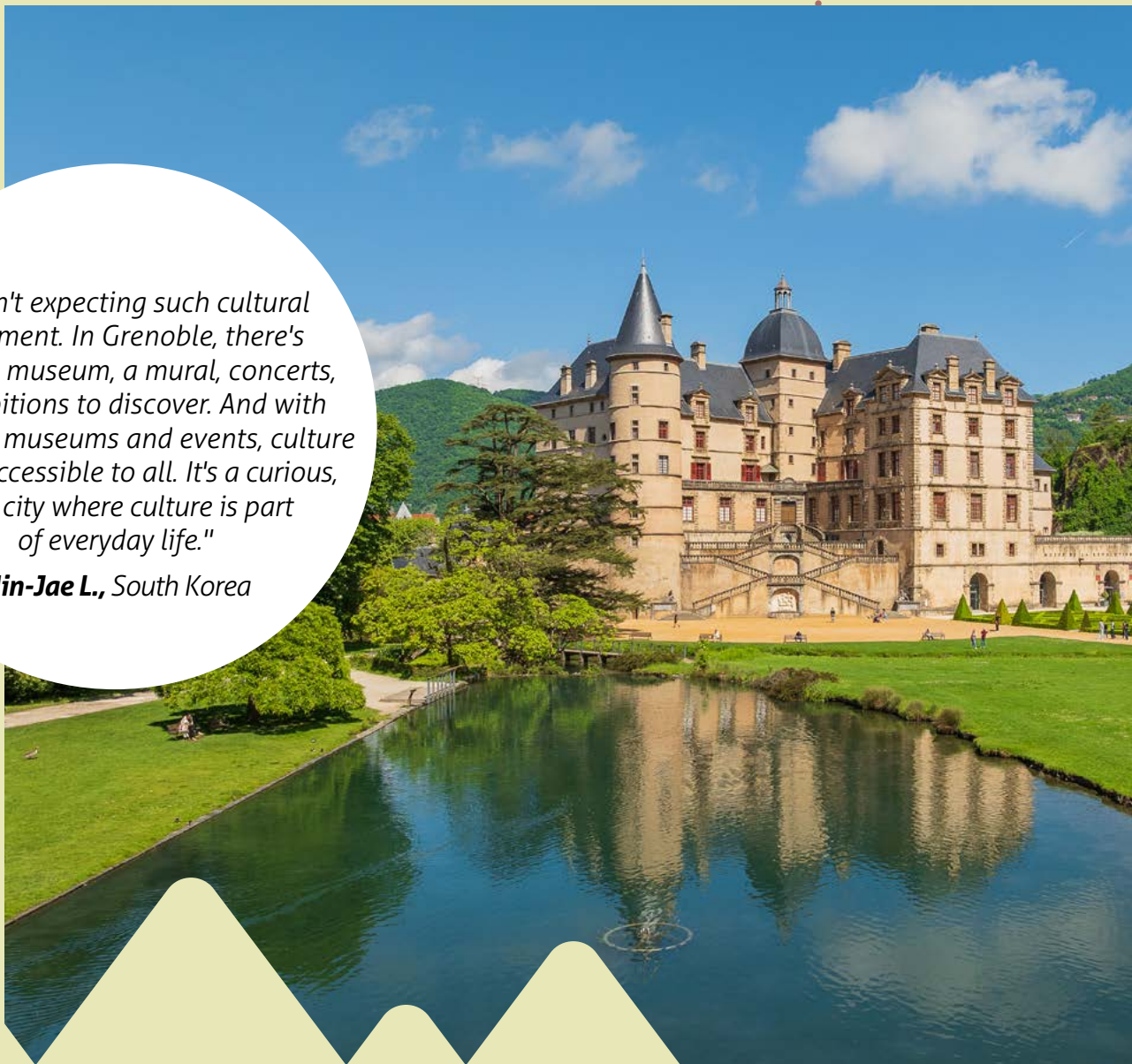


409 street art murals
created in 11 years



"I wasn't expecting such cultural excitement. In Grenoble, there's always a museum, a mural, concerts, or exhibitions to discover. And with many free museums and events, culture is truly accessible to all. It's a curious, lively city where culture is part of everyday life."

Min-Jae L., South Korea





Artothèque of Grenoble

A pioneer in France (since 1976), it makes more than 2,000 works (prints, photographs, drawings) available to the public **to display art at home!**



Must-see sites



Grenoble Museum

One of France's oldest public museums (1798).



Cosmocité

A place dedicated to bringing the public into contact with science.



Chartreuse Cellars

1,200 heritage items and an immersion in the expertise of the Carthusian monks.



Domaine de Vizille

An architectural jewel, this iconic site combines the majesty of a castle that has marked the history of France, the tranquility of a landscaped park, and the richness of a museum of the French Revolution that is unique in the world.



Festivals and Cultural Institutions

• Grenoble Outdoor Short Film Festival

The oldest short film festival in France, created in 1978.

• Street Art Fest Grenoble Alpes

The first festival of its kind in Europe. Every summer, artists from around the world transform the city into an open-air gallery.

• Two national stages

L'Hexagone in Meylan and the MC2 Grenoble.

• Events accessible to all and often free of charge

The Coupe Icare (world's biggest event for free flight and ultralight air sports), the Cabaret Frappé, the Rencontres du Jeune Théâtre Européen (European Young Theater Meetings), and more.



Major events



Going out

Other Useful resources

Because we can never answer all your questions at once...

To go further, explore a topic in greater depth, or find specific information, there are numerous guides, platforms, and support networks available at the local, regional, or national level.



Living and settling in France



Welcome to France

Welcome to France: all the advice you need to settle in France.



MOOC "Living in France"

Find an online course - FUN MOOC.



International students and researchers

Practical resources dedicated to those who come to study or conduct research in France.



Practical guide for international students – UGA



The guide for international PhD. - UGA



Essential everyday information for students



Your stay at the University of Grenoble Alpes – UGA



Les AVF - French City Welcome Centers

Dynamic local associations that welcome newcomers and organize meetings and friendly activities.



AVF Grenoble



AVF Meylan - Grésivaudan



AVF Voiron - Voironnais



Emergency numbers



Emergency medical services: 15



Police: 17



Fire department: 18



All emergencies: 112

(European priority number for landlines and mobile phones)



Deaf and hard of hearing: 114

Drug, tobacco, and alcohol information service: 113

Child abuse: 119

24-hour medical assistance: 3624

On-call pharmacy (voice server): 3237

Grenoble Alpes University Hospital:
04 76 76 75 75

Poison Control Center: 04 72 11 69 11

Gas emergencies: 0810 433 038

Electricity emergencies: 0810 333 338



*Guides
& local information*

• Local news



Grenoble Alpes Métropole



Le Grésivaudan



Le Pays Voironnais

• Growing and thriving in Grenoble

• Welcome to Grenoble, Europe's green capital

Two guides available at the reception desk of Grenoble City Hall.



**Maison de l'International
– Guide for Newcomers 2016 (EN)**



**Planet Kiosque Grenoble
& Agglomération**

Local magazine with practical information, events, and daily life.

Feel free to consult these resources regularly: they evolve and are enriched with the seasons and local news.

Glossary

Grenoble Alpes

Chartreuse

A Adventures

B Belledonne

E Emotion

D Dreams

G Relou

H Heights

I Innovation

J Joy

K Kebab

L Life

M Mountains

N Nature



Original



Pioneer



Quantum



Sciences

Technology



Research



Vibrant



Unique



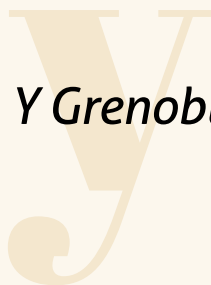
Wow



Extreme



Y Grenoble



ZFE



The pioneer Spirit

*A connection between our
history... and your future*

Grenoble Alpes stands out for its pioneering spirit: **a collective mindset** that is vibrant and deeply rooted in the region. Over two centuries here, we have been pushing boundaries, **innovating boldly**, acting with curiosity, and building together with courage.

This is neither a slogan nor a showcase, but **a common good**: everyone, in their jobs, in their project, or in their daily life, can contribute to it.

This is what connects a researcher, an entrepreneur, a resident, an artist, or a student: **the desire to do better, differently, and for the good of all**. It is also what has forged our identity, between summits and laboratories, worker cooperatives and technological inventions, social actions and cultural mobilizations.

Here, innovation is useful, shared, and **future-oriented**.





The manifesto

For those who aim for the highest peaks,

*For those who are driven by a pioneer spirit,
and are always one step ahead.*

*For the curious, the ambitious, the creators,
the inventors and the dreamers.*

For those who are enthralled by progress,

*For the passionate visionaries, the true
believers, the builders, the innovators and,
last but not least, the game-changers.*

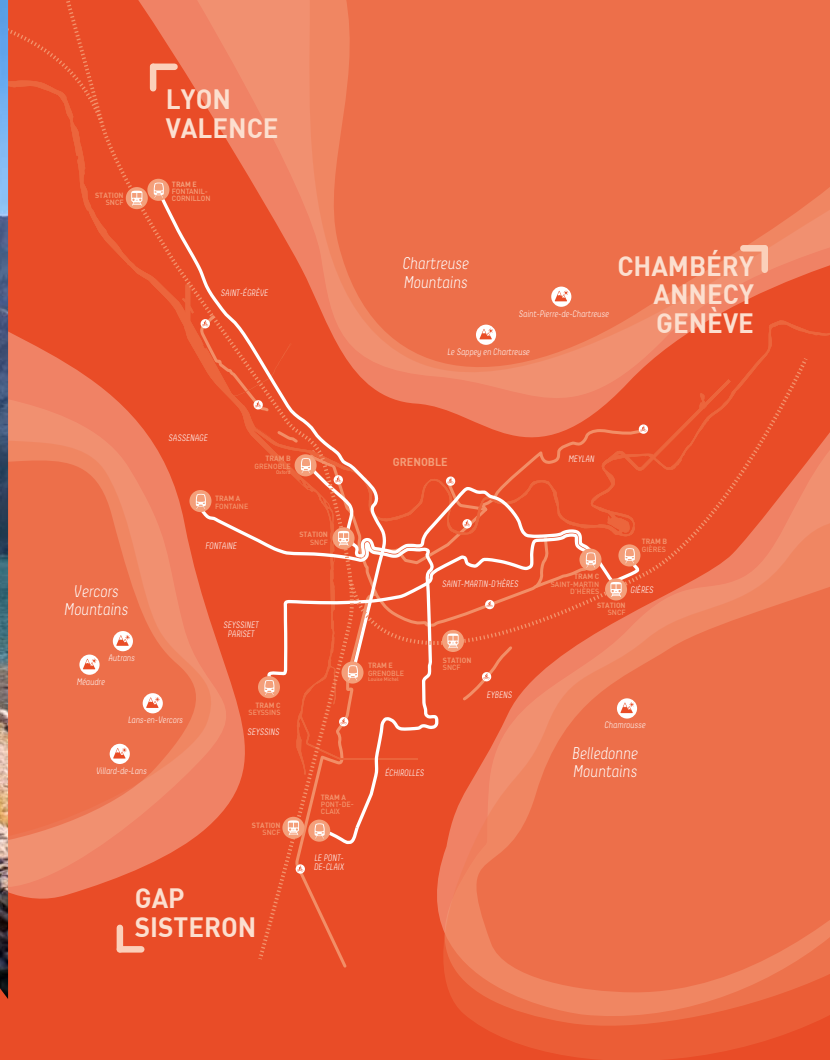
*For everyone who sparks innovation, who is
excited by the future and inspired by nature.*

*For the people who care about their
environment, who want to be first but will
never leave anyone behind.*

*For all these vital forces and leading minds,
and for you, if you can identify with them.*

Grenoble Alpes





WELCOME TO GRENOBLE ALPES

At the request of employers, the Grenoble Alpes association has supported the creation of this guide to help welcome newcomers and promote the culture of hospitality in the region.

The Grenoble Alpes association brings together public and private stakeholders around a collective approach to enhance the image and pride of belonging to the region.

Acknowledgments

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www.grenoblealpes.com

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