



Minnesota in Montpellier:

Housing & Meals Guide

HOUSING

Students can choose between four different housing options in Montpellier:

Homestay

Homestays provide a vital connection to the local culture, as well as the opportunity to experience French daily life. Host families provide breakfast and dinner during the week and all meals on the weekend. Most families live in the suburbs of Montpellier, approximately 45 minutes by bus, tram, and foot from the city center and from campus.

This is a good housing option if you wish to maximize your language practice and cultural development through regular family contact and are willing to adapt to a French family's lifestyle and schedule. Host families are an option even for students who do not have prior French language study.

Traditional French Apartment

Live with other program participants in typical French apartments. These are usually located in the center of town or close to the universities and are easily accessible to the program center and the university. You will share the apartment with 1–2 other students from the program, occasionally with two people of the same gender sharing a room. If you have special dietary needs or intend to have an active social life with frequent evenings out, this is a good option. The housing cost does not include meals, utilities, or the refundable security deposit.

Student Studio Apartment

Small studio apartments within a student apartment building offer basic modern rooms with a small private bathroom and kitchenette. The rooms are furnished with a single bed and desk. The residence building is located in downtown Montpellier, about a 20-minute walk from the program center and a 30-minute commute from the university. The benefits of the studios are the convenient location and privacy, but you should also be aware that there is typically little social interaction among residents, so this is only a good option if you are very independent. The housing cost does not include meals but does include utilities. A security deposit will be billed with your housing fee.

CROUS Dormitory

CROUS is a national organization in France that provides university services including the administration of student residences and on-campus dining. It is important to know that dormitories in France are very different from U.S. dormitories. You may find the rooms small, and social interaction with other residents can be minimal compared to a U.S. dormitory setting. Dormitory rooms consist of a single bed, a small desk, a lamp, and a closet. In addition, each room is equipped with a small shower and a toilet. Shared kitchen facilities are available on each floor and small refrigerators are provided in each room. The dormitories are located near campus, which is convenient for classes, but a 30-minute commute to downtown by foot or tram. There is a tram stop within a few blocks of the dormitory.

This is a great option if you want to “live like a local,” but students should be thoughtful before selecting this option. It is best for very independent, self-motivated students, and it is *highly* recommended that those selecting this option have at least an intermediate level of French, as in general the dormitory staff will not speak English. Meals and the refundable security deposit are not included in the housing cost. In most cases, students in the dormitory prepare breakfast in their rooms and eat at the local University cafeteria for both lunch and dinner. Cafeteria meals are approximately \$5/meal.

MEALS

Meals are only included in the cost of the homestay, where students receive breakfast and dinner during the week and all meals on the weekend. Generally, students in homestays will eat lunch during the week at a university cafeteria, or purchase ingredients to assemble packed lunches.

It is recommended that students not in homestays plan to spend €100 per week on food, although it is certainly possible to spend less if you are mostly purchasing groceries to cook at home and eating lunch at a university cafeteria. Meals in university cafeterias are available at the reduced student rate of approximately €4-€5 per meal.

Students can ask their ISEP Student Services Officer and the onsite staff in Montpellier for additional budgeting tips, as well as check out [ISEP's resources for Budgeting for Study Abroad](#).