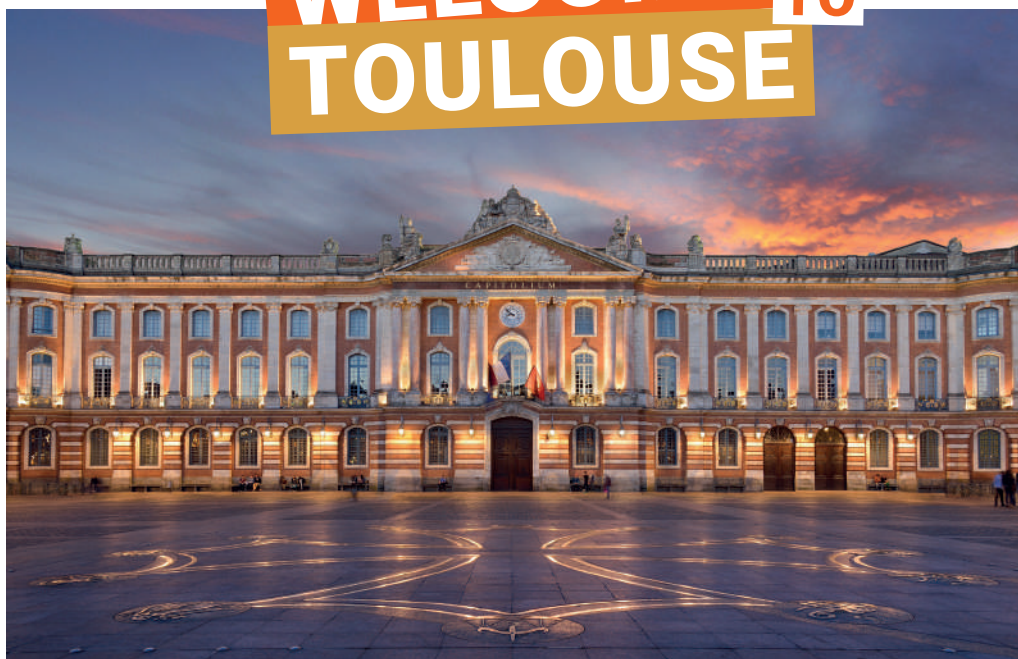


# My City

CAMPUS FRANCE wishes you welcome and offers you some **practical information for making your stay in Toulouse as easy as possible.**

# WELCOME TO TOULOUSE



CAMPUS  
FRANCE  
campusfrance.org



## TO WELCOME YOU /

There are several different systems and services for welcoming you and helping you in your administrative procedures when you arrive:

**Discover the reception facilities in Toulouse:**

[www.campusfrance.org/toulouse](http://www.campusfrance.org/toulouse)

**Ask for a student sponsor to meet you in Toulouse:**

[buddysystem.eu/choose](http://buddysystem.eu/choose)

- ◆ Welcome Desk:  
[www.univ-toulouse.fr/accueil-welcome-desk](http://www.univ-toulouse.fr/accueil-welcome-desk)  
41 allée Jules Guesde – 31000 Toulouse  
0810 25 31 10 – Services provided by the Prefecture, CAF services and the CROUS.  
Information on everyday life.

**Two services are available for welcoming you in all the Universities and Higher Education Schools:**

**The International Relations Service:**

reception and guidance office

**The Educational Service:**

inscription and administrative procedures office

You can also consult the website [etudiant.gouv.fr](http://etudiant.gouv.fr)

## FINDING ACCOMMODATION /

**FOR SEVERAL DAYS:**

- ◆ Youth hostels: [www.otoulouse.org](http://www.otoulouse.org) – Metro line A Jolimont station.

**FOR LONGER PERIODS:**


- ◆ **The CROUS** – Centre Régional des Œuvres Universitaires et Scolaires (Regional Centre for University or College Activities):  
[www.crous-toulouse.fr](http://www.crous-toulouse.fr) – 58 rue du Taur  
31000 Toulouse – 05 61 12 54 00 – Open by phone Mondays to Fridays from 8:30 am to midday and from 2:00 pm to 4:30 pm and for visitors from 9:00 am to midday and from 2:00 pm to 4:00 pm.

**More accommodation solutions in private homes, intergenerational accommodation and flat-sharing, both short and long duration, available on the Campus France website:** [www.campusfrance/logement.org](http://www.campusfrance/logement.org)


## TRAVEL

Public transport in and around Toulouse:

 **Tram and buses services:**  
[www.tisseo.fr/sedeplacer/plan](http://www.tisseo.fr/sedeplacer/plan)

 **Cycle rentals:**  
[www.velo.toulouse.fr/Abonnements](http://www.velo.toulouse.fr/Abonnements)

 **Regional express trains:**  
[www.ter.sncf.com/midi-pyrenees](http://www.ter.sncf.com/midi-pyrenees)

 **Carpooling:**  
[www.covoiturage-toulouse.com](http://www.covoiturage-toulouse.com)

**By night:**  
[www.tisseo.fr/sites/default/files/Tisseo\\_navette\\_noctambus\\_web.pdf](http://www.tisseo.fr/sites/default/files/Tisseo_navette_noctambus_web.pdf)  
[www.toulousenocturne.com/votre-chauffeur/](http://www.toulousenocturne.com/votre-chauffeur/)

- ◆ **Ask for the CLE!** You need a guarantor? The “Caution locative étudiante” (Student Rental Guarantee), guaranteed by the state, makes it easier for students to find accommodation when they have no personal guarantor [www.lokaviz.fr](http://www.lokaviz.fr)
- ◆ **CAF:** La Caisse des Allocations Familiales (French family allowance fund) can evaluate your rights to APL (Personal Accommodation Assistance) 0810 29 29 29 – [www.caf.fr](http://www.caf.fr)
- ◆ **If you need accommodation suitable for disabled persons,** contact the CROUS Social Service or visit the student services’ office in your educational establishment.

- ◆ **Home insurance:** a tenant’s risk guarantee is compulsory. A home insurance contract can be drawn up with your bank or a private insurer and on-line subscriptions are often possible:  
[www.vittavi.fr](http://www.vittavi.fr) – [www.lmde.com/assurances](http://www.lmde.com/assurances)  
[www.assistance-etudiants.com](http://www.assistance-etudiants.com)  
[www.assurances-etudiants.com](http://www.assurances-etudiants.com)

## € YOUR BANK ACCOUNT /

**If you are staying in France for over 3 months, we strongly recommend you to open a bank account.** A large number of traditional and on-line banks are available.

**OPENING A BANK ACCOUNT IS A RIGHT:**  
[www.service-public.fr/particuliers/vosdroits](http://www.service-public.fr/particuliers/vosdroits)

## RESIDENCE PERMIT /

◆ **OFII** Office français de l'Immigration et de l'intégration (French Immigration & Integration Office): [www.ofii.fr](http://www.ofii.fr) – 7 rue Arthur Rimbaud 31200 Toulouse – La Vache – 05 34 41 72 20 [toulouse@ofii.fr](mailto:toulouse@ofii.fr)

◆ You have just arrived in France with a VLS-TS long-stay students' visa. You must validate it at the OFII within three months of your arrival in France.

◆ Algerian students, you must make an initial application for a residence permit directly at Prefecture Services.

◆ Renewing a Residence permit: any application for renewal must be made at least 2 months before the date of expiry of your existing permit.

Go directly to the Prefecture for more information or visit its website: [www.haute-garonne.gouv.fr](http://www.haute-garonne.gouv.fr)

For more information on your rights and duties, visit: [www.service-public.fr/particuliers/vosdroits/N110](http://www.service-public.fr/particuliers/vosdroits/N110)

## UNIVERSITY INSCRIPTION /

You possess a letter of pre-inscription. Take care! This does not mean that you are already registered! You must validate your inscription with the admissions service of your establishment when you arrive.

◆ French Government grant holders: you are exempted from paying inscription fees at the university as well as the subscription to the students' social security scheme.

◆ French Government scholarship holders over 28 years old managed by Campus France: you are automatically affiliated to the Campus France Insurance Scheme, including civil liability.

## HEALTH INSURANCE AND MEDICAL CARE /

Affiliation to a health insurance scheme is compulsory. You will find all necessary details on: [www.campusfrance.org/fr/page/le-systeme-de-sante](http://www.campusfrance.org/fr/page/le-systeme-de-sante)

◆ **Service Inter Universitaire de Médecine Préventive et de Promotion de la Santé** (SIUMPPS or Inter-University Preventive Medicine and Health Promotion Service): 3 reception centres: [www.univ-tlse3.fr/simpps](http://www.univ-tlse3.fr/simpps)

◆ **CENTRE DE L'ARSENAL** – Social Sciences University – UT1 – In the former faculty on the ground floor (behind the cafeteria) – 2 rue du Doyen G. Marty – 31000 Toulouse – Open to the public Mondays to Fridays from 8:30 am to 4:30 pm – 05 61 63 37 25 / 47 – Capitole station

◆ **CENTRE DU MIRAIL** – Mirail University – UTM SIMPPS: 5 allée A. Machado – 31000 Toulouse Galerie de la mémoire (Memory Gallery) next to the S.E.D. (Distance learning platform) – Open to the public Mondays to Thursdays from 8:15 am to 5:00 pm and Fridays from 8:15 am to 4:30 pm 05 61 50 41 41 / 38 61 – Université Mirail station

◆ **CENTRE DE RANGUEIL** – Paul Sabatier University – Main entrance FORUM building – 1<sup>st</sup> floor In front of the R.U 1.(University Restaurant) Open to the public Mondays to Fridays from 8:30 am to 5:00 pm – 05 61 55 73 67 / 66 / 59 Bus Rangueil-Université – Entrée Facultés station

Consultations free-of-charge. Personal advice, questions of health: a team of doctors, nurses and social workers is present to help you complete your studies under the best possible conditions.

## LANGUAGE COURSES /

French Foreign Language Centres (FLE) and universities offer French courses for all levels throughout the year.

Look for the formula that suits you best: [www.coursdete.campusfrance.org](http://www.coursdete.campusfrance.org)

## SOCIAL AND CULTURAL LIFE /

You will find a large number of activities at reduced prices for students in your city or your establishment. Here are a number of examples:

◆ **Associations:** Cultural and sport events or even social actions. There are many student associations: [www.ixesn.fr](http://www.ixesn.fr) – [www.animafac.net](http://www.animafac.net)  
- **The association ESN Toulouse** offers numerous activities for international students: Welcome Days, Language Cafés, cultural visits, evenings: [www.facebook.com/esnaser.toulouse/](http://www.facebook.com/esnaser.toulouse/)  
Also contact the student associations at your University or School.

◆ **Employment and internship:** [www.cidj.com](http://www.cidj.com) – [www.jobaviz.fr](http://www.jobaviz.fr) [www.letudiant.fr](http://www.letudiant.fr)

◆ **Culture:** The city of Toulouse proposes a large number of activities: theatre, museums, cinema. Take the time to get all the information you need: [www.cultures.toulouse.fr](http://www.cultures.toulouse.fr) <http://www.toulouse.fr/web/education/-/toulouse-souhaite-la-bienvenue-aux-etudiants-rentree-2017>

- **Museums:** special rates for students or under 26-years-olds. Entrance free-of-charge during the weekend if you live inside the city of Toulouse: [www.cultures.toulouse.fr](http://www.cultures.toulouse.fr)

Special visits for students all the year: [www.augustins.org](http://www.augustins.org)  
- **Concerts, Opera:** free-of-charge events and special rates for students: [www.forumopera.com](http://www.forumopera.com)  
- **Cinema:** special rates for students or under 26-year olds. Benefit card and unlimited access: [www.cinemas-utopia.org](http://www.cinemas-utopia.org) <http://abc-toulouse.fr> [www.cinemalecratere.com](http://www.cinemalecratere.com)

- **CROUS:** [www.crous-toulouse.fr/culture/actualites-et-evenements](http://www.crous-toulouse.fr/culture/actualites-et-evenements)

- **Major Monuments to be visited:** [www.toulouse-tourisme.com/sorties-evenements](http://www.toulouse-tourisme.com/sorties-evenements)  
- **City hall of Toulouse:** "Young people's chequebook", "Toulouse Culture card"

- **Media Library:** [www.bibliotheque.toulouse.fr/accueil\\_mediatheque.html](http://www.bibliotheque.toulouse.fr/accueil_mediatheque.html)

- **University:** [www.univ-toulouse.fr/culture](http://www.univ-toulouse.fr/culture)  
- **Bookshop:** buy books second-hand and re-sell them before leaving: <http://www.gibertjoseph.com/magasins/toulouse>

◆ **Sport and leisure:** Colleges and Universities can offer special access to different sports activities.

◆ **Main annual events:**  
- SEPTEMBER:  
**National Heritage Days** [www.journeesdupatrimoine.fr](http://www.journeesdupatrimoine.fr)  
**The European Night of Researchers**

- OCTOBER:  
**The World Students Night** [www.nuitdesetudiantsdumonde.org](http://www.nuitdesetudiantsdumonde.org)  
**The Students' week** [www.univ-toulouse.fr/cultureetudiants](http://www.univ-toulouse.fr/cultureetudiants)  
- NOVEMBER:

**Novelum** [www.studio-eole.com/Festival-Novelum4](http://www.studio-eole.com/Festival-Novelum4)

- APRIL:  
**Spring of laughter** [www.printempsdurire.com](http://www.printempsdurire.com)

- MAY:  
**The European Museum Night** [www.nuitdesmusees.fr](http://www.nuitdesmusees.fr)  
**Pint of science** [www.pintofscience.fr](http://www.pintofscience.fr)

- JUNE:  
**The Music Festival Grand Fénétra** <http://fenetra.free.fr>

- JULY AND AUGUST  
**Toulouse Summer Festival** [www.toulousedete.org](http://www.toulousedete.org)

- AOÛT  
**Nights of Stars at the Space Centre** [www.cite-espace.com/la-nuit-des-etoiles](http://www.cite-espace.com/la-nuit-des-etoiles)

## EXCHANGE & SHARE

Exchange with students on the same course as you. Take part in **theme discussion groups**. Benefit from **cultural outings** just as soon as you arrive in France. Consult **employment offers and courses**.

### SOCIAL NETWORKS



### CAMPUS FRANCE TOULOUSE

41 allée Jules Guesde CS61321 – 31013 Toulouse Cedex 06 – Metro line B "Palais de Justice"

Open from 9:00 am to midday and from 1:00 pm to 3:30 pm – 05 61 00 91 28

Mondays to Fridays – by appointment only – [toulouse@campusfrance.org](mailto:toulouse@campusfrance.org)

**CAMPUS FRANCE**, 28 rue de la Grange aux Belles 75010 PARIS – 01 40 40 58 58 – [www.campusfrance.org](http://www.campusfrance.org)

### EMERGENCY NUMBERS

**SAMU No. 15\***  
Emergency medical help services.

**Police emergency No. 17\***  
Violence, thefts and burglaries.

**Fire-brigade No. 18\***  
Fires, gas leaks, water damage, natural catastrophes and road accidents.

**Poison control centre No. 05 61 77 74 47**  
Intoxication by food, medication, chemicals (may be caused by a gas) or natural products (may be caused by a plant or an animal).

**European emergency number No. 112\***  
Situations requiring an ambulance, the fire-brigade or the police. Available free-of-charge throughout the European Union from fixed or cellular phones. **This number does not replace national emergency numbers.**  
\* Free-call numbers