

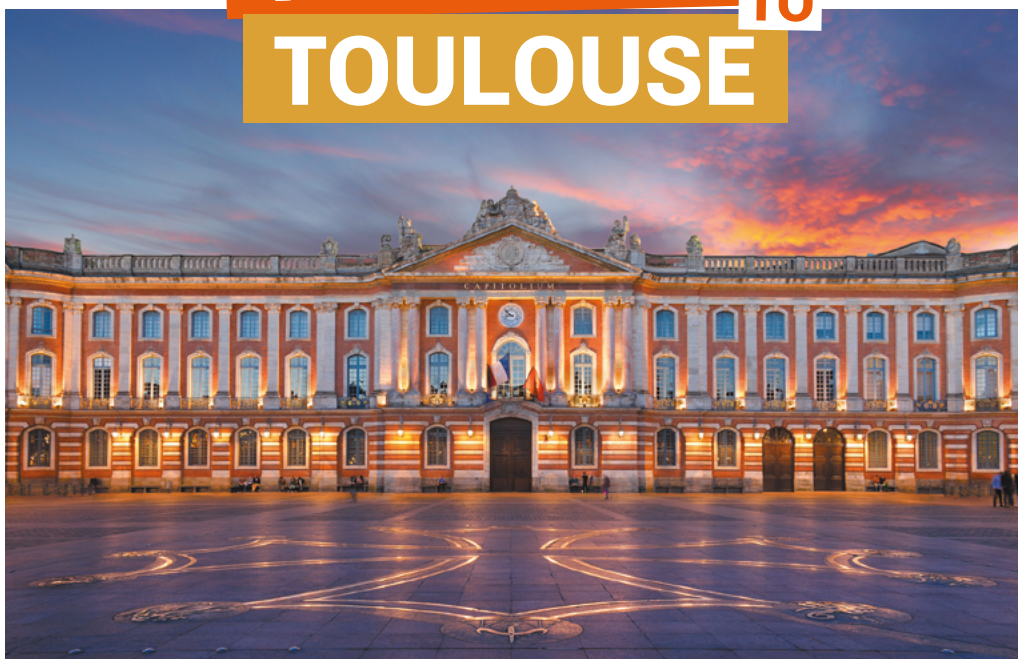


DISCOVER
YOUR CITY



Campus France will guide
you through your first steps in
France and **exploring**
Toulouse, your new home.

WELCOME **TO**
TOULOUSE





YOUR ARRIVAL IN TOULOUSE /

- ◆ A central student Accueil - Welcome Desk to make installation and life easier for students

The Accueil - Welcome Desk created by Université Fédérale Toulouse Midi-Pyrénées, is for students and researchers, both French and international, to help them in settling in and with their different administrative procedures.

A specialized multi-lingual team welcomes and guides students and researchers on housing, residence permits, day-to-day life, sports, recreation, culture and so much more.

Year round the different services of the Préfecture, Rectorat (Board of Education), CROUS and CAF will help you in setting up in Toulouse.

Foreign doctoral students and researchers may also use the Welcome Desk.

Address: Accueil - Welcome Desk, 41 allée Jules-Guesde, allée Matilda, 31000 Toulouse.

Hours: 9am to 5pm, Monday to Friday.

Contact: welcomedesk@univ-toulouse.fr

Reach all the welcome and orientation services in one click: <https://welcomedesk.univ-toulouse.fr/>

- ◆ **Developed in Toulouse: The Toul'Box**

It is a personalized tool intended for students, doctoral students, and researchers to facilitate their move to Toulouse and the region (airport pick-up, housing assistance and procedures, French lessons, etc.)

Learn more: <https://toulbox.univ-toulouse.fr/#offers>

- ◆ **Buddy System**

You can be assisted by a local student in Toulouse!

There are several options for assistance by a local student for a successful move to your host city:

- In your institution:

<https://welcomedesk.univ-toulouse.fr/> > S'ouvrir à l'international > Parrainage d'étudiants étrangers

- With ESN, the national and inter-university association: <https://buddysystem.eu/>

- ◆ **Welcome and orientation in the institutions**

- **Université Fédérale de Toulouse** counts 31 higher learning institutions and research organizations within the Académie de Toulouse (Education Authority): 4 universities, 1 national institute, 18 engineering and specialized schools, 1 university hospital, and 7 research organizations:

<https://www.univ-toulouse.fr/universite>

For information on welcome services in your institution, please consult the Campus France website for orientation. The site presents a series of **Information Sheets covering welcome services in higher learning institutions:**

<https://www.campusfrance.org/fr/recherche/categorie/occitanie-552>

- ◆ **National Services:**

- students: www.etudiant.gouv.fr

- doctoral students, researchers: <http://www.euraxess.fr/fr>



HOUSING IN TOULOUSE /

There are numerous solutions for housing in Toulouse: Student-only accommodations managed by CROUS, student housing and private residences, and rooms in private homes.

What's most important is to take care of this as early as possible, before your arrival.

All the information on housing in Toulouse is available on the site:

<https://welcomedesk.univ-toulouse.fr> > S'Installer – Infos pratiques > Logement

A FEW TIPS

- ◆ **Short-term housing**

• Habitat Jeunes O Toulouse, downtown (Metro A line, Jolimont station): www.otoulouse.org

• Apartment hotels: Consult the Toulouse Visitor Center which has a listing of all possible lodging in Toulouse: <https://www.toulouse-tourisme.com> > préparer son séjour > hébergements

• Youth hostel, La petite auberge de Saint Sernin: <http://lapetiteaubergedesaintsernin.com/>

• CROUS temporary lodging, BedandCrous: <https://www.bedandcrous.com/>

• Temporary lodging in private homes, Couchsurfing: <https://couchsurfing.com/>

- ◆ **Long-term housing**

• CROUS (Centre Régional des Œuvres Universitaires

et Scolaires) student housing for Toulouse - Occitanie.

58 rue du Taur, 31000 Toulouse.

Hours: Monday to Friday, 9am to 12pm and from 2pm to 4pm.

Contact: 05 61 12 54 00 - www.crous-toulouse.fr

Website *Trouver un logement*:

<https://trouverunlogement.lescrous.fr/>

On campus, the CROUS also manages all low-cost food services (university restaurants, cafeterias, food-trucks, etc.).

• **Student-only residences managed by public housing organizations (social landlords):** Public housing (a room, studio, 1-bedroom, etc.) may be located in a student-only residence whether rent-controlled or not. You can also share a lease in public housing.

For more information: <http://welcomedesk.univ-toulouse.fr> > S'installer > Logement > Choisir son logement > Les logements sociaux

• **Private Housing Platforms:** Most institutions in Toulouse are members of Studapart, a private housing platform.

Learn more: www.studapart.com

Find other private housing by visiting, for example, the following sites:

- <https://www.adele.org>

- <https://www.location-etudiant.fr> > Toulouse

- <https://www.immojeune.com>

- <https://housinganywhere.com/fr/>

• **The CRIJ** (Centre Régional Information Jeunesse), the regional youth information center for **Occitanie**, also has a listing of available housing (classified ads): <https://www.crij.org/fr/>

• **There is also a site managed by the CROUS**, Lokaviz, which includes a listing of student accommodation in private homes: <https://www.lokaviz.fr/>

• **Shared Leases:** consult *La Carte des Colocs*, a national site for shared leases that's free and simple to use: <https://www.lacartedescolocs.fr/>

• **Other solutions available on the Campus France site:** <https://www.campusfrance.org/fr> > Getting Organized > Accommodation

◆ If you need a guarantor to secure your lodging

Visale is a new and free guarantor system: www.visale.fr

◆ If you want to file an application for APL funds (Aide Personnalisée au Logement, or personalized housing aid)

CAF (Caisse des Allocations Familiales) can check your eligibility: 08.10.29.29.29 or www.caf.fr

◆ If you need housing adapted to your special needs

Contact the CROUS Service Social and they will take action with your host institution. Some institutions have specialized services for special-needs students (housing assistance and also transportation and tuition).

To learn more, consult the dedicated pages on the Welcome Desk site:

<https://welcomedesk.univ-toulouse.fr> > S'installer - Infos pratiques > Handicap et accessibilité



GETTING AROUND TOULOUSE



If you arrive at Toulouse-Blagnac airport, it's easy to get downtown directly: Take the tramway, line T2 which leaves from in front of the airport.



In town and the surrounding areas, use the Tisséo public transportation network (bus, metro, tramway), day and night: www.tisseo.fr.



There are regional trains for getting around the region: www.ter.sncf.com/occitanie
The SNCF and the Region have put 1€ tickets in place for local travel in Occitanie: <https://www.ter.sncf.com> > tarifs et abonnements > EVASIO' 1€
Buses are also an option for low-cost travel: <https://fr.ouibus.com/> or <https://www.flixbus.fr/>



For ride-sharing, refer to the collaborative websites:
- local: www.covoiturage-toulouse.com
- national: www.blablacar.fr/ride-sharing/toulouse/



For greater independence, use the bike-share system, VélôToulouse, available with over 240 docking stations: www.velo.toulouse.fr



FIRST THINGS FIRST /

ENROLLMENT IN YOUR INSTITUTION

◆ CVEC

Before you can enroll in your institution, you must download proof of payment of the Contribution Vie Etudiante et de Campus (CVEC) – the student and campus life contribution fee.

- Log in at: <https://cvec.etudiant.gouv.fr/>

- For additional information and special cases:

<https://www.campusfrance.org> > Getting Organized > CVEC

◆ Confirm Registration

Take note! Even if you have a pre-registration letter, you are not officially enrolled. You must confirm your enrollment with the institution's Service de la Scolarité (Admissions) as soon as you arrive.

◆ Special Needs

If you are disabled or have special needs, necessary arrangements may be made to contribute to your success (exams, courses). At the beginning of the school year, contact the Mission Handicap coordinator or your institution's Mission Handicap.

Contact list (per institution):

<https://welcomedesk.univ-toulouse.fr> > S'installer > Handicap et accessibilité > L'accueil des étudiants

RESIDENCE PERMIT (TITRE DE SÉJOUR)

• To find out more about rights and obligations: The reception services of your establishment can

• If you hold a "*mineur scolarisé*" (enrolled minor) visa and you attained the age of majority, you have to request for a "*Titre de séjour*" online on the ANEF website or at the prefecture where you live within 2 months following your majority.

<https://administration-etrangers-en-france.interieur.gouv.fr>

Take note : To renew your student residency permit "*Titre de séjour*" (VLS-TS), your request must be done during the 3rd month before the expiration date of your current "*Titre de séjour*" (permit) on the website: <https://administration-etrangers-en-france.interieur.gouv.fr>

This tutorial will help you:

https://www.youtube.com/watch?v=j_suMJ3fiw&list=PLpm2evF1qaJe_oQa-LMIKujAihwAtVEy&index=16

guide you in the event of difficulties.

www.service-public.fr > Etranger > Titre de séjour et document de circulation (Foreigners > Resident Card and Travel Document)



PRACTICAL INFORMATION /

OPENING A BANK ACCOUNT

If you stay in France for more than 3 months, it will be **much easier day-to-day if you open a bank account**, online or in one of the 250 bank agencies located in Toulouse.

In France, opening a bank account is a right: www.service-public.fr > Argent > Comptes bancaires > Droit au compte

HEALTHCARE

In France, receiving medical treatment is **practically free** but you must be insured. **Accordingly, signing up for medical insurance is mandatory.**

Login to the

<https://etudiant-etranger.ameli.fr> site to register, to understand your eligibility and benefits, and to take the necessary steps.

Learn more:

<https://www.campusfrance.org> > Getting Organized > Health

GOOD TO KNOW

• If you have arrived in France with a VLS-TS long-term student visa: you must validate it online upon your arrival and imperatively within the first three months of your stay (in France) on the ANEF (*Administration numérique pour les étrangers en France*) website: <https://administration-etrangers-en-france.interieur.gouv.fr>

• If you are an Algerian national or a student with a "Concours" (tests) visa or a visa with the indication "*Carte à solliciter dans les deux mois*" (Residency permit is to be requested within 2 months of entry): your residency permit application has to be made at the Prefecture.

As a student, you can also take advantage of the university medical services. In these health services where consultations are free, you'll be greeted by a team of doctors, nurses, and social workers who can give personalized advice in terms of health and prevention.

That is the case in Toulouse where there is a Service Inter Universitaire de Médecine Préventive et de Promotion de la Santé (SIUMPPS) , a preventive health and medical center with offices in all three Toulouse universities:

• **Centre de l'Arsenal** - Université Toulouse 1 Capitole, 2 rue du Doyen Gabriel Marty, 31000 Toulouse (Capitole metro station).

Hours: Monday to Friday, 8:30am to 4:30pm.
Contact: 05 61 63 37 25 / 47.

• **Centre du Mirail** - Université Toulouse Jean-Jaurès, 5 allée Antonio Machado, 31000 Toulouse (Université du Mirail metro station).

Hours: Monday to Thursday, 8:15am to 5:00pm, and Fridays, 8:15am to 4:30pm.

Contact: 05 61 50 41 41 / 38 61.

• **Centre de Rangueil** -

Université Toulouse III Paul Sabatier, Forum Louis Lareng (at the exit of the Paul Sabatier metro station).

Hours: Monday to Friday, 8:30am to 5:00pm.

Contact: 05 61 55 73 67 / 66 / 59.

Learn more:

<https://welcomedesk.univ-toulouse.fr> > Vivre à Toulouse et sa région > se soigner et être aidé

ADDITIONAL HEALTH INSURANCE

You can also sign up for **top-up insurance** which will cover all health expenses not covered by the **free and compulsory health insurance**.

Take note: The plans and coverage levels differ from one company to another. To choose a **top-up insurance policy** which meets your needs and your budget, you can **compare student health insurance plans** on the Internet.

HOUSING INSURANCE

In France, housing insurance is mandatory.

You must take out an insurance policy for your home.

This covers you for different risks: Fire, explosions, and water damages. You can sign up for housing insurance with a mutual-benefit association, a bank or a private insurance company. Online subscription is also often possible.

Take note: If you share a lease, each renter must have housing (renter's) insurance.

EMERGENCY NUMBERS

SAMU: Call 15 Emergency Medical Services

Police emergency: Call 17 in the event of violence, theft, robbery.

Fire Department: Call 18 in the event of fire, gas leak, water damage, natural catastrophe, or traffic accident.

Call 112: European emergency services number that's accessible from anywhere in the European Union in addition to the French numbers above.

LEARNING FRENCH

Learning French is an opportunity that's not to be missed! Find what works best for you:

- by consulting the Campus France site or the Français Langue Etrangère (FLE) - French as a foreign language - centers and universities which offer courses at all levels year-round:

<http://ecolesdete.campusfrance.org>

- by asking in your institution, at city hall, or in your host city's Maison des Associations - community centers.

FINDING A JOB OR AN INTERNSHIP

2 addresses:

• **The CRIJ d'Occitanie** (Centre Régional d'Information Jeunesse), the regional youth information center, has a platform with classified ads for jobs and internships for all youth: <http://www.crij.org> > Travailler > Consulter les offres de jobs

• **the Jobaviz site run by CROUS**, can help you find a student job compatible with your studies:

<http://www.jobaviz.fr/>





THINGS TO DO IN TOULOUSE /

TAKE UP A SPORT

In your school or university, you can have privileged access to sporting activities. Contact your institution's Service des Sports or visit the Welcome Desk site:

<https://welcomedesk.univ-toulouse.fr> > Vivre à Toulouse et sa Région > Faire du sport

In Toulouse, you will find a diverse and complete choice of sports facilities or city recreation centers: <https://www.toulouse.fr/web/sports>

BE ACTIVE

Attend cultural and sporting events, or join a social or community group, through one of the numerous local or national student clubs and associations. Learn more:

- ask for information in your school (Service de la Vie Etudiante – student services) or at the Welcome Desk:

<https://welcomedesk.univ-toulouse.fr> > Vivre à Toulouse et sa région > s'engager

- visit the national sites:

www.animafac.net - www.letudiant.fr

In some institutions in Toulouse, the ESN (Erasmus Student Network), an association that welcomes international students can be very useful and assist you: <http://toulouse.ixesn.fr/>

GAINING CULTURE AND PARTYING

Toulouse offers many ways to cultivate yourself to party.

Theaters, museums, movie theaters, concerts, operas, museums, exhibitions, and festivals are on the program and most of the time, at reduced cost for students:

<https://www.toulouse.fr/web/cultures>

You can also consult the guide for cultural, and often free, activities that's available on the Welcome Desk site:

<https://welcomedesk.univ-toulouse.fr> > Vivre à Toulouse et sa Région > Se cultiver

In Toulouse, for entertainment or to pick up some culture, you can choose from:

- over 20 movie theaters (city and suburbs) including 3 arthouse theaters, the ABC, the American Cosmograph (Utopia), and the Cratère (student rates, rewards card).
- 10 top museums, reduced rates for students.
- A dozen large performance halls for concerts.

- 20 venues for shows, theater and opera.
- Sixty-some book stores, including two major institutions: Librairie Privat and Librairie Ombres Blanches. You can also buy and sell used books at Librairie Gibert.
- 4 important multimedia libraries including José-Cabanis Médiathèque: www.bibliotheque.toulouse.fr

In Toulouse, for going out or staying abreast of events, **read the leading regional daily paper, La Dépêche du Midi**, available in newsstands or on the Internet :

<https://www.ladepeche.fr/grand-sud/toulouse/>
You can also check out the agenda on the Toulouse Tourist Office site: <https://www.toulouse-tourisme.com/agenda>



TOP ATTRACTIONS /

- Place du Capitole, renown throughout the world, with the city hall and the opera house.
- The Cité de l'Espace, dive into the stars (aeronautics and space museum, student rate).
- The museum of natural history and its scientific collections (student rate).
- The Saint-Sernin basilica, a beautiful example of Roman architecture.
- The Augustins Convent with its cloisters and museum.
- The Abbatoirs, a modern art museum, collections, and temporary exhibitions (student rate).
- The Halle aux Grains for its concerts and its architecture.
- The Garonne River and its large Prairie des Filtres.
- The Midi Canal for walks along the tow path.

Learn (and see) more:

<https://www.toulouse-tourisme.com/>





IMPORTANT ANNUAL EVENTS /

MARCH-APRIL

- Carnival, a parade through the streets of Toulouse.
- Festival des Airs Solidaires, a cycle of humanitarian events, concerts, forums, and conferences (student rate).

MAY

- European Museum Night, various events offer an alternative insight into Toulouse's museums.

JUNE

- Fête de la Musique and local music festivals: Rio Loco, world music festival (student rate).
- Grand Fénétra, festival of traditional and popular music and dance.

JULY

- Toulouse-Plage, on Ramier Island, and Toulouse summer festival.

AUGUST

- La Nuit des Etoiles at the Cité de l'Espace.

SEPTEMBER

- Piano aux Jacobins, a classic music festival in the magnificent Jacobins cloister.
- Journées du Patrimoine (heritage days), free visits of cultural venues.
- **European Researchers' Night**, a nocturnal event for discovering the world of science (open to the general public).

OCTOBER

- **Student Week: 100 free events (cultural, sport, associations) for students throughout the region.**
- **Students of the World Night, a big welcome night for international students.**
- **Fête de la Science in the Université laboratories.**
- Toulouse Marathon.

NOVEMBER

- Séquence Court-Métrage, an international short film festival.

DECEMBER

- Toulouse Dance Festival.
- Festival Peuples et Musiques au Cinéma, with films, activities and entertainment featuring music and dance from around the world (student rates).

Learn more:

www.toulouse.fr/web/la-mairie/grands-evenements



& SHARE
PARTICIPATE

To stay informed and attuned to others and the world, to share and dialogue with students, follow **social media** where Campus France has an especially strong presence!

*Don't forget to join the **France Alumni** network. Take part in discussion groups on various subjects, take advantage of cultural outings, and consult job and internship offers.*



THINGS TO KNOW

Toulouse and suburbs:

1,360,000
residents

Toulouse:

480,000 residents

4th LARGEST CITY IN FRANCE

TOULOUSE, SEAT OF THE HAUTE-GARONNE DEPARTMENT, CAPITAL OF THE OCCITANIE REGION,

the large region of southern France which counts **13** departments between the Pyrénées and the Mediterranean Sea, and large cities like Montpellier, Perpignan, Nîmes and Albi.



1229

year Université de Toulouse was created

Today **130,000** students including **20,000** foreign students

4th university city in France

OCCITANIE REGION,

3rd FRENCH REGION IN TERMS OF HOSTING FOREIGN students (more than 30,000 international students)

TOULOUSE WAS RANKED THE BEST CITY IN FRANCE WHERE IT'S GOOD TO LIVE AND STUDY (awarded by l'Étudiant magazine)

Most of the information presented in the Campus France City Information Sheets concerns all international students regardless of their institution.

In France, in each of the host cities, most foreign students study at universities. Accordingly, the City Information Sheets attach great importance to them without overlooking the other higher education institutions even if it is not possible to list them all here with their specific information.

For more information on the institutions' welcomes and orientations:

<https://www.campusfrance.org/fr/recherche/categorie/occitanie-552>

CAMPUS FRANCE IN TOULOUSE

41 allée Jules Guesde CS61321, 31013 Toulouse Cedex 06

Metro line B, Palais de Justice stop

By appointment only, Monday to Friday, 9am to 12pm and 1pm to 3:30pm

Contact: 05 61 00 91 28 or toulouse@campusfrance.org

CAMPUS FRANCE

28 rue de la Grange aux Belles, 75010 PARIS - 01 40 40 58 58 - www.campusfrance.org