Student Guide

of Toulouse Midi-Pyrénées Federal University

2017/2018
STUDENT RESEARCHER
You are coming to Toulouse, Make your arrival easier with our TOUL’BOX

Make your installation stress free:
- upscale shuttle at the airport or train station
- bank account opening
- accommodation booking
- home insurance
- personal public transportation card

toulbox.univ-toulouse.fr

EDITORIAL

Toulouse Midi-Pyrénées Federal University is an association of 4 universities. It includes a National Polytechnic Institute composed of 6 schools of higher education, a University Centre for Teaching and Research, 12 schools of engineering and other specialist disciplines, and 6 research centres.

The belief of the university is that the success of your studies is based both on the quality of your course and on finding the living conditions that meet your needs. For this reason, the aim of the university is to create places and organise events to provide you with support and make you feel welcome here.

The new life as a student you are embarking on is exciting and demanding, and for many of you it is the first time you are living alone or discovering a new city.

This guide aims to help you through this new stage of your life and complements the support you will receive from the institution you will be studying at.

For the last 11 years the guide has offered a comprehensive and up-to-date range of essential information. It is also available in English, Spanish and Chinese. There is also a Student Map which provides information on all the different campuses. For the first time this year we have included a special section on student accommodation.

To supplement the information contained in the guide, in 2015 the Toulouse Midi-Pyrénées Federal University created the Accueil-Welcome Desk. Located at 41, allées Jules Guesde in Toulouse, our multilingual team will give you a warm welcome. The following essential services are also based here: the Caisse d’Allocation Familiale (CAF), the Crous student services organization, the Rectorat (Centre for Information and Guidance in Higher Education), and from September to December, the services of the Préfecture Haute-Garonne (who are responsible for residence permits). There are also a number of other services available at different times of year.

Lastly, student life is all about meeting people and making exciting discoveries, so we look forward to seeing you at the 12th “Semaine de L’Étudiant” students’ week, which will be held in Toulouse from 12th to 21st October and in the university cities throughout the month of October (http://semaineetudiant.univ-toulouse.fr/), then, throughout the year 2018, on the occasion of events organized within the framework of “Toulouse, European city of science”.

Philippe Raimbault, president of the Toulouse Midi-Pyrénées Federal University
DOWNLOAD THE GUIDE IN FRENCH, ENGLISH, SPANISH AND CHINESE:
www.univ-toulouse.fr
The Federal University, the CIO du Sup, the CAF and the foreign students’ office of the Prefecture have all moved their welcome desks to this centre which is fully dedicated to student services. There is also a branch of the Crous service here. Our aim is to centralise all information for both current and future students, to advise you on different aspects of student life, and to help you to adapt to local life.

We will help you to discover how to look for an apartment, to learn cultural opportunities, to receive support in joining associations, to meet people to obtain a job or to become a student entrepreneur, to take care of your health, and to know everything about public transport and sport, etc.

You will receive a warm welcome from the multilingual teams who will provide you with a wide range of different services (Toul’Box, accommodation, culture, student initiatives, etc.) as well as comprehensive information on courses at all the institutions which make up the university.

To ensure you receive the help you need, the teams work closely both with personnel from the different university institutions as well as with other complementary organisations: these include SNCF, accommodation bodies, OFII, Campus France, the Town Council, Métropole and Conseil régional, CRIJ, AFEV, student associations...

To supplement the services available, there is a range of new projects being run by the Toulouse Midi-Pyrénées Federal University. These include meetings to find flatmates, courses by associations, events supported by the Toulangues association, etc.

Opening hours: Monday to Friday from 9:00am to 6:00pm from September to December and from 9:00am to 5:00pm from January to August.

- The foreign students’ office of the Prefecture: from September to December, from 9:00am to 12:00pm and from 1:00pm to 3:00pm
- CIO du SUP: 3 half-days per week
- CAF: 9:00am-5:00am from September to April and 9:00am to 12:00pm and 1:00pm to 5:00pm from May to August
- Crous: from 9:00am to 12:45am and from 1:30pm to 5:00pm from September to December and from 9:00am to 12:00am from January to August

Open all year except public holidays and Christmas holidays. Opening hours are subject to alterations. Please consult the website:
www.univ-toulouse.fr/laccueil-welcomedesk

You can find out more on the University Facebook page:
www.facebook.com/univtoulouse

Contact us at:
welcomedesk@univ-toulouse.fr
To enrol at a French university, you must have the French baccalauréat (high school-leaving certificate) or a similar French or foreign qualification.

There are mainly two types of course:
- university courses in all fields (Arts, Health, Human and Social Sciences, Science and Technology, etc.)
- courses in schools of higher education, which include Engineering, Business, Architecture, Veterinary Science, Agriculture, etc.

ORGANISATION OF HIGHER EDUCATIONAL STUDIES

European countries have adopted a new common system for higher education in order to guarantee the recognition of qualifications and to facilitate student and researcher mobility.

The system is based on:
- Bachelor degree: (Licence) (Bachelor) (Bac+3), Master (Bac+5), PhD (Bac+8)
- a semester-based organization (1 year = 2 semesters), degree programs organized into compulsory, elective, or free UEs (Unités d’Enseignement or Educational Units),
- these include lectures, guided courses, internships and essays.
- the European Credit Transfer System (ECTS) which records the volume of work and student progress.
- Each UE corresponds to a certain number of ECTS and 1 semester is equal to 30 ECTS.

Information:
www.enseignementsup-recherche.gouv.fr
www.diplomatie.gouv.fr
Choosing your course program in Toulouse

It is essential to bear in mind your future career when selecting a course of study. This requires you to consider possible professions, to think about your future plans and what you hope to achieve. Your studies will be much more successful if you have researched the course well in advance and choose a subject which is just right for you: prepare yourself really well by researching the courses on offer.

INFORMATION AND GUIDANCE

There are a wide range of facilities, information points and resources to help you carry out your research and to support you in choosing the right course of study.

UNIVERSITY WEBSITES

> ONISEP: produces and promotes a wealth of information about courses and professions;
> Information fair: such as Infosup, where you can find out about all the possible courses offered in Toulouse, and where you can narrow down your options and select exactly the right course;
> University open days: at open days you will be able to obtain valuable information about courses and to meet students and teachers;
> Institutions’ inter-university Information and Guidance Departments (SCUIO): this service welcomes and provides information to students about choosing their course of study and their future profession.
> the CIO Information and Guidance Centres: these centres provide personalized advice on studies, qualifications and professions.
> Campus France: Campus France provides international students with information about French higher education and guides them in choosing their courses, in filling in.

It’s all about your future

With the support of the region, the Toulouse Midi-Pyrénées Federal University has created a comprehensive map showing all the courses offered by its different institutions. Each course can be located at one of the 11 university campuses:

Albi, Auch, Cahors, Castres, Figeac, Foix, Millau, Montauban, Rodez, Tarbes and Toulouse, these include:

5

University Institutes of Technology (IUT)

4

Universities

12

Schools of Engineering

7

Institutes and Schools of Higher Education
THE UNIVERSITY COURSES COVER THE ENTIRE RANGE OF HIGHER EDUCATION

> Arts, Literature and Languages
> Law, Economics, Management
> Human and Social Sciences
> Science, Technology, Health
> Physical and Sports techniques and activities

Over 900 courses are spread over the entire territory are listed.
User-friendly and easy to use, on this site you can look up information on the town, institution, field of study, qualification, keyword, type of course (work-linked, distance, initial, continuous, etc.)
With just a few clicks, you will find detailed, accurate, and comprehensive information on every course, comprising an introduction to the course, admission requirements, the course of study itself, contacts at the institution, options for further study and professional opportunities.

Consult it on:  
http://formations.univ-toulouse.fr

You can also access this site on the computers available to the public at the Toulouse Midi-Pyrénées Federal University Welcome Desk at 41, allées Jules Guesde in Toulouse, where you can get help to access the information you need.

Work-linked study

The idea of work-linked study is to work while following a course, in order to gain professional experience and a qualification at the same time (either with a career development contract or an sandwich course).
There are courses ranging from diploma to master (Bac+2 to Bac+5) which link university education with the world of work. The aim of these courses is to help students to enter the world of work and encourage the development of student skills.
Find all the relevant information at:
www.formations.univ-toulouse.fr/fr/les-formations/formation-en-alternance.html

Students with disabilities

Information on access, welcome and support provided by each institution of higher education:
www.univ-toulouse.fr/handicap
www.handi-u.fr/

Support and adapted housing:
www.crous-toulouse.fr/handicap

Information:
www.enseignementsup-recherche.gouv.fr
www.diplomatie.gouv.fr
www.onisep.fr/content/download/882868/16510993/file/Handi_TOULOUSE.pdf
# Get to know the university towns

## Cahors
Both a town of art and history, Cahors, the capital of the Lot, has an outstanding cultural heritage and a wealth of facilities, making it an ideal place both to study and to live. The opening of the Pôle Patrimoine of the University of Toulouse - Jean Jaurès in Cahors completes an already wide range of educational institutions, including the IFSTTAR; the ESPE, the Lycées des Territoires, the CCI of le Lot and the general and technological lycées. The student scene is enlivened by the team in Cahors, who are there to advise and assist students. Facebook page: Vie Etudiante Cahors

## Figeac
Located at the heart of a tourist city, the Figeac IUT with its 430 students is famed for the quality of its student life (free transport and spacious, good value accommodation) and has three faculties: Mechanical and Production Engineering (1 DUT and 2 professional qualifications); Sales and Marketing Techniques (1 DUT and 2 professional qualifications); and the Social Science option in Social and Sociocultural Interventions.

## Rodez
Located less than two hours from Montpellier and Toulouse, Rodez offers more than 3,000 students here courses ranging from Bac+2 to Bac+5. There are 70 courses spread out amongst 9 institutions including the IUT (UT Capitole) and the Champollion National University Institute. In addition, there is a great student atmosphere with a wealth of sporting and cultural and social activities.

## Albi
A Unesco World Heritage Site since 2010, Albi is developing rapidly. With a listed city centre, Albi combines an outstandingly complete episcopal city nestling around the Saint Cecilia cathedral, unique for its use of pink brick, with urban life where it is possible to reach everywhere on foot. Opened two years ago, the Toulouse Lautrec museum reaffirms the international cultural dimension of the city. Today the new neighbourhood around the top quality Les Cordeliers theatre in Albi rivals Toulouse with its range of live events. Albi offers a range of sports and associations and this has encouraged a number of higher educational establishments to move to the town. These include the J-F Champollion University Centre, the School of Mines, l’ESPE, and the IUT Paul Sabatier.

## Millau
Millau has a rich and varied historical and architectural heritage. The bridge over the Tarn is a symbol of the Middle Ages and there are prehistoric dolmens scattered over the Causses limestone plateaux. And these days, the manufacture of leather goods, in particular gloves, is leaving its mark on the town. The technologically impressive viaduct, completed in 2004, is a reminder that Millau has always been on an important trade route.

## Toulouse
Thanks to the wide range of different courses offered, (DUT, BTS, Prépas, Bachelors, Masters, Doctorates, etc.) Tarbes is the second largest hub in the district (www. cutp.net). Tarbes is situated between the plains, ocean and the mountains and is an important research centre. Midway between Toulouse and the Atlantic coast, Tarbes lies at the foot of the Pyrenees and is about half an hour from the pistes.

## Auch
Less than an hour from Toulouse, the capital of Gascony and its surrounding area offer an excellent environment and conditions for study. There are lots of good places to stay, excellent modern facilities in all the institutions of higher education, a rich and varied cultural life, high quality historic heritage, and a safe environment.

## Montauban & Tarn-et-Garonne
Known as the City of Ingres, Montauban is well-known as the birthplace of one of the greatest 19th century painters, Jean-Auguste-Dominique Ingres, and the sculptor Antoine Bourdelle. Not only a town of art, but also the second largest hub in the Midi-Pyrénées region, Montauban and the Tarn-et-Garonne welcomes students at over 40 courses, from Bachelor to Master degrees, as well as BTS vocational and professional diplomas.

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## Higher Education and Research Institutions

**Research Bodies**

**Of the Toulouse Midi-Pyrénées Federal University**

<table>
<thead>
<tr>
<th>Institution</th>
<th>Details</th>
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<tbody>
<tr>
<td>UT Capitole</td>
<td>Toulouse Capitole University</td>
</tr>
<tr>
<td>UT2J</td>
<td>Toulouse - Jean Jaurès University</td>
</tr>
<tr>
<td>UT3</td>
<td>Toulouse III - Paul Sabatier University</td>
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<tr>
<td>INPT</td>
<td>Toulouse National Polytechnic Institute</td>
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<tr>
<td>ENSAT</td>
<td>Toulouse National Higher School of Agronomy</td>
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<tr>
<td>ENSEEHT</td>
<td>National Higher School of Electrotechnology, Electronics, Computer Science, Hydraulics and Telecommunications</td>
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<tr>
<td>ENSACET</td>
<td>National Higher School of Engineering in Chemical and Technological Arts</td>
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<td>EI PURPAN</td>
<td>Purpan Engineering School</td>
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<td>ENIT</td>
<td>Tarbes National Engineering School</td>
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<tr>
<td>ENM</td>
<td>National School of Meteorology</td>
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<tr>
<td>Mines Albi</td>
<td>Toulouse Midi-Pyrénées Federal University</td>
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<tr>
<td>ICAM</td>
<td>Toulouse Catholic Institute of Arts and Trade</td>
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<tr>
<td>Sciences Po</td>
<td>Toulouse University of the Arts</td>
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<tr>
<td>CREPS</td>
<td>Centre for Resources, Expertise and Athletic Performance</td>
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<tr>
<td>isdaT</td>
<td>Toulouse Higher Institute of the Arts</td>
</tr>
<tr>
<td>ENVT</td>
<td>Toulouse National Veterinary School</td>
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</tbody>
</table>

### Research Organizations

- **CNRS**: National Centre for Scientific Research
- **Inra**: National Institute of Agronomic Research
- **Inserm**: National Institute of Health and Medical Research
- **IRD**: Institute of Research and Development
- **ONERA**: National Office for Aerospace Studies and Research
- **CNES**: The National Center for Scientific Research

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**Promologis**

**Groupe ActionLogement**

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**Equipped Flats to Rent**

**From 395€ / month**

**Toulouse & Auzville**

(compans-caffarelli, Jean Jaures, Rangueil, ENSAT)

**All Bill Included**

(internet access, water, energy)

**Free Gym Area**

**Free Access to a Laundry**

**No Agency Fees**

www.promologis.fr - 09 70 82 84 60
03. FINDING ACCOMMODATION

At the Welcome Desk you can find advice and support when looking for accommodation. A new guide with comprehensive information on student accommodation in Toulouse and the other university cities is available at the Accueil- Welcome Desk.

LOOKING FOR ACCOMMODATION
Finding accommodation is not always easy. You have to start very early (finding a place to live is quite a challenge in September and October) and you should know what your budget is in advance. In addition, a number of organisations (banks, embassies, consulates, préfecture (for visas etc.) require you to have a proof of address. It’s important to know that some of the universities have accommodation on campus.

PRIVATE ACCOMMODATION
Crous:
www.lokaviz.fr
CRIJ: offers can be found in CRIJ centres and at www.crij.org
www.pap.fr
www.leboncoin.fr
Make sure you also consult the student life service at the institution you will be studying at.

CROUS HALLS OF RESIDENCE
Remember that demand may be high as the number of places is limited. Certain halls of residence offer flat-sharing arrangements.
www.crous-toulouse.fr/colocation
Who is it for?
For all students via the DSE
www. Crous-toulouse.fr/demander-un-logement
For international students via Campus France and the International Relations Office at your university or institution.
www.crous-toulouse.fr/logements

PRIVATE LODGINGS
www.chambrealouer.com
www.swapandstudy.com
Language immersion for foreign students in a host family:
www.ac-tif.fr/fr
www.accommodation-for-students.com
www.lokaviz.fr
Don’t forget social media!

FLAT-SHARING
www.crij.org
www.bubbleflat.com
www.lacartedescolocs.fr
www.appartager.com
www.lokaviz.fr

REAL ESTATE AGENTS
Beware of accommodation listings
www.fnaim31.com
www.unis-immo.fr
www.snpi.com

ACCOMMODATION FOR YOUNG PEOPLE
www.habitatjeunesmidipyrenees.org
www.foyers-catholiques.org

PRIVATE STUDENT RESIDENCES
See the range of accommodation on offer and make your choice on www.adele.org

REAL ESTATE AGENTS
Beware of accommodation listings
www.fnaim31.com
www.unis-immo.fr
www.snpi.com

KAPS FLAT-SHARING
Who is it for?
For students between the age of 18 and 30 who wish to volunteer four hours of their time to charity work while sharing a flat with other Kaps students. This commitment is recognised by the university and counts towards your course.
Apply between April and August:
www.kolocsolidaire.org/toulouse

HLM SOCIAL HOUSING
All students are eligible to make a request for social housing. This can be done at:
(List of organisations on “les partenaires” tab)
Habitat Toulouse, Patrimoine S.A. The organisations Languedocienne, Groupe des Chalets and Promologis offer flat-sharing options for a very modest price (around 200 € / month).

INTERGENERATIONAL ACCOMMODATION
Association Mieux Ensemble:
www.mieuxensemble-toulouse.fr
Association Ensemble2générations:
www.ensemble2generations.fr
Finding accommodation

1 Finding a guarantor:
the guarantor commits him/herself to paying the tenant’s rent and any costs if the tenant is not in position to meet his/her obligations. This can be either a family member or legal person.

Garantie LOCA-PASS, only for: student receiving a grant from Crous accommodated in social housing (Crous or HLM) who have a right to APL, and students less than 30 years of age on a course of a minimum 3 months, or on temporary contract or permanent contract (CDD or CDI).

www.actionlogement.fr

Garantie CLÉ: for students enrolled in a French institution of higher education under 28 years of age, foreign doctoral students of any age and post-doctoral students provided they have had their doctorate for less than 6 years.

www.lokaviz.fr

Garantie VISA LE: Students up to the age of 30 (inclusive) who receive a grant from Crous or those who are independent with respect to tax and lodged in private accommodation.

www.visale.fr

2 Establishing a budget:
Know in advance what your budget is and your monthly and annual expenses. Ensure you have enough money for possible temporary accommodation when you arrive and for the essential expenses when you move into your accommodation.

3 Collect the documentation you need for renting your accommodation and take it with you when you visit:
You will generally be asked for: a photocopy of proof of your identity (identity card, passport or residence permit); your student card or school attendance certificate, and your (RIB) bank account number. The documents from your guarantor if this is a person and not an organisation, in which case they will have to provide a statement of eligibility composed of their three last pay slips, an employers’ statement, proof of residence, proof of identity and most recent tax return.

Be careful don’t pay any money in cash or pay the rental or the deposit before signing the rental agreement. Do not underestimate the time you will need to get from your accommodation to the university.

When signing

1 Payment of security deposit:
This is normally one month’s rental excluding bills, and it will be returned to you on departure, with deductions for possible damage. It is possible to ask for a LOCA-PASS advance (interest-free loan); eligibility is the same as for the LOCA-PASS guarantee.

2 Payment of 1st month’s rental
3 Payment of agency and handling fees
4 Inventory:
This is a description of the state of the accommodation. Pay careful attention to all visible damage!

5 Submission of proof of household insurance:
This is obligatory in order to ensure you against all risks. It may be provided by a bank, a mutual society (LMDE or VITAVI-Réseau Emevia) or a private insurer.

After signing

1 Make a request for housing benefit from the CAF:
www.caf.fr
Information, applications at the Accueil-Welcome Desk.

2 Choosing your energy supplier:
electricity, gas

Students on work-linked courses:
‘Action Logement’ supports those on work-linked courses in their search for accommodation and with their rent via the Mobili-Jeune scheme which provides a rental subsidy of up to 100€ per month:
alternance@grouppecleo.com
www.actionlogement.fr

The Carte Jeune de la Région provides apprentices with help to pay for accommodation. This is an annual package based on taxable income.

It is reserved for students who need to live in two places and who do not receive help from the CAF for their second residence. The subsidy is available exclusively through a network of accommodation contracted by the Region.

Moving, leaving Toulouse

1 Giving notice:
You can cancel your rental contract at any time, provided you give the correct amount of notice, which in Toulouse is 1 month. Notice is given by sending the owner a registered letter with acknowledgement of receipt. Exit inventory: this will be agreed with the owner on the day you leave the accommodation. Your accommodation must be handed back in the same condition in which you found it.

2 Reimbursement of security deposit:
The exit inventory will be compared with the entry inventory in order to establish if the owner has the right to claim any expenses to return the accommodation to its original condition. Only certain types of damage can be attributed to you: holes in the wall, lack of maintenance, etc.) If the entry and exit inventory are in accordance, the owner has a period of one month to return your security deposit. If this is not the case, the owner has up to two months.

3 Ending your contracts/agreements:

Educating your CAF account
Closing your household insurance contract: by registered letter with recognition of receipt and enclosing a copy of your exit inventory.
Closing your bank account (if you are leaving France, as if you are only leaving the city you can keep your account open)

SERVICES FOR KEY-IN-HAND ARRIVAL

> Toulbox (see page p47): www.toulbox.univ-toulouse.fr
> Campus France, for students in receipt of a grant BGE, BGF.

LEGAL SUPPORT

In case of a dispute or for any issue connected to accommodation, contact:

> Adil 31: advisors may be consulted from 9:00 to 11:00 and from 14:00 to 16:00. Tel 05 61 22 46 22 www.adil31.org
> UFC What to choose: www.quechoisir.org

EQUIPPING YOUR FLAT FOR A LOW COST

> Association le Tri Sera Top de l’UT2J: store which helps students to equip their accommodation at a very reasonable cost with previously-used items. (for more information: Facebook Le Tri Sera Top)
> la Glanerie : www.la-glanerie.org
> le Réseau Envie: for cheap electric appliances: www.envie.org
> Rental of new furniture for students with transport included: www.location-pour-etudiants.fr
The Crous

The Toulouse-Occitanie Crous offers a wide range of low-cost catering outlets for students. These include Crous truck, Côté Ru, Vélo La Pause, brasserie, cafétéria, resto’U,… There are 43 Crous catering outlets throughout the Toulouse and surrounding area.

All the Crous services: www.crous-toulouse.fr/restauration

Information in real time: from the morning to the evening, and even at the weekend, you can find out where and what to eat nearby: geolocation, menus and opening times are posted on the “Crous Mobile” app.

Payment: at resto’U, students can pay for their meal with their Mut card, using their smartphone, and with their Crous Pass using their Izly account.

ÉPICERIE MINI M

Food store for students
- Monday to Friday: 11:00-13:00 and 16:00-20:00
- Saturday: 10:00-12:30

Résidence universitaire Tripode B (Bichat)
Campus Rangueil
Métro B - Pharmacy Faculty

The SIMPPS

All through the year the SIMPSS organises information campaigns to raise awareness about eating: theme days, distribution of baskets of local fruit and vegetables (using social criteria), cooking workshops, fun events around nutrition, etc.

For more information about our campaigns: 05 61 55 73 55
And you can follow us on Facebook at SIMPSS Toulouse
Market in Toulouse

> Marché Beaumarché
A local farmers’ market on UT2J campus
Under the canopy
Tuesday 11:30 – 14:30

> Marché Universi’Terre
A local farmers’ market on the UT3 campus.
Car park opposite administration building
Monday 15:30-19:00

> Victor Hugo Indoor Market
From Tuesday to Sunday from 7:00 to 13:30
Métro ligne A Capitole

> Carmes Indoor Market
Place des Carmes - Toulouse
From Tuesday to Sunday from 7:00 to 13:30
Métro ligne B Carmes

> Marché Cristal
Boulevard de Strasbourg et d’Arcole
Toulouse
From Tuesday to Sunday 7:00 to 13:30
Métro ligne B Jeanne d’Arc

ORGANIC MARKETS

> Marché de Toulouse St Aubin: Sunday morning: farmers’ side

> Marché de Toulouse Sept Deniers: 105 route de Blagnac, Sunday morning:
two AB farmers

> Marché de Toulouse

> place du Salin: Tuesday and Saturday morning one AB farmer

> Marché de Toulouse place Arnaud Bernard: Saturday morning

Amap Zest
Baskets of local, seasonal, organic vegetables. The content varies each week, but there is a minimum of 5 different types of vegetable.
Delivery of the baskets: from the end of September through to May 30th (except during the Christmas holidays) on Tuesdays between 18:30 and 19:30 in the Hall of Building B in the Arsenal hall of residence (behind the university restaurant)
Sign-up: on delivery days
Price 6.50€/basket + 5€ annual fee
Contact: https://www.facebook.com/amapzest/

Food banks

The aim of the food banks is to combat social exclusion without encouraging dependence, to respect the freedom, independence and dignity of people and to contribute to their long-term integration into society.

Food banks provide food and are generally run by associations who supply the food, cleaning and maintenance.

Those who receive help belong to the association. Use of the food banks is subject to socio-economic and/or family criteria set by the CCAS-Town Council. Recipients are able to select the products they wish to consume from amongst a range on offer.

asso.lamap@gmail.com (subway Rangueil)
https://fr-fr.facebook.com/soliciale/ (subway Mermoz)
www.maintendue31.org (subway Barrière de Paris)
cap-centre@orange.fr (subway Saint Michel- Marcel Langer)
INTERUNIVERSITY DEPARTMENT OF PREVENTIVE MEDICINE AND PROMOTION OF HEALTH

The SIMPPS is a social and medical service exclusively for students. Consultations are by appointment with general practitioners, specialists and social workers. Confidential and without advance payment.

The SIMPSS also organises numerous campaigns to promote health around sexuality, nutrition (see page on catering), physical activity, stress, and addiction.

To make an appointment:
from Monday to Friday from 8:30 to 17:00

> Université Toulouse Capitole :
05 61 63 37 25

> Université Jean-Jaurès :
— To make an appointment with a social worker and/or an essential appointment with a doctor:
05 61 50 41 41
— For any medical emergency / appointment with doctors and specialists:
05 61 50 38 61

The SIMPPS is a social and medical service exclusively for students. Consultations are by appointment with general practitioners, specialists and social workers. Confidential and without advance payment.

The SIMPSS also organises numerous campaigns to promote health around sexuality, nutrition (see page on catering), physical activity, stress, and addiction.

To make an appointment:
from Monday to Friday from 8:30 to 17:00

> Université Toulouse III Paul Sabatier:
To make an appointment with a social worker and/or an essential appointment with a doctor
05 61 55 73 67

> For any medical emergency appointment with doctors and specialists:
05 61 55 73 59
Branches at the sites in the region:
Contact the institution
Follow us on the Toulouse SIMPSS
Facebook page

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05 61 50 41 41
— For any medical emergency / appointment with doctors and specialists:
05 61 50 38 61

The Crous

NURSE

A Crous nurse is on call for students in two of Toulouse's university halls of residence. Reserved for students residing in Crous residences.

Contact details and timetables available at www.crous-toulouse.fr/infirmiere

SOCIAL WORKERS

Social workers are available to listen to you whatever the nature of your difficulty (social, family, psychological, administrative, financial, etc.).

www.crous-toulouse.fr/les-assistantes-sociales

HAPPSY HOURS

There is a psychologist who will provide free consultations with or without an appointment to students at Crous halls of residence.

Tuesday from 18:00 to 21:00 at the Rangueil hall of residence in the Curie building
Wednesday from 18:00 to 21:00 at the Arsenal hall of residence

Please be aware that timetables may change

Informations et appointments: www.crous-toulouse.fr/ecoutesoutien

WORKSHOPS ON SOPHROLOGY AND PUBLIC SPEAKING

These workshops are available to help students with stress management during their course.

www.crous-toulouse.fr/actualite/sophrologie
Other Health Care and Education Bodies

**CDPEF**

Departmental Centres for Family Planning and Education
Free consultations with gynaecologists and general practitioners
Issue of contraceptives and information on abortion Toulouse: 05 62 13 23 77 (Reception without appointment/Consultations with appointment) 3, rue du Pont Vieux (métro Esquirol or Saint Cyprien).
From Monday to Friday 8:30 to 17:00.
Regional branches: consult the sites in each department
National green number on Sexuality, Contraception, Abortion (free and anonymous): 0 800 08 11 11

**CEGIDD**

Free centre for detection and diagnosis
Free and anonymous detection and diagnosis for sexually transmitted diseases (STDs) for all.
Toulouse: 05 61 77 78 88 / 05 61 77 80 32 ; cegidd31@chu-toulouse.fr
Without appointment Monday to Friday mornings from 9:00
By appointment Monday to Thursday 13:15 to 17:00 and Monday evening 18:00 to 21:00
Regional detection centres: www.sida-info-service.org/Centre-De-Depistage-VIH-Sida-Region-Midi-Pyrenees

**MFPF**

Association for attention, guidance and information working for women’s rights and against any form of oppression.
- Provision of pregnancy tests and contraceptives;
- Advice and support: contraception; pregnancy; abortion; sexuality;
- Sexually Transmitted Diseases
- Violence and discrimination.
Toulouse: www.haute-garonne.planning-familial.org/
05 61 25 54 17 - contact@planningfamilial.org ;
23, rue Moiroud, 31500 Toulouse (métro Marengo)
Without appointment Monday and Tuesday from 13:30 to 17:00, Wednesday from 13:30 to 18:00, Thursday from 13:30 to 17:30.
Regional branches: www.planning-familial.org/annuaire

**HÔPITAUX**

Albi: www.ch-albi.fr – 22, boulevard du Général Sibille - 05 63 47 47 47
Auch: www.ch-auch.fr – allée Marie Clarac - 05 62 61 32 32
Castres/Mazamet: www.chic-cm.fr – 6, avenue de la Montagne noire 05 63 71 63 71
Figeac: www.ch-figeac.fr – 33, rue des Maquisards - 05 65 50 65 50
Foix: www.chi-val-ariege.fr - RN 20 / Sortie 9, chemin de Barrau, Saint-Jean de Verge
05 61 03 30 30
Montauban: www.ch-montauban.fr – 100, rue Léon Cladel - 05 63 92 82 82
Rodez: www.ch-rodez.com – Avenue de l’Hôpital - 05 65 55 12 12
Tarbes: www.ch-bigorre.fr – Site de la Gespe, boulevard de Lattre de Tassigny
05 62 51 51 51
Toulouse: www.chu-toulouse.fr
There are two large university hospitals: 05 61 77 22 33
- Hôpital Rangueil: 1 av. du Professeur Jean Poulhès (Access: métro line B to Université Paul Sabatier station then bus 88 to CHR Rangueil stops)
- Hôpital Purpan: pl. du Docteur Baylac (Access: tram and bus lines L2, 45, 46, 63 et 66 to Purpan or Hôpital Purpan stops)
Student social security and supplementary health insurance

There are two types of health insurance:
- Compulsory insurance, known as "Social security" (free or with a cost, depending on the situation);
- Supplementary insurance, which is not obligatory but very strongly recommended, is offered by various "supplementary mutual health insurance schemes".

FOR STUDENTS UNDER 28 YEARS OLD

Membership of the (compulsory) student social security scheme is managed by two organisations, LMDE and VITTAVI-Réseau Emevia. Payment (215 euros for 2016/2017 academic year) is made on enrolling at the educational institution, and is valid from September 1 till 31 August of the following year. It is free for French and foreign students who are less than 20 years old during the course of the academic year (from 1 September 2017 to 31 August 2018), and for students receiving higher education grants. Under certain conditions it is also free to students receiving a salary, who depend on the professional scheme.

It is important to be aware that dental and opticians' services as well as emergency services are often not fully covered by compulsory social services.

Supplementary health insurance can be obtained from the LMDE and from numerous other mutual funds. Certain students may also continue to benefit from their family supplementary health insurance. Costs vary, so it is important to study your (dental, eyesight, contraception, etc.) needs carefully.

The Region Student Mutual Pass: worth 100 € for students less than 28 years old in receipt of a grant based on Crous social criteria (or the Region's criteria for health and social courses). This is for joining a supplementary health care scheme with the mutual funds listed by the pass organisers (see the list at [http://www.laregion.fr/PassMutuelleEtudiant](http://www.laregion.fr/PassMutuelleEtudiant)). Attention: renewal of the scheme has not been confirmed at time of going to press.

The CMUC Universal Supplementary Health Cover and the ACS Subsidy for Supplementary Health Insurance are two schemes managed by the CPAM to enable students with limited means to have access to supplementary health insurance. To find out about eligibility, see the CPAM website [www.ameli.fr](http://www.ameli.fr).

FOR STUDENTS OVER 28 YEARS OF AGE

French and foreign students who are more than 28 years old are not members of the student social security scheme (unless special conditions apply). The alternatives are as follows:
- Health insurance in country of origin;
- European health insurance card;
- Membership of general insurance system in France (procedure directly with CPAM).

LIST OF BILINGUAL HEALTH PROFESSIONALS IN TOULOUSE

General Practitioners:
- Dr Béatrice Bellamy (Spanish and English-speaking): 49, grande rue St Michel / 05 61 53 37 43
- Dr Alain Berniolles (English-speaking): 15 bis, rue de la Concorde, 05 61 62 48 86
- Dr Agnès Lafforgue (English-speaking): 67, allées Charles de Fitte / 05 61 36 23 94
- Dr Patricia Lanco Saint Guily (English, German and Spanish-speaking general practitioner and gynaecologist): 31, rue Raymond IV / 05 34 43 03 00
- Dr Mesplede & Dr Fortune (English-speaking): 156, avenue Jean Rieux / 05 61 80 93 90
- 24/24 Duty Doctors: 05 61 49 66 66

Osteopath:
- Jérôme Sion (English-speaking): 44, rue Gambetta / 06 22 82 05 26

Dentists:
- Dr Mailhes & Dr Sabatie (English-speaking): 60, route d’Albi / 05 61 48 70 94

Psychologists:
- James Wilson (English-speaking): 25, rue du Languedoc / 06 24 08 71 41 / james@toulousetherapy.com / www.toulousetherapy.com
06. EVERYDAY LIFE, FINANCE AND EMPLOYMENT

Banking

It is essential to open a bank account to be able to make payments (or, importantly to receive the CAF subsidy)

To open an account you must provide the following:

- identity card (passport, visa, residence permit, etc.)
- certificate of household insurance
- student card or school-leaving certificate
- proof of residence (telephone, electricity bill, rental receipt, certificate of temporary accommodation, etc.)

Financial aid

FOR FRENCH STUDENTS

- Grants based on social criteria: requests (Student Social Dossier) must be made between 15 January and 31 May at www.crous-toulouse.fr
- Other subsidies: emergency or specific subsidies equivalent to grants for individual situations (restarting, interruption of studies, etc.) www.crous-toulouse.fr/aides

FINANCING DOCTORAL STUDIES

To finance one's doctorate:

- the 15 doctoral schools organize a recruitment competition in June in order to select recipients of the CDU doctoral contract.
- Contact one of the research laboratories of Toulouse Midi-Pyrénées Federal University and speak to the person you would like to supervise you and who is leading one of the many and varied research projects (ANR, CIFRE, etc.)

Compulsory courses lasting 2 or more months are subject to an official agreement and receive an obligatory subsidy which is 15% of the Social security hourly ceiling (523 euros net for 35 hours full-time).

Contracts must be signed before the first day of work:

- seasonal jobs (summer, holidays, etc.)
- student jobs (maximum 20 hours per week)
- temporary, occasional

For information:

- Student Life services at your institution
- SCUIO-IP at your institution
- Crous, Pôle Emploi
- Le CRJ: www.crij.org
- Crous student work department: www.jobaviz.fr
- www.letudiant.fr
- www.infostages-job.com
**ANNUAL BUDGET**

**EDUCATION / SCHOOL**
Registration fees (2016 - 2017)
- Licence: 184 €
- Master: 236 €
- Doctorat: 391 €

**Rent a l In s u r a n c e** (When you start renting)

**Housing Tax** (mid November)

**ACCOMMODATION**
- Deposit (Upon entering the apartment)
  - 1 month for non furnished accommodation
  - 2 month for furnished accommodation
- Rental Insurance
  - 30 € to 110 €
- Housing Tax
  - 250 € to 550 €

**HEALTH**
- Compulsory social security (paid upon registration)
  - Fees 2016/2017: 215 €
- Mutuelle VITTAI - LMDE (Additional health insurance)
  - 60 € to 600 €

**ACCOMMODATION**
- Room / University studio accommodation
  - 150 €
  - 182 €
  - 250 €
  - 350 €
  - 380 €
  - 400 €
  - 600 €
- Room in a private home
- Flat share
- Private rent

**TELEPHONE LINE**
- 20 €
- 30 € to 50 €

**INTERNET**
- 20 €

**ELECTRICITY GAS**
- 30 € to 50 €

**ALIMENTATION**
- Vélo Subscription VéloToulouse: 20 €/year
- Bus / Métro / Tram: www.tisseo.fr
- Train: www.sncf.com
- (NB: 3.25 € for meal at the Resto U)
- 200 € approximately

**OTHER EXPENSES**
- (Leisure, clothes...)
- 200 € approximately

**MONTHLY BUDGET**
Legal advice, rights and responsibilities

GENERAL WEBSITES

The following section lists consumer associations websites

- Centre Technique Régional de la Consommation (Regional Consumer Association): www.ctrc-mp.fr
- Union Française des Consommateurs, UFC Que Choisir : www.quechoisir.com

TAX

In principle, when you reach majority you no longer belong to the tax household of your parents (your tax declaration is for you only).

It is possible, however, to remain attached to your parents’ tax household. Parents then receive a reduction in their taxes through the family tax allowance.

In order to ask to be attached to your parents’ tax household, you must:

- be less than 21 years old
- be less than 25 years old and be able to prove that you are a student

Declaration of 2017 income tax: online 24/7 from April to the end of May approximately

More information at www.impots.gouv.fr

Council tax is payable by anyone in accommodation on 1 January. For 2017, you must pay the tax if you were renting accommodation on 1 January 2017.

It is payable to the community where your accommodation is situated. It contributes to covering services provided for inhabitants, public facilities, etc.

Students lodging in Crous halls of residence are exempt.
CULTURE

When you’re not studying, you should go out and make the most of the many activities on offer in your new city. All the more tempting as students often enjoy special rates!

The Best Places

Student Life and Cultural Services
Most of the institutions have a cultural service, which provides programming (shows, exhibitions, lectures, meetings, etc.) and forwards information, about the cultural life of the city, and artistic workshops, etc.

Contact Cultural Service and/or Student Life Service at your institution:

- Espace Culturel d’UT Capitole: www.ut-capitole.fr/vie-du-campus/art-et-culture/
- Pôle Culture de l’UT3 Paul Sabatier: www.univ-tlse3.fr/rubrique Culture
- Service culture à l’ENAC: www.enac.fr rubrique Vie des campus
- Service culture à INSA de Toulouse: www.insa-toulouse.fr rubrique INSA Toulouse
- Toulouse Midi-Pyrénées Federal University: www.univ-toulouse.fr/culture
- Crous: cultural workshops and also competitions for new musical and literary talent in the region, MAC theatre: www.crous-toulouse.fr/culture
- Town Councils: town councils generally have special offers for students. In Toulouse, there is the Toulouse Culture discount card or the Toulouse Jeunes coupon booklet which offers discounts on a range of sporting and cultural activities (free registration at the Toulouse library, see below).
- University or municipal libraries: the MUT card will give you access to all the libraries belonging to the Toulouse university network. In the same way, the Toulouse Library card gives you access to 22 libraries throughout the city, and includes the José Cabanis Mediathèque. Borrow all the books, CDs and DVDs you wish, free or at a reduced price.
- Finally, all cultural facilities offer special student prices, and are even free in some places.

European research night – 29 September 2017
In Toulouse and Albi, more than 200 researchers from a whole range of disciplines share their passion with the wider public. The disciplines include archaeology, physics, chemistry, sociology, economics, law, medicine, and mathematics.
www.univ-toulouse.fr/culture

“La Semaine de l’Étudiant” student week – 12 to 21 October in Toulouse and 21 September to 21 October 2017 at the other university sites

“La Semaine de l’Étudiant” is the major event for the beginning of the academic year in the region. In each of the 11 participating cities (Auch, Albi, Cahors, Castres- Mazamet, Figeac, Foix, Millau, Montauban, Rodez, Tarbes, Toulouse), the town and the campus organise cultural, sporting, and fun social activities to help you settle in. The aim is to help students discover the place they are going to live and to meet other students outside the lecture hall.
www.semainedetudiant.univ-toulouse.fr

Events offered by Toulouse Midi-Pyrénées Federal University
Stay connected

Toulouse Midi-Pyrénées Federal University will keep you up to date throughout the year with what's going on at its institutions and in the Toulouse area. Shows, exhibitions, conferences, student festivals, etc. Everything to help you stay completely up to date.

> Kaleidoscope, is the annual guide to cultural events in Toulouse: theatres, concert halls, galleries, cinemas etc. www.univ-toulouse.fr/kaleidoscope

> Magazine U'zoom, art and culture on campus: Articles and interview on a range of key cultural events on and around the campus. www.univ-toulouse.fr/uzoom

> To get our weekly “Bons plans culturels de l'Université de Toulouse”, cultural guide, sign up on the Culture tab at our website or send a mail to culture@univ-toulouse.fr

> Once a month, sign up for the programme of cultural events at: www.univ-toulouse.fr/agenda-culture-sciences

08. SPORTS

Taking part in a sport alongside one's study is an excellent way of relaxing after a long day studying and meeting a wide range of people.

The university institutions and town councils have created a number of special offers and discounts to help you do the sports of your choice, both for relaxation and for competition.

At the educational institutions:
Every institution offers very good prices for sports, which can sometimes count towards your ECTS. Find out more from your institution.

> Universities: Services and Departments of physical and sports activity

> Schools and institutes: Sports associations

Town councils:
Town council websites have a wealth of information on sport. You will be able to find contact details for clubs and associations, the programme for large sporting events, opening times for municipal facilities (pools, etc.) and special offers and discounts for young people and students.

Have a look at the Toulouse Town Council website: www.toulouse.fr/web/sports
Also get information from other student life organisations such as Crous, CRIJ, the Départements and the Region.

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Also get information from other student life organisations such as Crous, CRIJ, the Départements and the Region.
So you want to set up and run a project, inject a little spark into student life on your campus and beyond? Yes...but how to get it under way, where to start?

www.univ-toulouse.fr/yapluka

You can also get in touch with the people responsible for student life at your institution (see list below). Finally, the City of Toulouse offers first-class assistance with the demonstration organiser guide (available on the Town Council website under the Services and Vie Associative tabs).

**FINANCING YOUR PROJECT**

There are a number of funds to help you carry out your student projects, which can be for associations or for individuals:

> **FSDIE** (Solidarity and Development of Student Initiatives Fund) for universities (see contact details below).

> For other institutions, get in touch with the Bureau des Élèves (BDE) student offices.

> **Crous Action Culture**: Crous can help you to play a role in the cultural life of the university by offering financial support for your projects.

www.crous-toulouse.fr/cultureactions

Be aware of the timeframes for applications and the conditions for allocating the grants, which aren’t the same everywhere!

**WHERE TO FIND OUT MORE?**

> **L’Accueil - Welcome Desk**: to ask for an appointment and for information.

Contact: Laurienne DUBOST, 05 61 00 91 25, association@univ-toulouse.fr

> **UT Capitole**: Communication department contact: Françoise LATTES, francoise.lattes@ut-capitole.fr

> **UT3 J**: Pôle Associations et Initiatives Étudiantes (PAIE) contact: Mehdi BOUBAKER, 05 61 50 24 11, paie@univ-tlse2.fr

> **UT3 Paul Sabatier**: DVE Division of Student Lifedepartment contact: Simon CNUDE, 05 61 55 60 83, scnudde@adm.ups-tlse.fr

Audrey PETCHY, 05 61 55 72 83, audrey.petchy@univ-tlse3.fr

> **INP Toulouse**: Mission Vie étudiante Contact: Françoise SILVESTRE, francoise.silvestre@ensiacet.fr

> **UT Capitole**: Communication department contact: Françoise LATTES, francoise.lattes@ut-capitole.fr

> **UT3 J**: Pôle Associations et Initiatives Étudiantes (PAIE) contact: Mehdi BOUBAKER, 05 61 50 24 11, paie@univ-tlse2.fr

> **UT3 Paul Sabatier**: DVE Division of Student Lifedepartment contact: Simon CNUDE, 05 61 55 60 83, scnudde@adm.ups-tlse.fr

Audrey PETCHY, 05 61 55 72 83, audrey.petchy@univ-tlse3.fr

> **INP Toulouse**: Mission Vie étudiante Contact: Françoise SILVESTRE, francoise.silvestre@ensiacet.fr

> **Crous**: service culture

Contact: Emile GALBANI, 05 61 12 54 55, culture@Crous-toulouse.fr

> **Institut National Universitaire JF Champollion**: Service Communication, Vie étudiante et Action Culturelle

Contacts: Charline MARCOS, 05 63 48 19 70, charline.marcos@univ-jfc.fr

**Comprehensive lists of useful contacts online:**

> **Website of the Federal University** (institutions of higher education, public services, private facilities): www.univ-toulouse.fr/contacts-assos

> **Website of Animafac association** (directory of student associations and factfiles): www.animafac.net/annuaire

**BECOME A STUDENT ENTREPRENEUR: THE “ECRIN” SCHEME**

**ECRIN** is a scheme for promoting entrepreneurial culture in higher education in Midi-Pyrénées, covering startup or takeover of enterprises, freelance entrepreneurship, the liberal professions, social entrepreneurship and entrepreneurship in existing organisations. Promoted by the Toulouse Midi-Pyrénées Federal University, **ECRIN** is an affirmation of regional universities’, schools’ and stakeholders’ commitment to ongoing awareness-raising and training on company creation through strengthening existing initiatives and motivating new crosscutting projects. **PEPITE ECRIN** encourages and assists students and young graduates who wish to develop a project bearing on creation of an activity (enterprise, association, etc.).

It organises and lends its support to numerous awareness-raising and entrepreneurship training events throughout the year. It is also responsible for assisting student entrepreneurs in the context of National Student Entrepreneur Status and the related qualification, launched by the government in autumn 2014.

The **PEPITE ECRIN** scheme is intended for all students and young graduates, whatever their study paths or specialisations.

Contacts: www.univ-toulouse.fr/ecrin ecrin@univ-toulouse.fr
10. TRANSPORT

The city of Toulouse has a range of different types of public transport: Details and information available at Accueil-Welcome Desk

**Bus, subway & tramway**

The urban transport network of Toulouse is managed by Tisséo. The subscriptions are to be loaded on the Pastel card (manufacture €8 + ID and photo) or on The student card MUT in agency Tisséo or e-agency (Home-Welcome Desk)

Timetables, itineraries, information and rates: www.tisseo.fr mobile application available.

Night shuttle on Thursday, Friday and Saturday evening:
From 12:45 am to 6:45 am, with a security officer on board, the shuttle serves the university and The nightlife of the students.
www.toulousenocturne.com/votre-chauffeur

**Bike**

VéloToulouse, what about cycling?
20 € / year - number of journeys unlimited - Your subscription is immediate on student cards MUT or Pastel!
www.velo.toulouse.fr

The "Zinc" association on the campus of the UT3 offers second-hand bikes, or helps you repairing your bike
The "La Maison du Vélo" association offers student rates for bike rentals (anti-theft and maintenance included) one month 8€ or one year 80€, as well a self-repair workshop and courses
www.maisonduvelotoulouse.com

**Carsharing**

Two fleets of vehicles (61 in total) available 24/7 using a badge and a mobile app. Price includes: fuel, breakdown, insurance, parking, etc. and depends on time in use and distance travelled

Citz : Reservation in advance by phone, online or by app, A parking space guaranteed when you return the car to one of the 23 stations. A varied range of vehicles

Yea! : Unplanned access and no reservation needed due to use of geolocation, Free drop-off within the enlarged perimeter of the Toulouse city centre, Flexible return with no fixed return time

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**Train**

For young people taking the train every day: Pack Illimité Jeunes:
Unlimited for the favourite route valid every day on TER trains can be used in all the départements in the former region of Midi-Pyrénées
50% reduction on all the other routes within the academic perimeter

For young people who need to travel by train occasionally: the Pack Liberté Jeunes
50% reduction every day on all TER routes within the academic perimeter for only 15€ a year.

To travel in France:

La carte jeune 18–27 year of age
50€/year Minimum 30% reduction guaranteed on all TGV and Intercités with compulsory reservation.

The TGV Max card
6 to 27 years of age. 79 euros per month: unlimited travel for all TGV and Intercités destinations with compulsory reservation.
11. INTERNATIONAL

Studying in France

EUROPEAN CITIZENS

Citizens from member countries of the European Economic Area (EEA) and Switzerland do not need a visa to visit France. A valid passport or identity card is all that is required.

NATIONALS OF NON-EUROPEAN COUNTRIES

A visa is required for foreigners who do not belong to the EEA. The request must be made to the French consulate or embassy in your country.

On arrival in France, foreign students who have a D student visa do not need to request a residence permit. The following, however, are required to apply for a residence permit at the Préfecture: students who have the Visa C “concours” and who have now passed the exam, those who have Visa D “mineur scolarisé” and who have just attained majority (18 years old), those who have Visa D “stagiaire” and are of Algerian nationality.

On arrival, students in possession of the D student visa do nevertheless have to send to the OFII (French Office for Immigration and Integration) the following documentation: their entry form to France (provided by the French consular service together with the visa) correctly filled in (the address is very important) as well as a photocopy of their passport, their visa and the entry stamp to France or to the Schengen area. All these documents should be sent to the following address: Office Français de l’Immigration et de l’Intégration – Direction territoriale de Toulouse : 7, rue Arthir Rimbaud – CS 40310 – 31023 Toulouse cédex 2

The OFII will send them an invitation to go to the office to have a sticker validating their visa affixed to their passport.

Information available at l’Accueil-Welcome Desk

TO HELP YOU SETTLE IN: TOUL’BOX

The Toulouse Midi-Pyrénées Federal University welcome pack will help you get ready for your stay and to settle in.

You can request anything from our team, from a simple appointment through to help with reserving your accommodation. Choose the option which is right for you. Our range of services is designed to meet your needs and your budget.

For example, you can choose to be welcomed by our team to assess your situation on arrival. You can also request further services such as asking us to manage your arrival in its entirety: reservation of accommodation, opening of bank account, welcome at airport, guided visit of Toulouse, etc.

Whichever option you choose, our team will support you and be available to help from your registration on the website right up until your arrival.

Who is it for?

All students and researchers joining any of the institutions belonging to or associated with the Federal University.

Students: all Bachelor, Master or Doctoral students, regardless of nationality
Teacher-Researchers: Post-doc/Invited researchers and teacher-researchers

Some examples of services offered within the Toul’Box welcome pack (from 0 to 200€):

- upscale shuttle at the airport or train station
- bank account opening accommodation
- booking home insurance
- personal public transportation card
- guided tour of Toulouse

INSTRUCTIONS

Students, teachers, researchers:

1/ Go to http://toulbox.univ-toulouse.fr
2/ Select your profile, then choose the services you require
3/ Pay online
4/ Monitor progress in your private area

For any supplementary information, do not hesitate to contact our team directly at toulbox@univ-toulouse.fr
Academic mobility, courses abroad, gap year, volunteer work, etc., there are numerous opportunities for students to go abroad during their studies. To find out more from the European and international relations service at your institution in order to find out about your eligibility to spend time abroad.

To make it easy to depart: Mouv’Box

The higher education institutions are convinced that every student should have the chance to spend time abroad. To support students, Toulouse Midi-Pyrénées Federal University has created the Mouv’Box to encourage students to take advantage of the opportunity.

With this service, a Mouv’Box consultant will give you support at every step of the way:
- Finding out more
- Financing your move
- Support during your time abroad
- Taking advantage of your experience when you get back

Who is it for?
All students enrolled at one of the member institutions of Toulouse Midi-Pyrénées Federal University.

Some examples of services:
- Online information on the different types of mobility, countries, practical steps connected to going abroad and the different sources of funding
- Free appointment at Accueil-Welcome Desk or online in order to assess your plans and to give you guidance on how to proceed
- Access to advantages offered by our partners in health, travel and banking
- Support during your time away and the taking advantage of your experience on return
- Researching funding options (public, private, associations, both in France and abroad)

INSTRUCTIONS

A wide range of information on international mobility is available free on this website dedicated to students: mouvbox.univ-toulouse.fr

To find a mobility consultant:
1/ Go to mouvbox.univ-toulouse.fr
2/ Use the appointment tool and select the Mouv’Box service
3/ Meet your mobility consultant, either at the Accueil-Welcome Desk or online

For any supplementary information, do not hesitate to get in touch with our team: mouvbox@univ-toulouse.fr

Going abroad

BUDDY SYSTEM - MENTORING AMONGST STUDENTS

The Erasmus Student Network France works on the buddy system with students helping students. The main aim of the system is to welcome international students to their host city and to help them join in.

The Buddy System is a mentoring system for international, particularly European, students by local students via an online platform and associations of the ESN network. With this mentoring system, international students receive a personal welcome from a specific person to give them help with their administration, help them to get to know the city, their place of study/work and to offer personal help on an occasional basis.

fr-fr.facebook.com/esnaser.toulouse

Informations and useful contacts

Campus France is the French agency for the promotion of higher education, welcome and international mobility

List of grants for study worldwide on the Campus France website

Grants:
- Exchange grants (Erasmus, CREPUQ, etc.) see the international relations service at your institution.
- Grants from ministries (of higher education and research / foreign affairs) www.www.campusfrance.org/fr
- Ministry of Foreign Affairs : www.diplomatie.gouv.fr/fr/venir-en-france-22365
Factsheets in French and in English on the rights of foreigners on the Toul’Box website. This will provide you with information on the different types of visa, the procedures for renewing residence permits once in France, your rights concerning work and moving around in the Schengen area.

> toulbox.univ-toulouse.fr/packs/pack-bienvenue/droit-des-etrangers

ANY QUESTIONS?
The international relations service at your institution is here to support you with your stay abroad.
For any questions concerning your visa or residence permit you can write to the Préfecture students’ office at the following address:
etudiants@haute-garonne.pref.gouv.fr or for scientific researchers’ visas at:
pref-scientifiques-etrangers@haute-garonne.gouv.fr

LANGUAGE COURSES

> Toulouse Midi-Pyrénées Federal University offers language courses both in French and in the following foreign languages: English, Spanish, Chinese, Italian, Japanese, Portuguese, Norwegian, Swedish and Indonesian.
These courses are given by Bachelor students (from abroad), Master, Doctoral and Post-doctoral students, teachers and researchers attached to the institutions of the Federal University.

> French as a foreign language and English: www.toulbox.univ-toulouse.fr
> For other languages, please contact us at: lve@univ-toulouse.fr
> You can also go to our website for more comprehensive information: www/formation/perfectionnement-en-langues/francais

> Every third Wednesday of the month, the Accueil Welcome Desk and the Toulangues association puts on an event called “Parlez Français!” It runs from September to May. The Toulangues association, the Toulouse world languages portal, organises meetings and lists all the best places for learning languages. Go to www.toulangues.org

At the educational institutions:
> The CRL (language resource centres)
These multimedia spaces dedicated to languages are open all year to help you develop your language skills.

> Foreign cultural centres and institutes
These centres organise language courses and work as cultural associations in association with festivals, conferences etc. to promote their languages.

> Alliance Française
www.alliance-toulouse.org
> Association Amity France Portugal
www.aafp.chez-aliçe.fr
> Association L’Italie à Toulouse
www.litalieatoulouse.com
> Centre Dante-Alighieri
www.ladante.fr
> Cercle franco-hellénique
cercle.toulouse.free.fr
> Goethe Institut
www.goethe.de/toulouse
> Institut d’études Andorranes
www.iea.ad
> Instituto Cervantes
www.toulouse.cervantes.es
> Association Thoin-Thchine
Chinese at Toulouse
www.thchin-thchine.com
> La Maison de l’Europe
www.europe-toulouse.eu/
05 61 53 94 86
You will find all the different contact addresses quoted in the guide in blue, classified in alphabetical order.

ACCOMMODATION

>> ADIL 31 (Agence départementale d'information sur le logement)
4 r. Furgoles - 31000 Toulouse
+33 (0)5 61 22 46 22 - www.adil31.org

>> CAF (Caisses d'Allocations Familiales)
+33 (0)5 61 99 77 00 - www.caf.fr
Informations générales :
+33 (0)8 20 25 31 10

>> Mission Accueil - Logement de l'Université Fédérale
+33 (0)5 61 14 58 48
logement@univ-toulouse.fr

>> Résidence Abitel
1 r. Tastavin - 31100 Toulouse
+33 (0)5 61 44 05 70

TRANSPORT

>> Aéroport de Toulouse-Blagnac
Tél. 3654 ou +33 (0)8 25 38 00 00
www.aeroport.toulouse.fr

>> Gare routière
68 bd Pierre Semard - 31000 Toulouse
+33 (0)5 61 61 67 67 (cars régionaux)

>> Gare SNCF (Matabiau)
64 bd Pierre Sémard - 31500 Toulouse
+33 (0)5 61 10 10 00
www.sncf.fr

>> Tisséo-SMTC (bus-subway-tram)
9 r. Michel Labrousse
31081 Toulouse Cedex 1
+33 (0)5 61 41 70 70 - www.tisseo.fr

JOB

>> Afev Toulouse
25 r. Magendie - 31400 Toulouse
+33 (0)5 61 54 31 49 00
www.toulouse.afev.org

>> AFU (Association pour Faciliter l'Insertion professionnelle des Jeunes diplômés)
25 r. Notre Dame - 31400 Toulouse
+33 (0)5 34 31 24 44
toulouse@afiu.org - www.afiu.org

EMBASSIES AND CONSULATES

www.mfe.org/annuaires/annuaires.htm
+33 (0)5 34 41 34 81

>> Belgique: 3, rue Mage
05 61 52 67 93

>> Brésil: 26 rue St Antoine du T
05 62 30 44 59

>> Canada: 10 rue Jules de Rességuier
05 61 52 19 06

>> Danemark: 41 rue Alsace Lorraine
05 34 44 98 37

>> Finlande: 3 rue Maxime Jouret
05 61 80 80 91

>> Grande-Bretagne: English Enterprises
8 allées de Comminges 31 770 Colomiers
05 61 30 37 91

>> Italie: 19bis rue Riquet
05 54 66 89 90 / www.castolosa.esteri.it

>> Mexique: 34 rue d'Aubuisson / 05 3441 74 40

>> Maroc: 57 avenue Jean Rieux
05 62 47 10 47
www.consulat.ma/fr/consulat.dfm
HEALTH

>> CPAM
(Caisse Primaire d'Assurance Maladie)
3 bvd Léopold Escande - 31093 Toulouse cedex 9
+33 (0)5 61 14 75 75

>> Centre d'examen de santé
+33 (0)5 61 14 75 75

>> LMDE (L’assurance maladie et mutuelle étudiante)
97 r. Riquet - 31007 Toulouse
+33 (0)969 369 601 (coût d’un appel local)
www.lmde.com

>> SOS Médecins: +33 (0)5 61 33 00 00
Centre de vaccination: +33 (0)5 61 22 23 46
17 pl. de la Daurade, Toulouse

>> Pharmacie de nuit: +33 (0)5 61 62 38 05
76 all. Jean Jaurès, Toulouse

>> Croix Rouge Écoute:
+33 (0)8 00 38 88 58

>> Drogue/alcool/tabac infos services:
+33 (0)8 00 23 13 13

>> Sida info service:
+33 (0)8 00 84 08 00

>> VITTAVI (l’assurance maladie étudiante)
7 r. des Lois - 31000 Toulouse
+33 (0)825 825 715 - www.vittavi.fr

ORIENTATION

>> CIO (Centre d’information et d’Orientation)
Cité administrative - bât. F - BP 40303
31030 Toulouse
+33 (0)5 61 21 38 26
cio.tlsecentre@ac-toulouse.fr

>> CIO (Toulouse Nord)
63 bis r. St-Exupery
cio.tlsenord@ac-toulouse.fr
Quartier des Demoiselles - 31400 Toulouse

>> DEFLE
Université Toulouse - Jean Jaurès
5 all. Antonio Machado - 31058 Toulouse
+33 (0)5 61 50 45 10
+33 (0)5 61 50 42 38
defle@univ-tlse2.fr
www.w3.defle.univ-tlse2.fr/accueil.php
Cours d’été: etedefle@univ-tlse.fr

>> ONISEP
58 all. Jean Jaurès - 31000 Toulouse
+33 (0)5 61 77 82 10 - www.onisep.fr

COMMUNITY LIFE

>> Animafac
info@animafac.net - www.animafac.net

>> Centre toulousain du volontariat
95 gd. r. Saint-Michel - 31400 Toulouse
+33 (0)5 61 25 94 90
cvt31@aliceads.fr

Mission Culture et Initiatives Étudiantes :
+33 (0)5 61 14 80 22
culture@univtoulouse.fr

USEFUL NUMBERS

>> Appel d’urgence européen: 112
>> Police secours: 17
>> Pompiers (incendie, accident, problème de santé): 18
>> SAMU: 15 ou +33 (0)5 34 39 33 33

OTHERS

>> AVF Toulouse (Accueil des Villes Françaises)
43 pl. des Carmes - 31000 Toulouse
+33 (0)5 61 55 39 81

>> Office de tourisme
Donjon du Capitole - 31000 Toulouse
+33 (0)5 61 11 02 22
www.ot-toulouse.fr - infos@ot-toulouse.fr

>> Abonnement EDF-GDF
+33 (0)8 10 13 10 00

Dépannage gaz: +33 (0)8 01 13 14 33

Dépannage électricité: +33 (0)8 10 13 13 33

>> Compagnie générale des eaux
+33 (0)5 61 34 77 77

>> Cyber Cafés en ville
Accès Internet au CRIJ