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

1,360,000 residents

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

WELCOME TO TOULOUSE

DISCOVER YOUR CITY

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

OCITANIE REGION, 3rd FRENCH REGION IN TERMS OF HOSTING FOREIGN students (more than 34,000 international students)

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
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’installer - Infos pratiques > Logement
- Developed in Toulouse: The Toul’Box
- Contact: welcomedesk@univ-toulouse.fr

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

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

On campus, the CROUS also manages 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

Finding 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 Occitania, 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 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.tgv.sncf.com/occitanie

The SNCF and the Region have put 1€ tickets in place for local travel in Occitania: https://www.tgv.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/
- local: www.covoiturage-toulouse.com
- national: www.blablacar.fr/ride-sharing/toulouse/

For greater independence, use the bike-share system, VéloToulouse, available with over 240 docking stations: www.velotoulouse.fr
ENROLLMENT IN YOUR INSTITUTION

- CVEC

Before you can enroll in your institution, you must download proof of payment of the Contribution Vie Étudiante 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):
- coordinator or your institution’s Mission Handicap.
- the school year, contact the Mission Handicap.
- For additional information and special cases: https://www.campusfrance.org > Getting Organized

GOOD TO KNOW

- 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=jJw59mAdJlw&index=16

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

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 > Etranger > Titre de séjour et document de circulation (Foreigners > Resident Card and Travel Document)

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

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 Intérim 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.

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 CRDJ 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.crjj.org > Travailleur > 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:
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.iesn.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 Mediathèque: 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 Saint-Sernin basilica, a beautiful example of Roman architecture.
- The Augustins Convent with its cloisters and museum.
- 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).

IMPORTANT ANNUAL EVENTS /
MARCH-APRIL
- Carnaval, a parade through the streets of Toulouse.
- Festival des Arts 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 magnificient 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

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.