THINGS TO KNOW

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.

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

4th university city in France.

TOULOUSE HAS BEEN CLASSED 1st BEST CITY IN FRANCE TO LIVE AND STUDY (according to L'Etudiant magazine).

1229 year Toulouse University was created.

WELCOME TO Toulouse!

EXPLORING MY CITY

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

TOULOUSE AND THE SUBURBS:
948,000 residents.

TOULOUSE:
476,000 residents.

4th LARGEST CITY IN FRANCE.

OCcitanie region, 3rd French region in terms of hosting foreign students (more than 30,000 international students).

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ARRIVING IN TOULOUSE /

A large centralized student reception center, the Welcome Desk, to make life easier for students.

The Welcome Desk, created by Federal University Toulouse Midi-Pyrénées, is the first stopping place for students both French and foreign, to help them in their administrative procedures.

A specialized and multi-lingual team which knows Toulouse and its institutions, is present to give advice on housing, residence permits, daily life, activities, sports and culture.

At certain times during the year (specifically at the start of the academic year), representatives from the Prefecture, the CROUS, and other organizations are onsite to assist you with a successful move to Toulouse.

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

A regional Campus France office is also set up in the Welcome Desk offices.

In Toulouse, there are numerous solutions for finding lodging: the housing park reserved for students and managed by CROUS, student 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.

Welcome Desk: Quai des Savoirs
41 allée Jules-Guesde - 31000 Toulouse.
Hours: 9:00am to 5:00pm, Monday to Friday.
Contact: welcomedesk@univ-toulouse.fr
Access all welcome services in one click: https://welcomedesk.univ-toulouse.fr/

HOUSING IN TOULOUSE /

In Toulouse, a Housing Guide, published specifically by the Welcome Desk is available at reception.

In Toulouse, the Welcome Desk is available at the reception.

Developed in Toulouse: The Toul'Box
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

Sponsors
You can be assisted by a sponsor in Toulouse! Two programs help you with successful integration in your host city:
- https://welcomedesk.univ-toulouse.fr/le-parrainage
- https://buddysystem.eu/

Your Higher Learning Institution
Depending on the institution, school, or university, two information services are available:
- International Relations Department (welcome and orientation desk),
- the Admissions Department (enrollment and administrative procedures office).

National Services:
- Students: www.etudiant.gouv.fr
- doctoral students, researchers: http://www.euraxess.fr/fr

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 2:00pm to 4:00pm.
Contact: 05 61 12 54 00 • www.crous-toulouse.fr

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

Private Housing Platforms: Most establishments 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/
- There is also a site managed by the CROUS, Lokaviz, which includes a listing of student accommodations 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 > s'organiser > Accommodation

For short-term lodging
- 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

If you need housing adapted to your special needs
- National Services: http://vosdroits.rentrée.com
- The APL (Allocations Personnelles du Logement - personal housing allowances fund) is available to assess your rights: 08.10.29.29.29 or www.caf.fr
- If you need a guarantor to secure your lodging

A FEW TIPS
- For short-term lodging

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 Occitanie: https://www.tgv.sncf.com > tarifs et abonnements > EVASIO’ 1€

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

For more autonomy, use the bike-share system, VéloToulouse, available with over 240 docking stations: www.velo.toulouse.fr

If you need housing adapted to your special needs
Contact the CROUS Social Services which will take action with your institution. Some establishments 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/tags/handicap
ENROLLMENT IN YOUR INSTITUTION

- CVEC
  It is mandatory that you download proof of payment of the Contribution Vie Etudiante et de Campus (CVEC) – the student and campus life contribution fee before you can enrol in your institution.
  - Log in at: https://cvec.etudiant.gouv.fr/
  - For additional information and special cases: https://www.campusfrance.org > S’organiser > CVEC

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

RESIDENCE PERMIT

- Information
  • At the Welcome Desk which has Prefecture staff on duty at the start of the school year.
  Quai des Savoires, 41 allée Jules-Guesde, 31000 Toulouse.
  Hours: Monday to Friday, 9:00am to 5:00pm.
  • On the Prefecture Internet site: www.haute-garonne.gouv.fr
  • Learn more about your rights and obligations: www.service-public.fr > Argent > Comptes bancaires > Droit au compte

GOOD TO KNOW

• If you arrive in France with a VLS-TS long-term student visa: you must validate it online within three months of arrival: https://administration-etrangers-en-france.interieur.gouv.fr
• If you are an Algerian national: depending on your campus, your residence permit application is made at the Préfecture or with the Service des Relations Internationales at your campus.
  Take note: to renew your residence permit, you must apply within two months prior to its expiry.

EVERYDAY LIFE /

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

HEALTH CARE
In France, receiving medical treatment is practically free but you must be insured. As a result, signing up for medical insurance is mandatory.

Connect to the https://etudiant-etranger.ameli.fr site to register, to understand your rights, and to take the necessary steps.

Learn more:
https://www.campusfrance.org > S’organiser > Santé

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 health and prevention service (SIUMPPS) 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

INSURE YOUR HOME
In France, housing insurance is mandatory. The “garantie risques locatifs” - rental risk guarantee - is housing insurance which you can subscribe with your bank or a private insurance company. Online subscription is also often possible. To learn more, consult notably: www.vittavi.fr www.assistance-etudiants.com www.assurances-etudiants.com

LEARNING FRENCH
Learning French is an opportunity to be seized! Find what works best for you:
- by consulting the Campus France site or the Français Langue Étrangère (FLE) - French as a foreign language - centers and universities which offer courses at all levels year-round: http://ecolesetudiants.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:
• Jobs and internships: the youth information network CRUI of Occitanie (Centre Régional d’Information Jeunesse) provides a platform for job offers and internships: http://www.crij.org > travailler > consulter les offres de jobs
• Student jobs: find a student job that’s compatible with your studies on the CROUS Jobaviz site: http://www.jobaviz.fr/

PLAYING 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

TIPS TO DO IN TOULOUSE /

EMERGENCY NUMBERS
SAMU: 15 Emergency Medical Services
Police emergency: 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.
112 European emergency services number that’s accessible from anywhere in the European Union in addition to the French numbers above.
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 or 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

For entertainment or to pick up some culture, in Toulouse, there are:
- over 20 movie theaters (city and suburbs) including 3 art-house cinemas, 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 weekly newspaper, 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 Visitor Center site: https://www.toulouse-tourisme.com/agenda

MUST-SEE PLACES /

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

MAY
- European Night of Museums, various events offer an alternative insight into Toulouse’s museums.

JUNE
- Fête de la Music 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 Peoples 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