



DISCOVER YOUR CITY



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

WELCOME TO TOURS





YOUR ARRIVAL IN TOURS /

♦ Welcome services in your institution

At Université de Tours

Don't hesitate to contact the Direction des Relations Internationales (DRI) if you need assistance in completing your administrative procedures (CPAM, CAF, housing, residence permit, etc.). Your school's administrative office is also available for assistance.

Address: DRI, Office A0250, Building A, 60 rue du Plat d'Etain, 37000 Tours

Hours: Monday to Friday, 9am to 12pm and 2pm to 5pm.

Contact: 02 47 36 78 38 or welcomedesk@univ-tours.fr

If you are an exchange student, you should also head to the Direction des Relations Internationales (DRI) at Université de Tours.

Address: DRI, Building A, 60 rue du Plat d'Etain, 37000 Tours.

Contact: 02 47 36 67 17 or incoming.mobility@univ-tours.fr

At the beginning of the academic year, **from 4 to 22 September 2023 between 11 am and 2 pm**, the DRI organises a **Welcome Desk, with the participation of student-tutors**, to answer all your questions and help you with your administrative procedures: <https://www.univ-tours.fr/welcomedesk>

For more information see the international portal on Université de Tours (website in French and in English): <https://www.univ-tours.fr> > international > etudes & stages à Tours > Etudiants internationaux

♦ Welcome and orientation in other institutions

If you are registered in another institution, please consult the Campus France website for orientation. The site presents a series of **Information Sheets covering the different higher learning institutions in France:**

<https://www.campusfrance.org> > Students > Documentary resources > Practical information for students and researchers > Reception arrangements in institutions

If you cannot find your school in this list, then go directly to their website.

♦ Welcome and orientation for international researchers

At Université de Tours, the international relations department has created an Euraxess services centre for international researchers.

Address: Center de services Euraxess, DRI, 60 rue du Plat d'Etain, 37000 Tours.

Contact: 02 47 36 67 43 or mobilitycentre@univ-tours.fr

Site: <https://www.univ-tours.fr> > international > Accueil des chercheurs

♦ Buddy System

If you are an international student, exchange or free-mover, you can be assisted by a "buddy" in Tours: Université de Tours please log on to buddysystem.eu/ to benefit from this program.
Contact: 02 47 36 67 04 or international@univ-tours.fr

♦ National Services

- students: www.etudiant.gouv.fr

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



Making you feel at home is a major concern for all French higher education institutions! The **Welcome to France label** is awarded to institutions that fulfil exacting criteria in the way they take care of their international students.



ACCOMMODATION

Finding somewhere to live is not always easy.

Rents are often high, and landlords require financial guarantees (such as a deposit). Nevertheless, there is a wide range of accommodation on offer: halls of residence that are exclusively reserved for students and managed by the CROUS, student halls and private lodgings, rooms in private homes, flatshares...

The main thing is to start preparing for this as early as possible, before leaving your home country.

• **Université de Tours** provides information for finding housing and a platform for private accommodations:

<https://international.univ-tours.fr> > Préparer votre arrivée > Trouver un logement

• In its **Student Guide**, Université de Tours gives you some tips about how to find accommodation: <https://international.univ-tours.fr> > Etudiants internationaux > Guide Bienvenue à Tours

• **The CRIJ** (Centre Régional d'Information Jeunesse) Centre-Val de Loire provides you with a guide to "Being a student in the Centre-Val de Loire region" (Etre étudiant en région Centre-Val de Loire) which contains a wide range of information, in particular regarding accommodation: https://www.crijinfo.fr/Ressources/Guide_Etre_etudiant_CRIJ.pdf

• **Tours Association Jeunesse et Habitat** provides assistance for young people aged 16 to 30.
Address: 24 rue Bernard Palissy, 37000 Tours.

Contact: 02 47 60 51 55 or
slj@asso-jeunesse-habitat.org
Site: <http://www.asso-jeunesse-habitat.org/>
> Se loger

A FEW TIPS

◆ Short-term housing

- Visit the new youth hostel site, **The People Hostel**. It offers low-cost rooms:
<https://www.tphtours.fr/>
- check the list published by **Université de Tours** which lists hotels which propose discount rates to students university at certain times of the year:
<https://international.univ-tours.fr/> > préparer votre arrivée > trouver un logement
- See the **Tours Tourism Office** website:
<http://www.tours-tourisme.fr/>

◆ Long-term housing

- **Orléans-Tours CROUS** (Centre Régional des Œuvres Universitaires - Regional Center for University Services) for student housing.
Address: Division de la vie étudiante, résidence Technopole, 18 allée Ferdinand de Lesseps – 37200 Tours.
Hours: open Tuesday to Friday from 9 am to 12 pm and from 1 pm to 4:30 pm.
Contact for foreign students:
sve-tours@crous-orleans-tours.fr
Site: <http://www.crous-orleans-tours.fr/>
Website *Trouver un logement*:
<https://trouverunlogement.lescrous.fr/>

• Private Housing Platforms

Université de Tours is a member of the **Studapart** platform which will facilitate your search for accommodations:
<https://univ-tours.studapart.com/fr/>
(code for connection: HOUSINGUNIVTOURS)

- Other offers for student lodging, managed by private organisms, are also available in Tours.
For example, visit:
- <https://www.adele.org/>
- <https://www.immojeune.com/>
- <https://www.location-etudiant.fr/>
- <https://housinganywhere.com/fr/>

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

• Shared Leases:

- See house-share sites which are free and easy to use, such as:
- *La carte des colocs*:
<https://www.lacartedescolocs.fr/>
 - *Appartager*: <https://www.appartager.com/>

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

◆ If you need a guarantor to secure your lodging

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

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

CAF (Caisse des Allocations Familiales) can check your eligibility: 32 30 or www.caf.fr

GETTING AROUND TOURS /



Getting from Paris to Tours:

- from **Roissy-Charles de Gaulle airport in Paris**: Take a direct train from the TGV high-speed train station at airport terminal 2D.
- from **Paris-Orly airport**: Take the shuttle to Massy-TGV high-speed rail station to take the train to Tours.
- you can also take a direct train from Montparnasse station in Paris (1h by TGV high-speed train): <https://www.oui.sncf/>
There are also bus services (longer and cheaper) which leave from the Paris-Bercy bus station (in the center of Paris) or **directly from Orly or Roissy-Charles de Gaulle airport in Paris**:
<https://fr.ouibus.com/> or www.flixbus.fr



For getting around the city and suburbs, use the public transportation (bus and tramway) network, managed by Fil Bleu for transportation in Tours Métropole:
<https://www.filbleu.fr/>



For travel within the region, take the Centre-Val de Loire regional trains:
<https://www.ter.sncf.com/centre-val-de-loire/horaires/recherche>
Buses are also an option for low-cost travel:
<https://fr.ouibus.com/> or
[https://www.flixbus.fr/](http://www.flixbus.fr)



For ride-sharing see the collaborative site:
<https://www.blablacar.fr>



For greater independence, rent a bike with **Indigo Weel**, the Tours bike-share system:
<https://www.tours.fr> > Services & infos pratiques > transports et voirie

◆ For accommodation adapted to your special needs,

contact the CROUS Service Social which will work with your host institution.

Université de Tours created Mission Handicap, a support service for special-needs students (housing, transportation, studies):

<https://www.univ-tours.fr> > L'université >

Nos valeurs > Mission Handicap

The CROUS, at your service everywhere

Do you need any help and/or advice, somewhere to eat or to live, a job - or do you just want to find out all there is to know about student life? Then the CROUS is what you need!



The CROUS (Centre Régional des Œuvres Universitaires et Scolaires - Regional Centre of University and School Services) has branches in all major French university towns.

It manages university halls of residence and canteens, allows you to meet social workers, and offers cultural activities and job opportunities.



FIRST THINGS FIRST /

ENROLLMENT IN YOUR INSTITUTION

◆ CVEC

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

- Connect to <https://cvec.etudiant.gouv.fr/>

Take note: You do not need to pay the CVEC if you are an exchange student.

- 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.

RESIDENCE PERMITS

WHAT YOU NEED TO KNOW

• If you have just arrived in France on a long-term VLS-TS student visa: you must **validate it online as soon as you arrive in France**, on the ANEF (Administration numérique pour les Étrangers en France - Digital Administration for Foreigners in France) website. This validation must be carried out within the three months following your arrival: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

• If you have Algerian citizenship or you are a student holding a “concours” visa or a visa bearing the mention “carte à solliciter dans les deux mois” (“card to be requested within two months”): your request for a residence permit must be carried out at the Préfecture.

• If you hold a “mineur scolarisé” (“minor in education”) visa and you have since attained your majority, you must request a residence permit directly on the ANEF website or at the *préfecture* of your place of residence within the two months following your attaining the age of legal majority: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

Please note: if you wish to renew your residence permit or VLS-TS, you must make your request during the third month preceding the date of end of validity of your current residence permit, on the following website: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

Please refer to the following tutorial for help with this procedure: https://www.youtube.com/watch?v=-iGha_yqN04

• Your institution's student support services can assist you in case of any difficulties.

To find out more about your rights and obligations: <https://www.service-public.fr/particuliers/vosdroits/N110>



PRACTICAL INFORMATION /

OPENING A BANK ACCOUNT

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

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

ACCESSING HEALTHCARE

Accessing healthcare in France is almost free, but you must be insured. **You must therefore be registered with the national health insurance programme.**

Please go to the <https://etudiant-etranger.ameli.fr> website to register, understand your rights and to carry out the requisite procedures.

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 you'll be greeted by a multidisciplinary team which can give personalized advice in terms of health and prevention.

This is the case at Université de Tours which has a health center, the Service de Santé Universitaire (SSU).

Address: 60 rue du Plat d'Etain, 37 000 Tours.

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

Contact: 02 47 36 77 00 or ssu@univ-tours.fr

Site: <https://www.univ-tours.fr/campus/sante/>

TAKING OUT COMPLEMENTARY HEALTH INSURANCE ("MUTUELLE")

We recommend you take out complementary health insurance in order to cover the totality of your healthcare costs, which are not all covered by the compulsory and free national health insurance programme.

Please note: options and levels of insurance vary from one insurer to another. In order to choose the complementary insurance that is best adapted to your situation and your budget, you can access more information on a student "mutuelles" price comparison website.

HOUSING INSURANCE

In France, housing insurance is mandatory.

You can sign up for housing insurance called "garantie risques locatifs" - rental risk guarantee - at your bank or a private insurance company. Online subscription is often possible.

EMERGENCY NUMBERS

SAMU: Call 15 Emergency Medical Services

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

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

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

LEARNING FRENCH

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

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

<http://ecolesdete.campusfrance.org>

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

FINDING A JOB OR AN INTERNSHIP

It is important that you have sufficient financial resources to come and study in France.

Working in France as a foreign student is possible within limits, namely for a maximum duration of 964 hours per year. This can therefore only be a way of earning **supplementary funds.**

Please note: to work in France, if you are not a citizen of the European Union, you must hold a valid **student residence permit.**

To help you find a job or work experience placement, 3 addresses:

- **The RPRO website of Université de Tours** helps you to find a job if you are enrolled at the university:
<https://rpro.univ-tours.fr/>

- **The Regional Youth Information Centre (CRIJ)**
Centre - Val de Loire offers advice
- for a job: <http://crijinfo.fr> > emploi, job
- for an internship: <http://crijinfo.fr> > études, métiers
- **The Jobaviz website, run by the CROUS**, can help you find a student job compatible with your studies: <http://www.jobaviz.fr>



THINGS TO DO IN TOURS /

TAKE UP A SPORT

- **At Université de Tours**, the sports department (SUAPS), proposes a **Pack'Sport** for access to all the university's sports activities and special rates with associated sports facilities:
<https://www.univ-tours.fr> > Campus > sport > le Pack'Sport
- **The city of Tours** also proposes the **CitéClub pass** which gives you the best rates for the sport of your choice: <https://www.tours.fr> > Services & infos pratiques > Sports et nature

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.
- To learn more, check with your school (Service de la vie étudiante, Student Services) or visit the following sites: www.animafac.net or www.letudiant.fr
- **At Université de Tours**, around 60 student associations and clubs ensure that campus life is never dull including several international associations:
<https://www.univ-tours.fr> > campus > vie associative



CULTURE AND NIGHTLIFE

- **Tours** offers many ways to cultivate yourself or party. Movie theaters, concerts, theaters, operas, museums, exhibitions, and festivals are on the program and most of the time, at reduced cost for students: <https://www.tours.fr/> > Services&infos pratiques > culture et patrimoine

- **At Université de Tours**, the cultural service organizes an extensive artistic program in the university's Thélème venue:

<https://www.univ-tours.fr> > Campus > culture > Thélème

The cultural service also proposes a **cultural pass for students**, the PCE which gives you access to student rates in a network of 65 partner venues: <https://www.univ-tours.fr> > Campus > culture > passeport culturel

- **For entertainment or to pick up some culture, you can choose from:**

- 5 multiplex (student and rewards cards) including an arthouse theater, the Studio, the largest independent art house theater in Europe showing 450 films in their original language every year.
- 5 major museums including a scientific establishment, Muséum d'Histoire Naturelle, the natural science museum (reduced rated for students): <https://www.tours.fr> > services & infos pratiques > Culture et patrimoine > Musées et lieux d'exposition
- 9 venues including the Grand Théâtre de Tours built in the 19th century.
- around 20 bookshops including a large bookshop, the Boîte à Livres, created in 1946 with an extensive international section.
- a network of seven municipal multimedia libraries: <http://www.bm-tours.fr/>

In Tours, for going out or staying abreast of events, read **the regional daily paper, La Nouvelle République**, available in newsstands or on the Internet: <https://www.lanouvellerepublique.fr/tours>

You can also check out **the agenda on the Tourism Office site:**

<http://www.tours-tourisme.fr/> > à voir à faire > agenda



TOP ATTRACTIONS /

Tours obtained the 'City of Art and History' label in 1988.

- Le Vieux-Tours, around Place Plumereau, very lively narrow streets lined with typical half-timbered houses.
- The Cathédrale Saint-Gatien, a beautiful example of Gothic religious architecture.
- Place du Grand Marché or Place du Monstre named after the monumental contemporary sculpture built there!
- The fine arts museum of Tours, with classical and modern collections in the former Palais des Archevêques.
- The castle of Tours on the banks of the Loire, the museum of the city's history.
- The Centre de Création Contemporaine Olivier Debré named after the great French contemporary painter.
- The Saint-Cosme priory on the Way of Saint James less than an hour walk from Tours, where Pierre de Ronsard, the great 16th century poet, lived.
- The botanical garden, the oldest park in Tours with exotic plantations: arboretum, greenhouses, aquatic plants, Mediterranean plants and an animal park.
- The castles of the Loire valley are very close: Amboise, Chambord, Cheverny, Chinon, Ussé
Many cycling tours: <https://www.loireavelo.fr/>

For more information, consult the Tourism Office:
<http://www.tours-tourisme.fr/> > à voir à faire > les incontournables



IMPORTANT ANNUAL EVENTS /

FEBRUARY

- Japan Tours Festival for enthusiasts of Japanese (and geek) pop culture!

MARCH

- Viva il cinema - the Tours Italian film festival.
- Festival WET* - a theater festival for young creators (discount rates).

MAY

- **Pint of Science**, a European initiative for learning about research in atypical venues.
- The Nuit Européenne des Musées (European Museum Night), an occasion to visit museums differently (and for free).

JUNE

- Fête de la Musique: Music everywhere in town (free concerts).
- Festival Aucard de Tours, a rock music festival.

JULY - AUGUST

- Festival Terres du Son, an ecological music festival.
- Les Méridiennes - with musical and gourmet voyages around the city center (discount rates).
- Les Illusions de la Cathédrale, a sound and light show which takes place in front of the cathedral or the Beaux Arts (Fine Arts) museum (free).



& SHARE
PARTICIPATE

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

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



THINGS TO KNOW

Tours Val de Loire Metropolitan Area:

300,000 residents

1st university centre in the Region

30,000 students

Tours:

135,000 residents

TOURS,

CAPITAL OF
INDRE-ET-LOIRE,
one of the six departments
of the Centre-Val
de Loire region.

CENTRE-VAL DE LOIRE:

THE CLOSEST
REGION TO PARIS
AND A MAJOR HOST
REGION FOR
INTERNATIONAL
STUDENTS (7,000
FOREIGN
STUDENTS)

Université de Tours:

29,000

students



including **3,250** international
students of 130 different nationalities,
36 research units, 5 doctoral schools,
6 % foreign professors and researchers

**TOURS, RANKED 18RD AMONG 46 FRENCH CITIES AS A GREAT PLACE
TO LIVE AND STUDY (awarded by L'Étudiant magazine).**

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

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

For more information on the institutions' welcomes and orientations:

<https://www.campusfrance.org/fr/recherche/categorie/centre-val-loire-639>

CAMPUS FRANCE

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