Campus France will guide you through your first steps in France and exploring Tours, your new home.
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 laura.tran@univ-tours.fr

If you are an exchange student, head to the Direction des Relations Internationales (DRI) at Université de Tours.
Address: DRI, Building A0260, Building A, 60 rue du Plat d’Etain, 37000 Tours.
Contact: Fréderic Soreau, 02 47 36 67 17 or incoming.mobility@univ-tours.fr

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

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

What’s most important is to take care of this as early as possible, before your arrival.
• 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
• Centre Régional d’Information Jeuness (CRIJ) for Centre-Val de Loire, the regional youth information center, with comprehensive information on housing.
Download it here: https://crijinfo.fr > nos publications > être étudiant
• 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**: Clous de Tours, Building H, 60 rue du Plat d’étain, 37000 Tours.
  - **Hours**: Monday to Friday, 9:00am to 5:00pm.
  - **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/

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

- **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: 08.10.29.29.29 or www.caf.fr

  - **For accommodation adapted to your special needs**, contact the CROUS Service Social which will work with your host institution.

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**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/

**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
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

- 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 PERMIT (TITRE DE SÉJOUR)

GOOD TO KNOW

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

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

- 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

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 90 bank agencies located in Tours.

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

HEALTHCARE

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

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/

SIGN UP FOR 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 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.

FINDING A JOB OR AN INTERNSHIP

Useful websites:

• 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://crijinfor.fr > emploi, job
  - for an internship: http://crijinfor.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 TOURO /

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 Étrangère (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.

TAKING 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
GAINING CULTURE AND PARTYING

• 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 rate 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).

SEPTEMBER
• Les Journées du Patrimoine (heritage days), free visits of cultural venues.
• La Braderie de Tours - a flea market with 1,000 stalls and 200,000 visitors!
• The 10 and 20 km de Tours - one of France's largest road races with 10,000 participants!
• Climate Fresco: fun and collective awareness about climate change
• Fac'à Vélo: bike orientation route circuit. Discovery of the city and the University of Tours

OCTOBER
• World Students’ Night, evening celebration featuring guided tours of the city, events and entertainment by student associations.
• Fête de la Science in the University laboratories.

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.
### Tours Metropolitan area
#### Val de Loire:
- **350,000** residents

### Tours:
- **135,000** residents
- **31,000** students

### CENTRE-VAL DE LOIRE:
- The closest region to Paris and the 12th highest international student population in France

### Université de Tours:
- **28,000** students
- **3,200** foreign students from 130 different nationalities, 36 research centers, 5 doctoral schools and 704 doctoral students with 43% from abroad

### Tours, ranked 23rd among French cities as a great place to live and study (awarded by L’Étudiant magazine).

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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: