THINGS TO KNOW

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

TOURS, 28th (OUT OF 44) AMONG FRENCH CITIES AS A GREAT PLACE TO LIVE AND STUDY (L’Étudiant magazine ranking)

350,000 residents

Tours Metropolitan area Val de Loire:

135,000 residents

31,000 students

3,200 foreign students

Université de Tours:

28,000 students

including 3,200 foreign students from 130 different nationalities, 36 research units, 5 doctorate-awarding schools, 704 PhD students including 43% foreign PhD students

CENTRE-VAL DE LOIRE: THE CLOSEST REGION TO PARIS AND THE 12th HIGHEST INTERNATIONAL STUDENT POPULATION IN FRANCE

EXPLORING MY CITY

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

WELCOME TO TOURS

CAMPUS FRANCE
28 rue de la Grange aux Belles, 75010 PARIS - 01 40 40 58 58 - www.campusfrance.org
At the Université de Tours
Address: Amphi Beaumont, Bâtiment D, 60 rue du Plat d’Etain, 37000 Tours.
Hours: from Monday 2nd to Friday 13th September 2019.
Contact: 02 47 36 67 04 or laurea.tran@univ-tours.fr
If you are an exchange student, head to the Direction des Relations Internationales (DRI) at the Université de Tours.
Address: DRI, Bâtiment A, 60, rue du Plat d’Etain, 37000 Tours.
Contact: 02 47 36 67 04 or 02 47 36 67 04 or international@univ-tours.fr
For more information see the portal on the Université de Tours (website in French and English): https://www.univ-tours.fr > international > études & stages à Tours > Étudiants internationaux
For all the other schools in the city
There are two information services: the International Services Office (welcome and orientation) or the Student Affairs Office (enrollments and administrative procedures).

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

**Long-term housing**
- Orléans-Tours CROUS (Centre Régional des Étudiants Universitaires - Regional Center for University Services) for student housing.
  Address: Clous de Tours, Bâtiment 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/
  On campus, the CROUS is also responsible for all low-cost food services (university restaurant, cafeterias, food-trucks, etc.).
- Private Housing Platforms
  Université de Tours is a member of the Stadpad platform which will facilitate your search for accommodations:
  https://univ-tours.studapart.com/fr/ (code for connection: HDUSINGUNIVTOURS)
- 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 a site managed by the CROUS, Lokaziz, which includes a listing of student accommodations in private homes: https://www.lokaziz.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 > s’organiser > logement

**HOUSING IN TOURS**

In Tours, there are numerous solutions for finding lodging: the housing park reserved for students and managed by CROUS, student and private residences, and housing in private homes.
What’s most important is to take care of this as early as possible, before your arrival.
- The Université de Tours provides information for finding housing and a platform for private accommodations: https://international.univ-tours.fr > Etudiant international > démarches administratives > trouver un logement
- Normandy’s Regional Youth Information Centre (CRIJ) has created a Student Guide, with comprehensive information on housing.
  Download it here: https://crijinfo.fr > nos publications > être étudiant

- The 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**
- For short-term lodging
  A new youth hostel is planned to open in June 2019.
  In the meantime, if you are looking for temporary accommodations:
  - check the list proposed 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 Visitor Center website: http://www.tours-tourisme.fr/

- For long-term housing
  - Orléans-Tours CROUS (Centre Régional des Étudiants Universitaires - Regional Center for University Services) for student housing.
  Address: Clous de Tours, Bâtiment 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/

- For all the other schools in the city
  There are two information services: the International Services Office (welcome and orientation) or the Student Affairs Office (enrollments and administrative procedures).

- For international researchers
  At the Université de Tours, the international relations department has created a Euraxess services centre for international researchers.
  Address: Center of services Euraxess, DRI, 60 rue du Plat d’Etain, 37000 Tours.
  Contact: 02 47 36 67 43 or 02 47 36 67 04 or international@univ-tours.fr
  Site: https://www.univ-tours.fr > international > Accueil des chercheurs

- Sponsors
  If you are an exchange student you can have a mentor to assist you in Tours: the DRI of the Université de Tours has organized an official buddy system between French and international students.
  Contact: 02 47 36 67 04 or international@univ-tours.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

**Sponsors**
- Indigo Weel, the Tours bike-share system: https://www.tours.fr > Services & infos pratiques > transports et voirie

**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 terminal 2D of the airport.
- 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.com/ There are also coach services (longer and cheaper) which leave from the Paris-Bercy coach station (in the center of Paris) or directly from Orly or Roissy-Charles de Gaulle airport in Paris: https://fr.ouiibus.com/ or www.flixbus.fr

For getting around the city and suburbs, use the public transportation (metro, 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.tcr.sncf.com/centre-val-de-loire/ horaires/recherche
Coaches are also an option for low-cost travel: https://fr.ouiibus.com/ or www.flixbus.fr

For carpooling see the collaborative site: https://www.bla bla car.fr

Some establishments have specialized services for special-needs students (housing assistance and also transportation and tuition).
The Université de Tours created Mission handicap a service to assist students with a disability: https://www.univ-tours.fr > Université > Nos valeurs > Mission 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 enroll in your institution.
- Connect to 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 enrollment with the institution’s Service de la Scolarité (Admissions) as soon as you arrive.

RESIDENCE PERMIT

Information
By appointment.
To make an appointment on-line: http://www.indre-et-loire.gouv.fr/booking/create/11332
Address: 19 rue Bernard Palissy, 37000 Tours.
Contact: 02 47 64 37 37 (switchboard).
Sites to visit: http://www.indre-et-loire.gouv.fr > démarches administratives > Etudiants étrangers

Préfecture staff are available during the month of September at the Direction des Relations Internationales (DRI) of the Université de Tours to help students with their formalities.

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.

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.

INSURE YOUR HOME
In France, housing insurance is mandatory.
The "garantie risques locatifs" - rental risk guarantee - is housing insurance which you can you subscribe with your bank or a private insurance company. Online subscription is also often possible.
Learn more:
http://www.emevia.com/smeco
https://smerra.fr/
www.assistance-etudiants.com
www.assurances-etudiants.com

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

In case of:
- A lost or stolen documents, call 17.
- A fire, gas leak, water damage, natural catastrophe, or traffic accident, call SAMU: 15 Emergency Medical Services
- In the event of violence, theft, robbery.
- In the event of fire, gas leak, water damage, natural catastrophe, or traffic accident.
- 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 that’s compatible with your studies: http://www.jobaviz.fr

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 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

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 centers where consultations are free, you will be greeted by a team of doctors and nurses who can give personalized advice about health and prevention.

This is the case at the University of 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/

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 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
Useful websites:
- The RPRO website of the 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 that’s compatible with your studies: http://www.jobaviz.fr

Things to do in Tours /

PLAYING A SPORT
- At the 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.etudiant.fr
- Around 60 student associations ensure that campus life is never dull at the University of Tours, 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 venues: https://www.univ-tours.fr > Campus > culture > passeport culturel

For entertainment or to pick up some culture, in Tours, there are:
- 5 multiplex (student cards and rewards cards) including an arthouse cinema, the Studio, the largest independent arthouse cinema in Europe showing 450 films in their original language every year.
- 5 large museums including a scientific museum, the natural history museum (very low rates 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 Visitor Center site: http://www.tours-tourisme.fr/ > à voir à faire > agenda

MUST-SEE PLACES /

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 plants, Mediterranean plants and an animal park.
- The castle of the Loire valley are very close: Amboise, Chambord, Cheverny, Chinon, Ussé.
- Many cycling tours: https://www.loireavelo.fr/
- Les Méridiennes - with musical and gourmet voyages around the city center (discount rates).
- Les Illusions de la Cathédrale - sound and light show in front of the cathedral (free admission).
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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 theatre 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 - rock culture with music, cinema and comic books.

JULY - AUGUST
- Les Méridiennes - with musical and gourmet voyages around the city center (discount rates).
- Les Illusions de la Cathédrale - sound and light show in front of the cathedral (free admission).

SEPTEMBER
- Soirée Back to Fac Festival - a festival musical for discovering the Université de Tours student associations, partners of the PCE cultural pass and local talents.
- 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 et 20 km de Tours - one of France’s largest road races with 10,000 participants!

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.

EXCHANGE & SHARE

To stay informed, actively listen to others and the world, and share and dialogue with students, follow social media where Campus France has an especially strong presence!
Remember to sign up on the France alumni network to take part in discussion groups on various subjects, take advantage of cultural outings, and consult job and internship offers.