

Student guide

Université Fédérale Toulouse Midi-Pyrénées

2018-2019



Université
Fédérale
Toulouse
Midi-Pyrénées

welcomedesk.univ-toulouse.fr

**THINK OUT OF THE BOX,
THINK TOUL'BOX!**



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Midi-Pyrénées



EDITORIAL

The Université Fédérale Toulouse Midi-Pyrénées brings together 4 universities – including a National Polytechnic Institute of 6 schools – a National University Institute, 12 engineering and specialist schools, 7 research organisations and a University Hospital.

As they are aware that the success of your studies depends on the quality of the training offered to you as well as on living conditions adapted to suit your needs, these establishments have created unifying and welcoming events and locations to support you. The new student life you are about to experience is both exciting and demanding, and is also the beginning of your independence and a time to discover a new city.

To get off to the best start, we have created a guide with and for our establishments intended to help you in this phase, in addition to the support you will be offered by your chosen establishment.

This guide, which has been translated into English, Spanish and Chinese, is comprehensive and has been updated with vital information. We are also offering you a Student Map presenting the various campuses and a supplement on Accommodation.

In addition to these resourceful documents, the Université Fédérale Toulouse Midi-Pyrénées has created a space just for you: the Welcome Desk. Located at 41 allées Jules Guesde, Toulouse, you will receive a warm welcome from our staff, who speak several foreign languages, as well as essential stakeholders such as the Welfare and Benefits Office (CAF), the public student life service (CROUS), the Rectorat [local education office] (Centre for higher education guidance and information - CIO du Sup) and, from September to December, departments from the Haute-Garonne Prefecture (residence permits). Depending on the time of year, other partners may also be present. How do we know this one-stop-shop has been a success? Well, 150,000 students have been welcomed since September 2015. To add to this, a new website, welcomedesk.univ-toulouse.fr, provides you with all useful, up-to-date information in just a few clicks.

Lastly, because student life also involves meeting new people and making surprising discoveries, we will be waiting for you from 20 September to 20 October in all the cities within the regional education authority for the 13th version of the Student Week: semaineetudiant.univ-toulouse.fr.

Philippe Raimbault,
President of the Université Fédérale Toulouse Midi-Pyrénées (UFTMP)

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welcomedesk.univ-toulouse.fr



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Please note that some information contained in this guide is liable to change over the year

For more information, go to: welcomedesk.univ-toulouse.fr

01. WELCOME DESK



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This advice and service space is dedicated to students and brings together the missions of the UFTMP, the Rectorat (CIO du Sup), the CAF and the Prefecture (international students office), which have all transferred their student reception to the space, as well as an office of the Crous.

Our aim is to centralise information and advise you on the various aspects of student life: knowing how and where to look for suitable accommodation, discovering cultural events and offers, being supported in your volunteer work, knowing who to turn to for work or to become a student entrepreneur, taking care of your health, knowing about transport and sports offers, etc.

In this warm setting, beneficiaries of the offers of the various missions (Toul'Box, accommodation, culture, initiatives, students, etc.) are welcomed by multilingual teams and a map of all the educational programmes available from the universities and prestigious schools ("grandes écoles") can be consulted.

The teams work in partnership with the various student support services of your establishments, and also with other stakeholders to help you as best we can: SNCF railway company, accommodation organisations, the OFII immigration office, Campus France, City Hall and inter-communal structure and Regional Council, CRIJ regional youth information centre, AFEV volunteer organisation, student associations, etc.



New projects are being developed by the UFTMP to add to our offer, such as, for example, training for volunteer work.

Opening hours: Monday - Friday, 9 am to 6 pm.

- > Prefecture services: September to December and May to July 9 am -12 pm/1 pm - 3 pm
- > CIO du Sup: Monday to Thursday (by appointment in the morning; appointment not required in the afternoon). Please book an appointment with CIO du Sup on our website: welcomedesk.univ-toulouse.fr
- > CAF: all year from 9 am to 5 pm
- > Crous: 9 am to 12.45 pm and 1.30 pm to 5 m, September to December and 9 am to 12 pm, January to August.

Please note that times are liable to change. Please consult the website:

welcomedesk.univ-toulouse.fr

You can also find information on the University's Facebook page:

www.facebook.com/univtoulouse



02.

STUDYING IN TOULOUSE REGIONAL EDUCATION AUTHORITY

Higher education in France

UNIVERSITIES AND SCHOOLS

To register for higher education, you must have the French baccalaureate or an equivalent French or foreign qualification.

There are two main types of education:

- > University education: in all areas (arts, health, humanities, social sciences, science and technology, etc.)
- > Higher education training provided within colleges: preparatory classes for entry into prestigious schools, advanced technical qualifications, etc.
- > Schools: engineering, business, architecture, veterinary studies, agronomy training, etc.

ORGANISATION OF STUDIES

To guarantee the recognition of qualifications at European level and in order to facilitate the mobility of students and researchers, European countries have adopted a common higher education system.



This system is based on:

> Division of the curriculum into a B/M/D system: Bachelor's (3 years of higher education), Master's (5 years of higher education) and Doctorate (8 years of higher education) > teaching split into terms (1 year = 2 terms)

> Organisation into modules, which are mandatory, optional or open, including lectures, tutorials, field work, placements, dissertations, etc.

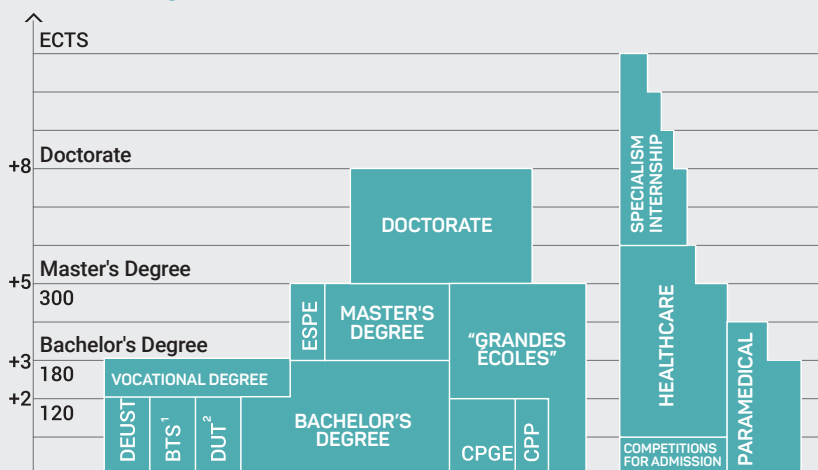
> Quantification of the amount of work and student progress as per the ECTS (European Credit Transfer System). Each module corresponds to a certain number of credits and one validated term corresponds to 30 credits.

Information:

www.enseignementsup-recherche.gouv.fr

www.diplomatie.gouv.fr

Years of study after the Baccalaureate



1. Advanced Technician's Certificate

2. Technology degree



Choosing your course within the Toulouse education authority

Building your career plans for future employment is a vital phase in your education, which requires you to be aware of the possibilities, look to the future and develop your ambitions. If you make an informed decision when choosing your course and commit to an industry that suits you, you are more likely to succeed in your studies: prepare as best you can by researching the courses on offer.

INFORMATION AND GUIDANCE MEASURES

Various measures, information spaces and resources can help you with your research and support you by providing guidance and helping you create a career plan.

INFORMATION

> **CIO du Sup**: open to everyone, inform and provide individual advice on studies, qualifications and professions.

> **The CIO du Sup at the Welcome Desk**, dedicated to higher education, provides you with information and advice on all guidance issues. To make an appointment, write to saio-ciosup@ac-toulouse.fr.

> **The Common University Information and Guidance Departments (SCUIO) of the establishments**: welcome, inform and support students with guidance and entry into the world of work.

> **ONISEP [French National Office for Education and Career Information]**: produces and distributes various sources of information on education and careers.

> **Information trade fairs**: such as Infosup, where you can find out about all the training on offer in the Toulouse regional education authority.

> **Establishment open days** during which you can obtain accurate information on training and meet teaching staff and students.

> **Campus France**: informs international students on French higher education, helping them fill in their application and visa request forms.

Design your future

The UFTMP, with support from the the regional council, has created a full map of the educational programmes offered by its higher education establishments.

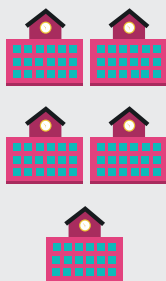
See the education map at www.formations.univ-toulouse.fr.

Each educational offer is geolocated for the 11 university sites:

Albi, Auch, Cahors, Castres, Figeac, Foix, Millau, Montauban, Rodez, Tarbes and Toulouse, including:

5

University
Technology
Institutes
(IUTs)



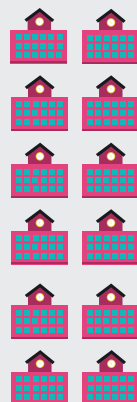
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Universities



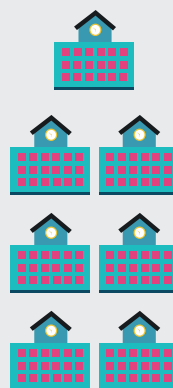
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Engineering
Schools



7

Institutes
& Schools



UNIVERSITY COURSES COVER ALL AREAS OF HIGHER EDUCATION

- > Arts, Literature and Languages
- > Law, Economy and Management
- > Humanities and Social Sciences
- > Science, Technology and Healthcare
- > Science and Technique of Physical and Sports Activities

Over 900 courses located throughout the whole country are included. On this user-friendly website, they can be consulted by city, establishment, area, qualification, key word, type of course (work-study contract, distance learning, initial training, CPD, etc.).

In a few clicks, for each training course you will find detailed, accurate, comprehensive information including a presentation of the course, entry conditions, the programme, contacts in establishments, further education options and professional opportunities.

Consult the educational offer map at:

www.formations.univ-toulouse.fr

You can also consult this website at the workstations provided to the public at the UFTMP Welcome Desk (41 allées Jules Guesde, Toulouse), where you can also receive assistance for your information searches.



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Work-study contracts

Working as you study, but above all obtaining professional experience and a qualification at the same time, is the objective of a work-study contract (professional training or apprenticeship contract).

The establishments offer courses ranging from 2 to 5 years of higher education, combining university education and experience in a company. They aim to help you enter the world of work and gain skills.

Find all information at :

welcomedesk.univ-toulouse.fr/lalternance



Students with a disability



Information on the accessibility, facilities and support provided by each higher education establishment:

welcomedesk.univ-toulouse.fr

www.handi-u.fr

Suitable aid and accommodation:

www.crous-toulouse.fr/handicap

Information:

www.enseignementsup-recherche.gouv.fr

www.diplomatie.gouv.fr

www.onisep.fr/content/download/882868/16510993/le/Handi_TOULOUSE.pdf

Benefit from the "Atouts pour Tous" agreement:

- Find a placement, a job, a company sponsor, etc. from our partner companies.
 - Find out about all action taken as part of the agreement (human and technical support, tutoring, interpreting services for hard-of-hearing students, etc.)
- > To do so, go to the Toulouse "Atouts pour Tous" website or contact the disability contact person for your establishment.

www.atoutspourtous-toulouse.fr

If you are a student and have an autism spectrum disorder, you can benefit from the action of the "Construire une Université Aspie-Friendly" [Building an Aspie-friendly university] network:

- Support for the transition into higher education
- Adapted teaching in courses
- Gradual creation of a professional career path

www.aspie.univ-toulouse.fr

Discover the region's university towns and cities

MONTAUBAN & TARN-ET-GARONNE

Known as the "City of Ingres", Montauban is the birthplace of one of the greatest painters of the 19th Century, Jean-Auguste-Dominique Ingres, and the sculptor Antoine Bourdelle. A city of art, but also the No. 2 business hub of the former Midi-Pyrénées region, Montauban and Tarn-et-Garonne accommodate students in over 40 courses, from Bachelor's to Master's degrees, through technical training and vocational degrees.

AUCH

Less than one hour away from Toulouse, the Gascon capital and its urban conglomeration offer a great environment to study in good conditions. It has appealing rental properties and modern facilities at all higher education establishments, a rich, varied culture, a high-quality historical heritage and a safe environment.

TARBES

Thanks to the various courses on offer (technical diplomas and training, Bachelor's and Master's degrees or PhDs), Tarbes is a significant university centre (www.cutp.net). The Tarbes urban area, nestled between plains, the ocean and the mountains, is an essential research hub. Halfway between Toulouse and the Atlantic coast, Tarbes is at the foot of the Pyrenees, less than half an hour away from the winter sports resorts.

CAHORS

Cahors, a city of Art and History, has an exceptional heritage and great facilities, making it the main city of the Lot department and an ideal city in which to study and live. The opening of the Heritage Hub at Toulouse-Jean-Jaurès University in Cahors completes an offer that is already broad with IFSI, ESPE, the Lycée des Territoires college, the Lot chambers of commerce and technical and general colleges. Student life is enhanced by stakeholders on the ground, advising and helping students in their plans (Facebook page: Vie Étudiante Cahors).

TOULOUSE

Classed as "best city in France to study" in various surveys for several years, Toulouse has undergone intense demographic and economic development, which today makes it an international city. The "Pink City" is also undergoing a huge artistic boom, promoting a rich and varied culture. Toulouse accommodates 91% of all students in the regional education authority and most research laboratories. This concentration of higher education and research mirrors its economic activities.



FIGEAC

Located at the centre of a tourist city, Figeac IUT (430 students) is known for the high quality of life enjoyed by its students (free transport, spacious accommodation and low prices) and has 3 education departments: Mechanical and Process engineering (1 technical diploma and 2 vocational degrees), Sales techniques (1 technical diploma and 2 vocational degrees) and Social careers (2 technical diplomas).

RODEZ

Located less than two hours away from Montpellier and Toulouse, Rodez offers over 3,000 students a diverse training offer from 2 - 5 years of higher education: 70 courses provided in 9 establishments including the IUT (UT Capitole) and the Champollion National University Institute. In addition, the city welcomes its students in a pleasant setting, with various sports, cultural and festive activities.

ALBI

Classed as a UNESCO world heritage site since 2010, Albi is growing rapidly. With a listed urban centre, Albi offers quality town planning combining the integrity of an episcopal city, a town centre grouped around the Sainte-Cécile cathedral, unique due to its pink bricks, and a city life where everything can be reached on foot. For two years, the Toulouse Lautrec museum has reaffirmed the international cultural dimension of the city. Today, Albi is developing a new district, "Les Cordeliers", with high-end amenities such as the future Grand Theatre, placing it up there with Toulouse for a varied offer of live entertainment. All these aspects have encouraged many higher education establishments to set themselves up in this city of sports and organisations: Champollion National University Institute, Albi Mining School, ESPE and IUT Paul Sabatier.

MILLAU

Millau has a rich and varied historical and architectural heritage. Prehistoric dolmens distributed over the limestone plateaux and the bridge over the Tarn symbolise the Medieval city. The unique leather and glove-making industry reflects the ways of the contemporary period. A feat of technology, the viaduct, completed in 2004, reiterates the fact that Millau has always been located on a major connection route.

FOIX

The University Centre of Foix and Ariège accommodates students from all over France and abroad to study highly-regarded specialist training courses in the fields of regional development, sustainable tourism, heritage and education training issues. Thanks to the continuous and vital support of the Departmental Council of Ariège and the City of Foix, students and teachers benefit from a remarkable work setting.

CASTRES

Castres combines traditional know-how from the textile, granite and wood industries with more recent business activities such as mechanics, pharmacy and cosmetics (Pierre Fabre Laboratories). Castres is also a garrison city and a rugby city. For several years, Castres has been developing as a real higher education hub: Champollion National University Institute, IUT Paul Sabatier and Nursing Training Institute.



Higher education and research establishments of the UFTMP

Toulouse Midi-Pyrénées

UT1 Capitole Université Toulouse Capitole	UT2J Université Toulouse Jean Jaurès	UT3 Paul Sabatier Université Toulouse III Paul Sabatier	INPT Institut National Polytechnique de Toulouse ENSAT École Nationale Supérieure Agronomique Toulouse
INSA Toulouse Institut National des Sciences Appliquées de Toulouse	ISAE SUPAERO Institut Supérieur de l'Aéronautique et de l'Espace	INUC Institut National Universitaire Champollion	ENSEEIH École Nationale Supérieure d'Électrotechnique, d'Électronique, d'Informatique, d'Hydraulique et des télécommunications
ENAC École Nationale de l'Aviation Civile	ENSFEA École Nationale Supérieure de Formation de l'Enseignement Agricole	ENSA Toulouse École Nationale Supérieure d'Architecture de Toulouse	ENSIACET École Nationale Supérieure des Ingénieurs en Arts Chimiques et Technologiques EI PURPAN École d'Ingénieurs de Purpan
IMT Mines Albi École Nationale Supérieure des Mines d'Albi-Carmaux	ICAM Institut Catholique d'Arts et Métiers de Toulouse	Sciences Po Toulouse	ENIT École Nationale d'Ingénieurs de Tarbes ENM École Nationale de la Météorologie
TBS Toulouse Business School	CREPS Centre de Ressources, d'Expertise et de Performance Sportives	isdAT Institut Supérieur des Arts de Toulouse	ENVT École Nationale Vétérinaire de Toulouse

PARTNER OF HIGHER EDUCATION AND RESEARCH

CHU: Centre Hospitalier Universitaire

RESEARCH ORGANISATIONS

CNRS: Centre National de la Recherche Scientifique

Inra: Institut National de la Recherche Agronomique

Inserm: Institut National de la Santé et de la Recherche Médicale

IRD: Institut de Recherche et Développement

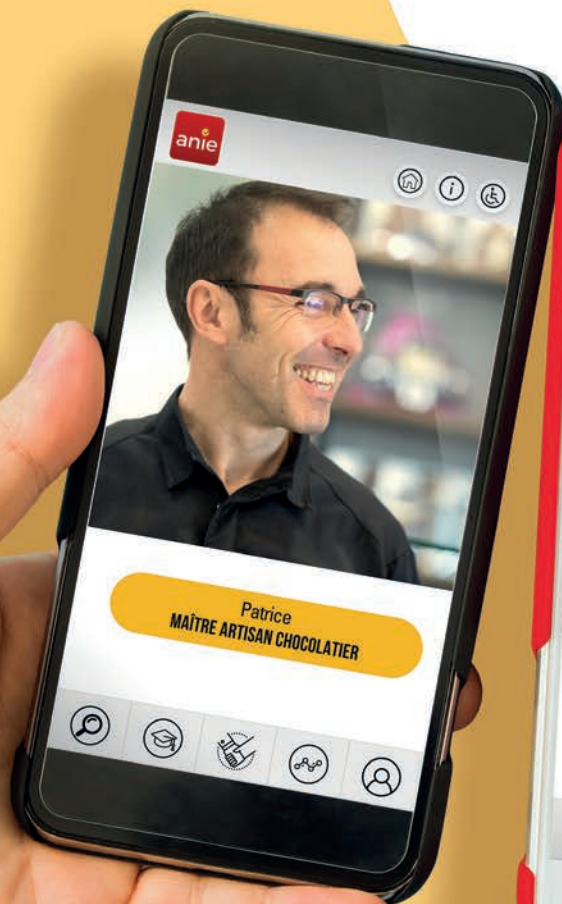
ONERA: Office National d'Études et de Recherches Aéronautiques

CNES: Centre National d'Études Spatiales

MÉTÉO FRANCE



L'APPLI DE LA RÉGION QUI CONNECTE EMPLOYEURS ET APPRENTIS



03. FINDING ACCOMMODATION

At the Welcome Desk, you will be advised and supported in your search for accommodation. More information is available at the Welcome Desk in a new guide totally dedicated to student accommodation in Toulouse and other cities where the UFTMP is present!

FINDING ACCOMMODATION

Finding accommodation is not always easy!

You have to start early (in September or October, finding accommodation can be challenging) and know your budget beforehand.

In addition, various organisations (banks, embassies, consulates, prefecture for visas, etc.) request proof of address.

Also, be aware that certain prestigious schools have accommodation on their own campuses.

PRIVATE STUDENT HALLS

Consult the offer and book online at www.adele.org

ESTATE AGENCIES

Beware of list brokers!

www.fnaim.fr

www.seloger.com

www.snpi.com

www.unis-immo.fr

KAPS SUPPORTIVE HOUSESHARING

Who is it for?

For students aged 18 to 30 wanting to take part in a supportive project for 4 hours a week whilst living with other Kaps students. This commitment is recognised by the university and adds value to your course.

Applications to be sent between April and August:

www.kolocsolidaire.org/toulouse



INDIVIDUALS

Crous booking centre
www.lokaviz.fr

CRIJ: offers to be consulted at the Crij premises
and at www.crij.org

Outside Toulouse: CLAJ, Youth Information
Network (BIJ, PIJ): www.crij.org/reseau-ij

www.pap.fr

www.leboncoin.fr

Also go to the student life advice centre within your
establishment.

CROUS STUDENT HALLS

It is important to plan ahead - there are a limited number
of places:

www.messervicesetudiants.gouv.fr

Certain halls offer shared accommodation:

www.crous-toulouse.fr/colocation

LODGING

www.chambrealouer.com

www.swapandstudy.com

www.accommodation-for-students.com

www.lokaviz.fr

Language immersion in a host family for foreign students:

www.ac-tif.fr/fr

SHARING

www.crij.org

www.bubbleflat.com

www.lacartedescolocs.fr

www.appartager.com

www.lokaviz.fr

Don't forget social networks!

HOSTELS/HABITAT JEUNES RESIDENCES

www.habitatjeunesmidi-pyrenees.org

www.foyers-catholiques.org

SOCIAL HOUSING ORGANISATIONS

All students may make a social housing request:
www.demandelogement31.fr

(list of organisations in the "les partenaires" [partners] tab)

Certain social housing student residences offer shared
accommodation.

INTER-GENERATIONAL ACCOMMODATION

Mieux Ensemble organisation:

www.mieuxensemble-toulouse.fr

Ensemble2générations organisation:

www.ensemble2generations.fr

FORMALITIES AND NECESSARY EXPENSES

Looking for accommodation

1 Finding a guarantor

The guarantor undertakes to pay the rent for the tenant and any fees if the tenant is unable to fulfil his/her obligations. This may be an individual or a business.

VISALE guarantee: all students up to 30 years of age housed in private or social rented accommodation.

2 Defining a budget

Knowing your budget upstream and the fees that will have to be paid each month and throughout the year. Ensuring you have enough money for temporary accommodation upon arrival if necessary and enough to cover the unavoidable fees involved in moving into the accommodation.

3 Putting together a rental application

and bringing it with you to viewings: The documents that will usually be asked of you are: a photocopy of your ID (ID card, passport or residence permit), your student card or certificate of enrolment and your bank details. The documents from your guarantor if this is an individual and not an organisation (in which case you will have to provide an eligibility document): last three pay slips and letter from employer, proof of address, ID and last tax statement.

A word of warning: never pay in cash and do not pay the deposit or the rent before signing the lease. Do not underestimate the importance of travel time to your establishment!

When signing

1 Paying the security deposit:

Generally this is a month's rent without bills. It will be returned to you when you leave, with any relevant damages deducted.

Possibility to request a LOCA-PASS advance (0% interest loan) beforehand:

<https://locapass.actionlogement.fr>
www.visale.fr – +33 (0)4 72 13 21 99

2 Paying the first month's rent

3 Paying agency and administrative fees

4 Inventory

This is a description of the condition of the accommodation; note down all visible damage!

5 Issuance of housing insurance certificate:

This is mandatory to cover you against all risks. You can subscribe with a bank, a mutual insurance company (LMDE or VITTAVI-Emevia network) or a private insurance company.

After signing

1 Requesting housing benefits from the CAF

www.caf.fr

Contact the Welcome Desk for information and to submit an application.

2 Choosing your energy provider

(electricity, gas)

Work-study contract students:

Action Logement supports work-study contract students in their search for accommodation and in paying their rent thanks to the Mobili-Jeune measure, which covers part of the rent (up to €100 per month):

alternance@groupecileo.com
www.actionlogement.fr

The Carte Jeune de la Région provides help for apprentice accommodation. This is a flat annual rate calculated based on taxable income. This benefit is for students with two places to live who do not receive CAF benefits for their second accommodation. This benefit is only accessible via a network of accommodation structures approved by the regional council.

www.laregion.fr/La-Carte-Jeune-Region-c-est-quoi-35189

Moving on, leaving Toulouse

1 Notice

You can terminate your rental contract at any time, provided you give notice (one month in Toulouse). The request may be made by sending the landlord a recorded delivery letter. Leaving inventory: performed with the landlord on the day you leave the accommodation. The accommodation must be returned in the condition in which you found it.

2 Reimbursement of security deposit

The leaving inventory will be compared to the original to determine whether the landlord can claim costs from you for any repairs to the accommodation. Only certain costs may be claimed (holes in walls, lack of upkeep, etc.). If the two inventories are the same, the landlord has one month to return the deposit to you; if not, the landlord has up to 2 months.

3 Ending contracts/subscriptions

Before leaving Toulouse or your accommodation, remember to terminate your service contracts:

- > Electricity, water, gas, phone and Internet
- > Terminate your contracts, subscriptions and accounts
- > Terminate your housing insurance contract: by recorded delivery letter, with a copy of your leaving inventory.
- > Close your bank account (if you are leaving France)

SERVICES FOR A TURNKEY ARRIVAL SOLUTION

Toul'box (see p 47) : welcomedesk.univ-toulouse.fr/node/362

Campus France, for BGE and BGF grant students

LEGAL ADVICE

If there is a dispute or you have any questions about your accommodation, go to:

Adil 31 : via telephone; advisers provide information from 9 am to 11 am and 2 pm to 4 pm, Tel. +33 (0)5 61 22 46 22 or go to: www.adil31.org

UFC Que choisir : www.quechoisir.org

Toulouse City Hall : www.toulouse.fr

GET WHAT YOU NEED FOR LESS

Tri Sera Top charity - UT2J: bike repair shops, second-hand clothes and cheap furniture (more info: [facebook](https://www.facebook.com/LeTriSeraTop) > Le Tri Sera Top)
95 rue Vauquelin 31000 Toulouse

la Glanerie : www.la-glanerie.org

The Envie network : for second-hand appliances
www.envie.org

Rental service for new furniture for students - transportation included:
www.location-pour-etudiants.fr

www.freecycle.org – www.donnons.org

Crous

Toulouse
Occitanie

Every day,
the Crous supports you
in your student life!



GRANTS

Grants based on social criteria and financial aid to support your studies.

41,632* students with grants in the regional education authority.



ACCOMMODATION

Accommodation in student halls and with individuals certified on the Lokaviz.fr site.

10,337* spaces in university halls.



CATERING

Full meals for €3.25*, takeaway meals to eat well for less on campus.

2,597,741* meals served and 43* catering points.



CULTURE

Events, a theatre (Mac), workshops, support and competitions to encourage all talent.

4,000* students come to the Mac for cultural activities.



SOCIAL ACTION

Support, advice and a listening ear to help you in the event of personal difficulties.

14,211* students helped by social workers.



STUDENT JOBS

Jobs in restaurants, residences, departments and with partners.

253* students recruited in the Crous service units.

* 2017 figures

Find all Crous services
at Case 58 rue du Taur, Toulouse,
+33 (0) 806 800 131 (price of a local call)
and www.crous-toulouse.fr



04. CATERING

At the Crous



The Crous for Toulouse-Occitanie has a diverse catering offer with low prices for all students: Crous truck, Côté Ru, Vélo La Pause, brasserie, café, resto'U, etc. 43 Crous catering points are distributed throughout the Toulouse regional education authority.

All Crous services: www.crous-toulouse.fr/restauration

Real-time information: from morning to evening and even at weekends, it is possible to know where to eat and what to eat locally: geolocation, menus and times are accessible via the "Crous Mobile" app.

Payment: in the Resto'U, students pay for their meals with their MUT card, smartphone or Pass Crous via the Izly account

Community-supported agriculture - veg boxes

Zest community-supported agriculture

Several student organisations from the three Toulouse universities came together to form a community-supported agriculture group under the name of ZEST. Veg boxes come from organic farming, are local and seasonal, and are grown in Rouède in the Pyrenees. The content varies each week, with at least 5 different types of vegetable.

Box distribution: Tuesday from late September to 30 May (except during the Christmas holidays) between 6.30 pm and 7.30 pm.

Building B hall in the Arsenal university halls (behind the university restaurant).

Registration: distribution days, Price €6.50/box + €5 subscription/year

Contact: www.facebook.com/amapzest/



Inter-University Preventive Medicine and Healthcare Promotion Service (SIMPPS)

PREVENTIVE ACTION FOR FOOD AND NUTRITION



Throughout the year, the SIMPPS organises information and awareness-raising action on the subject of food: themed days, distribution of local fruit and veg boxes (based on social criteria), food workshops and fun events on nutrition.

Free nutrition management appointments are offered: consultations with dieticians and multidisciplinary management by the VITAFORM team.

For more information on our nutrition activities, call: +33 (0)5 61 55 73 55

Follow us on the SIMPPS Toulouse Facebook page.

Epicerie Solidaires

The principle of the Epicerie Solidaires [solidarity food stores] is to fight against exclusion without promoting handouts, by respecting the freedom, autonomy and dignity of individuals and promoting their sustainable inclusion.

It is a food support measure generally supported by charities (food, hygiene and cleaning products).

The beneficiaries are charity members. Access is subject to socio-economic and/or family-based criteria (CCAS [central social activity fund] - City hall). Beneficiaries become consumers who choose their products from a range on offer.

asso.lamap@gmail.com (Rangueil metro)

fr-fr.facebook.com/soliciales/ (Mermoz metro)

www.maintendue31.org (Barrière de Paris metro)

cap-centre@orange.fr (Saint-Michel – Marcel Langer metro)

Toulouse markets*

> Beaumarché market

A market made up of small local producers on the UT2J campus
Under the canopy
Tuesday from 11.30 am to 2.40 pm

> Universi'Terre market

A market made up of local producers at the UT3 campus
Car park opposite the administrative building, Monday from 3.30 pm to 7 pm

> Victor Hugo indoor market

Place Victor-Hugo - Toulouse
Tuesday to Sunday 7 am to 1.30 pm
Metro line A, Capitole

> Carmes indoor market

Place des Carmes - Toulouse
Tuesday to Sunday 7 am to 1.30 pm
Metro line B, Carmes

>> Saint-Cyprien covered market

Place Roguet – Toulouse
Tuesday to Sunday 7 am to 1.30 pm
Metro line A, Saint-Cyprien République

>> Saint-Aubin market

Place Saint-Aubin – Toulouse, Sunday from 7 am to 2 pm, Metro line B, François Verdier

>> Cristal market

Boulevard de Strasbourg and Boulevard d'Arcole - Toulouse
Tuesday to Sunday, 7 am to 1.30 pm, Metro line B, Jeanne d'Arc

ORGANIC MARKETS*

> Toulouse Saint-Aubin market: Sunday morning, producer side

> Toulouse Sept-Deniers market: 105 route de Blagnac, Sunday morning: 2 organic farming producers

> Toulouse market

Place du Salin: Tuesday and Saturday morning, one organic farming producer

> Toulouse market, place

Arnaud Bernard: Saturday morning

> Monplaisir market

Jardin Monplaisir: Saturday from 8 am to 1 pm

* Non-exhaustive list

05. HEALTH CARE AND INSURANCE



INTER-UNIVERSITY PREVENTIVE MEDICINE AND HEALTHCARE PROMOTION SERVICE



The SIMPPS is a medical and social service just for students. Appointments with a nurse, medical check-ups and preventive medical reports are proposed by invitation or appointment. Medical consultations (GPs or specialists), medical/psychological treatments and welfare consultations are held upon appointment.

The SIMPPS also aims to promote healthcare and organises actions on sexual health, mental health, addictions, vaccinations and nutrition throughout the year. Certain actions are carried out in conjunction with the regional healthcare agency: distribution of veg boxes, cooking classes, stress management workshops and addiction-related actions.

They are sometimes part of national prevention or awareness-raising days (AIDS prevention, organ donation, etc.). The SIMPPS is also a partner to student organisations.

Healthcare promotion assistant contact details: +33 (0)5 61 55 73 55 – +33 (0)5 61 55 78 84

Follow us on the SIMPPS Toulouse Facebook page.

To book an appointment:

Monday - Friday, 8 am to 5 pm.

Toulouse 1 Capitole university:

– To book an appointment with a social worker or doctor: +33 (0)5 61 63 37 25

Toulouse Jean Jaurès university:

– To book an appointment with a social worker and/or for a mandatory medical check-up: +33 (0)5 61 50 41 41
– For medical emergencies/appointments with doctors and specialists: +33 (0)5 61 50 38 61

Toulouse III - Paul Sabatier university:

– To book an appointment with a social worker and/or for a mandatory medical check-up:

+33 (0)5 61 55 73 67

– For medical emergencies/appointments with doctors and specialists:

+33 (0)5 61 55 73 59

Offices at the sites in regional establishments

– Contact site education office



NURSE

A Crous nurse has office hours for students in the Arsenal and Chapou university halls in Toulouse. The nurse is only available to students in Crous halls.

Contact details and times: www.crous-toulouse.fr/infirmiere

SOCIAL WORKERS

Social workers talk to you and listen to all your problems (social, family, psychological, administrative, financial, etc.).

www.crous-toulouse.fr/les-assistantes-sociales

HAPPY HOURS

A psychologist will see Crous residents for free with or without an appointment (in English or French).

Tuesday 6 pm to 9 pm at the Ranguel Tripode Curie halls, Wednesday from 6 pm to 9 pm at the Arsenal university halls

Please note that locations and times are liable to change

Information and appointments: www.crous-toulouse.fr/ecoutesoutien

OPHROLOGY AND PUBLIC SPEAKING WORKSHOPS

Crous offers its residents workshops to help manage stress and their courses.

www.crous-toulouse.fr/actualite/sophrologie

Other healthcare support and education organisations

CDPEF

Departmental family planning and education centres.

Free consultations with gynaecologists and GPs. Provision of contraception and abortion information.

Toulouse: +33 (0)5 62 13 23 77 (no appointment needed/consultations by appointment)
3, rue du Pont Vieux (Esquirol or Saint Cyprien metro stop).

Monday - Friday, 8.30 am to 5 pm.

Regional centres: consult the sites of each department, free national phone number for "Sex, contraception and abortion"

(free and anonymous): 0 800 08 11 11

CEGIDD

Free Information Centre for Screening and Diagnosis

Free and anonymous screening and diagnosis for sexually transmitted diseases

Toulouse : +33 (0)5 61 77 78 88/+33 (0)5 61 77 80 32; cegidd31@chu-toulouse.fr

Cité de la Santé - 20, rue du Pont Saint-Pierre (Saint-Cyprien metro stop) No appointment needed, Monday to Friday mornings from 9 am

By appointment, Monday to Thursday, 1.15 pm to 5 pm, Monday evening from 6 pm to 9 pm

Regional screening centres: www.sida-info-service.org/Centre-De-Depistage-VIH-Sida-Region-Midi-Pyrenees



MFPF

French Family Planning Movement.

- Provision of pregnancy tests and condoms;
- Advice and support: contraception, pregnancy, abortions, sexuality and sexually transmitted diseases;
- Violence and discrimination.

Toulouse: www.haute-garonne.planning-familial.org

+33 (0)5 61 25 54 17 - contact@planningfamilial31.fr

23 rue Moiroud, 31500 Toulouse (Marengo metro)

No appointment needed, Monday and Tuesday, 1.30 pm to 5 pm, Wednesday, 1.30 pm to 6 pm, Thursday, 1.30 pm to 5.30 pm. Regional centres: www.planning-familial.org/annuaire

HOSPITALS

Albi: www.ch-albi.fr - 22, boulevard du Général Sibille - +33 (0)5 63 47 47 47

Auch: www.ch-auch.fr - allée Marie Clarac - +33 (0)5 62 61 32 32

Cahors: www.ch-cahors.fr - 335, rue du Président Wilson - +33 (0)5 65 20 50 50

Castres/Mazamet: www.chic-cm.fr - 6, avenue de la Montagne noire - +33 (0)5 63 71 63 71

Figeac: www.ch-geac.fr - 33, rue des Maquisards - +33 (0)5 65 50 65 50

Foix: www.chi-val-ariege.fr - Route Nationale 20/Exit 9, chemin de Barrau, Saint-Jean de Verges - +33 (0)5 61 03 30 30

Montauban: www.ch-montauban.fr - 100, rue Léon Cladel - +33 (0)5 63 92 82 82 Rodez: www.ch-rodez.com - Avenue de l'Hôpital - +33 (0)5 65 55 12 12

Tarbes: www.ch-bigorre.fr - La Gespe site, boulevard de Lattre de Tassigny
+33 (0)5 62 51 51 51

Toulouse: www.chu-toulouse.fr - +33 (0)5 61 77 22 33

There are two main university hospitals:

- Rangueil hospital: 1 av. du Professeur Jean Poulhes (access: metro line B to Université Paul Sabatier then bus 88 to CHR Rangueil)
- Purpan hospital: pl. du Docteur Baylac (access: tram and buses L2, 45, 46, 63 and 66 to Purpan or Hôpital Purpan)

Student social security and top-up health insurance

Students benefit from coverage of their health costs in the event of an illness or pregnancy. Health coverage is made up of two types of insurance:

MANDATORY INSURANCE

Mandatory "social security" insurance covers the reimbursement of healthcare expenses for illnesses (70%) or pregnancy.

From September 2018, there will be no more student social security.

New students will have to update their "carte vitale" (health card) (in a pharmacy terminal, for example, or at the CPAM). They will remain part of the system they were already in (usually their parents' system).

For those who subscribed to student social security the previous year, the change will not take place until 2019.

For students who have never been part of a social security system (notably students from abroad), they must subscribe to the CPAM (general system).

European students retain medical insurance from their country of origin. All students who have obtained the European Health Insurance Card are entitled to claim reimbursement of healthcare expenses.

For more info: <https://etudiants.ameli.fr>

TOP-UP INSURANCE

Top-up health insurance is not mandatory, but highly recommended, to cover the 30% fees remaining after reimbursement by social security.

Some students may also continue to benefit from their parents' top-up health insurance. Financial aid is possible:

Student "Pass Mutuelle" from the Occitanie Region: €100 aid for students under 28 years old with grants based on Crous social criteria (or criteria from the regional council for healthcare and social training) for subscription to top-up health insurance with partner insurers in the system (see list at www.laregion.fr/PassMutuelleEtudiant). Please note: renewal not taken into account at time of printing.

The universal health coverage supplement (CMUC) or benefit for payment of healthcare insurance (ACS) are two measures managed by the CPAM that can enable students on low incomes to have healthcare insurance.

To check your eligibility, visit www.ameli.fr.

LIST OF BILINGUAL HEALTHCARE PROFESSIONALS IN TOULOUSE

GPs:

Dr Béatrice Bellamy (Spanish and English): 49, grande rue St Michel/+33 (0)5 61 53 37 43
Dr Alain Berniolles (English): 15 bis, rue de la Concorde/+33 (0)5 61 62 48 86
Dr Agnès Lafforgue (English): 67, allées Charles de Fitte/+33 (0)5 61 36 23 94
Dr Mesplede & Dr Fortune (English): 156, avenue Jean Rieux/+33 (0)5 61 80 93 90 (24/7)
On-call doctors: +33 (0)5 61 49 66 66

Osteopaths:

Jérôme Sion (English): 44, rue Gambetta/+33 (0)6 22 82 05 26/sion.jerome@sfr.fr
Thomas Mouries (English): 2 bis, d'Arcole/+33 (0)6 30 77 69 73

Dentists:

Dr Mailhes & Dr Sabatie (English): 60, route d'Albi/+33 (0)5 61 48 70 94

Psychologists

James Wilson (English): 25, rue du Languedoc/+33 (0)6 24 08 71 41
james@toulousetherapy.com/www.toulousetherapy.com
Deborah de Camaret (English): 20, quai de Tounis/+33 (0)5 31 54 12 91
www.psychologue-decamaret-toulouse.fr

Gynaecologists:

Dr Patricia Lanco Saint-Guily (English, German and Spanish): 31, rue Raymond IV
+33 (0)5 34 43 03 00

06. EVERYDAY LIFE, FINANCES & EMPLOYMENT

Banking

You have to open a bank account to make payments (and receive them, especially from the CAF)

Documents to be provided:

- > ID
(passport, visa, residence permit, etc.)
- > Proof of address (telephone or electricity bill, rent payment slip, temporary accommodation certificate, etc.)
- > Home insurance certificate
- > Student card or certificate of enrolment

Financial aid

CROUS AID

- > Grants based on social criteria: the request (student social welfare application) must be sent between 15 January and 31 May via www.crous-toulouse.fr
- > Other aid: emergency, specific benefits equivalent to grants for specific situations (resuming study, disruption, etc.) www.crous-toulouse.fr/aides

FUNDING YOUR PHD

To find funding for your PhD:

- > Each year in June, the 15 PhD schools offer a recruitment competition to select CDU (single PhD contract) holders
- > You can also go to a research laboratory at the UFTMP or your future supervisor running various types of research projects (ANR [French national research agency], CIFRE [French national technology research association], etc.)

Placements and work contracts

Mandatory placements lasting 2 months or more are subject to an agreement and a bonus of 15% with respect to the hourly social security limit (€523 net for a full-time placement corresponding to 35 hours).

All contracts must be signed prior to the first working day:

- Seasonal work (summer, holidays, etc.)
- Student jobs (maximum 20 hrs per week)
- occasional temp work

Where to find information:

- The establishments' student support services

The SCUIO-IP careers department in your establishment
Crous, Pôle Emploi job centre

> CRIJ: www.crij.org

> Crous student job centre: www.jobaviz.fr

> www.letudiant.fr

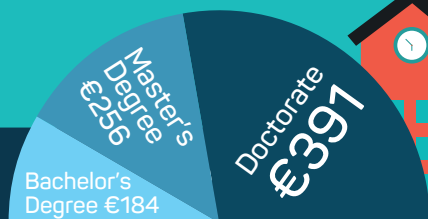
> www.infostages-job.com



ANNUAL EXPENDITURE

TRAINING/EDUCATION

Registration fees
(2017-2018)



ACCOMMODATION

Security deposit
(When you move into
your accommodation)
1 month's rent (unfurnished)
2 months' rent (furnished)

Home insurance
(at time of renting)
€30 to €110

Council tax
(mid-November)
€250 to €550

MONTHLY EXPENDITURE



LANDLINE
PHONE
INTERNET

€30 to €50

ELECTRICITY,
GAS

€30 to €50



Bus / Métro /
Tram
www.tisseo.fr



Train
www.sncf.fr



VélôToulouse
bike hire subscription
€20/an

STUDENT CONTRIBUTION

(healthcare and social protection, sport and culture)

to be paid prior to registration

€90

(with exceptions)

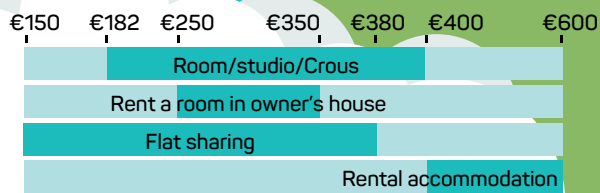
TOP-UP HEALTH INSURANCE

(private insurance, Universal Health Coverage supplement, etc.)

between €60 and

€600

HOUSING



approx.
€200
FOOD

(N.B. €3.25 per meal at the Reto U canteen)

OTHER EXPENSES

(leisure, clothing, etc.)

approx. **€200**



Legal advice, rights and obligations

GENERAL SITES

These cover all consumer associations:

> Regional technical consumer defence association:

www.ctrc-mp.fr

> French consumer union, UFC Que Choisir:

www.quechoisir.com

TAXES

In principle, you are no longer part of your parents' tax household when you reach adulthood (you declare your taxes yourself).

However, there is an option to remain part of the tax household of your parents. Parents subsequently have a tax reduction due to the family quotient.

To ask to be part of your parents' tax household, you must be:

> Under 21 years old,

> Under 25 years old if you can prove you are continuing your education.

Declaring your income tax for 2018: the online declaration service is open 24/7, from April to around the end of May.

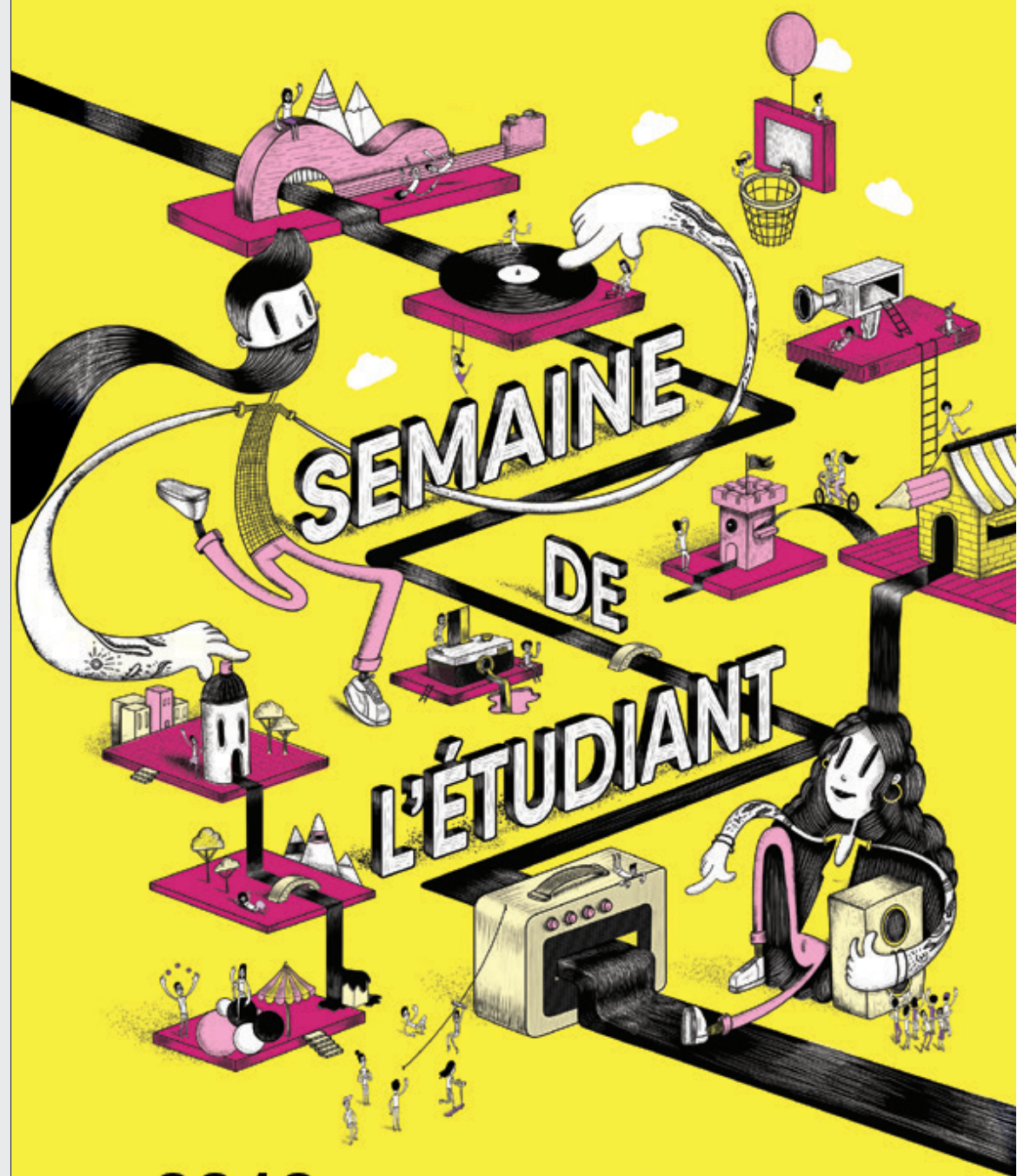
Take care with your tax declaration: if you do not have a television, you must tick the relevant box. If you do not, you will have to pay for a TV licence.

More information at: www.impots.gouv.fr

Council tax is due from the person living in the accommodation on 1 January that year. For 2018, you will have to pay the tax if you were renting the property on 1 January 2018.

It is collected for the municipality where you live. It helps fund services for inhabitants, collective facilities, etc.

Students in Crous halls of residence do not have to pay.



2018 20 SEPT > 20 OCT

semaineetudiant.univ-toulouse.fr

07. CULTURE

Take a break from studying to explore the city and the range of cultural activities it has to offer. Remember that students often get a cheaper rate... an added incentive!

Useful contacts

Student support and cultural centres

Most establishments have a cultural department, which offers a programme (shows, concerts, exhibitions, conferences, meetings, etc.) and art workshops; this department is an information point for all of the city's cultural attractions.

All scientific and technical cultural events organised by the establishments that are members and associated with the UFTMP:
welcomedesk.univ-toulouse.fr

Contact your establishment's Student support and/or cultural centre

Cultural space of UT1 Capitole:
www.ut-capitole.fr/campus/art-et-culture/

CIAM - La Fabrique - Toulouse - Jean Jaurès university:
www.ciam.univ-tlse2.fr

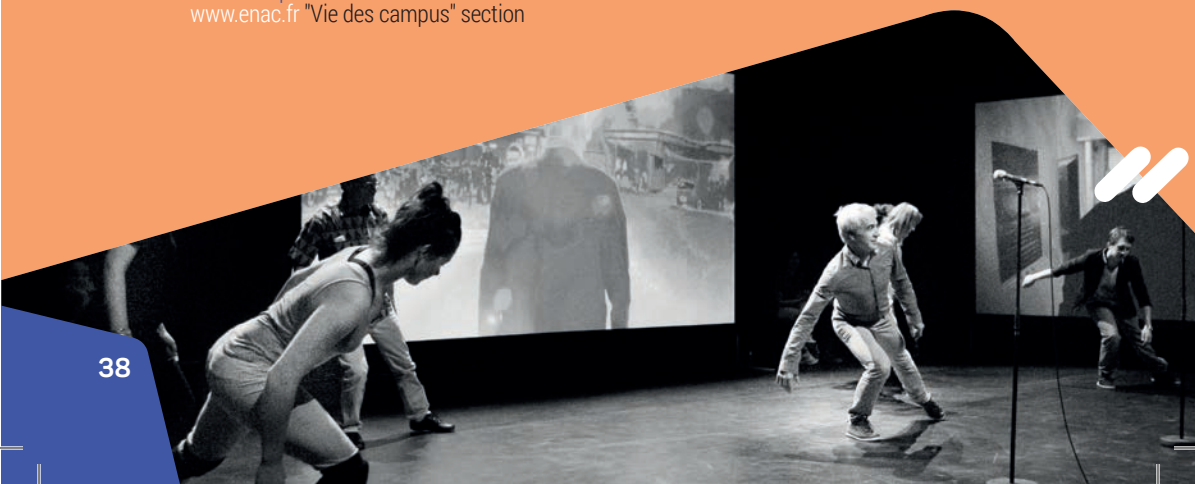
Cultural centre of UT3 Paul Sabatier:
univ-tlse3.fr Culture section

Culture department at ENAC:
www.enac.fr "Vie des campus" section

Culture department at INSA:
www.insa-toulouse.fr
"INSA Toulouse" section

Cultural activities at INU Champollion (Albi):
www.univ-jfc.fr/vie-etudiante/action-culturelle

Cultural mission and Student Initiatives at the UFTMP:
welcomedesk.univ-toulouse.fr/culture



Other structures:

Crous: cultural workshops and competitions for new musical and literary talent in the region, MAC theatre: www.crous-toulouse.fr/culture

City Halls: The city halls generally have student offers: In Toulouse, the Toulouse Culture card offers reductions and the Toulouse Jeunes cheque book offers advantages on a wide range of sporting and cultural activities (including free subscription to Toulouse Library, see below).

University or city libraries: the student card (MUT) provides access to all Toulouse university

network libraries. Likewise, the Toulouse Library subscription card offers access to 22 libraries in various areas of the city, including the José Cabanis media library. Borrow books, CDs and DVDs free of charge or at a reduced price.

All cultural attractions offer lower prices (or sometimes even free entry) to suit small student budgets.

Events proposed by the UFTMP

> **European Researchers' Night** – 28 September 2018

In Toulouse (Cité de l'espace) and Albi, over 200 researchers from all fields, from archaeology to physics and chemistry, to sociology, economics, law, medicine and mathematics, share their passion for research with the general public. **Free of charge!**

welcomedesk.univ-toulouse.fr



> **Student Week** – 11 to 20 October 2018 in Toulouse and 20 September to 20 October 2018 at other university sites

The Student Week is the main back-to-school festival for students in the former Midi-Pyrénées region. In each of the 11 participating cities (Auch, Albi, Cahors, Castres-Mazamet, Figeac, Foix, Montauban, Rodez, Tarbes and Toulouse), a discovery course is offered between the campuses and the city, accompanied by cultural, sporting and social events. The aim is for students to discover their environment and have friendly discussions with people from outside their courses.

semaineetudiant.univ-toulouse.fr



> **Entre en scène [Come on stage]!** – Autumn and spring

University drama festival that takes place in two phases: act 1 in November (revival of shows and working phases) and act 2 from March to April (creation and performance). Each year, a dozen Toulouse-based student groups produce shows in universities, schools, halls of residence, museums, etc. Drama practice and workshops for beginners are organised at this time. **Free of charge!**

welcomedesk.univ-toulouse.fr/entre-en-scene

> **Ma thèse en 180 secondes [My thesis in 180 seconds]**

This competition enables PhD students to present their research area, in French and in simple terms, to a broad, varied audience. Each student has three minutes to clearly and concisely present their research project - but they must be convincing! This must all be done using only one slide. **Free of charge!**

www.univ-toulouse.fr

> **Explorer meetings**

Throughout the Occitanie region, researchers come to meet you for friendly discussions on their chosen subjects, passions and discoveries.

- In Toulouse: Quai des Savoirs café – every Tuesday at 6 pm and certain Sundays in the month from 4 pm at the Quai des Savoirs café - 39 allées Jules Guesde

- Also at Montpellier Academy with meetings proposed by the Kimiyo organisation and Montpellier University.

agenda-cst.univ-toulouse.fr/ / "Rencontres" section

> **Les Curieuses Visites Curieuses** – May to October

With a "Curieuse visite curieuse" [Strange curious visit], we experiment by mixing scientific content with a guided tour, some history, imagination, fantasy, humour and poetry.

Free of charge! Booking required

www.univ-toulouse.fr/culture/rendez-vous-grand-public/curieuses-visites-curieuses

> **Lab'OC, heritage laboratory** – throughout the year

From Grisolles to Capeatang and Toulouse, the Lab'OC invites you along the Canal du Midi, to inform you of its history and context. In a fun, virtual way, you will discover the scientific areas linked to it, such as physics, hydraulics, fluid mechanics, history, architecture, urban development, flora and fauna, etc.



Stay connected

All year round, the UFTMP updates you with news on the university and the university establishments in the Toulouse area. Shows, exhibitions, conferences, student festivals, etc. You have all the tools, don't miss out!

U'zoom magazine, art and culture on campus: presentation, in the form of articles and interviews, of a selection of important cultural events in the establishments and student associations.

welcomedesk.univ-toulouse.fr/uzoom

Once a month, receive the science and technical cultural agenda:

www.univ-toulouse.fr/agenda-culture-sciences



L'Université Fédérale Toulouse Midi-Pyrénées
présente

EXPLOREUR

les rencontres

DÉCOUVRIR COMPRENDRE PARTAGER

**Toute l'année,
des chercheurs viennent à votre rencontre
sur tout le territoire Occitanie !**

ÉVÉNEMENTS // ATELIERS // EXPÉRIENCES // QUIZ // DÉBATS

ACCÈS
LIBRE &
GRATUIT

**Rejoignez la team #Exploreur
Vivez les sciences autrement !**



PROJET COFINANCÉ PAR LE FOND EUROPÉEN DE DÉVELOPPEMENT RÉGIONAL



Université
Fédérale
Toulouse
Midi-Pyrénées

www.univ-toulouse.fr/exploreur



#EXPLOREUR

08. TRANSPORT

The city of Toulouse offers various types of public transport. Details and information are available at the Welcome Desk.

Bus, metro & tram



Toulouse public transport is managed by Tisséo.

Subscriptions can be loaded onto the Carte Pastel (ID and photo required) or the MUT student card at the Tisséo agency or the online store (Welcome Desk).

Times, routes, information and fares: www.tisseo.fr/ mobile app available.

Bikes



VéloToulouse, want to take up cycling?

€20/year - unlimited journeys

Your subscription is immediate on MUT student Pastel cards! www.velo.toulouse.fr

"Le Zinc" organisation on the UT3 campus offers second-hand bikes or helps you repair your bike.

"La Maison du Vélo" organisation offers student rates for bike rentals (anti-theft and maintenance included) per month (€8) or per year (€80), as well as a self-repair shop and lessons: www.maisonduvelotoulouse.com.

Carsharing

www.covoiturage.tisseo.fr

www.blablacar.fr

www.idvroom.com - daily carsharing



Information: www.toulouse.citiz.coop

Information and subscriptions: 116 grande rue Saint-Michel - 31400 Toulouse

Two fleets of vehicles (61 in all) 24/7 self-service accessible via a pass and a mobile app. The rate includes everything: fuel, assistance, insurance, parking, etc. It is based on duration and distance.

Citiz: Reserve beforehand by telephone, internet or the app. Space guaranteed upon return to one of the 23 stations, wide range of vehicles.



Yea: Spontaneous access with no booking thanks to geolocation, free drop-off in a broad area covering the centre of Toulouse, flexible return with no return time.



New TER (regional express train) offers

Undergoing modification at time of publishing

www.ter.sncf.com/midi-pyrenees/offres/bons-plans-etudiants/pack-illimite-jeunes



To travel in France:

Youth rail card (18 - 27 years old)

€50/year

At least 30% reduction guaranteed for all high-speed TGV and Intercité trains. Booking required.

For more info:

www.sncf.com/fr/tarifs-reduits/carte-jeune

TGV Max card

16 to 27 years old

€79/month: unlimited travel to all TGV and Intercité destinations. Booking required.

For more info: www.sncf.com/fr/offres-voyageurs/cartes-tarifs-grandes-lignes/tgvmax

Clubéo

Plus vous validez
plus vous gagnez !



Tisséo - DLR



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trajet et choisissez vos cadeaux
sur la boutique Clubéo !**

Inscription sur clubeo.tisseo.fr

09. INITIATIVES & ENTREPRENEURSHIP

Want to set up and develop your projects and improve student life on your campus and beyond? Yes... Well, how should you go about it? Where can you start? The key to success in your volunteer project: having good advice. The UFTMP publishes Yapluca, a practical guide for student organisations. It contains a wealth of information, advice, suggested methods and tools that may help you with daily management.

> welcomedesk.univ-toulouse.fr/yapluca

You can also contact the people in charge of student support in your establishment (see list below). Lastly, the City of Toulouse provides great help with the event organiser guide (available on the City Hall website in the "Services" then "Vie associative" sections).



FUNDING YOUR PROJECT

There are several funding sources to help you make a success of your student projects, whether organisational or individual:

> FSDIE (Solidarity fund for the development of student initiatives) from the universities (see contacts below).

> For other establishments, contact the Student Office (BDE).

> Culture - Crous action: the Crous helps you to become a cultural player in your university by providing financial support for your projects.

www.crous-toulouse.fr/cultureactions

Keep an eye out for the dossier submission dates and conditions for allocating subsidies, which vary from place to place.

WHERE TO FIND INFORMATION

Welcome Desk at the UFTMP:
Appointments and documentation
Contact: Zelda Lannes, +33 (0)5 61 14 80 22,
association@univ-toulouse.fr

UT1 Capitole: Communication department
Contact: Françoise Lattes,
francoise.lattes@ut-capitole.fr



UT3 Paul Sabatier:
Division de la Vie Étudiante (DVE)
Contact:
Simon Cnudde, +33 (0)5 61 55 60 83,
scnudde@adm.ups-tlse.fr
Audrey Petchy, +33 (0)5 61 55 72 83,
audrey.petchy@univ-tlse3.fr

UT2J: Student initiative
and organisation hub (PAIE)
Contact: Mehdi Boubaker, +33 (0)5 61 50 24 11,
paie@univ-tlse2.fr

Crous: Culture department
Contact: Emile Galbani, +33 (0)5 61 12 54 55,
culture@Crous-toulouse.fr

INP Toulouse: Student Support Centre
Contact: Françoise Silvestre
francoise.silvestre@ensiacet.fr

Champollion National University Institute:
Communication, Student Life and Cultural
Action department
Contact: Charline Marcos, +33 (0)5 63 48 19 70,
charline.marcos@univ-jfc.fr

More comprehensive lists of useful contacts online:

> Université Fédérale website (higher education institutions, public services, private structures):
welcomedesk.univ-toulouse.fr/contacts-asso

> Animafac association website (directory of student associations plus topic-based information sheets): www.animafac.net/annuaire

BECOME A STUDENT ENTREPRENEUR: ECRIN HUB

PEPITE ECRIN is a measure for promoting entrepreneurial culture in higher education, supported by the UFTMP: creation or takeover of companies, micro-enterprises, independent professions, social entrepreneurship or intrapreneurship.

Do you have a start-up idea (company or organisation, etc.)? PÉPITE ECRIN can help you via the national student-entrepreneur status and the associated university qualification. On the agenda: collective support in the form of workshops and conferences, free access to a coworking space and the possibility to replace the end-of-year work placement with a period working on your own project.

The PÉPITE ECRIN measure is for all students and people who have graduated within the previous three years: you can apply regardless of your course, specialisation and project sector. It organises and supports various awareness-raising and training events on entrepreneurship throughout the year.

Contact: www.univ-toulouse.fr/ecrin and ecrin@univ-toulouse.fr

10. SPORTING ACTIVITIES



Practising sport during the academic year is an excellent way to relax after a long day studying and an opportunity to meet lots of new people.

To enable you to play the sport you like, for fun or competitively, the establishments and city halls have set up various offers and reductions.

In the establishments:

The University PE and sport departments (SUAPS/DAPS) are in charge of teaching and organising sports training.

Each offers a wide range of sports at very reasonable prices, as well as the possibility to turn this practice into ECTS credits (EU PE).

> Universities: www.ut-capitole.fr/campus/sport/, www.univ-tlse2.fr/accueil/vie-des-campus/sport/, polesport.univ-tlse3.fr/

> Schools and institutes: Sports and Physical Activity Centre

City Halls:

The city hall sites are full of information on sport. In particular, you will find the contact details of clubs and organisations, the schedule for main events, times and city facilities (pools, etc.) as well as discounts or offers for young people and students.

Toulouse city hall example: www.toulouse.fr/web/sports

You can also find information from student support services and advice centres: Crous, Crij, departments and the region.

CURIEUSE

VISITE CURIEUSE

{ Découvrez autrement
les sites scientifiques
de Toulouse et sa région }



..... ASTRONOMIE
..... MINÉRALOGIE
..... ARCHÉOLOGIE
..... BOTANIQUE
..... MÉDECINE

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11. INTERNATIONAL

Come and study in France

EUROPEAN NATIONALS

Nationals from the European Economic Area (EEA) and Switzerland do not need a visa to come to France. A valid passport or ID is sufficient. Some administrations will ask you for a copy of your birth certificate.

NON-EU NATIONALS

For foreign nationals from outside the EEA, a visa is required. The request must be made to the French consulate or embassy in your country.

In France, foreign students with a student visa do not need to ask for a residence permit from the Prefecture.

The following must make an initial request for a residence permit from the Prefecture: students with a C (competitive exam) visa who have passed the competitive exam, "minor in education" D visa who have reached adulthood (18 years), "placement" D visa and "student" D visa if of Algerian nationality.

On their arrival, "Student" D visa students must, however, send the OFII (French Immigration and Integration Office) the French entry form (issued by the French consular authorities with the visa) correctly completed (the address is very important) and a photocopy of their passport, visa, entry stamp for France or the Schengen area to the following address:

Office Français de l'Immigration et de l'Intégration – Direction territoriale de Toulouse:
7, rue Arthur Rimbaud – CS 40310 – 31023 Toulouse cédex 2.

The OFII will then send an invitation so a stamp validating their visa can be added to their passport.

Information available at the Welcome Desk: **find all information and news on the website**
<https://welcomedesk.univ-toulouse.fr/>





Université
Fédérale
Toulouse
Midi-Pyrénées

HELPING YOU SETTLE IN: TOUL'BOX

To help you with everything related to your arrival and settling into Toulouse and its region, the UFTMP offers service packs to suit your situation and meet your needs.

For this, the Toul'Box measure supports your move from your old home to your new home, helping you to plan your stay as carefully as possible.

Imagine everything being ready when you arrive: accommodation booked, airport welcome service, bank account open, personal public transport card ready, etc.

Consult our various packs on our website www.toulbox.univ-toulouse.fr and select the one that best suits you.

Who is it for?

Students, teachers and researchers at one of the member establishments of the UFTMP.

HOW TO SIGN UP

You just have to create an account and place an order at www.toulbox.univtoulouse.fr

When you create your account, you will automatically have a personal space on the website where you can load the documents required for your order, which will be managed by a Toul'Box operator.

For more information, please contact: toulbox@univ-toulouse.fr

BUDDY SYSTEM

The Erasmus Student Network France organisation is based around students helping students. Its main mission is to welcome and integrate international students in their host city.

The Buddy System is a system whereby international and above all European students are helped by local students; it has an online platform and ESN organisations. Being a buddy to an international student provides a customised welcome, a special contact to support students in administrative processes, help them discover the town and place of study/work, or provide occasional personal support.

esn.toulouse.buddysystem.eu/ – fr-fr.facebook.com/esnaser.toulouse

Going abroad



Academic mobility, placement abroad, gap year, volunteering, etc. For students, there are many opportunities to go abroad during their time at university.

Find information from the European and International Relations department of your establishment to ascertain your eligibility for an experience abroad.

The Mouv'Box measure helps you with your departure.

Higher education establishments consider that each student should have the opportunity to experience life abroad. In addition to providing support, the UFTMP is focusing on encouraging students in this project with Mouv'Box.

Thanks to this measure, a Mouv'Box operator will support you in each phase of your project:

Information

Funding the move

Being supported during your stay abroad

Promoting your experience when you return

Who is it for?

All students registered in one of the member establishments of the UFTMP

Some examples of services:

- > Online information on the various types of mobility, countries and practical measures linked to moving abroad and the various types of funding.
- > Go to the Welcome Desk or online free of charge to review your plans and be guided through the process
- > Access to advantages from our healthcare, travel and banking partners
- > Support during the move and promoting the experience when you return
- > Paying service to help you seek funding (public, private, charity funding, etc. in France and abroad)

METHOD

You will find a lot of information on international mobility that can be accessed free of charge on the website for students **mouvbox.univ-toulouse.fr**

To go further and meet a mobility officer:

1/ Go to **www.mouvbox.univ-toulouse.fr**

2/ Use the appointment booking tool and select the Mouv'Box service

3/ Meet your mobility operator at the Welcome Desk

For more information, contact our Mouv'Box team:

mouvbox@univ-toulouse.fr



Information and useful contacts

Campus France is the French agency for the promotion of higher education, welcoming of students and international mobility

List of global grants on the France Campus site.

Grants:

- > for exchange programmes (Erasmus, CREPUQ, etc.), see the establishment international relations department
- > from ministries (higher education and research/foreign affairs)

www.campusfrance.org/fr

Foreign Affairs Ministry:

www.diplomatie.gouv.fr/fr/venir-en-france-22365



QUESTIONS?

Your establishment's international relations department is here to support you in your move. For any problems related to your visa or student residence permit, you can write to the student office of the prefecture at the following address:

etudiants@haute-garonne.pref.gouv.fr or **pref-scientifiques-etranagers@haute-garonne.gouv.fr** for Talent Passport visas.

LANGUAGE CLASSES

> **1 - The UFTMP** offers classes to learn or improve your French (FLE), English and other foreign languages (LVE).

This training is offered to undergraduates (on mobility), Master's students, PhD students, post-doc students, teachers and researchers in the UFTMP establishments.

> FLE and English classes: **www.toulbox.univ-toulouse.fr**

> For other foreign languages: **lve@univ-toulouse.fr**

> **www.univ-toulouse.fr/formation/perfectionnement-en-langues**

> **2 - In the establishments:**

CRLs (Language resource centres)

Multimedia spaces dedicated to languages, open to you throughout the year to help develop your language skills.

> **3 - Foreign cultural institutes and centres**

These centres offer language courses but are also cultural stakeholders in the cities, as they are associated with festivals, conferences, etc. to promote their language.

Amitié France Portugal organisation
www.aafp.cher-alice.fr

L'Italie à Toulouse organisation
www.litalieatoulouse.com

Dante-Alighieri centre
www.ladante.fr

France/Greece group
cercle.toulouse.free.fr

Goethe Institut
www.goethe.de/toulouse

Andorran study institute

> 4 - Alliance Française

www.alliance-toulouse.org

> 5 - Associations

www.iea.ad

ieact@andorra.ad

Instituto Cervantes

www.toulouse.cervantes.es

Tchin-Tchine organisation

Chinese lessons in Toulouse

www.tchin-tchine.com

La Maison de l'Europe

www.europe-toulouse.eu/

+33 (0)5 61 53 94 86



12. CONTACTS

All the addresses of the various contacts listed in the guide are provided in blue, listed in alphabetical order

>> UFTMP and Welcome Desk

41 Allées Jules Guesde
CS 61321 - 31013 TOULOUSE - CEDEX 6
www.univ-toulouse.fr

>> Midi-Pyrénées Regional Council

22 bd du Maréchal Juin
31406 Toulouse Cedex 9
+33 (0)5 61 33 50 50 - www.midipyrenees.fr

>> CRIJ (Youth regional information centre)

17 rue de Metz - 31000 Toulouse
+33 (0)5 61 21 20 20
crij-tlse@crij.org - www.crij.org

>> Crous (Regional centre for university and educational projects)

58 rue du Taur - 31070 Toulouse
+33 (0)806 800 131
www.crous-toulouse.fr

>> Rectorat

+33 (0)5 61 17 70 00 - www.actoulouse.fr
Administrative information - Tel. 3939

ADMINISTRATIVE PROCEDURES

>> Cite administrative

bd Armand Duportal
31074 Toulouse Cedex
+33 (0)5 67 73 64 79 - www.travail.gouv.fr

>> MAE (Student top-up health insurance)

55 rue Bayard - 31000 Toulouse
+33 (0)5 34 41 53 53 - www.mae.fr

>> Albi city hall

16 rue de l'Hôtel de Ville - 81023 Albi Cedex 9 -
+33 (0)5 63 49 10 10
www.mairie-albi.fr

>> Auch city hall

Hôtel de Ville - Pl. de la Libération
BP 321 - 32007 Auch Cedex
+33 (0)5 62 64 12 11 - www.mairie-auch.fr

>> Castres city hall

BP 10406 - 81108 Castres Cedex
+33 (0)5 63 71 58 58 - www.ville-castres.fr

>> Figeac city hall

BP 205 - rue de Colomb - 46100 Figeac
+33 (0)5 65 50 05 40 - www.ville-figeac.fr

>> Montauban city hall

9 rue de l'Hotel de Ville - 82000 Montauban
+33 (0)5 63 22 12 00 - www.montauban.com

>> Tarbes city hall

1 pl. Jean Jaurès - 65000 Tarbes
+33 (0)5 62 44 38 38 - www.tarbes.fr

>> Toulouse city hall

Pl. du Capitole, 31000 Toulouse
+33 (0)5 61 22 29 22

>> Toulouse registry office

8 rue du Colonel Pélissier
+33 (0)5 61 22 30 26 / 27
www.mairie-toulouse.fr

>> Rodez city hall

Pl. Eugène Raynaldy - 12000 Rodez
+33 (0)5 65 77 88 00 - www.mairie-rodez.fr

>> Council tax and TV licence

www.impots.gouv

ACCOMMODATION

>> ADIL 31 (local agency for information on accommodation)

4 rue Furgole - 31000 Toulouse
+33 (0)5 61 22 46 22 - www.adil31.org

>> CAF (Welfare and Benefits Office)

+33 (0)5 61 99 77 00 - www.caf.fr
General information:
+33 (0)8 20 25 31 10

UFTMP

Welcome-Accommodation Mission

+33 (0)5 61 14 58 48
logement@univ-toulouse.fr

>> Résidence Abitel

1 rue Tastavin - 31100 Toulouse
+33 (0)5 61 44 05 70

>> Résidence de Jolimont

2 av. Yves Brunaud 31500 Toulouse
+33 (0)5 34 30 42 80

>> Crous housing service

+33 (0)806 800 131
www.crous-toulouse.fr

TRANSPORT

>> Toulouse-Blagnac airport

Tel. 3654 or +33 (0)8 25 38 00 00
www.toulouse.aerport.fr

>> Bus station

68 bd Pierre Semard - 31000 Toulouse
+33 (0)5 61 61 67 67 (regional coaches)

>> SNCF train station (Matabiau)

64 bd Pierre Sémard - 31500 Toulouse
+33 (0)5 61 10 10 00 - www.sncf.fr

>> Tisséo-SMTC (bus-metro)

9 rue Michel Labrousse
31081 Toulouse Cedex 1
+33 (0)5 61 41 70 70 - www.tisseo.fr

EMPLOYMENT

>> Afev Toulouse

25 rue Magendie - 31400 Toulouse
+33 (0)5 34 31 94 00
www.toulouse.afev.org

>> DDTEFP (Local Labour, Employment and Vocational Training Division)

>> Job centre

www.pole-emploi.fr - +33 (0)8 11 55 01 31

TOULOUSE EMBASSIES AND CONSULATES

www.mfe.org/annuaires/annuaires.htm
+33 (0)5 34 41 34 81

>> **Belgium:** 3, rue Mage
+33 (0)5 61 52 67 93

>> **Brazil:** 26 rue St Antoine du T
+33 (0)5 62 30 44 59

>> **Canada:** 10 rue Jules de Rességuier
+33 (0)5 61 52 19 06

>> **Denmark:** 41 rue Alsace Lorraine
+33 (0)5 34 44 98 37

>> **Spain:** 16 rue St Anne
+33 (0)5 34 31 96 60
www.exteriores.gob.es/consulados/Toulouse

>> **US:** 25 allées Jean Jaurès
+33 (0)5 34 41 36 50
www.french.toulouse.usconsulate.gov

>> **Finland:** 3 rue Maxime Jouret
+33 (0)5 61 80 80 91

>> **Germany:** 24 rue de Metz
+33 (0)5 61 52 35 56

>> **UK:** English Enterprises
20 chemin de Laporte
+33 (0)5 61 15 02 02

>> **Italy:** 19bis rue Riquet
+33 (0)5 34 66 89 90
www.constolosa.esteri.it

>> **Mexico:** 34 rue d'Aubuisson
+33 (0)5 34 41 74 40

>> **Morocco:** 57 avenue Jean Rieux
+33 (0)5 62 47 10 47
www.consulat.ma/fr/consulat.dfm

>> **Netherlands:** 32 rue Alsace Lorraine
+33 (0)5 61 13 64 94

>> **Poland:** 9 rue Cancé
+33 (0)6 24 68 75 07

>> **Portugal:** 33 avenue Camille Pujol /
+33 (0)5 61 80 43 45

HEALTHCARE

>> CPAM

(National social security fund)
3 bvd Léopold Escande - 31093
Toulouse cedex 9

>> Toulouse healthcare centre

+33 (0)5 61 14 75 75

>> LMDE (Student health insurance and top-up health insurance)

97 rue Riquet - 31007 Toulouse
+33 (0)969 369 601 (cost of a local call)
www.lmde.com

>> SOS Médecins: +33 (0)5 61 33 00 00

>> Vaccination centre: +33 (0)5 61 22 23 46

17 pl. de la Daurade, Toulouse

>> Overnight pharmacy:

+33 (0)5 61 62 38 05
76 allées Jean Jaurès, Toulouse

>> Red Cross Listening service:

+33 (0)8 00 85 88 58

>> Drugs/alcohol/smoking info service:

+33 (0)8 00 23 13 13

>> AIDS info service:

+33 (0)8 00 84 08 00

>> VITTAVI (Student health insurance)

7 rue des Lois - 31000 Toulouse
+33 (0)825 825 715 - www.vittavi.fr

>> Occitanie region "Pass Mutuelle":

www.laregion.fr/PassMutuelleEtudiant

INTERNATIONAL

>> Campus France

www.campusfrance.org/fr

>> Maison de l'Europe

32 rue de la Dalbade - 31000 Toulouse
+33 (0)5 61 53 94 86
europetoulouse@wanadoo.fr

>> OFII

(Immigration office)
7 rue Arthur Rimbaud - CS 40310
31203 Toulouse cedex 2
+33 (0)5 34 41 72 20
toulouse@ofii.fr - www.ofii.fr

>> Prefecture Administrative services (residence permits, etc.):

1 rue St. Anne - 31000 Toulouse
Welcome service for foreign students:
+33 (0)5 34 45 34 64

GUIDANCE

>> CIO du Sup - Welcome Desk

41, allées Jules Guesde - 31000 Toulouse
saio-ciosup@ac-toulouse.fr
<http://www.ac-toulouse.fr>

>> DEFLE French studies department

Université Toulouse 2 - Jean Jaurès
5 allées Antonio Machado - 31058 Toulouse
+33 (0)5 61 50 45 10
+33 (0)5 61 50 42 38
defle@univ-tlse2.fr
www.w3.defle.univ-tlse2.fr/accueil.php
Summer courses: etedefle@univ-tlse2.fr

>> ONISEP

58 allées Jean Jaurès - 31000 Toulouse
+33 (0)5 61 17 82 10 - www.onisep.fr

CHARITY ORGANISATIONS

>> Animafac

info@animafac.net - www.animafac.net

>> Toulouse volunteering centre

95 gd. rue Saint-Michel - 31400 Toulouse
+33 (0)5 61 25 94 90
ctv31@aliceadsl.fr

>> Culture mission

and student initiatives
+33 (0)5 61 14 80 22
culture@univtoulouse.fr

USEFUL NUMBERS EMERGENCY NUMBERS

>> European emergency call: 112

>> Police emergency: 17

>> Firefighters (fire, accident or health issue): 18

>> Ambulance (SAMU): 15 or +33 (0)5 34 39 33 33

OTHER

**>> AVF Toulouse
(Welcome service for French cities)**

43 pl. des Carmes - 31000 Toulouse
+33 (0)5 61 55 39 81

>> Tourist office

Donjon du Capitole - 31000 Toulouse
+33 (0)5 61 11 02 22
www.ot-toulouse.fr - infos@ot-toulouse.fr

>> EDF-GDF energy subscription

+33 (0)8 10 13 10 00
www.edf.fr - www.gazdefrance.fr
Gas repairs: +33 (0)8 01 13 14 33

>> Electrical repairs

+33 (0)8 10 13 13 33

>> Toulouse water board

+33 (0)5 61 34 77 77

>> City cyber-café

Internet access at the CRIJ

>> Toulouse Lost and Found

+33 (0)5 62 27 63 00

>> Lost bank cards

+33 (0)8 92 70 57 05

>> Telephone directory

www.pagesjaunes.fr



Université
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**UNIVERSITÉ FÉDÉRALE
TOULOUSE MIDI-PYRÉNÉES**

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www.univ-toulouse.fr



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