



TOULOUSE
FOR...

YOUNG internationals



Aimer Vivre à Toulouse

MAIRIE DE  TOULOUSE



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Toulouse is a dynamic European metropolis that attracts nearly 15,000 international students every year, along with many young foreign workers.

To make your arrival easier and help you settle into our city with peace of mind, the Conseil des Jeunes Toulousains has produced this new “Toulouse for young internationals” digital guide which contains all the information you’ll need for a hassle-free day-to-day experience.

This guide aims to ensure that everyone feels at home in the pink city, and can make the most of everything Toulouse has to offer.

Welcome to Toulouse!

Jean-Luc MOUDENC

Mayor of Toulouse

Chairman of Toulouse Métropole

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Picto student:
Facilities exclusively reserved for students.



This pictogram indicates Toulouse City Council establishments and facilities.

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FINDING SUPPORT

ORGANIZATIONS AND PROCEDURES



HOW TO ENROL IN A
HIGHER EDUCATION
ESTABLISHMENT

COMING TO WORK IN
FRANCE

THE MAIN
ORGANIZATIONS
YOU NEED TO KNOW
ABOUT

CHECKLIST: COMING
FROM ABROAD TO
STUDY OR WORK IN
TOULOUSE



> HOW TO ENROL IN A HIGHER EDUCATION ESTABLISHMENT?

GOOD TO KNOW

The procedure varies depending on:

- your nationality,
- your country of residence,
- your secondary school leaving certificate,
- the level of study you wish to enrol for.

The Campus France website will help you with all the formalities.

Don't hesitate to create an account.

• REGISTERING IF YOU COME FROM A COUNTRY OUTSIDE THE EUROPEAN UNION COVERED BY THE "ÉTUDES EN FRANCE" PROCEDURE

The "Études en France" online platform allows you to manage all the administrative procedures, from enrolment in a higher education establishment in France to visa applications.

On this platform, you can:

- Submit your applications,
- Contact the Campus France department for your country,
- Contact the higher education establishments you would like to register with.

For more information, visit the Etudes en France platform:

pastel.diplomatie.gouv.fr

• REGISTERING IF YOU COME FROM A EUROPEAN UNION COUNTRY

You will follow the same procedures as a French student. The following are considered "European" students, students with nationality from:

- one of the member countries of the European Union,
- one of the countries in the European Economic Area (EU + Norway, Iceland, Liechtenstein),
- Switzerland, Monaco or Andorra.

For further information:

www.campusfrance.org



- **REGISTERING IF YOU'RE NOT EUROPEAN AND YOU'RE NOT FROM A COUNTRY COVERED BY "ÉTUDES EN FRANCE"**

If you are a non-European and do not reside in a country covered by the "Études en France" procedure, and you wish to enter the 1st year of a course in France, you must apply for Prior Request for Admission (known

as Demande d'admission préalable or DAP in French). To do this, you must submit your application to the cooperation and cultural action department of the French embassy in your country of residence.

For further information:

www.campusfrance.org

- **REGISTERING IF YOU LIVE IN EUROPE BUT YOU ARE NOT EUROPEAN**

Students who are resident in Europe but who are not European citizens must submit an Application for Prior Request for Admission

(DAP) to apply for the first year of a degree course or contact the institution directly to register for another level of study.

For further information:

www.campusfrance.org



➤ COMING TO WORK IN FRANCE

GOOD TO KNOW

- **Learning French** : Although some jobs may not require a high level of French, improving your language skills can make your job search and your experience in France much easier.
- **Some sectors are recruiting** : Certain sectors such as entertainment and tourism, the hotel and catering industry and agricultural work often recruit seasonal workers, including international students.
- If you're looking **for work** : [👉 p30](#) Use specialised online platforms, company websites and professional networks to find job offers tailored to students.

• KNOWING YOUR RIGHTS AS A WORKER IN FRANCE

Minimum wage:

Find out more about the [SMIC](#) (Salaire minimum interprofessionnel de croissance) or minimum wage to make sure you are paid fairly.

Social protection and healthcare:

As a European student, you can benefit from student social security ([👉 p23](#)) for your healthcare in France. The European Health Insurance Card is also important.

• WORKING IN FRANCE IF YOU COME FROM A EUROPEAN UNION COUNTRY

There are various stages and important considerations if you come to work in France from another European country.

Checklist of documents to be prepared

- CV and covering letter: Adapt your CV and covering letter to French standards. It can be useful to have them revised by a native speaker or a professional (a native speaker of French).
- Employment contract: Understand the different forms of employment contract in France (fixed-term (CDD), open-ended (CDI), etc.) and the associated working conditions.



• WORKING IN FRANCE IF YOU COME FROM A COUNTRY OUTSIDE THE EUROPEAN UNION

There are certain visa and work requirements to consider if you come to work in France as a non-European.

Check your visa status:

- **Student visa and right to work:**

If you are an international student ([👉 p.32](#)) from outside the European Economic Area (EEA), your student visa generally allows you to work up to 964 hours a year in France, i.e. around 20 hours a week during the school year, subject to the specific rules linked to your visa.

- **Residence permit:**

If you wish to work in France, you will need a residence permit stating that you are entitled to work. Check with the prefecture or campus France for your country.

Checklist of documents to be prepared

- CV and covering letter: Prepare a CV and covering letter that reflect French expectations. Writing support services may be available at your university.
- Legal documents: Prepare a copy of your residence permit, your student visa and any other necessary documents proving your right to work in France.

• USEFUL RESOURCES AND LINKS

[France Travail International](#) 🇫🇷 Offers services and job offers for those looking to work in France.

[CIDJ](#) 🇫🇷 and [Eurodesk](#) 🇫🇷 Provide information on work opportunities, internships and volunteering in France and Europe.

[EURES network](#) 🇫🇷 European platform for job mobility, offering job vacancies throughout Europe.

[Campus France](#) 🇫🇷 National organisation providing information on studying and working for international students in France.



GOOD TO KNOW

If you need personalised assistance or would like to discuss your plans to come and work in France, don't hesitate to contact your university's careers guidance and employment services or an Info Jeunes adviser. They will be able to offer you appropriate support and provide you with valuable information on the steps to take.

> THE MAIN ORGANIZATIONS YOU NEED TO KNOW ABOUT

• TRAVELLING TO TOULOUSE

TOUL'BOX

To make it easier for international students and researchers to arrive and settle in Toulouse and the surrounding region, the Université de Toulouse offers a range of personalised services tailored to each situation and need: the Toul'Box scheme. Thanks to its team, Toul'Box can assist you in your home country until you settle in in Toulouse, helping you plan your stay as well as possible: finding and booking accommodation, airport reception service, opening a bank account, etc.

toulbox.univ-toulouse.fr

CAMPUS FRANCE

Campus France was created in 2010 and is a national agency responsible for promoting French higher education abroad, managing French and foreign government grants and welcoming international students. It also provides an Internet platform called "Études en France" to help foreign students register.

www.campusfrance.org

Resource document:

ressources.campusfrance.org

FINDING SUPPORT



JCETT ASSOCIATION

Journée culturelle et économique de la Tunisie à Toulouse: a cultural association that helps and supports international students wishing to study or work in France. The association also organises events with a focus on Tunisian culture.

At the start of the new academic year, the association organises welcome meetings to help students with administrative formalities.

 [/jcettoulouse](https://www.instagram.com/jcettoulouse)

 [/JCETT](https://www.facebook.com/JCETT)

jcett.toulouse@gmail.com

• WHEN YOU ARE IN TOULOUSE

GOOD TO KNOW

Les Saisons étudiantes: these are highlights throughout the university year when cultural and festive events are organised to create links between students, establishments and campuses. It's also a great opportunity for newcomers to Toulouse to discover or rediscover the area through a varied, multidisciplinary programme.

welcomedesk.univ-toulouse.fr

L'ACCUEIL - WELCOME DESK

This is a dedicated space to help you with all the formalities and support you as you settle in and integrate into the area overseen by the Toulouse Education Board.

Housing, health, residence rights, transport and mobility, art and culture on campus, student initiatives... At the Accueil - Welcome Desk, a multilingual team is on hand to answer your questions, give you advice and help you through the process, whatever your situation or request, all year round.

You can find partners such as the CAF, the prefecture, the Crous, the education board, the CPAM and the SIMPSS on site.

welcomedesk.univ-toulouse.fr

Find them at:

41 allées Jules-Guesde, Allée Matilda,
31000 Toulouse
Monday to Friday 9am-12.30pm / 1.30pm-5pm
(until 6pm in September)

welcomedesk@univ-toulouse.fr



FINDING SUPPORT

INTER-UNIVERSITY SERVICE FOR PREVENTIVE MEDICINE AND HEALTH PROMOTION (SIMPPS)

The medical and social service dedicated to students at the Université de Toulouse is available to answer your questions, meet your expectations and provide you with support regarding health or student life.

A team of healthcare professionals is on hand to welcome you Monday to Friday from 8.30am to 5pm (on site or by telephone).

welcomedesk.univ-toulouse.fr

CROUS

A service to support students in their daily lives during their higher education studies. The Crous mission is to improve living and studying conditions: grants, accommodation, catering, social assistance, campus life, student jobs, etc.

www.crous-toulouse.fr

ERASMUS STUDENT NETWORK

Student association for welcoming and integrating new international students.

An association that promotes international mobility among young people. Are you a student looking to meet other international students? This association is for you!

You can find the association at the Accueil - Welcome Desk at the Université de Toulouse at the start of the new academic year.

 [/esntoulouse](https://www.instagram.com/esntoulouse)

www.helloasso.com

Student mentoring:

buddysystem.eu/fr

FINDING SUPPORT



INFO JEUNES OCCITANIE (RESOURCE AND INFORMATION CENTRE FOR YOUNG PEOPLE - CRIJ)

The Info Jeunes team is on hand to provide you with information, advice and support in your day-to-day life, through one-to-one guidance sessions or group events on topics such as career guidance, careers, housing, social rights and international mobility.

www.crij.org

Find them at:

17 rue de Metz, 31000 Toulouse

Info Jeunes also offers:

- a peer-to-peer scheme: invaluable advice on how to move forward with your project or help another young person benefit from your experience.
- IJ Tchatche: a fun place for young French people and young internationals to talk and practise languages in a cross-cultural setting

MAIRIE DE TOULOUSE / TOULOUSE TOWN HALL

On the Toulouse City Council website, you can find details of all the practical information and benefits you are entitled to when you live in Toulouse, from education and employment to mobility and getting involved locally.

metropole.toulouse.fr

TOURIST OFFICE

Would you like to explore your new city in an original way? Visit the tourist office or the website (information, guided tours..)

www.toulouse-tourisme.com

Find them at:

Donjon du Capitole,
Square Charles de Gaulle, 31000 Toulouse



➤ "CHECKLIST" FOR PEOPLE FROM ABROAD COMING TO STUDY OR WORK IN TOULOUSE

• TRAVELLING TO FRANCE

CHECKLIST - FOR INTERNATIONAL STUDENTS FROM OUTSIDE EUROPE

- Enrolment in a higher education establishment in France, www.service-public.fr
- Apply for a student visa (application to be submitted 3 to 6 months before the start of the academic year).

CHECKLIST - FOR YOUNG EUROPEANS WHO WANT TO WORK IN FRANCE

- Have the right residence permit for your situation. Find all the information you need about your situation on the website: service-public.fr

CHECKLIST - FOR NON-EUROPEANS WHO WANT TO WORK FOR MORE THAN 1 YEAR IN FRANCE

- If you have a permanent contract, obtain an employee residence permit
 - If you are on a fixed-term contract, obtain a temporary worker residence permit
- You can check your eligibility and the documents you need to provide on the website: service-public.fr

• ONCE YOU'RE IN FRANCE

- Find accommodation, [📖 p. 15](#)
 - Register for social security (a certificate of enrolment in an educational establishment is required for students from outside Europe), [📖 p. 22](#)
 - Apply to the CAF for housing benefit, [📖 p. 20](#)
 - Open a bank account, [📖 p. 16](#)
 - Buy a public transport season ticket, [📖 p. 28](#)
- For more information on your rights, visit the Boussole des jeunes website: www.crij.org

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ACCOMMODATION



FINDING ACCOMMODATION

| FINDING A GUARANTOR

| HOUSING BENEFIT



GOOD TO KNOW

- It is essential to have accommodation as it gives you a postal address, which you will be asked to provide for most of the formalities involved in coming to France, particularly when applying for social security, setting up a bank account, or renewing your residence permit.
- It is compulsory to have a French bank account in order to receive housing benefit, for example.
- Start looking at least 3 months before your arrival. Note that social landlords have lengthy procedures that may require you to take action even earlier. It's worth noting that it's difficult to find accommodation at the start of the university year, as there is a lot of demand for the same type of accommodation at the same time.
- A landlord may ask you for a security deposit (also known as a "caution") equivalent to two months' rent for furnished accommodation and one month's rent for unfurnished accommodation. This sum serves as a guarantee for the landlord in the event of unpaid rent or damage to the property when you leave.
- As soon as the lease has been signed, you can start applying for health insurance, housing benefit from the CAF and compulsory home insurance.

GOOD TO KNOW

La Boussole des jeunes is a digital service that puts young people and professionals in touch with each other, enabling you to find out about the services and initiatives you can apply for in the area, particularly in terms of housing.

boussole.jeunes.gouv.fr

To help you put together your rental file, go to

Dossier.Facile.gouv.fr



> FINDING ACCOMMODATION

GOOD TO KNOW

Don't hesitate to find out about the local network by taking part in events, networking groups and social networks. They can help you find advice on finding accommodation.

• GUIDES TO HELP YOU IN YOUR SEARCH

CRIJ GUIDE: HOW CAN I FIND ACCOMMODATION?



www.crij.org

WELCOME DESK GUIDE: STUDENT ACCOMMODATION, THE KEYS TO AN EFFECTIVE SEARCH



welcomedesk.univ-toulouse.fr



• WEBSITES TO HELP YOU IN YOUR SEARCH

GOOD TO KNOW

Beware of scams when looking for accommodation: don't pay anything before you've visited a property.

GOOD TO KNOW

To help you in your search for accommodation, visit the Label

Habitat Etudiant website: habitat-etudiant.fr

This label is designed to guarantee the quality of the student residences it covers.

LOKAVIZ CROUS PLATFORM

Student accommodation - University halls of residence - Student rooms : lokaviz.fr

LE BON COIN

Leboncoin, free classified ads website: leboncoin.fr

SE LOGER

Property classified ads: seloger.com

BIEN'ICI

Property advertisements for new and existing properties: bienici.com

• PUBLIC RESIDENCES

GOOD TO KNOW

The Crous offers student accommodation based on eligibility criteria. If your school has an agreement with the Crous, you may be entitled to this if you are a Masters student and don't receive a grant, but please contact your school for more information.

CROUS ACCOMMODATION

[Se loger - Crous Toulouse-Occitanie](https://seloger-crous-toulouse-occitanie.fr)

RESIDENCE LE FIDÉLIO

toulouse-metropole-habitat.fr

PROMOLOGIS

www.promologis.fr



• PRIVATE STUDENT RESIDENCES

GOOD TO KNOW

Some young workers' residences also accommodate students.

ADÈLE

www.adele.org

SITE STUDENTLY

www.studently.fr

LES B'ELLES ANNÉES WEBSITE

Furnished accommodation in a student residence in Toulouse

lesbellesannees.com

NEXITY STUDEA

www.nexity-studea.com

• TO FIND A FLAT-SHARE

LA CARTE DES COLOCS

www.lacartedescolocs.com

WHOOMIES

Download the application to access the service

APPARTAGER

www.appartager.com

CAMPUS ET TOITS

www.campus-et-toits.fr

COLOCATERE

www.colocaterere.com

• SOCIAL LANDLORDS

To apply for social housing, visit

www.demandelogement31.fr

• ESTATE AGENCIES

Consult several estate agents and compare offers.



> FINDING A GUARANTOR

GOOD TO KNOW

- People wishing to rent accommodation are often asked to have a guarantor. A guarantor is a person who undertakes to pay your rent and service charges on your behalf if you are unable to do so. The guarantor may be an individual who is taxable in France (friend, relative, third party) or a legal entity (company, association).
- It should be noted that foreign individuals are almost never accepted as guarantors.

VISALE

www.actionlogement.fr

GARANTME

garantme.fr

CAUTIONEO

www.cautioneo.com

> HOUSING BENEFIT

GOOD TO KNOW

Eligibility conditions may vary from one grant to another. For more information, please contact local organisations, social services or migrant aid associations.

• HOUSING BENEFIT FROM THE CAF

Go to the website caf.fr and create an account to apply for Personalised Housing Benefit / Aides Personnalisées au Logement (APL)

ACCOMMODATION



CHECKLIST OF DOCUMENTS YOU WILL NEED TO PROVIDE

- A bank details form (RIB). You must have a French or European Union bank account,
- A housing contract,
- Proof of identity (national identity card or passport) and a birth certificate translated into French by a sworn translator,
- If you are a student and a citizen of the European Union: proof of enrolment from your school or university,
- If you are a citizen of the European Union: your European Health Insurance Card (p. 23)
- If you are not a citizen of the European Union: your valid residence permit (for students, this must cover at least the whole academic year),
- If you have a visa: visa validation.

• OTHER FINANCIAL SUPPORT

IMPORTANT

For the Instal'toit and Loca Pass schemes, a loan is binding on you and must be repaid.

INSTAL'TOIT FINANCIAL SUPPORT SCHEME ❄️

Interest-free loan of up to €500 repayable over 2 years to help you move in
A loan is binding on you and must be repaid.

metropole.toulouse.fr

LOCA-PASS SCHEME

Free assistance in the form of a zero-interest loan to finance all or part of your security deposit.

www.actionlogement.fr

HOUSING SOLIDARITY FUND (FSL) ❄️

The aim of this fund is to help households in difficulty to access and remain in decent housing, adapted to their level of resources and the composition of the family in question. The FSL schemes (financial aid and social support) are open to students who apply to a CROUS social worker or to the Maison des Solidarités of the departmental council to which they belong, provided they meet the criteria set out in the FSL's Internal Regulations.

Tel: +33 (0)5 36 25 26 36

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HEALTH AND WELL-BEING



HOW TO REGISTER FOR
HEALTH INSURANCE

PHYSICAL HEALTH:
INFRASTRUCTURES AND
PRACTITIONERS

PSYCHOLOGICAL AND
MENTAL HEALTH



GOOD TO KNOW

The difference between mutual insurance and health insurance: health insurance (social security) is compulsory for all European citizens who do not have a European Health Insurance Card

or for anyone from outside the European Union, it partially reimburses your health expenses. Mutual or health insurance is optional and covers the remaining costs you incur by paying an insurance contribution each month.

- You can register with the French National Health Insurance (Sécurité Sociale) on the Ameli.fr website

IMPORTANT: Remember to update your personal details so that you can benefit from optimum follow-up of your healthcare procedures

- If you work, you are obliged to join your employer's health insurance scheme (unless your contract is short-term). So there's no need to take out a second one.

➤ HOW TO REGISTER FOR HEALTH INSURANCE

• FOR A EUROPEAN CITIZEN HOLDING A EUROPEAN HEALTH INSURANCE CARD

- It is not compulsory to register with the health insurance scheme;
- Apply for your European Health Insurance Card (EHIC) from the social security organisation in your home country;
- In the event of illness, simply present your EHIC, and you'll only have to pay the co-payment:
www.ameli.fr

For more information on the cost of care:

www.cleiss.fr

If you do not have a European Health Insurance Card, please refer to the next point to register on the health insurance website.



• FOR ALL INTERNATIONAL STUDENTS AS WELL AS FRENCH NATIONALS RESIDING IN NEW CALEDONIA, WALLIS AND FUTUNA, SAINT-PIERRE AND MIQUELON

- Register on the Assurance Maladie website etudiant-etranger.ameli.fr

To help you, you can click on the [link in this video](#)

CHECKLIST OF DOCUMENTS YOU WILL NEED TO PROVIDE

- National identity card or passport
- Residence permit
- Certificate of school enrolment for the current year
- Proof of parental authorisation (if student under 16)
- A RIB (Relevé d'Identité Bancaire) or bank account details, you must have a French bank account
- Civil status document needed to create your identification number (full copy of birth certificate translated into French or birth certificate with filiation or family record booklet or marriage certificate)
- If you have any problems, call 36 46 or contact the Accueil - Welcome Desk. [👉](#)

• FOR YOUNG INTERNATIONALS COMING TO FRANCE FOR WORK

It is up to your employer to take the necessary steps with the Assurance Maladie. For more information [click here](#)

• ONCE YOU HAVE YOUR SOCIAL SECURITY NUMBER

- Download your provisional certificate from your personal space on: [👉](#)
- Find and declare a general practitioner for smoother reimbursement of your care-related costs thanks to your certificate [👉](#)
- You can join a complementary health insurance scheme (mutuelle) to top up your reimbursements and reduce costs,
- You can open your Ameli account [👉](#)
- On your Ameli account, you can order your carte vitale (which you need to update once a year at the pharmacy).



> PHYSICAL HEALTH: FACILITIES AND PRACTITIONERS

- FIND A HEALTHCARE PROFESSIONAL

DOCTOLIB

www.doctolib.fr

MAIIA

www.maiia.com

KELDOC

www.keldoc.com

SIMPPS 

welcomedesk.univ-toulouse.fr

- GET VACCINATED

VACCINATION CENTRES

metropole.toulouse.fr

- SEXUAL HEALTH

FAMILY PLANNING

www.planning-familial.org

SEXUAL HEALTH CENTRE

www.haute-garonne.fr

FREE INFORMATION, SCREENING AND DIAGNOSIS CENTRE (CEGIDD)

www.chu-toulouse.fr



> PSYCHOLOGICAL AND MENTAL HEALTH

ACTION SURICATE

 [*action.suricate*](https://www.instagram.com/action.suricate)

NIGHTLINE AND ITS LINE IN ENGLISH

www.nightline.fr/toulouse

ENGLISH-SPEAKING PSYCHOLOGIST IN TOULOUSE

www.psychologytoday.com

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GETTING AROUND



PUBLIC TRANSPORT

GETTING AROUND BY
BIKE

CARPPOOLING

TRAVELLING



GOOD TO KNOW

The [EcoMode application](#) supports and rewards everyday low-carbon travel in the Toulouse conurbation. This allows you to enter a journey and see all the possible options available (cycling, carpooling, walking, public transport, etc.)

> PUBLIC TRANSPORT

• TISSÉO

Get around Toulouse using the Tisséo metro, tram and bus network. Head to the Tisséo Jean-Jaurès outlet to create your Pastel travel card.

Are you under 25 ? Find out all about reduced fares at [Jeunes-Tisseo](#) or visit [tisseo.fr](#)

GOOD TO KNOW

If you are a student, you are entitled to a special reduced fare.

> GETTING AROUND BY BIKE

• LA MAISON DU VÉLO

Offers rentals by the day, month or year : [maisonduvelotoulouse](#)

• VÉLÔTOULOUSE

To get around Toulouse by bike, visit : [velotoulouse.fr](#)

> CARPOOLING

➤ [Blablacar Daily](#)

➤ [Karos](#)

➤ [Mobicoop](#)

> TRAVELLING

• AIR TRAVEL

➤ Toulouse-Blagnac Airport : [www.toulouse.aeroport.fr](#)

GETTING AROUND



• TRAIN

SNCF : www.sncf-connect.com

GOOD TO KNOW

TER/TGV/Ouigo tickets are not the same! Be sure to check the train number and timetable before boarding a train, as your ticket must correspond to your train and its timetable.

EN OUIGO (LOW-COST COMMERCIAL RAIL SERVICE)

OUIGO, the cheap TGV www.ouigo.com

EN TER (REGIONAL EXPRESS TRAIN)

Trains that run locally, linking towns in the same region.

- Subscriptions for under 26s
www.ter.sncf.com
- Subscriptions for over 26s
www.ter.sncf.com
- SNCF + = 0 offer: preferential rates
www.ter.sncf.com
- Travel at €1 and other low prices
www.ter.sncf.com

EN TGV (HIGH-SPEED TRAIN)

Trains that connect France's major cities.

- Subscriptions for under 28s
[cliquez ici](#)
- Subscriptions for over 28s
[cliquez ici](#)
- MAX JEUNE subscription :
www.sncf-connect.com

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EMPLOYMENT



COMING TO WORK IN
TOULOUSE

WORKING ALONGSIDE
YOUR STUDIES

LOOKING FOR AN
INTERNSHIP OR
A WORK/STUDY
PLACEMENT



> FINDING A JOB

• SUPPORT ORGANIZATIONS

INFO JEUNES

Find out about various events and actions: "Rencontre Ton Pro" (meet your professional) to talk to professionals about various sectors of activity and possible career paths, jobdating to find a job, CV, covering letter and self-confidence workshops to enhance your career path, mobility forums to study and work abroad, workshops on new digital tools...

www.crij.org

FRANCE TRAVAIL

Assists jobseekers of all ages.

www.francetravail.fr

MISSION LOCALE

Welcomes, informs, guides and supports young people aged 16 to 25 in their search for employment.

www.mltoulouse.org

CROUS

CV and covering letter workshops

www.crous-toulouse.fr

• FINDING A JOB

TOULOUSE METROPOLE EMPLOYMENT PLATFORM

emploi.toulouse-metropole.fr

JOBVIZ

www.jobaviz.fr

INFO JEUNES PLATFORM

www.crij.org



> WORKING ALONGSIDE YOUR STUDIES

GOOD TO KNOW

- All students have the right to work while studying in France. French law allows foreign students to work 964 hours a year, which equates to 60% of the legal working time (50% for Algerian students whose status remains defined by the Franco-Algerian agreement of 27 December 1968).
- Algerian students must obtain prior authorisation to work from the Ministry of the Interior: administration-etrangers-en-france.interieur.gouv.fr up to a maximum of 850 hours' work per year.

> LOOKING FOR AN INTERNSHIP OR A WORK/STUDY PLACEMENT

GOOD TO KNOW

- Foreign students from outside the EU must, except under certain conditions (validated by the OPCO), have already spent one year studying in France. A work permit (visa, residence permit, etc.) is required for apprenticeship and professional training contracts.
- Work permits are not required for internships.

In addition to the structures and facilities listed above, you can visit the website: 1jeune1solution.gouv.fr

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GETTING INVOLVED





➤ DOING CIVIC SERVICE IN FRANCE

GOOD TO KNOW

• Civic service  is a voluntary commitment to a mission of general interest, lasting from 6 to 12 months. Aimed at young people aged 16 to 25, a civic service mission must fall within at least one of the following ten areas, which are recognised as priorities for the nation: solidarity, health, education for all, culture and leisure, sport, the environment, remembrance and citizenship, international development and humanitarian action, emergency crisis intervention and European citizenship.

• To be eligible for civic service, you must have a valid residence permit.

Visit the government website service-public.fr for information on:

- the rights and benefits to which you are entitled as part of a civic service,
- doing more than job,
- civic service in general.

To apply online for a civic service, go to:

www.service-public.fr

• YOUNG NON-EUROPEANS IN FRANCE FOR LESS THAN 1 YEAR, YOU MUST BE IN POSSESSION OF ONE OF THE FOLLOWING RESIDENCE PERMITS

- Temporary residence permit with student status
- General multi-annual residence permit
- Multiannual residence permit for beneficiaries of subsidiary protection or family members of beneficiaries of subsidiary protection
- Automatic residence permit for foreign nationals recognised as refugees
- Receipt of recognition of international protection issued by Ofpra or by the CNDA.



GOOD TO KNOW

Please note that having a civic service contract does not extend the period of validity of your residence permit.

Special case for students in a gap year who are authorised to carry out civic service. A gap year validated by an institution can allow you to renew your residence permit.

GOOD TO KNOW

What is subsidiary protection? A form of protection granted to foreigners who do not meet the criteria for refugee status in France but who can prove the contextual risks they face in their country of origin.

• FOR YOUNG NON-EUROPEANS LIVING IN FRANCE FOR MORE THAN A YEAR, YOU MUST HOLD ONE OF THE FOLLOWING RESIDENCE PERMITS:

- Temporary residence permit marked “vie privée et familiale”
- Residence permit marked “passeport talent”
- Residence permit marked “passeport talent famille”
- Residence permit marked “statut d’apatride ou la mention membre de la famille d’un bénéficiaire du statut d’apatride” (beneficiary of stateless status or family member of a beneficiary of stateless status)
- Residence permit marked “résident de longue durée-UE”
- Residence permit.

• FOR EUROPEAN CITIZENS

- You can do civic service if you are a member of the European Economic Area (EEA), the European Union or Switzerland.



• ORGANIZATIONS FOR DOING CIVIC SERVICE

GOOD TO KNOW

You can visit the service-civique.gouv.fr to find out about civic service opportunities available in France.

You can also turn to your higher education institution, which offers civic service missions.

TOULOUSE CITY COUNCIL AND TOULOUSE METROPOLE

metropole.toulouse.fr

UNIS-CITE

uniscite.fr

AFEV

rejoins.afev.org

> GETTING INVOLVED

GOOD TO KNOW

If you come from a country where French nationals are on assignment as part of an exchange agreement, you can sign up even if you've been in France for less than a year.

• STUDENT ASSOCIATIONS

INTERNATIONAL STUDENT ASSOCIATIONS

Almost all universities have a student association to welcome international students (help with settling in, organising visits, evening events, etc.). Whichever institution you're attending, we can mention ESN, EIMA (UT2J), Club BEE (INSA),

Association des Étudiants Vietnamiens de Toulouse (AEVTL), Association des Stagiaires et Étudiants Sénégalais de Toulouse (ASEST31)...

GETTING INVOLVED



AT YOUR SCHOOL OR UNIVERSITY

Another way to meet lots of new people in a short space of time is to volunteer for a student association. They cover a wide range of themes (culture, science, solidarity, etc.). Contact your school's student life department for more information.

LA TURBINE

La Turbine Université de Toulouse is a third-party student centre dedicated to student involvement, located in the heart of Toulouse. It's a place to work, meet and get involved in student life, to plan events, exchange ideas and work on your community, voluntary, civic or artistic projects.

La Turbine's programme is open to everyone, students and non-students alike. To find out more, visit La Turbine's Instagram account ([@laturbine](#))

Address : 17 rue Sainte-Catherine, Toulouse.

Opening hours : du jeudi au lundi de 13h à 20h.

• CIVIC ENGAGEMENT

THE JEPARTICIPE PLATFORM

jeparticipe.metropole.toulouse.fr

CENTRE TOULOUSAIN DU BÉNÉVOLAT - CENTRE FOR VOLUNTEERING

benevolat31.org

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SPORT AND CULTURE



PUBLIC AND PRIVATE
SPORTS FACILITIES

TOULOUSE, A CITY RICH IN
HISTORY AND OPEN TO THE ARTS

ORGANIZATIONS
OFFERING BOTH



➤ PUBLIC AND PRIVATE SPORTS FACILITIES

SWIMMING POOLS ❄️

metropole.toulouse.fr

ICE SKATING RINKS ❄️

metropole.toulouse.fr

LEISURE CENTRES ❄️

metropole.toulouse.fr

TENNIS COURTS ❄️

metropole.toulouse.fr

GOOD TO KNOW

See the interactive map of Toulouse City Council's sports facilities:

carto.toulouse.fr

There are preferential rates for under-25s for access to swimming pools and ice rinks.

GOOD TO KNOW

Go to Info Jeunes Occitanie at 16 rue de Metz to take advantage of discounted ski passes in the Pyrenees in winter, and sports holidays with their UCPA relay.



> TOULOUSE, A CITY RICH IN HISTORY AND OPEN TO THE ARTS

MUSEUMS

metropole.toulouse.fr

MONUMENTS

metropole.toulouse.fr

LIBRARIES

metropole.toulouse.fr

CONCERT HALLS

metropole.toulouse.fr

CINEMAS

metropole.toulouse.fr

THEATRES

metropole.toulouse.fr

GOOD TO KNOW

The Nuit des étudiants du monde/International Students' Night is an event organised in October to welcome new students.

Find out about events organised for students throughout the year through the Saisons étudiantes

welcomedesk.univ-toulouse.fr



> ORGANIZATIONS OFFERING BOTH

CULTURAL CENTRES

Neighbourhood cultural centres provide a local and social link, welcoming young people to concerts and shows, as well as workshops and courses in visual arts, dance, music and theatre.

They also offer physical and sports activities for everyone.

metropole.toulouse.fr

YOUTH AND CULTURAL CENTRES AND POPULAR EDUCATION ASSOCIATIONS

A network of popular education associations extends the artistic, sports and well-being activities available to young people. They also organize Performances and exhibitions throughout the year.

fmjc-occitanie.net

UNIVERSITY, HOUSING, TRANSPORT, HEALTH, SPORT, CULTURE...

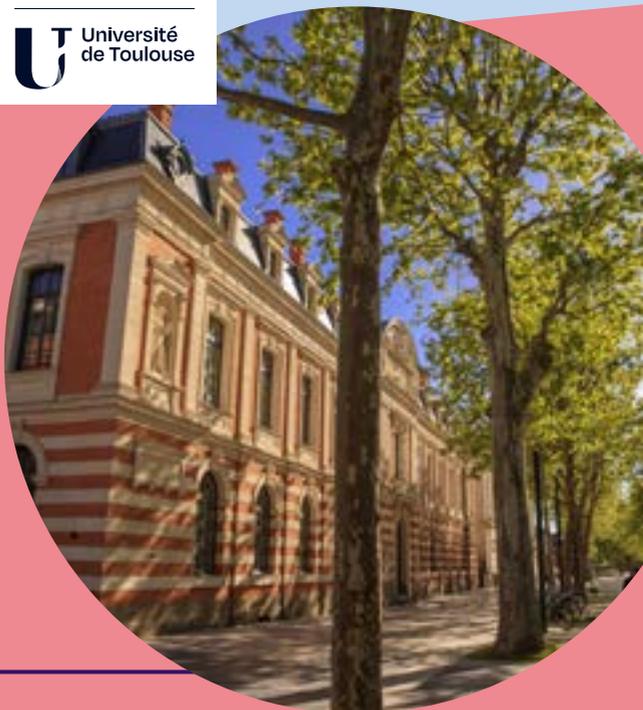
Don't forget, whatever you
need to settle in Toulouse,
go to the



ALL THE NECESSARY FORMALITIES IN THE SAME PLACE, IN ONE GO

At the welcome desk, you'll find
advice, information and contacts
with a wide range of organisations
such as the Caf, Crous, the
prefecture, Crij, student associations,
etc.

Everything you need to succeed in the
pink city...



Université fédérale Toulouse Mdi-Pyrénées

41 allées Jules-Guesdes
31000 Toulouse

Our partners' opening hours

sur welcomedesk.univ-toulouse.fr

Opening hours

Monday to Friday 9am-12.30pm / 1.30pm-5pm
(until 6pm in September)



Aimer Vivre à Toulouse

MAIRIE DE  TOULOUSE