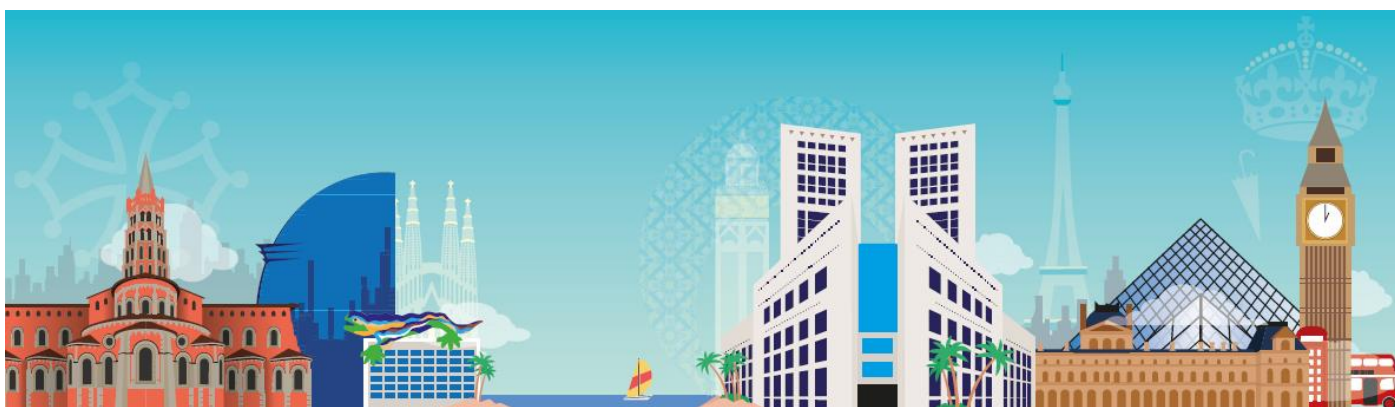


INTERNATIONAL STUDENT SURVIVAL GUIDE

2018-2019

Toulouse



Welcome to Toulouse Business School
.....welcome to Toulouse !

¡ Bienvenidos a Toulouse Business School !
¡.....bienvenidos a Toulouse !

欢迎来到图卢兹高商
.....图卢兹欢迎你！

Bienvenue à Toulouse Business School !
.....bienvenue à Toulouse!

international.studentservices@tbs-education.fr

Toulouse - Barcelona - Casablanca - Paris - London

3 INTERNATIONAL ACCREDITATIONS



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TBS FACTS & FIGURES

Toulouse Business School is one of France's leading management schools, a proud member of the French Conference des Grandes Ecoles and amongst the prestigious 1% of business schools worldwide holding the triple crown of international accreditations: AACSB, AMBA and EQUIS.

With 5 campuses located in the heart of dynamic cities – Toulouse, Paris, Barcelona, London and Casablanca – and over 190 partnerships with top academic institutions and many multinational



corporations worldwide, TBS offers a broad selection of undergraduate and graduate degree programs.

Founded in 1903

5,700 students, 25% international

80 nationalities on campus

105 professors, 50% international

100 visiting professors

1100 lecturers from professional sectors

37,000 alumni with 52 chapters worldwide

5 research labs

More than 200 partner universities, with 22 international double degree options

TBS LEADERSHIP



Francois BONVALET

Director General & Dean of Toulouse Business School

Olivier GUYOTTOT
Director of Pre-experience Programs
& Master of Management Program



Patricia BOURNET

Director, Bachelor in Management Program

Annabel-Mauve BONNEFAUS
Director, Master of Science
& Mastères Spécialisés Programs





Christophe BENAROYA
Director, Aerospace MBA



Jacques DIGOUT
Director, Executive MBA



Stephanie LAVIGNE
Dean of Faculty



Florence RAMILLON
Director of International Relations & Development

STUDENT SUPPORT



International Student Services



Jessica MACKENZIE GRANDHOMME

Head of International Projects & International Student Services



Yulia DIMBERNAT

Assistant, International Student Services

TBS's International Student Services (ISS) team offers full support and assistance to all international students for any **practical and student life related issues**:

- French administrative processes
- Orientation & integration
- Housing
- French Student Visa & immigration
- Health
- Finance
- Counselling
- Language classes
- Any other non-academic queries...

ISS is situated in the SEBASTOPOL building on TBS's downtown Toulouse campus:

3rd floor, Sebastopol Building, 1 place Alphonse Jourdain, 31000 Toulouse

ISS is also present for at least one day a week on the **Entiøre campus** – Bachelor students will always be informed in advance.

OPENING HOURS (Lascrosses)

Monday – Friday

9.00am – 12.00pm

Drop-in service

(no appointment needed)

2.00pm – 5.30pm

Appointment only

International Student Services

international.studentservices@tbs-education.fr

Tel: +33 (0)5 61 29 47 05 or +33 (0)5 61 29 48 59

Academic Teams

Bachelor & Master in Management (PGE) Exchange Programs



Marie-Helene HEIT

Head of International Mobility,
Bachelor & Master in Management Programs

m.heit@tbs-education.fr



Cecile DUMONT-CAPDEVILLE
International Mobility Coordinator,
Master in Management Program
c.dumont-capdeville@tbs-education.fr



Nathalie BERTHE-SAMSON

International Mobility Coordinator
Bachelor in Management Program

n.berthe-samson@tbs-education.fr

Bachelor & Master in Management (PGE) Full-Time Program



Bachelor Front Office (general queries, attestations etc.)
Front.office-bachelor@tbs-education.fr

Audrey CENES

Head of Studies, Bachelor Program
a.cenes@tbs-education.fr

Alzbeta COUSSEAU-PALVU
Bachelor Program Assistant
a.cousseau-pavlu@tbs-education.fr



Jean-Francois SALIES

Head of Studies
Master in Management / Programme Grande Ecole
jf.salies@tbs-education.fr

Marc SASSI
Program Coordinator
Master in Management / Programme Grande Ecole
m.sassi@tbs-education.fr



Master/PGE Front Office (general queries, attestations, etc.)
i.pinto@tbs-education.fr or i.autuly-collinet@tbs-education.fr

Master of Science Programs



Richard MANAVIT
Head of Studies
Master of Science programs
r.manavit@tbs-education.fr

For all general academic queries concerning
Master of Science programs
please use the following email and your query will be transferred
to the relevant team:
masteres@tbs-education.fr

Aerospace MBA Program



Marie BAUDOUIN
Program Coordinator
Aerospace MBA
m.baudoin@tbs-education.fr



Tricia BOBY
Program Assistant
Aerospace MBA
t.boby@tbs-education.fr

Welcome Teams

Working alongside International Student Services and the program teams, Bachelor and Master programs each have a WELCOME TEAM made up of dedicated volunteer students, who will assist you with your arrival and integration.

These students have each had an international experience so they know what is like to arrive in a different country – the positives as well as the challenges!

New students will be contacted by their Welcome Team before their arrival at TBS.



Bachelor in Management Welcome Team: welcometeachbach@tbs-education.org

Master in Management Welcome Team: welcome-team@tbs-education.org

Master of Science students will have assistance from their Student Club as well as the Master in Management Welcome Team.



PRACTICAL & ADMINISTRATIVE ISSUES



Pre-Arrival Checklist

WHAT	WHEN	CHECK
Reserve accommodation (see page 19)	3 months before your arrival	
Contact Campus France or the local French Embassy to obtaining a student visa if necessary (see page 17)	2-3 months before your arrival	
Have your birth certificate legalized/apostilled and translated into French (for Social Security and CAF allocations)	1 month	
If necessary, ask for international driving license		
Contact the student residence/landlord to book your arrival appointment		
If necessary in advance, buy housing insurance (see page 19 for our Accommodation Guide)		
If necessary, open electricity account (see page 20)	2-4 weeks	
If needed, contact the Welcome Team for arrival details (see page 11)		
If needed, book an appointment with a bank to open a French bank account on your arrival (see page 22)		

For more useful information: <https://www.campusfrance.org/en/organise-arrival-France>

What To Pack

PAPERWORK

Passport/ID papers

Visa (for non-EU citizens)

Birth certificate - legalized/apostilled and translated into French

European Health Insurance Card (EU citizens)

Cash for first two weeks in France, whilst the French bank account is being opened

International driving license (for students wishing to rent a car)

CLOTHING & LINEN

Students usually wear casual clothes to classes, with dresses and suits worn for more formal occasions and professional networking events

Warm clothing for the winter months (down to 0°C), and cool clothing for the summer months (up to 35°C)

Bed linen and towels should be brought unless this is provided by your accommodation choice; these items can also easily be bought on your arrival

ELECTRICAL APPLIANCES / ADAPTERS

In France, the standard voltage is 230V and the frequency is 50Hz

There are two plug types in France: plugs which have two round pins and plugs which have two round pins & a hole for the socket's earthing pin: www.power-plugs-sockets.com/france

Arriving in Toulouse

Please keep INTERNATIONAL STUDENT SERVICES and the WELCOME TEAM updated with your arrival plans, and arrange a pick-up service* if needed.

Arriving by Plane

The local airport is Aeroport Toulouse-Blagnac: www.toulouse.aeroport.fr

There are 3 transport options to get from the airport to Toulouse city centre

Shuttle Bus (“Navette”)

Every 20 minutes

20-30 minutes to central Toulouse

Compans Caffarelli stop is next to TBS’s downtown campus

8€ one way

Tram

Every 10 minutes

40 minutes to central Toulouse

2€

Taxi

30-50€

Arriving by Train/Bus

The local train station is Toulouse Matabiau SNCF.

Situated in the centre of Toulouse (20 minutes’ walk from the downtown TBS campus).

Toulouse’s main bus station is situated next door to the train station.

The closest metro station is “Matabiau-SNCF” (Line A).

*TOUL’BOX

The University of Toulouse’s “Accueil/Welcome Desk” offers TOUL’BOX packages to students arriving in Toulouse. These packages have different prices depending on the options chosen and include accommodation, bank account opening, airport pick-up and more. Most of these services are already provided to TBS international students by the International Student Services team, but students can of course pay for TOUL’BOX packages if they would like extra help, especially regarding airport pick-up: <https://toulbox.univ-toulouse.fr/en/>



Post-Arrival Checklist

WHAT	WHEN	CHECK
(If you miss any part of Orientation Day)... Contact International Student Services: • To get your Welcome Pack • To get information about your stay in France/Toulouse • Non-EU citizens: documents for OFII visa validation • To book appointment to open a French bank account	On your arrival	
Pay Student Contribution Tax/CVEC (not for exchange students): https://www.messervices.etudiant.gouv.fr/envole/	Within your first 2 days on campus	
Finalize your academic registration in order to receive your student card	Within your first week	
Register with French social security/health insurance: www.etudiant-etranger.ameli.fr		
Buy “Third Party Liability” insurance, mandatory for internships (this is usually provided with your French bank account)	Within your first month	
If eligible, apply for CAF housing allocations: www.caf.fr		

Visa & Immigration

Do I need a visa to study in France?

If you are not a European citizen, you will need to apply for a French student visa by contacting the **French embassy** or **Campus France** in your home country as soon as your admission to TBS is confirmed.



www.campusfrance.org

What kind of student visas exist?

Short-term study visa – usually given to exchange students who will be in France for less than 4 months. This visa is a fixed-date, non-renewable visa.

Long-term study visa – usually given to double-degree or full-time students who will be in France for at least one academic year. This visa needs to be validated by the immigration services (OFII) when the student arrives in France. This visa is renewable and allows the student to work for a fixed number of hours over the study period.

International Student Services can assist with all processes once the student has arrived: validation with OFII, renewal etc.

Can I stay in France after my studies to look for work?

Non-EU students who have completed (or will soon complete) a master level program (Master in Management, MSc programs and Aerospace MBA) can request an **APS Master Visa*** ("Autorisation Provisoire de Sejour"). This visa allows students to remain in France for up to one year to look for employment.

** This only applies to programs certified by the the Conference des Grandes Ecoles (Master in Management, MSc programs, Aerospace MBA).*

How can I renew or prolong my visa, or ask for an APS Master visa?

International Student Services assists students in all visa processes: **visa validation** once you have arrived in France, **annual visa renewals** and/or application for an **APS Master visa**, working directly with the relevant immigration services.



Orientation & Integration

Orientation for new international students takes place at the very beginning of the academic year/semester. This gives you the chance to learn about TBS, Toulouse, the programs, the academic & support teams, to take care of administrative matters (visa, housing, banks, etc.) and to meet fellow students.

New students are introduced not only to the School and its programs, but also to life and studies in a new country – offering students a warm, informative and welcoming environment to help you adjust to your new home.

Upcoming Orientation Dates

- **Bachelor and Master in Management students:** Monday 3rd and Tuesday 4th September 2019
- **Master of Science students:** Monday 1st October 2018
- **Aerospace MBA students:** *To be confirmed*

Integration, social and cultural events are organized for international students throughout their time at TBS by their program, the Welcome Teams, the Student Clubs Association and International Student Services.

All incoming students are contacted before their arrival with all the necessary information for their arrival, and any queries can be sent to International Student Services:

international.studentservices@tbs-education.fr



Housing

TBS's International Student Services works alongside a selection of chosen partner residences and agencies in Toulouse to assure the best service and the best rates for international students. We highly recommend that students choose accommodation through our partner residences or agencies – we work alongside our chosen teams to assure the best services, rates and contracts for our international students, and can act as mediator should students need it.

Download the **TBS Accommodation Guide** here:

<http://www.tbs-education.fr/en/student-life-international/student-accommodation>



Tips & Advice

- **Reserve only in TBS partner residences and agencies**
- Inform the residence/agency that you are a TBS student
- Double check reservation dates (residences can charge to reserve a room in advance)
- Do not sign a contract with any non-partner residences or landlords without reading it carefully and fully – do not sign any contract you do not understand
- Do not send money to any non-partner residence or landlord without receiving a legitimate contract and proof that the accommodation exists
- All residences charge an administration fee – this is normal and should be factored into your budget
- In France, anyone who is registered at a French address on 1st January of any year is requested to pay **Housing Tax** for that fiscal year (approximately 400€) – some residences and landlords include this in the monthly rent
- AirBnB rental does not provide a legal rental contract so it is strongly advised to not rent through AirBnB unless the landlord can provide a legal contract

For a list of recommended **hotels** for short-term stays, please contact International Student Services.

Housing Allocations (CAF)

International students may be eligible for housing benefits from **Caisse d'Allocations Familiales (CAF)** depending on their status and duration of their stay:

- You are a European citizen or hold a long-term VLS-TS visa needing validation by OFII
- You will be residing in France for at least 3 months

All applications must be done on-line (<http://www.caf.fr/>) within the first 3 months of the student's arrival.

Guides in English, Spanish and Chinese are available from International Student Services, and student residences can assist with the applications.



You must remember to inform CAF of your departure before leaving otherwise you risk having to reimburse your allocations from abroad!

Electricity in your Accommodation

All students need to open an electricity account for their accommodation*. There are several electricity providers, the most common in France being **Electricité de France (EDF)**.

Students can open an EDF account either online:
(<https://particulier.edf.fr/en/home/energy-at-home/moving-into-a-new-house.html>)

or by calling the English speaking service: +33 (0)9 69 36 63 83

**Some agencies, residences and landlords provide this service; please check in advance.*



Communication

International Telephone Connections

To phone abroad from France: 00 + country code + telephone number without the first 0

To phone France from abroad: 00 33 + without the first 0

Example: For the number 0561294949, dial 0033561294949

SiM Cards

There are many companies offering good student rates for SiM cards and long-term telephone contracts.

If you wish to buy a SIM card for several months without a contract and to have an English speaking service, we recommend LE BARA: <https://mobile.lebara.com/fr/en>

Internet/WIFI in Accommodation

Most residences and landlords provide internet/WIFI access.

If you are renting a private apartment that does not have internet access several operators exist: Orange, Free, SFR Bouygues etc. Prices start at 25€ a month. Be careful to check the minimum duration of the contract before you sign.

Student deals are always available - your Welcome Team will advise you about the best options on your arrival.



Banking & Money Matters

The currency used in France is the EURO €.

Most banks and ATM machines accept international credit cards, but you may have to pay bank charges.

Opening a French Bank Account

International students are required to open a French bank account in order to finalize accommodation contracts, register for health insurance and to have any kind of contract (public transport, telephone, gym, etc.).

- If you are a long-term student (in France for at least 6 months) and wish to open your bank account before your arrival in France: **AXA International** is a dedicated English speaking agency that can take care of your banking needs on-line and in advance of your arrival. Contact: Paulette BOOTH, agence.international@axa.fr.
Remember to state that you will be a TBS student.
- If you are a short-term or long-term student and you wish to open a bank account once you have arrived in Toulouse: TBS partner banks will be present at Orientation or you can make an appointment with one of our partner banks directly



BNP PARIBAS

35 Boulevard Lascrosses
31000 Toulouse



35 rue des Lois
31000 Toulouse



**SOCIÉTÉ
GÉNÉRALE**

3 bis Boulevard Lascrosses
31000 Toulouse
**Only for students who will be in
France for a minimum of
6 months**

To open a bank account, students will need to submit copies of:

- Passport/ID
- TBS Certificate
- Accommodation contract
- Your tax reference (or that of your parents)

Money Transfers

AXA International works in partnership with CURRENCIES DIRECT, offering an English-speaking service for all money transfer needs:

<http://www.axa-in-france.fr/en/currencies-direct> or
france@currenciesdirect.com



**Currencies
Direct**

Student Contribution Tax & Health Insurance

From 1st September 2018, new reforms will be put in place for French student social security and health insurance.

Full-time Students (non-exchange)

- **Step 1:** Pay 90€ **Student Contribution Tax** (*Contribution Vie Etudiante de Campus – CVEC*) <https://www.messervices.etudiant.gouv.fr/envole/> and download attestation
- **Step 2:** Finalize registration at TBS and obtain student card
- **Step 3:** Register with French **social security/health insurance**: www.etudiant-etranger.ameli.fr (from September 2018 this does not involve any additional payment)
- **Step 4:** Buy “Third Party Liability” insurance (often included with House Insurance)



Exchange students

- Exchange students are exempt from the CVEC contribution and can go straight to Step 2 as above
- Registering with French social security/health insurance is not an obligation for EU citizens, but will mean that your reimbursements will be quicker, so it is advised.

Guides to help international students through the CVEC and social security/health insurance registration are available from *International Student Services* in **English and Chinese**.

Doctors & Healthcare Contacts in Toulouse



Students can contact doctors and healthcare professionals to make appointments directly, or can ask International Student Services to make an appointment on their behalf.

A simple check-up appointment costs approximately 25€ which will be partially or fully reimbursed depending on the student's healthcare cover.

Emergency Rooms

Purpan Hospital: allée Jean Dausset, 31300 – Tel. 05 61 77 22 23

Rangueil Hospital: 1 avenue du Pr Jean Poulhes, 31000 – Tel. 05 61 77 22 33

Doctors

Dr. Beatrice BELLAMY – General Practitioner – Speaks English and Spanish

Tel. 05 61 53 37 43 / Address: 49 Grande Rue Saint-Michel, 31400

Dr. Alain BERNIOLLES – General Practitioner – Speaks English

Tel. 05 61 62 48 86 / Address: 15 bis Rue de la Concorde, 31000

Dr. Patricia LANCO SAINT GUILY – General Practitioner & Gynecologist – Speaks English, German and Spanish

Tel. 05 34 43 03 00 / Address: 31 Rue Raymond IV, 31000

SOS Medecins: This is a service providing on-call doctors who can make house calls when you are too sick to go to the doctor but it is not a serious emergency. Students must ask for a claim form from the doctor to be reimbursed.

Tel. 05 61 33 00 00

Specialists

Nurses: Sabine FIEVET and Catherine GLEIZES / Speaks English

Tel. 05 61 23 58 02 / Address: 35 place des Tiercerettes, 31000

Physiotherapist: Thomas ILLANESS / Speaks English

Tel. 06 15 98 67 10 / Address: 7 Rue Saint Jerome, 31000

Dentist: Dr. Caroline DUMLOLIÉ / Speaks English

Tel. 05 61 21 31 62 / Address: 57 boulevard Lascrosses, 31000

Psychologist & Counselling: Nicolas DE SCHRYVER / Speaks English

Tel. 06 09 97 77 37 / TBS student psychologist, available to meet with students in a confidential environment

Night Pharmacy: 76 allees Jean Jaures, 31000 / Tel. 05 61 62 38 05

Student Employment

International students' right to work in France will depend on nationality and/or visa type, and confirmation of your right to work can be requested from Campus France.



Student Jobs

Part-time student jobs are available in Toulouse, from bar work to babysitting, for students who speak at least a minimum of French. Announcements are put up on campus announcement boards, and it is recommended that students distribute their CVs in person to local bars and restaurants.

TBS EasyJob is a service providing information about local part-time jobs and the Welcome Team can assist new students in registering as a job seeker.

Student jobs for non-French speakers: although more choice is available to students who speak French, there is a demand for English/Spanish/Chinese students to help international families based in Toulouse and Paris, who wish to have their children looked after by native speakers to improve their language skills. Students interested in this kind of work should contact International Student Services for more information.

Full-time work in France after your studies: It is highly recommended that students gain at least an intermediate level in French if they wish to succeed in finding full-time work in France after completion of their program. Job announcements for international positions in France can be found through specific company websites, LinkedIn and other job portals. The French national employment agency is called POLE EMPLOI: www.pole-emploi.fr
TBS's Career Starter team assist all students in their career development plan.
See page 16 for information about post-study work visas for international students.

Emergency Numbers

Each student will be given a **STUDENT SAFETY & SECURITY GUIDE** on their arrival. This guide gives important information about what to do and who to contact in an emergency, as well as advice on how to stay safe and secure as an international student in Toulouse.

SAMU (ambulance) / 医疗急救车 / Ambulancia 15
European Emergency Hotline / 欧盟紧急热线 / Numero de emergencia europeo 112
Police / 警察 / Policía 17
Fire Service / 消防 / Servicio de Bomberos 18
SOS Medecins (on-call doctor if unable to travel to hospital) / 上门紧急医疗-在无行动能力前往医院就医情况下拨打 / Médico de guardia si no puede desplazarse al hospital 05 61 33 00 00
Purpan Hospital Emergency Room / Purpan 医院急诊 / Urgencias del Hospital Purpan: Allée Jean Dausset, 05 61 77 22 33
Rangueil Hospital Emergency Room / Rangueil 医院急诊 / Urgencias del Hospital Rangueil: 1 Avenue du Pr Jean Poulhes, 05 61 77 22 33
Central Toulouse Police Station / 图卢兹警察总局 / Comisaría Central de Toulouse 23 boulevard de l'Embouchure, 05 61 12 77 77
TBS main phone line / TBS 联系电话 / Numero de teléfono principal de TBS +33 (0)5 61 29 49 49
TBS International Student Services / TBS 国际学生服务处 / Servicio para Estudiantes Internacionales +33 (0)5 61 29 47 05 / +33 (0)5 61 29 48 59

GET TO KNOW YOUR NEW HOME



France

The best way to discover your new home away from home is to **make friends, explore, take part** and **enjoy!**



Culture

France is one of the most culturally rich countries in the world, and students living in France benefit from many discounts in theatres, museums, galleries, concerts, cinemas and cultural events in all cities.

Politics

The political system in France consists of an executive branch, a legislative branch, and a judicial branch. Executive power is exercised by the President of the Republic, and the Government. The Government consists of the Prime Minister and elected ministers. The Prime Minister is appointed by the President, and is responsible to Parliament. France was a founding member of the European Coal and Steel Community, later the European Union. As such, France has transferred part of its sovereignty to European institutions, and the French government therefore follows European regulations.

Current Affairs

The daily news is given at 8.00pm each weekday on the two main French television channels – **TF1** and **France 2**. It is good idea to keep up to date with French news and this can also help you improve your French!

Religion

France is a **secular** country where freedom of thought and religion is preserved, and matters of church and state are separate. Most people prefer to keep their religious beliefs private. Students wishing to join a church, temple, mosque or any other religious institution are welcome to ask International Student Services for assistance.

National Holidays

The main national holidays in France include:

- 1st January – New Year
- 1st May – Labour Day
- 8th May – Anniversary of the end of World War II, 1945
- 14th July – National Day
- 11th November – Armistice 1918
- 25th December – Christmas Day

There are an additional 5 national holidays in France, which depend on the annual calendar of the current year.

Cultural Adjustment

Moving to a new country can be exciting and challenging at the same time and most students experience a period of adjustment and adaptation, also known as ‘culture shock’. It is not easy to leave your home, family and friends and adapt quickly to a new culture, environment and language. Be open-minded, take your time and enjoy every minute of this experience. New students will take part in an Integration Workshop on arrival at TBS.

Should you feel you need any help, International Student Services is here to help you.

Toulouse is a dynamic business, cultural and educational centre in the south-west of France. Along with its fast-developing business centre, and the hub of the aerospace sector, Toulouse has been named the European City of Science 2018 (ESOF 2017).

Toulouse is regularly voted one of the most popular student cities in France (“L’Etudiant 2017) and the city provides a plethora of services and events for students to enjoy.

Known as “La Ville Rose” (The Pink City), the city has a thriving artistic and cultural heritage with cultural and musical events organized year-round – the perfect environment for a happy and dynamic student life in a vibrant, cosmopolitan city.



Toulouse Public Transport – Tisseo



Toulouse offers several types of public transport: **buses**, **metro** (subway) and **tram**.

Most lines run from 5.00am until midnight, with late metro, bus and trams on Friday and Saturday nights.

For information about all metro, bus and tram lines: <https://www.tisseo.fr/en>

Students can have daily use of public transport at a discounted price with a **PASTEL** top-up card. To apply for a Pastel card, students must fill out a form (available on-line: <https://www.tisseo.fr/les-tarifs/e-agence/demande-carte-pastel>) and/or give in the following documents at any Tisseo agency (Jean-Jaures and Arenes metro stations are the best):

- A copy of your ID or Passport
- Proof of address
- Passport sized photo
- 10€

Student discounts are available if you are under 26 years old.

More information will be provided by Tisseo at **Orientation** and is available from International Student Services.

Bikes

VeloToulouse is a self-service bike rental system with bike docking stations situated all over the centre of the city, open 24 hours a day. Access to bikes is possible for one-time use (1.20€), for a week (5€), for one month (10€ for students) or for the year at a very reasonable price (20€ with unlimited journeys for students).

WARNING: For payments using an international credit card, a deposit of 150€ will be taken from the card, which will be refunded one month after the bike has been returned to a docking station. Find out more: www.velo.toulouse.fr



Maison du Velo is an association which offers discounted student rates for bike rentals (anti-theft locks and maintenance included) for one month (8€) or one year (80€), and provides courses and a self-repair workshop from friendly and helpful staff.

Find out more: www.maisonduverlotoulouse.com

Taxis

There are various official taxi firms in Toulouse, but the main one is

CAPITOLE TAXI: 05.34.25.02.50 www.capitole-taxi.com.

It is highly recommended to only use official taxi companies, and to confirm the price of your journey before getting into the taxi.



Cost of Living in Toulouse



Average monthly living costs for a student in Toulouse: **1000€**

Parlez Vous Francais?

It is highly recommended that non-French speaking students take extra classes in addition to those offered as part of their program, in order to integrate well into life in France and to increase employability prospects.

University of Toulouse / Toul'Box – French classes for TBS students

TBS students can apply to join classes organised by the University of Toulouse at a discounted price of 50€ for 25 hours. Classes take place 2 evenings per week, over 12 weeks and usually start at the beginning of a semester (as soon as there is a minimum of 10 students registered at the same level).

Students will be able to register for these classes at Orientation Day, or can register directly: <https://toulbox.univ-toulouse.fr/packages/afficher/25/?tab=Toulouse>

Private Language Schools

Should students wish to pay for private classes, International Student Services recommend the following language schools:

- Alliance Francaise:

www.alliance-toulouse.org

- Institute Catholique de Toulouse (IULCF) :

www.iulcf.com

- Langue Onze Toulouse :

www.langueonze.com

Translators

Recommended general translation companies:

- Alphonatrad:

www.alphonatrad.fr / toulouse@alphatrad.com

- ABC Transword :

toulouse@transword.fr / www.transword.fr

You can find the list of translators for **official translations** '*traducteur assermenté*' (accepted by the French administration) through this website:

<http://www.directory-sworn-translator.com/>



Useful Words and Phrases to Know

Hello	Bonjour
Goodbye	Au revoir
Please	S'il vous plait
Thank you	Merci
Do you speak English?	Parlez-vous anglais?
Please can you help me?	Pouvez-vous m'aider s'il vous plait?
My name is....	Je m'appelle....
Excuse me	Excusez-moi
How are you? (Formal)	Comment allez-vous?
How are you ? (Informal)	Ça va ?
How much does it cost ?	Combien ça coute?
Yes	Oui
No	Non
I would like...	Je voudrais...
OK	D'accord
I don't understand	Je ne comprends pas
Do you have....?	Avez-vous...?
I am vegetarian	Je suis végétarien
I am allergic	Je suis allergique
Where are the toilets?	Ou sont les toilettes?
It's not a problem	Ce n'est pas grave
I don't know	Je ne sais pas
I love TBS!	J'aime TBS!

Toulouse Social & Cultural Life

Toulouse is one of the most popular cities for students in France, with many bars, restaurants, concert halls, clubs, venues and events catering for the large student population. The centre of Toulouse is very easy to walk around and the main areas for students to socialize are **Place Saint Pierre**, **rue Gabriel Peri** and **Place des Carmes**.

Cinemas

The main cinemas are around Place Wilson and information can be found here: www.allocine.fr
Discounted prices are given by showing your student card.

Sports

Toulouse boasts many gyms and sports clubs, and most offer discounted prices for students. TBS's Student Associations team and the Welcome Team will be able to advise you about current partnerships and discounts.

Museums

Toulouse has an impressive selection of museums and exhibitions, with discounted rates for students and all residents of Toulouse can visit museums for free on weekends with ID and proof of address. The Carte Toulouse Cultures gives reductions on plays, concerts, cinema tickets, libraries and more....and costs only 7€.

Bars & Cafes Recommended by TBS Students

Toulouse is full of bars and restaurants of all kinds, you just need to walk around the streets and you'll easily find what you are looking for. The main areas in Toulouse for students to socialize are **Place Saint Pierre**, **rue Gabriel Peri**, **Place des Carmes**.

The George & Dragon, 1 place du Peyrou

<http://www.georgeanddragonpub.fr/>

"One of the best bars in Toulouse to spend a relaxed evening. A great place where a lot of students from other universities in Toulouse mingle. Excellent bar to mingle and chill out!"

Café Connexion, 8 rue Gabriel Peri

<http://www.connexionlive.fr/>

"Great fun, good atmosphere, cool live music."

Wine Bar No.5, 5 rue de la Bourse

<http://www.n5winebar.com/>

Bar La Tireuse, 24 Rue Pargaminières

Beer bar

Café Chouchou, 37 Rue des Filatiers

[Trip Advisor](#)

The 4 Monkeys Pub, 7 rue de Metz

<http://thefourmonkeys.pub.com/>



Delirium Café, 54 Allée Jean Jaurès

Beer bar

<https://www.facebook.com/D%C3%A9lirium-Caf%C3%A9-Toulouse-182528088956063/>

The Frog & Rosbif, 14 Rue de l'Industrie

A great place to enjoy live sports or a lively pub quiz with a pint of home brewed beer and a FrogBurger.

<http://www.frogpubs.com/pub-the-frog-rosbif-toulouse-toulouse-6.php>

The Melting Pot, 26 Boulevard de Strasbourg

Bar with international atmosphere

[Trip Advisor](#)

Le Pery, 22 rue Gabriel Péri

Friendly atmosphere, Happy Hours, Theme Parties and Group Quizzes!

<https://www.leperly.com/>

Burger à la Une, 17 rue Valade.

<http://www.burgeralaune.com/>

"For good food and good prices."

Le Cappadoce, 34 rue des Blanchers.

<http://www.restaurantlecappadoce.com/>

"This is a restaurant close to the river and to Saint Pierre and it has great food."

Le Café du Midi, 27 Boulevard Lascrosses.

<http://www.cafedumidi-toulouse.fr/>

Au Coin de la Rue, 2 rue Pargaminières.

A good example of French food and Toulouse typical dishes.

"I highly recommend this place. It's a small neighborhood bistro, inexpensive, and has an excellent value duck menu."

Pastel et Sarrasin, 75 rue du Taur.

Typical salty and sweet crepes from the north of France – La Bretagne.

<http://pasteletsarrasin.fr/>

La Comtesse, 20 rue Peyrolières.

"Lovely bar which serves great tapas. Cocktails are very well prepared, and the staff doesn't refrain from some acrobatics in the process! Atmosphere is very welcoming and warm."

Les Sales Gosses, 7 Rue de l'Industrie.

French restaurant. Fresh, quality ingredients and quirky and fun atmosphere

<https://www.lessalesgosses.fr/>

4'ARTS, Place de la Daurade

French restaurant. A lovely place on the river.

<http://www.4zarts.com/>

Good Quality Fast Food In & Around TBS (Lascrosses)

TBS Cafeteria: Lascrosses Building

Quoi Compans – French Restaurant with Takeaway: 20 Boulevard Lascrosses, 31000 Toulouse

Au Coin – Quiche and sandwiches: 60 Rue Lancefoc, 31000 Toulouse

Naturons – Soups & salads: 36 Bis Rue du Canon d'Arcole, 31000 Toulouse

Le Petit Faim – Sandwiches, wraps & paninis: 20 Boulevard Lascrosses, 31000 Toulouse

Yoko Sushi – Japanese Food : 8 Esplanada Compans Caffarelli, 31000 Toulouse

Supermarkets within Walking Distance of TBS

Carrefour Market: 3 Esplanade Compans Caffarelli, 31000 Toulouse – 9am – 9pm

Casino Shop: 10 Avenue Paul Séjourné, 31000 Toulouse – 8am -9pm

Street Markets within Walking Distance of TBS

From Boulevard d'Arcole to Boulevard de Strasbourg (up to Jeanne D'Arc Metro station) there is an open-air market where you can buy fresh fruit and vegetables, meat, fish and cheese.

It is open Tuesday to Sunday 7am – 1.30pm.

Hypermarkets in the Toulouse Suburban Area

Auchan Balma: metro stop Balma-Gramont (line A)

Carrefour Purpan: tram stop Purpan (tram line 1)

Ikea: free shuttle bus from central Toulouse to Ikea and back:

https://www.ikea.com/ms/fr_FR/img/local_store_info/toulouse/NAVETTE22.pdf

Things Not to Miss



EDF - TOULOUSE (LE BAZACLE) HYDROELECTRIC POWER PLANT

FREE ENTRY !

11 quai Saint Pierre, 31000 Toulouse

<https://www.entrepriseetdecouverte.fr/property/edf-toulouse-le-bazacle-hydroelectric-power-plant/?lang=en>



LE MUSEE DES AUGUSTINS

21 Rue de Metz, 31000 Toulouse

<https://www.augustins.org/fr/>



LA VILLE ROSE - Place de la Cathédrale Saint-Etienne

Enjoy the sunset with a coffee in one of the bars near the cathedral.

FREE ENTRY TO THE CATHEDRAL!

Place Saint-Etienne, 31000 Toulouse



LA PRAIRIE DES FILTRES

Public park.

Cours Dillon, 31300 Toulouse

“Lovely spot. Got some super photos of the *Pont Neuf* bridge.”



LES ABATTOIRS - Modern Art Museum

Events and art exhibitions as you've never seen before

76 allées Charles-de-Fitte, 31300 Toulouse

“For the art and History lovers, this is a must go in Toulouse.”

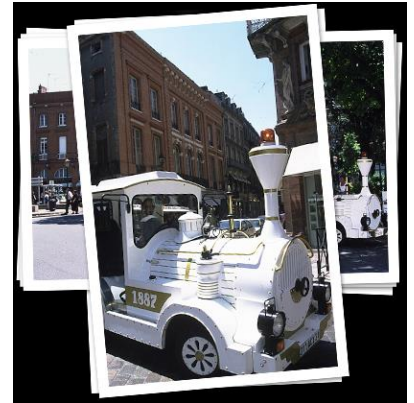


Rent a bike and cycle along the **Canal de Midi** – Area declared as a World Heritage Site.

Would you like to feel like a real tourist? The tourist train will give you a ride around Toulouse.

Take your friends to get the group discount!

<http://www.petittraintoulouse.com/en/les-trains-touristiques-de-toulouse.php>



If you were wondering about Toulouse Night Life many student bars open at **La Place Saint Pierre** from Thursday to Sunday until 2am!

Le Marché Victor Hugo or Victor Hugo's Market is well-known by its fresh local products.

Toulouse has its own trademarked *saucisse de Toulouse* which has been made since the 18th century and is now protected by an AOC – *appellation d'origine contrôlée* (whose standards stipulate that products must come from designated geographical regions and adhere to traditional methods of production). You'll also see dishes featuring *haricots blancs*/*haricots Tarbais* (white beans), another staple of the cuisine in South West France.

The market opens everyday from 6am to 2pm (except Mondays).



Useful Addresses

TOULOUSE TOURIST OFFICE:
Donjon du Capitole
Square Charles de Gaulle
www.toulouse-tourisme.com
Tel : 05 61 11 02 22

WELCOME DESK (student info):
41 allées Jules Guesde
Tel : 05 61 14 80 10



CITY HALL:
Mairie de Toulouse
1 place du Capitole
www.toulouse.fr

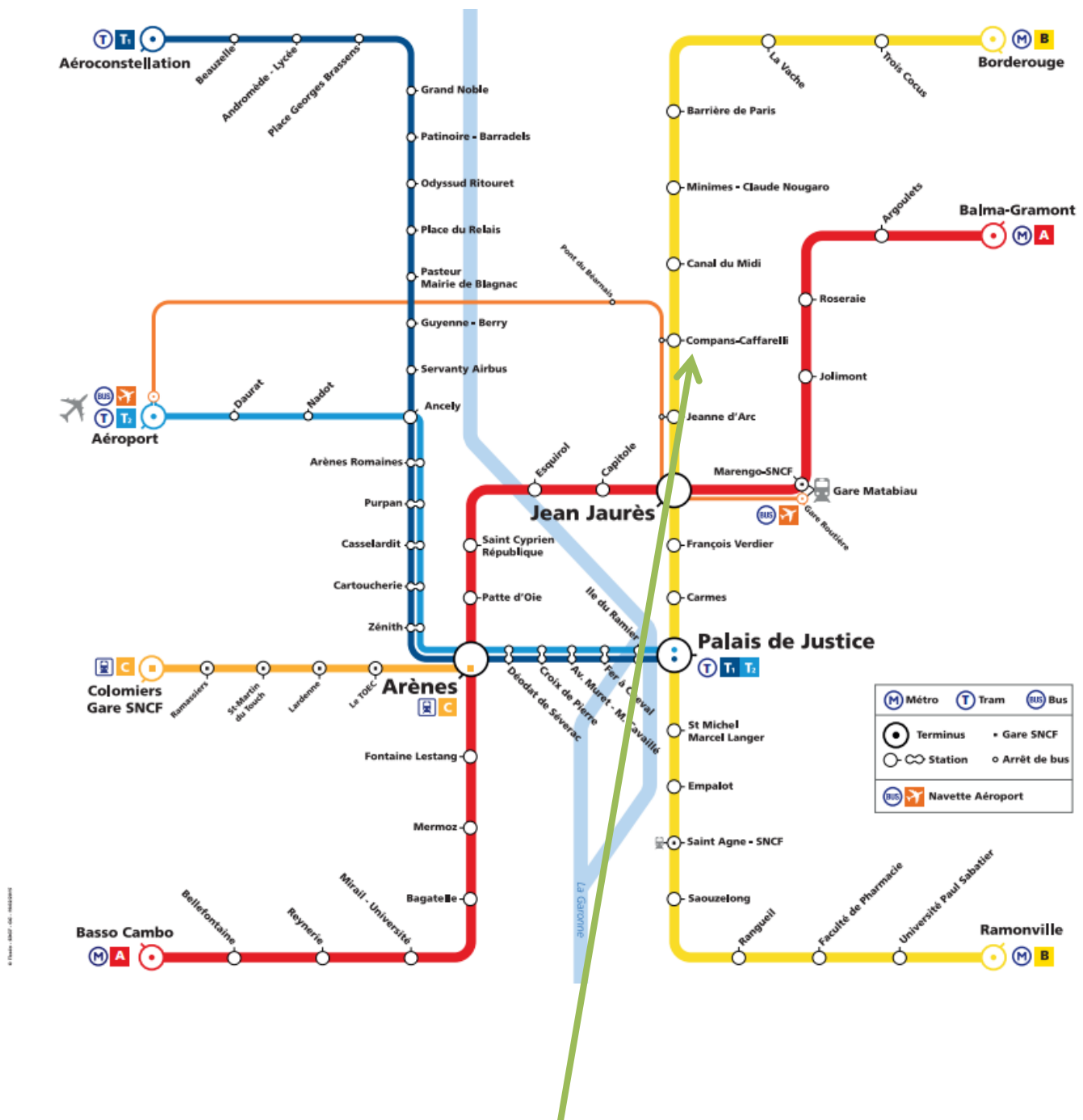
CAR RENTAL:
Rent-a-Car
Toulouse Matabiau Train Station
www.rentacar.fr/agences/toulouse/497-toulouse-gare

BICYCLE RENTAL :
La Maison du Velo
(opposite train station)
12 boulevard Bonrepos
Tel: 05 34 40 64 72
<http://www.maisonduvlotoulouse.com>

SCOOTER/MOPED RENTAL :
City 2 Roues
52 bis, route d'Agde
Tel: 05 61 23 56 62
www.city2roues.com

24 HOUR PHARMACY:
76 allées Jean-Jaures
Tel: 05 61 62 38 05

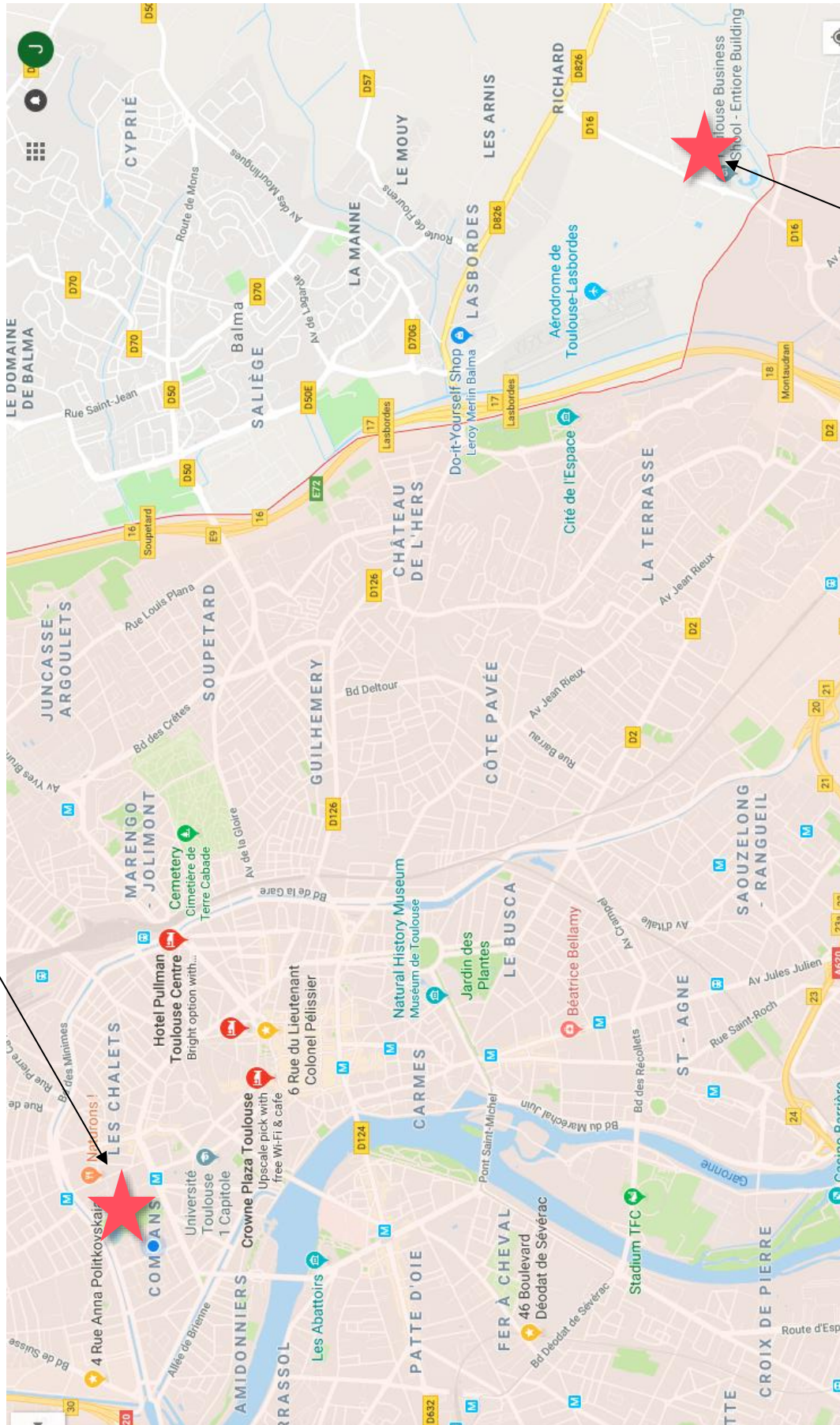
Toulouse Metro & Tram Map



Metro station for TBS's downtown campus: **COMPANS CAFFARELLI** (Line B)

Toulouse Map

Lascrosses campus:
Master & MSc programs



Entiere campus:
Bachelor program

You will be provided with a more detailed map of central Toulouse on arrival.

GET TO KNOW YOUR CAMPUS



Lascrosses



Entiore

TBS Lascrosses Campus

TBS's downtown campus – **Lascrosses** – is in the Compans Cafferelli area of central Toulouse.

This campus hosts the following programs:

- **Master in Management (Programme Grande Ecole)**
- **Master of Science and *Mastères Spécialisé* programs**
- **Aerospace MBA**
- **Summer School**
- **Winter School**

Main address: 20 boulevard Lascrosses, 31000 Toulouse

Telephone: 05 61 29 49 49

Metro: Compans Cafferelli

Bus stop: Compans Cafferelli



English version

CAMPUS LASCROSSES



20, boulevard Lascrosses - BP 7010
31068 TOULOUSE Cedex 7
Phone: +33 (0)5 61 29 49 90

TBS Entiore Campus

TBS's Entiore campus is situated just outside central Toulouse, and is for students studying the following programs:

- Bachelor in Management
- Executive MBA
- Executive Education

Main address: 2 avenue de Mercure, Ecoparc 1 Quint-Fonsegrives, 31134 Balma-Cedex

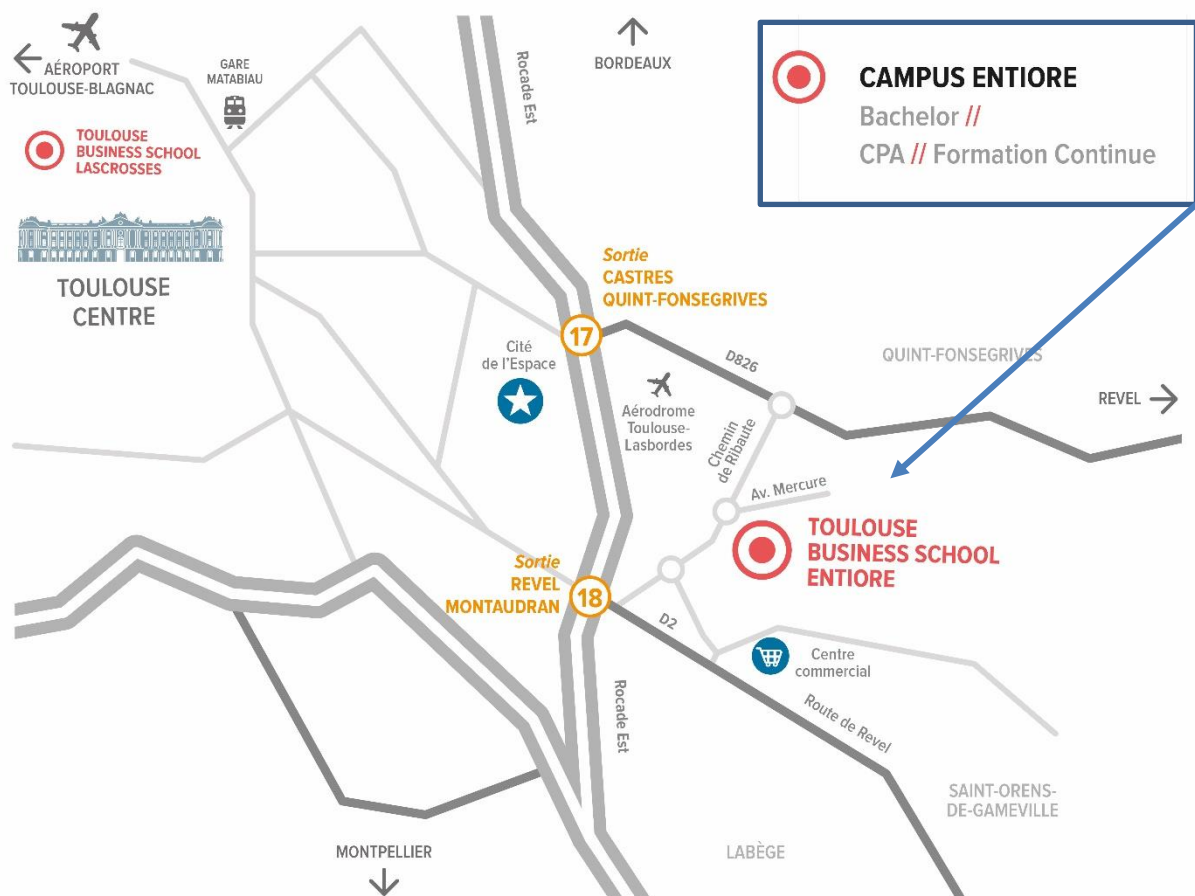
Telephone: 05.61.29.46.09

Public transport to campus: Metro line A to Balma/Gramont and then Bus line 83 (St Orens Lycée) to Entiore stop. The journey from the city centre to Entiore campus takes approximately 30 minutes. *(Prices and times may vary, please check tisseo.fr/en for updated information).*

The journey (bus or metro) takes approximately 30 minutes from central Toulouse.



**CAMPUS
ENTIORE**



2, avenue Mercure - Ecoparc 1

31130 QUINT FONSEGRIVES

Tél. : 05 61 29 46 60

Accès rocade Est sortie 17 ou 18 // bus ligne 83, arrêt Entiore

800 m

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international.studentservices@tbs-education.fr

