

International student Welcome guide



Welcome to the University of Tours

The University of Tours is integrated into the city and has a strong international orientation. We welcome students from all over the world and make our best to ensure their stay is a success.

A multidisciplinary establishment with a strong scientific potential, the University of Tours has multiple campuses in both cities of Tours and Blois.

Nested in the heart of the Loire Valley, the city of Tours is famous for its excellent location and its sweetness of life, as well as for its cultural, historical and gastronomic heritage. This context fosters diversity and exchanges and enables our 30, 000 students to study in a pleasant environment.

This guide is designed to provide you with all of the advice and information useful towards a successful integration to the University of Tours and a smooth settling as an international student.

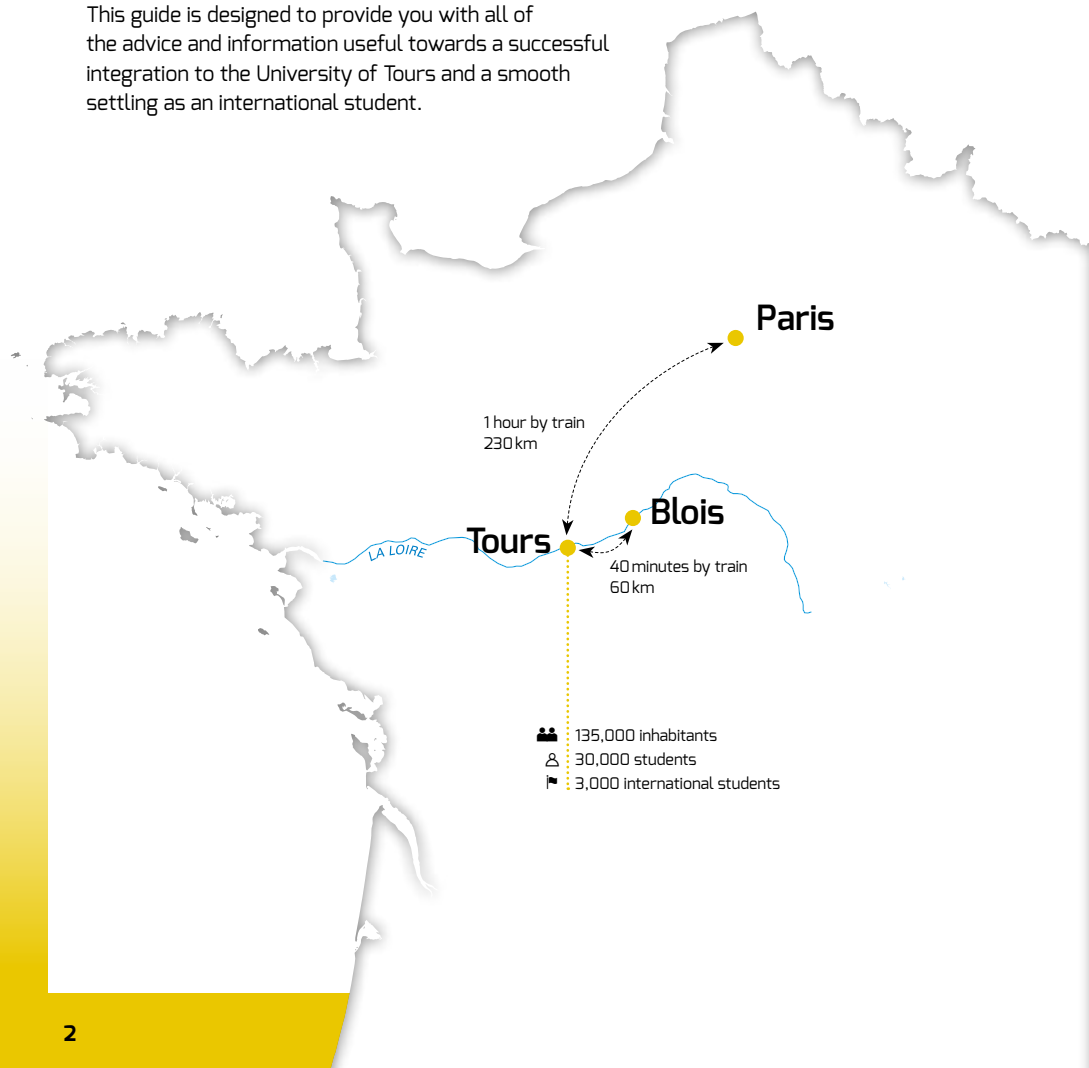




Table of contents

Calendar	4
University services	6
Your studies	7
Consular and administrative procedures	11
Health	14
Housing & insurances	18
Transportation	22
Manage your money	24
Daily life	25
Your university	28

Calendar

>> Welcome Desk

From **2 to 13 September**, the International Relations Office will welcome you at the Welcome Desk and will help you out with your administrative paperwork upon your arrival. The Welcome Desk gathers in one single location all of the information and services offered by the University of Tours and its partners in order for your integration to be a success : health, sports, culture, Crous, CPAM, CAF, Fil Bleu, Prefecture (by appointment only).

www.univ-tours.fr/welcomedesk

September 2019		October 2019	November 2019	December 2019	January 2020
1 D	M	V Toussaint	D	M New Year's Day	
2 L	M	S	L	J	
3 M	J	D	M	V	
4 M	V	L	M	S	
5 J	S	M	J	D	
6 V	D	M	V	L	Exams
7 S	L	J	S	M	
8 D	M	V	D	M	
9 L	M	S	L	J	
10 M	J	D	M	V	
11 M	V	L	M	S	
12 J	S	M	J	D	
13 V	D	M	V	L	
14 S	L	J	S	M	
15 D	M	V	D	M	
16 L	M	S	L	J	
17 M	J	D	M	V	
18 M	V	L	M	S	
19 J	S	M	J	D	
20 V	D	M	V	L	
21 S	L	J	S	M	
22 D	M	V	D	M	
23 L	M	S	L	J	
24 M	J	D	M	V	
25 M	V	L	M	S	
26 J	S	M	J	D	
27 V	D	M	V	L	
28 S	L	J	S	M	
29 D	M	V	D	M	
30 L	M	S	L	J	
31 J			M	V	

⚠ This is not the final calendar. Please contact your registrar's office for more information.



>> Discovery weeks

From **August 30 to October 10**, come and participate in the various events (club meetings, concerts, shows, sports events, etc.) that will take place on all of Tours and Blois University campuses.

- >> **Bac(k) to Fac - Festival** | September 4.
- >> **Fac à Vélo** | September 5.
- >> **Student welcome ceremony at the city hall** | September 24.

More info on www.univ-tours.fr/decouverte

Zoom sur

>> New Students Orientation Week

September 2 to 6, 2019: come to the orientation week for new students and get to know the university and how it works!

... And much more to discover on www.univ-tours.fr/agenda

February 2020	March 2020	April 2020	May 2020	June 2020
1 S	D	M	V	L
2 D	L	J	S	M
3 L	M	V	D	M
4 M	M	S	L	J
5 M	J	D	M	V
6 J	V	L	M	S
7 V	S	M	J	D
8 S	D	M	V	L
9 D	L	J	S	M
10 L	M	V	D	M
11 M	M	S	L	J
12 M	J	D	M	V
13 J	V	L	M	S
14 V	S	M	J	D
15 S	D	M	V	L
16 D	L	J	S	M
17 L	M	V	D	M
18 M	M	S	L	J
19 M	J	D	M	V
20 J	V	L	M	S
21 V	S	M	J	D
22 S	D	M	V	L
23 D	L	J	S	M
24 L	M	V	D	M
25 M	M	S	L	J
26 M	J	D	M	V
27 J	V	L	M	S
28 V	S	M	J	D
29 S	D	M	V	L
30	L	J	S	M
31	M		D	

⚠ This is not the final calendar. Please contact your registrar's office for more information.

University services

>> Culture

At the University of Tours, there are thousands of ways to enjoy your student life. To participate in an artistic practice workshop, in an artistic contest, to get enrolled in a student's club or to attend a show are so many ways to contribute to it. These are all experiences that bring their share of emotions, discoveries, opportunities and enrichment.

www.univ-tours.fr/culture

The *Student's Cultural Passport*, the **Passeport Culturel Étudiant** (PCE) is a sticker on your student card which you can buy for €8. Thanks to your PCE, you can benefit from preferential fares in more than 65 partner cultural places in Tours and Blois.

Find all of our partners' offers on pce.univ-tours.fr, Facebook and Instagram

>> Sport

Thanks to the University Service for Sports, you can practice sports all year long.

suaps.univ-tours.fr

The **Pack'Sport** is the essential tool for your sports life on campus and provides you with a multiplicity of sports. Thanks to it, you can access a wide sports offer run by the university's sports department (classes, training sessions, events, diploma courses). You can also benefit from special rates at our partner organisations.

Price: €25, non-refundable, valid for the academic year.

>> University Health Services (SSU)

You can consult a doctor or a SSU practitioner for: psychological support, psychiatry, sexology, dietetic and nutrition, gynaecology, contraception, dermatology and STI (Sexually Transmitted Infections), sports medicine, dental health and vaccinations.

Consultations are free. Please think of making an appointment prior to your visit on: univ-tours.contactsante.fr/RendezVous

📍 More info: SSU | 60 rue du Plat d'Étain à Tours | Bât H - 1^{er} étage
02 47 36 77 00 | ssu@univ-tours.fr

⚠ Don't forget your "carte vitale" (social security card), your "mutuelle" card (supplemental health insurance) and your health record/vaccination record. A consultation certificate can be provided to you upon request to justify for any unattended class.

>> Student clubs

The University of Tours supports the student associative life: sports, citizenship, environment, arts culture, solidarity and more. www.univ-tours.fr/campus/vie-associative/

> **Tours'gether** : provides help regarding courses and note taking

www.facebook.com/ToursGether

> **Les Halles de Rabelais** : Students in a precarious situation can count on Les Halles de Rabelais (Tours). Food parcels are distributed twice a month.

✉ leshallesderabelais@univ-tours.fr

www.facebook.com/HallesRabelais

Your studies

Courses

The University of Tours offers a standardised curriculum with a system of points that need to be earned (ECTS credits – European Credit Transfer System) for each degree awarded.

Find our entire training offer on www.univ-tours.fr/formations

>> Organisation of university curriculum

- ✧ **University Degree of Technology (Diplôme Universitaire de Technologie, DUT)**
Undergraduate level, +2 years after A-levels, accessible after A-levels or any equivalent degree
DUT = 2 years = 4 semesters (S1 to S4) 120 ECTS
- ✧ **Bachelor's Degree (Licence, L)**
Undergraduate level, +3 years after A-levels, accessible after A-levels or any equivalent degree
Licence = 3 years = 6 semesters (S1 to S6) 180 ECTS
- ✧ **Master's Degree (Master, M)**
Postgraduate level, +5 years after A-levels, accessible after a Bachelor's degree or any equivalent degree
Master = 2 years = 4 semesters (S1 to S4) 120 ECTS
- ✧ **Ph.D. (Doctorat, D)**
Postgraduate level, +8 years after A-levels, accessible after a Master's degree
Ph.D. = 3 years 180 ECTS

Semester 1 runs from September to December, Semester 2 runs from January to June. Each semester accounts for 30 ECTS credits, each successfully completed academic year accounts for 60 ECTS credits.

>> Course organisation

- ▷ Lectures (Cours magistraux, CM) are held in amphitheatres. The professor makes a continuous speech in front of the students.
- ▷ Tutorial Classes (Travaux dirigés, TD) are held in smaller groups. It is a time for exchanging, asking questions and doing exercises.
- ▷ Practical Classes (Travaux Pratiques, TP) are sessions held in laboratories.

>> Assessment

Each semester is equally balanced in terms of completing the academic year and validating ECTS credits. Work evaluation is performed following a twofold approach:

- ▷ Continuous assessment (Contrôle continu, CC) all along the semester. Points can be granted for class attendance, participation, written exams as well as for most oral presentations that may be performed during tutorial classes (so-called "TD") and/or submitted to the teacher on a written basis.
- ▷ Final exam (CT or "partiel"). This exam takes place at the end of each semester (in December or January and in May or June).

In order to validate your academic year, you are required to pass both semesters. In case of a failure, there is a "second session" or retake session that enables you, under specific conditions, to retake exams at the end of May or early June.

>> Meeting the Faculty

Faculty members are happy to discuss and answer any question before or after class. Individual appointments can also be arranged. You can contact your professors by e-mail.

Find an e-mail address: www.univ-tours.fr/annuaire

Student card

Upon your registration, you will get your student card that allows you to be identified as a student. Thanks to the online refill system, you can:

- ▷ Pay for your meals at the Crous University Restaurants (RU)
- ▷ Borrow documents from the university libraries
- ▷ Pay for your print outs and photocopies

To refill your card: Izly App or www.izly.fr

In case **your card is lost or stolen**:

- Give notice of opposition on your electronic purse on the Crous website
- ✚ Ask for a new card at your Registrar's Office (reediting will be charged)

📍 Get an international student card here: www.isic.fr

Pedagogical Tools

>> Digital Work Environment (ENT)

The University of Tours provides you with a personalised Digital Work Environment that gives you access to a set of online tools and services:

| E-mails | Timetables | Student file | Documentary resources |
| Calendars and exam results | Online courses | Re-registration |

ent.univ-tours.fr

>> Your electronic address

It is personal and noted on your student card: `firstname.lastname@etu.univ-tours.fr`

⚠ Check your mail as soon as the courses start via the ENT. All year long, you'll receive important information regarding courses and student life.

>> WIFI

EDUSPOT is the University's secure network available to all students.

>> Computer Labs

As a University of Tours student, you can freely access over 70 computer labs all across the university campuses.

>> Printing, photocopying and binding services

Thanks to your refilled student card, you can use the photocopiers and printers (black and white) available in the university computer labs or corridors.

imprimer.univ-tours.fr

Binding, colour photocopies and printing: you can go to specialised shops such as Copifac and Corep..

👍 Only one (1) ID for all the pedagogical tools 👍

You access codes are on your certificate of university attendance
(certificat de scolarité)

>> Libraries

University Libraries (Bibliothèques Universitaires, BU)

Spread out over the various campuses, the 6 University Libraries (BU) welcome you for either individual or group work sessions, and for on site or on distance consulting or borrowing of library materials.

www.univ-tours.fr/bibliotheques

You can check the BU opening hours in real time by free downloading the "Affluences" App on your smartphone.

City Libraries (Bibliothèques Municipales, BM)

BMs are spread out over several city areas and are open to the public. To consult or borrow library materials, simply ask for a reader's card at one of the desks available. In Tours, registration is free for students under 25 year old, and will be charged €11.50 to those over 25.

www.bm-tours.fr

>> Improving your French proficiency

University Centre for Teaching French to International Students (Cuefee)

Located in the Tours downtown area, the Cuefee accompanies you as you learn the French language and helps you pursue your studies in Tours. Two to three French courses are offered, according to your level (24 hours per semester): Written language/Oral language/Cultural option. Fee: €60 per course per semester

Cuefee : 8 bis rue Fromont in Tours / ✉ cuefee@univ-tours.fr

Languages Resource Centre (CRL)

CRLs enable you to evaluate your language level according to the CEFR standard (Common European Framework of Reference for Languages), as well as to develop your skills, to prepare for a certification (CLES, TOEIC, etc.). They are available on all university campuses.

www.univ-tours.fr/crl

Café des langues

If you wish to meet students from all around the world and speak other languages, you can go to the Café des Langues on Mondays from 8:30 pm onwards at the "New Lita" restaurant, 17 place Jean Jaurès in Tours.

Consular and administrative procedures

Welcome Desk
2 >> 13 sept 2019

Checklist

>> Documents you need to bring to France

Documents required for both **European and non-European** students:

- ✓ A birth certificate translated into French by a sworn translator (list of translators available at the French embassy in your home country)
- ✓ Your health record booklet (or a copy of the vaccine pages)
- ✓ A few ID photos
- ✓ A parental certificate of resources for the years 2018 and 2019 if you are still attached to your parents' tax household/ A personal certificate of resources for the years 2018 and 2019 if you file your own tax return

Optional : ✓ Your driving license and your car title deed

- ✓ A medical certificate translated into French if you intend to practice sports
- ✓ An international credit card may be useful, especially at the beginning
- ✓ The subscription to a rental guarantee via Visale if needed

⊕ In addition, for **non-European** students:

- ✓ A valid passport + a visa
- ✓ A certificate of health insurance
- ✓ An authorization of money transfer (contact your bank to check if this is required)

⊕ In addition, for **European** students:

- ✓ A valid ID
- ✓ A European health insurance card

△ *Advice: Be sure to print out, scan and store on line or on your smartphone all the necessary documents in case they get lost.*

>> Things to do upon your arrival in France

What do I need to do when arriving in France?

- ✓ Validate my residence permit and my visa (when relevant)
- ✓ Subscribe to a civil liability insurance
- ✓ Subscribe to a home insurance
- ✓ Get a CVEC certificate (Student Life and Campus Contribution)
- ✓ Register at the University
- ✓ Register at the Social Security
- ✓ Subscribe to the CMU-C or to any other supplementary health insurance (optional)

All the aforementioned procedures are detailed in the following sections.

Residence permit & VISA

>> Apply for a visa

BEFORE YOUR DEPARTURE You need to apply for a visa if you come study in Tours and if your nationality is not European or if you are not from a country belonging to the European Economic Area. Please apply at the French Consulate in your residence country.

france-visas.gouv.fr

>> Campus France procedure

International students who do not originate from the European Union or who are not residents of the Schengen area, please proceed with the online procedure on "Etudes en France". The file you will be creating will prepare your application for a study visa. To do so, please fill up a form using your country's Campus France services:

www.countryname.campusfrance.org

>> Validate your visa

⚠ *The validation procedure is compulsory and must be done online.*

Within three months after your arrival in France, you are required to validate your visa VLS-TS as well as to pay for the taxes that are related to your situation at the following address: <https://administration-etrangers-en-france.interieur.gouv.fr>

This simple procedure ensures your stay in France is legal.

You will need:

- > A valid e-mail address
- > The information mentioned on your visa
- > To communicate your date of entry in France
- > Your residential address in France
- > Your credit card in order to pay online for the issue fee for residence permit
(e.g.: €60 for a student visa in 2018-2019)

Make sure you keep your certificate and your visa in your passport.

If you don't complete this procedure within three months, you won't be a legal resident on the French territory anymore.

If you are not registered under a VLS-TS student status, please check:

www.campusfrance.org/fr/visas-et-cartes-de-sejour

CVEC - Student Life and Campus Contribution

This contribution is compulsory and helps financing actions such as health care access, social support, sports practice, access to arts and culture, and improvement of the welcome procedures.

Fee : €91

To get your CVEC certificate:

- > Create your account on: **www.messervices.etudiant.gouv.fr**
- > Connect to **cvec.etudiant.gouv.fr** You can pay by credit card online or by cash in Post Offices. A payment certificate will be immediately handed to you. You will be required to provide it to your Registrar's Office upon registration.

⚠ You are required to show your CVEC certificate, whether paid or exonerated, upon your registration.

Administrative registration

Normally, students are expected to register in July. Exceptions are tolerated for international students that are not in France yet. Please check the calendar on our website. **www.univ-tours.fr/inscription-etudiants-internationaux**

In order to register, please make an appointment with the Registrar's Office. Please make sure you come with your registration file, all the required supporting documents and a means of payment to pay for your tuition fees.

⚠ All Student Office Administration contacts are available on our website:
www.univ-tours.fr/contacts-scolarité

By decision of the Board of 6th May 2019, individual international students will be partially exonerated of their registration fees at the University of Tours for 2019-2020. They will be the same as the national students' registration fees. Registration at the University of Tours will automatically grant exoneration.

For your information, tuition fees for 2019-2020 are as follows:

- ✗ €170 for a licence degree
- ✗ €243 for a master's degree
- ✗ €601 for an engineering degree
- ✗ €380 for a Ph.D.

⚠ Each student enrolled in an initial training programme in a higher education institution is required to obtain a CVEC certificate, whether paid or exonerated, prior to registration.
More info on: <https://cvec.etudiant.gouv.fr/>



Health

>> Social Security

If you don't have a valid European Health Insurance Card or a private or university European insurance, affiliation to the French general social security is compulsory. You can register online by connecting to the health insurance website dedicated to international students (available both in French and English): **etudiant-etranger.ameli.fr**

Registration is free. It must be carried out right after your university registration. It will allow you to get reimbursed for up to 70% of your health care expenses.

Declare your regular general practitioner as soon as possible.

To complement the social security reimbursements, you can subscribe to a supplemental health insurance (also called "mutuelle"). This is not compulsory, yet highly recommended.

>> CMU-C

The CMU-C enables you to avoid advance payment during medical consultation (including at the hospital).

To be entitled to CMU-C, you need to: > Live in France on a stable and regular basis
> Have an income below a specific threshold

➕ More info on: **www.cmu.fr**



**DOCTOR, HOSPITAL,
DENTIST, MEDICATION...
FOR YOUR
HEALTH INSURANCE
YOU NEED
TO REGISTER ON
[ETUDIANT-ETRANGER.AMELI.FR](https://etudiant-etranger.ameli.fr)**

**YOU WILL BE REIMBURSED
FOR YOUR HEALTH CARE EXPENSES**



FOR YOUR HEALTH INSURANCE, YOU NEED TO REGISTER ON : **ETUDIANT-ETRANGER.AMELI.FR**



REQUIRED DOCUMENTS

- Passport / national ID card
- Residency permit «Titre de séjour»
- Full copy of your birth certificate + your parents information
(Any document issued by your consulate)
- Certificate of enrollment in education for the current year
- Certificate of parental authorization (if under age 16)
- IBAN (if available)
- Additional documents as determined by your country of origin

>> Consulting a practitioner

If you are sick, make an appointment with your general practitioner (the one you declared to the social security services) by calling the GP office or online on **www.mondocteur.fr** or on **www.doctolib.fr**

You will be charged 25€ and you will be reimbursed by your Social Security and/or insurance and/or "mutuelle" if you have one.

△ *A practitioner can be contracted or not contracted ("non conventionné"). What is the difference? The fees he/she will be charging, and the reimbursement you will get. Ask him/her about it.*

Unable to attend your consultation,

- > Call the practitioner who will let you know if he/she can do the consult at home or not.
- > Call SOS Médecins (SOS Doctors) at 02 47 38 33 33

△ *Prices rise if you choose a home consultation, and even more under special circumstances (night or national holiday).*

Emergency

European emergency number: ☎ 112

Fire brigade: ☎ 18 Ambulance service: ☎ 15

>> Pharmacy

With the prescription provided to you by your practitioner, go to the pharmacy to get your medicine. If you are registered at the French Social Security and you have a supplemental health insurance ("mutuelle"), advance payment will generally not be required.

△ *Some prescriptions may not be refundable.*

△ *How to proceed on a Sunday, a national holiday or at night? Call the police (☎ 17) to get information on on-call pharmacies or check following website: **www.3237.fr***

>> Need to talk ? Get Help !

SOS amitié www.sos-amitie.org

02 47 54 54 54 or 09 72 39 40 50

SOS help (English speaking) www.soshelpline.org

01 46 21 46 46

Housing & insurances

Various solutions are available to you:

- > University residences
- > Apartment rental
- > Accommodation in a private home

>> University residences

The Crous offers furnished bedrooms as well as studio apartments and furnished apartments. From 10 July 2019, you can check available accommodations and express your preference on **messervices.etudiant.gouv.fr**

➕ More info on: **www.crous-orleans-tours.fr/logements/**

⚠ Please get your keys from Monday to Friday before 4pm. Don't forget to inform your residence of your arrival.

>> Private housing

The university provides you with an online housing platform to help you find a private accommodation, a shared apartment or a temporary room: **housing.univ-tours.fr**
If you are not yet registered as a University of Tours student, please connect to the platform with the following ID: HOUSINGUNIVTOURS.

⚠ For this type of housing, you need to be able to handle the process on your own and directly discuss with your property owner. The university cannot guarantee the quality of a private accommodation.

Here are a few sites with classified ads: ☹ : ⚠ Agency fees

lokaviz.fr	housinganywhere.com	mapiaule.com	leboncoin.fr
appartager.com	asso-jeunesse-habitat.org	bedandschool.com	
paruvendu.fr	pap.fr		

Temporary housing ☹ : | airbnb.com | couchsurfing.org |

>> Housing support

The CAF (Caisse d'Allocations Familiales, Family Assistance Fund) can provide a monthly subsidy equivalent to a portion of the rent. You can do an online simulation and check your eligibility on: **www.caf.fr**

La Caf est dans la vie

**« Are you an employed student
between 18 and 25 years old ? »**

« Are you renting housing ? »

**CAF TOURAINE
CAN HELP YOU**

**Housing allowance
« Prime d'activité »**



To understand your benefits, your allowance,
to create an estimate,
apply online on :

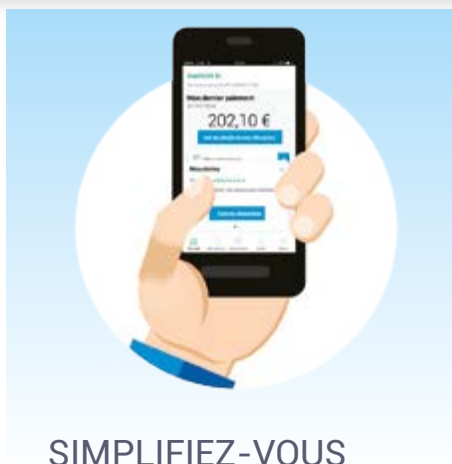
The website
www.caf.fr



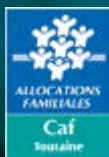
Phone app Caf - Mon Compte



**DOCUMENTS TO BE PROVIDED INDICATED
AT THE END OF THE ESTIMATION**



**SIMPLIFIEZ-VOUS
LA CAF, TÉLÉCHARGEZ
L'APPLI MOBILE**



Easier, more convenient and faster,
your Caf always evolves to meet your expectations.

Insurances

>> Civil liability insurance



Civil liability insurance covers any bodily or material damage you may cause to anyone. It is compulsory in order to get your student card.

It is generally included in the home insurance, yet sometimes contains limited civil warranties. Please get accurate information on what your insurance covers in terms of damage and repair.

⚠ A certificate of insurance will be required in order to get your student card and practice sports.

>> Home insurance



Home insurance is compulsory in order to rent an apartment. It covers domestic incidents or accidents (fire, robbery or water damage).

>> Key words on rental

> **Le bail** (or “contrat de location”): The lease or rental agreement

It is an official document that you need to sign along with your property owner.

Length: 1 year. Advance notice: 1 to 3 months.

> **Le dépôt de garantie** (or “caution”): the security deposit

This is a sum equivalent to one month of rent that you will be required to pay upon signature of the rental agreement. It will be returned to you within a maximum of two months after you move out, depending on the final inspection of the premises.

> **La caution solidaire ou garant**: the guarantor

Someone agrees on a written document to pay for your rent in the event you can no longer do so. If you do not have a guarantor in France: www.visale.fr: a free guarantor service

> **L'état des lieux**: the condition of the premises

This is the description of the premises condition and their content in each room, furniture included. It needs to be edited in two samples and signed by both the tenant and the property owner when the keys are handed over and upon leaving of the tenant.

> **Les charges**: utilities

This is the sum you need to pay in addition to the rent: cold water, common area maintenance, costs of caretaking and/or heating. Utilities may vary a lot, find out about it prior to the signature of your rental agreement.

> Subscriptions

Electricity, gas, water, telephone and internet are at the tenant's expense. You can contact any supplier, for example:

Electricity (EDF): +339 69 32 15 15 www.edf-bleuciel.fr

Gaz (ENGIE): +339 69 39 99 93 www.dolcevita.gazdefrance.fr

Water (Véolia): +33 969 323 529 www.service-client.veoliaeau.fr

When entering and leaving, remember to record your energy consumption by checking the meters. Before you leave the accommodation, remember to cancel all your subscription contracts.

Transportation

>> Tram and bus

Fil Bleu: network of buses (6am to 1am) and trams (7/7 days from 5am to 00:30am) of the Tours agglomeration.

Individual tickets (€1,40/hour) can be purchased from the machines available on the tramway gates or on buses. Don't forget to validate your ticket when getting on the tramway or the bus, under penalty of a fine.

Fil Bleu Student Pass: unlimited access to the entire tramway and bus network. Monthly subscription entitles you to rebates and preferential prices at Fil Bleu partners.
Fee: €23/month (+card creation fee)

www.filbleu.fr

> Remi : bus network operating in the region www.remi-centrevaldeloire.fr

> Eurolines, Ouibus et Flixbus : companies operating in France and Europe at very attractive prices.
www.eurolines.fr | www.ouibus.com | www.flixbus.fr

>> Bike rentals

> Velociti : Rent your bike for only €3/month for Fil Bleu subscribers and €5/month for non-subscribers
mobilité.tours-metropole.fr

> INDIGO weel : Self-service bikes in free-floating

INDIGO® weel App > create your account > geolocalisation > unlock with your phone > lock your bike upon arrival

Price: €0,50*/30 minutes.

**Conditions and prices available on INDIGO weel App*

>> Train

"Avantage Jeune" Card: 30% off your ticket fare depending on the date.

All year long card free interesting fares: « Découverte 12-25 » or « Prem's »

Price: €49 (1 year validity)

Tours Train Station | Place du Général Leclerc | phone: 3635 | www.oui.sncf

⚠ Think of booking your tickets up to three months ahead to benefit from competitive prices.

YEP'S (Centre Region) offers free "Rémi Liberté Jeune" cards that allow to benefit from price rebates on train tickets, including tickets to Paris: www.yeps.fr

>> Carpooling

Share your vehicle or someone else's vehicle

www.blablacar.fr

>> Aircraft

Fly to various cities in France and Europe: London, Dublin, Marrakech, Porto, Marseille from the airport of Tours-Val de Loire.

Book your tickets at www.ryanair.com

For further destinations, take the TGV to Roissy-Charles de Gaulle Airport.

Manage your money

>> Bank account

With a bank account, you can:

- > Pay for most of your expenses (electricity, telephone, rent/transportation, Internet, daily expenses)
- > Receive your wages more easily if you work
- > Get directly reimbursed for your health expenses

Documents necessary for a bank account opening:

- > An ID
- > A proof of your home address in France (phone or electricity bill, rent receipt...)
- > A certificate of university attendance or a student card
- > The documents that justify for your income, when relevant
- > A deposit of a minimum amount of about €20

△ *Opening a bank account will entitle your to a credit card and a cheque book. Thanks to your bank statement (RIB), you will be able to set up direct debits for your various subscriptions.*

There are two types of bank cards:

- > the simple withdrawal cards allowing cash withdrawals in the ATMs of your bank 24/24 hours
- > debit and payment cards (Visa type) which allow withdrawals of money from all bank vending machines and direct payments.

The cost varies between 30€ and 40€/year (student rate).

△ Don't forget to close your bank account prior to your leaving and to get your remaining money back.

>> Monthly budget

Average monthly budget: €700 to €800 on average (rent, transportation, food, outings, leisure activities)

CVEC: €90 | **Registration fees:** €170 to €610 | **Rent:** €300 to €550/month | **Food:** €200 to €250/month | **Electricity, gas, water:** about €30/month | **Telephone, Internet:** €20 to €30/month

Optional: | **Transportation** €27.60/month (Fil Bleu Student Pass), **sports** €25 (Pack'Sport), **Culture** €8 (PCE)

△ *You should be prepared to pay about €1,500 for your settlement expenses (security deposit, electricity, water, rent, etc.)*

>> Cost of living

For your information, here are some prices for everyday products

A baguette	from €0,80 to €1
A liter of milk	from €0,80 to €1
A sandwich in town	from €4
A coffee	about €1,50
A bus ticket (1 hour)	€1,40
A cinema ticket	€7,20
A swimming pool ticket	€5,40 (€4,15 student rate)
A meal in a restaurant	€15 to €20 for a menu (starter, dish and cheese or dessert)

You can work in France during your studies

⚠ Regulation on foreign workers in France and on student employment is strict, please check the reporting rules.

🔗 vosdroits.service-public.fr/particuliers/F2713.xhtml

Daily life

Your means of communications

>> Telephone and Internet

To get to know and compare the main operators' offers (SFR, Orange, Bouygues Télécom, Free), you can check their websites or go directly to an agency.

⚠ You can choose between telephone packages (with or without commitment, between €20 and €40 a month) or prepaid cards that you need to refill according to your needs (available at newsagents', tobacco shops and Post offices). If you wish an anticipated withdrawal, you'll need to pay early termination fees.

👍 Wi-Fi is available in all university residences.

>> Regular mail

The Post office sells stamps and sends regular mail and parcels in France and overseas.

www.laposte.fr

Cultural events

Find all about the latest news and student events on the online agenda at:

www.univ-tours.fr/campus/culture/agenda-culturel

Visiting Tours and its surroundings:

www.tours-tourisme.fr/voir-faire/agenda

>> Cinémas

📽 Studio - 2 rue des Ursulines 📽 CGR Tours Centre - 4 place François Truffaut

📽 CGR Tours 2 Lions - Avenue Marcel Mérieux 📽 Ciné-Loire - 141 rue du Colombier

👉 Benefit from discount fares with your "Passeport Culturel Etudiant" card.

>> Les Greeters

These volunteers of all ages and all origins offer you a visit of the city through the eyes of a Tours inhabitant and in a friendly spirit. You can choose your Greeter according to his/her interests.

www.loirevalleygreeters.com

>> National museums and other historical monuments

Your student card gives you access to museums at a reduced rate, and free access to national museums if you are under 25 and originate from a European Union country.

⚠ *Enjoy the 36th European Heritage Days on September 21 and 22, 2019. Many historical sites will be open and free of access.*

French food habits

The French usually eat three times a day:

- > Breakfast (sweet food, after waking up),
- > Lunch at around noon/1:00 pm (complete meal or sandwich),
- > Diner at around 7:00 pm/8:00 pm (complete meal).

⚠ *In France, you can drink tap water: it is safe (unless otherwise indicated)*

⚠ *For a cheap meal, think of the university restaurant*

👉 French culture is also about:

- > Being on time > Not smoking in a public, close space > Not dumping your waste into the wild > Recycling: tours-metropole.fr/services-aux-habitants

>> Doing your groceries

- 🛒 Markets: fruits and vegetables, poultry, cheese and fish.
- 🛒 City, medium-sized grocery stores
- 🛒 Large grocery stores (in the suburbs): larger choice, accessible by bus.

⚠️ *You must pay for plastic bags. To do your groceries, think of bringing your own bag.*

⚠️ *Don't confuse loyalty cards with credit cards that are offered by some supermarkets.*

>> University Restaurants (RU)

For a cheap lunch, think of the RU (University Restaurants) and Crous cafeterias. The list is available on our website and introduces the offer available on each campus. They are open during course period from 11:30 am to 1:30 pm (during holidays, check on a case-by-case basis on the website).

www.crous-orleans-tours.fr/restauration

Pay for your meals in Crous restaurants with your student card!

⚠️ *Price for a meal at Crous in 2018: 3,25 €*

To refill your card: www.izly.fr

Useful Apps

Izly : to refill your Izly account

Fil Bleu : Tours vicinity bus-tramway-bike network. It allows you to check hours in real time.

Tm Tours : cultural agenda, cinemas, libraries, real time bus and tramway network, real time train, swimming-pools, garbage collection, etc.

Indigo Weel : self-service bike rental in Tours

Blablacar : popular French car share site to travel by car for a cheap fare.

oui.sncf : to book your train tickets directly from your smartphone

ouibus & Flixbus : cheap bus trips from Tours to anywhere in France and Europe.

Affluence : real-time hours and rush hours in libraries and museums.

Citiz : self-service car rental nearby your place, for 1 hour, 1 day or more.

Guidea : weekend ideas, must-see, monuments, museums, local activities, best restaurants, shows, fast passes, hotels and flights in the best conditions.

Your university

>> Tours

Presidence and administrative services | ☎ univ-tours.fr
60 rue du Plat d'Étain

Plat d'Étain

Faculty of Arts & Human Sciences | ☎ ash.univ-tours.fr
3 rue des Tanneurs

Tanneurs

Renaissance Higher Studies Center | ☎ cesr.univ-tours.fr
59 rue Néricault-Destouches

CESR

Faculty of Law, Economics & Social Sciences | ☎ droit.univ-tours.fr
50 avenue Jean Portalis

2 Lions

University Institute of Technology of Tours | ☎ iut.univ-tours.fr
29 rue du Pont Volant

Jean Luthier

Faculty of Literature & Languages | ☎ lettres.univ-tours.fr
3 rue des Tanneurs

Tanneurs

Faculty of Medicine | ☎ med.univ-tours.fr
10 boulevard Tonnellé in Tours
10 rue Émile Aron in La Riche

Tonnellé
La Riche

Faculty of Pharmacy Philippe-Maupas | ☎ pharma.univ-tours.fr
31 avenue Monge

Grandmont

Polytech Tours | ☎ polytech.univ-tours.fr
64 avenue Jean Portalis

2 Lions

Faculty of Science & Technology | ☎ sciences.univ-tours.fr
Parc de Grandmont

Grandmont

Cuefee - French language courses for international students
3 rue des Tanneurs | ✉ cuefee@univ-tours.fr

Tanneurs

>> Blois

University Institute of Technology of Blois | ☎ iut-blois.univ-tours.fr
3 place Jean Jaurès in Blois
15 rue de la chocolaterie in Blois

Jean Jaurès
Chocolaterie



30



Notes

Juin 2019.

>> International Relations Office

60 rue du Plat d'Étain in Tours | Building A - Main floor, to the right
Open Mondays to Fridays, 9:00 am to 12:30 pm/2:00 pm to 5:00 pm

Welcome and integration of individual international students

Laura Tran: ☎ 02 47 36 78 38 | ✉ laura.tran@univ-tours.fr

Higher Education Registration (L1) and TCF – DAP

CEF Procedure - Campusfrance

☎ 02 47 36 67 04 | ✉ dap@univ-tours.fr

>> Registrar's General Office

60 rue du Plat d'Étain in Tours | Building A – Main floor, to the left

☎ 02 47 36 64 51 | ✉ scolseve@univ-tours.fr

>> Registrar's faculty offices -> www.univ-tours.fr/contacts-scolarite

>> University Health Services

Health Centre: 60 rue du Plat d'Étain in Tours | Building H (1st floor)

☎ 02 47 36 77 00 | ✉ ssu@univ-tours.fr

Prevention Office : 10-12 rue Anne-de-Bretagne à Blois

☎ 02 54 74 78 97 | ☎ 06 98 17 01 84 | ✉ ssu.blois@univ-tours.fr

Emergency numbers : European emergency number: ☎ 112

Ambulance service: ☎ 15 | Fire brigade: ☎ 18 | Police: ☎ 17

SOS doctors : ☎ 02 47 38 33 33