



université  
de TOURS



# STUDENT GUIDE

FOR EXCHANGE PROGRAM STUDENTS

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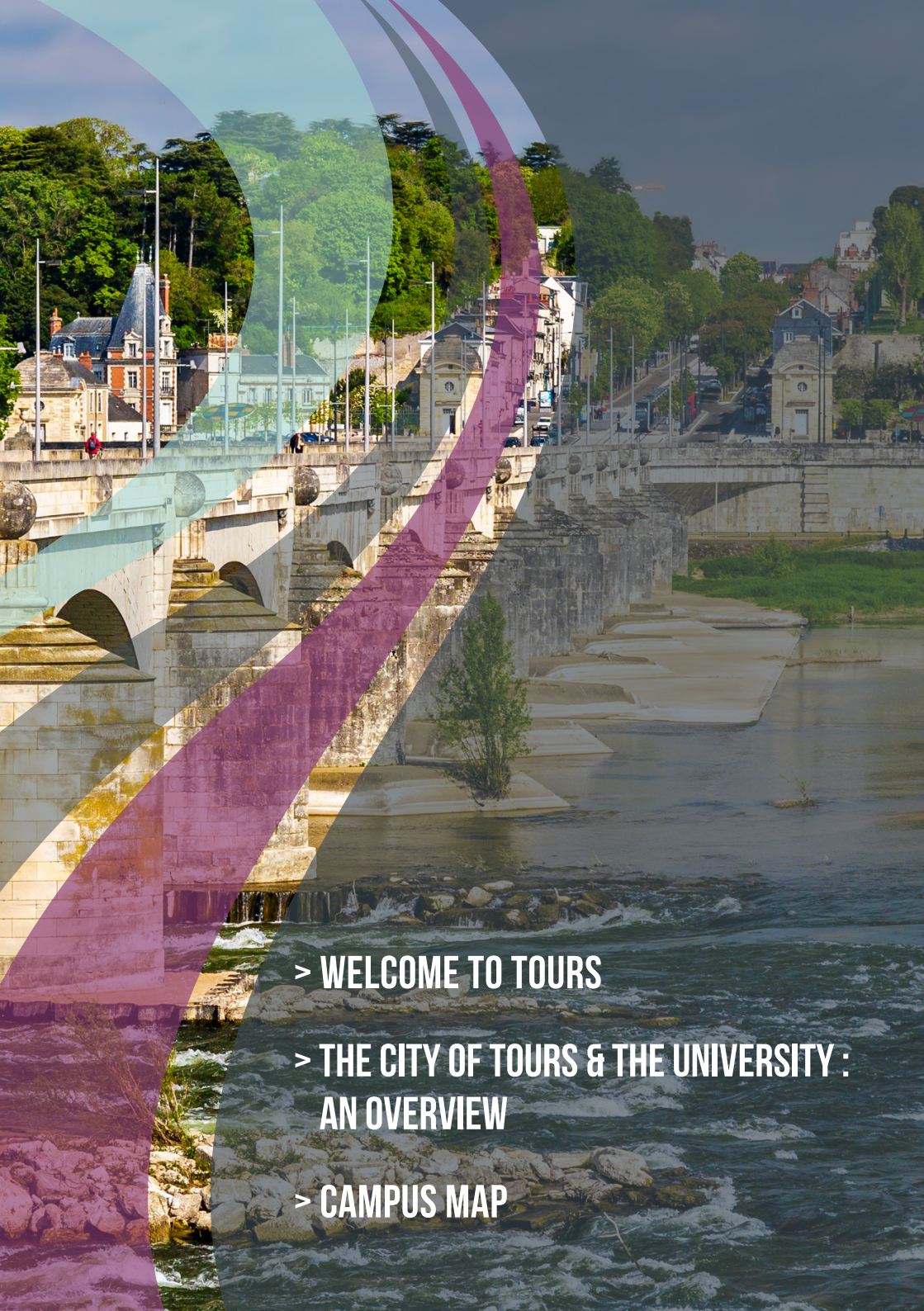
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# INTRODUCTION







> **WELCOME TO TOURS**

> **THE CITY OF TOURS & THE UNIVERSITY :  
AN OVERVIEW**

> **CAMPUS MAP**



# INTRODUCTION

WELCOME TO TOURS !

Dear student,

We are excited to welcome you for an exchange program at the University of Tours (UT) !

You have chosen Tours for your studies and you have made the right choice !

Located one hour away from Paris by TGV (High-speed train), Tours is at the heart of the “Région Centre-Val de Loire”, in the Indre-et-Loire “département”.

The city itself is located at the confluence of the Loire and Cher rivers and spreads from the north of the Loire river (Tours Nord, Saint-Symphorien, Sainte-Radegonde) to the south of the Cher river (districts of Les Deux Lions, Les Fontaines, Parc Grandmont).

On an imaginary line, it is located in the middle of France, right on the border between North and South and therefore has a mild climate. It is warm in summer (the weather is usually warm and relatively dry) and not too cold in winter (just a few days of snow), spring is mild and fall is balmy.

Tours has a reputation for being one of the towns in France where the purest and most unblemished French is spoken. It is also the main town in a region renowned for its cultural, historical and gastronomic heritage.

Many great authors in the French literature, many kings and many important characters spent some time here and each of them depicted this region or left his/her mark.

Castles of the Loire Valley, vineyards, gastronomy, Balzac, Ronsard, Rabelais, Leonardo da Vinci, Saint Martin and many others will soon be names that will bring back to you many good times spent here with us !

We have gathered in this booklet every useful and practical information to help you prepare your stay at its best, and to benefit from it on every level : academic and personal.

We hope you have an excellent experience in Tours ! We are here to help you before, during and even after your stay !

See you soon !

The International Relations Office

60 rue du Plat d'Etain, building A, ground floor (right hand corner) !



# INTRODUCTION

## THE CITY OF TOURS & THE UNIVERSITY : AN OVERVIEW

### THE UNIVERSITY OF TOURS AT A GLANCE



#### CREATION OF THE UNIVERSITY OF TOURS IN 1970

(initially named after  
François Rabelais)



#### PUBLIC MULTIDISCIPLINARY UNIVERSITY



#### 30.000 STUDENTS



#### 3200 INTERNATIONAL STUDENTS

standing for 130 nationalities  
including 500 exchange students

195 partners in Europe  
in 28 countries members of the  
Erasmus program

110 partners out of Europe  
in 27 countries



1400 TEACHING & RESEARCH STAFF  
1000 TECHNICAL & ADMINISTRATIVE STAFF



#### 35 RESEARCH LABS

Life & Health Sciences

Sciences & Technology

Human & Social Sciences



#### 9 FACULTIES

Literature & Languages

Arts & Humanities

Law, Economics & Social Sciences

Sciences & Technology

Pharmaceutical Sciences

Medicine

Odontology

Centre for Renaissance Studies

École Universitaire de Management  
« IAE Tours Val de Loire »

+ 1 Engineering School  
« Polytech Tours »

+ 2 Institutes of Technology (IUT)



## THE CITY OF TOURS AT A GLANCE



**140.000 INHABITANTS**  
**NAMED « TOURANGEAUX-TOURANGELLES »**  
a dynamic human-sized city



**LOCATED 1 HOUR FROM PARIS**  
by high-speed train (TGV),  
in the heart of the Loire Valley



**TEMPERATE OCEANIC CLIMATE**  
summers are hot (~30°C max)  
and winters are mild (~0°C min)



**THE CAPITAL OF THE TOURAINE AREA,**  
where the River Loire - listed as  
UNESCO world heritage - flows



**CONSIDERED AS THE HISTORICAL CRADLE  
OF FRENCH LANGUAGE**



**A CITY RENOWNED FOR  
ITS GASTRONOMY,  
ITS WINES  
AND ITS « ART DE VIVRE »**



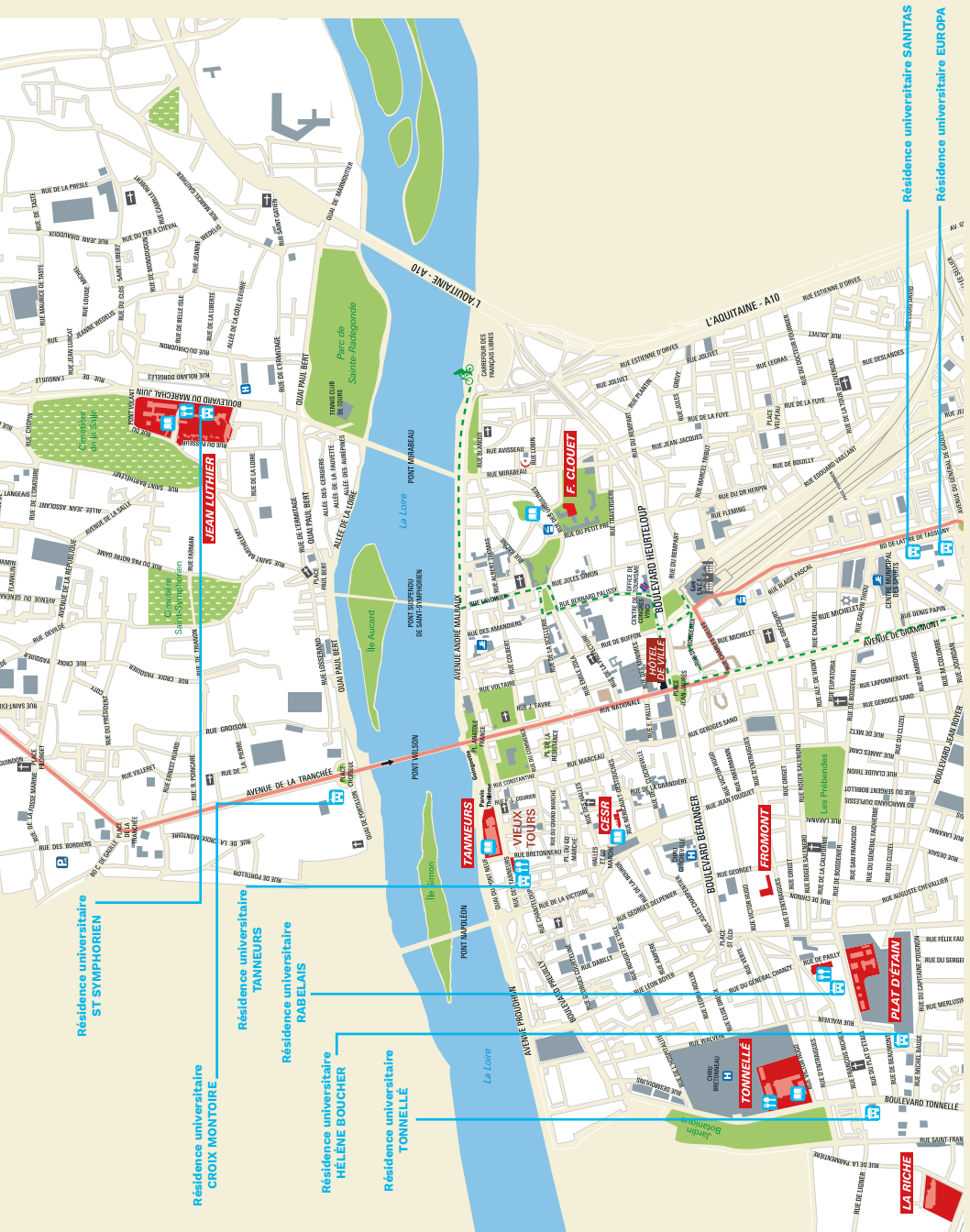
**HOME TO GREAT MINDS**  
Honoré de Balzac,  
René Descartes,  
Leonardo Da Vinci,  
François Rabelais,  
Pierre de Ronsard...



**SURROUNDED BY SOME OF THE MOST  
IMPORTANT CASTLES OF FRENCH HISTORY**  
Amboise,  
Azay-le-Rideau,  
Blois,  
Chambord,  
Chenonceau,  
Chinon...

# CAMPUSES MAP

(see page 47, get more information about campuses)

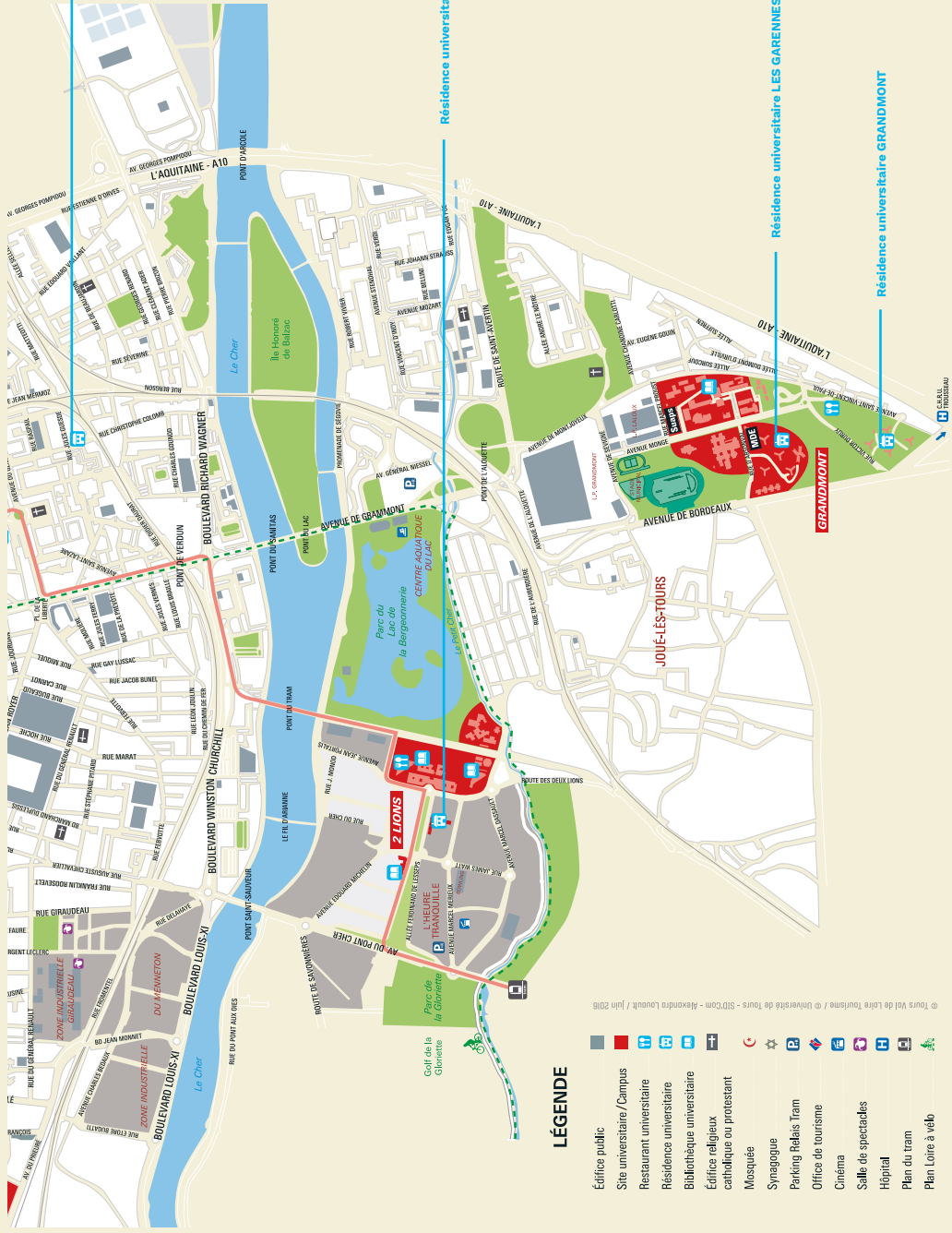


Résidence universitaire  
CHRISTOPHE COLOMB

Résidence universitaire TECHNOPOLE

Résidence universitaire LES GARENNES

Résidence universitaire GRANDMONT



## LÉGENDE

-  Édifice public
-  Site universitaire / Campus
-  Restaurant universitaire
-  Résidence universitaire
-  Bibliothèque universitaire
-  Édifice religieux catholique ou protestant
-  Mosquée
-  Synagogue
-  Parking Réalis Tram
-  Office de tourisme
-  Cinéma
-  Salle de spectacles
-  Hôpital
-  Plan du tram
-  Plan Loire à vélo

© Tours (via) de Loire Tourisme / © Université de Tours - Sid'Com - Alexandre Louche / juin 2016



# PLAN MY ARRIVAL







- > DEAL WITH CONSULAR PROCEDURES
- > FIND MY ACCOMMODATION
- > ESTIMATE MY FINANCIAL PLAN
- > ORGANIZE MY TRAVEL
- > MY CHECKLIST

### APPLY FOR A VISA

You are not from a European Union country ?

You don't come from a country which is part of the European Economic Area ?


Then you will need to apply for a Visa if you come to study at the UT.

This request will have to be done before your mobility program, through the French Embassy in your home country (nothing can be done once you are in France).

You will need to ask a long-stay Visa valid as a residence permit for students : VLS-TS «étudiant ».

This Visa will enable you to stay and study in France from 4 months to 1 year in France. It also entitles the holder to :

- travel freely in all the countries of the Schengen Area;
- work 964 hours per year, i.e. 20 hours per week, to supplement their financial resources;
- use the VISALE, the free security deposit service for students;
- receive a rental subsidy from the CAF - Caisse d'Allocations Familiales, the family allowance fund (subject to eligibility);
- extend their stay beyond the period of validity of the issued residence permit.

 [https://france-visas.gouv.fr/en\\_US/web/france-visas/student](https://france-visas.gouv.fr/en_US/web/france-visas/student)

### CAMPUS FRANCE PROCEDURE

If you are an exchange student from a country outside of the European Union and which country is listed below, please follow the procedure on the « Etudes en France » web platform.

The file you will create will enable you to prepare your visa request.

Your Visa application will be automatically sent to the French consular authorities of your country of residence through this online platform.

67 countries are concerned by the procedure :

|                    |             |                      |
|--------------------|-------------|----------------------|
| Algeria            | Ethiopia    | Niger                |
| Argentina          | Gabon       | Nigeria              |
| Azerbaïdjan        | Georgia     | Peru                 |
| Bahrain            | Ghana       | Qatar                |
| Benin              | Guinea      | Russia               |
| Bolivia            | Haïti       | Saudi Arabia         |
| Brazil             | India       | Senegal              |
| Burkina Faso       | Indonesia   | Singapore            |
| Burundi            | Iran        | South Africa         |
| Cambodia           | Israel      | South Korea          |
| Cameroon           | Ivory Coast | Taiwan               |
| Canada             | Japan       | Thailand             |
| Chad               | Jordan      | Togo                 |
| Chile              | Kenya       | Tunisia              |
| China              | Kuwait      | Turkey               |
| Colombia           | Lebanon     | Ukraine              |
| Comoros            | Madagascar  | United Arab Emirates |
| Congo              | Malaysia    | United Kingdom       |
| D.R. of Congo      | Mali        | United States        |
| Djibouti           | Mauritania  | Vietnam              |
| Dominican Republic | Mauritius   |                      |
| Ecuador            | Mexico      |                      |
| Egypt              | Morocco     |                      |
|                    | Nepal       |                      |

 <https://www.campusfrance.org/en>



## THE «OFFICE FRANÇAIS DE L'IMMIGRATION ET DE L'INTÉGRATION» (OFII) PROCEDURE

When applying for a visa in your country, you will need to attach an OFII (French Agency in charge of immigration and welcoming foreigners) request form. You will then be issued a stamped certificate.

You must validate your Visa within 3 months of arriving in France. The process is entirely digital, you will need to visit the following website :

 <https://administration-etrangers-en-france.interieur.gouv.fr>

This simple procedure enables you to lawfully remain in France for your visa's entire validity period. You will need :

- a valid email address,
- information on your visa,
- your date of arrival in France,
- your address in France,
- a bank card to pay for the fee online for issuing the residence permit (cost= 50€)

If you don't validate it within 3 months after your arrival, your Visa won't be valid anymore and your status will not be legal anymore : should you travel out of the Schengen area , you would be obliged to apply for a new Visa to return to France !

You can find more information about the procedure on this link :

 <https://www.campusfrance.org/en/how-to-validate-your-long-stay-visa-visa-long-sejour-upon-your-arrival-in-france>



### GOOD TO KNOW !

It is highly recommended to check out the government's website «France Diplomatie» so as to know the conditions of entry into French territory:

 [www.diplomatie.gouv.fr/en/](http://www.diplomatie.gouv.fr/en/)

Should you want to keep up with the health situation and measures in France (Covid-19, masks, health pass, tests, vaccination..), you can check at the government's website:

 [www.gouvernement.fr/info-coronavirus](http://www.gouvernement.fr/info-coronavirus)

# PLAN MY ARRIVAL

## FIND AN ACCOMMODATION

### UNIVERSITY RESIDENCE HALLS (SEE PAGE 31)

There are 12 university residence halls spread across the city's various neighbourhoods.

You will find their description, pictures and videos on the website of the "CROUS-Centre Régional des Oeuvres Universitaires et Scolaires" : CROUS is the public French organization that helps students with accommodations, catering, scholarships and much more.



<https://www.crous-orleans-tours.fr/logements/nos-residences/tours/>

### Type of accommodation - Budget required

Examples of rents :

- 9 m<sup>2</sup> individual room (from 224€ to 255€ per month)
- 12 m<sup>2</sup> individual room (around 267€ per month)
- 18 m<sup>2</sup> individual studio apartment (from 355€ to 399€ per month)
- 30 à 40 m<sup>2</sup> apartment with cotenants (from 246€ to 276€ per person)

### Deposit

An amount equivalent to 1 month's rent will be required from you upon the signature of your rental contract.

You will get this sum back at the end of your stay if you leave your flat in good condition.

### Guarantor

The guarantor is the person who would be paying your rent if you were not able to do so yourself. Having a guarantor is mandatory.

For further details, refer to page 20, "What you need to know".

### Duration of stay

The rental contract for accommodation in any university residence hall has a 12-month duration (September to August).

Still, you can leave your accommodation before the end of your lease : you will need to give advance notice at least 1 month before your date of departure.



### HOW TO APPLY TO A UNIVERSITY ACCOMMODATION ?

Caution ! Getting university accommodation is **NOT AUTOMATIC** and vacancies are limited. It is therefore highly recommended that you apply for a room as soon as possible, from the moment you receive your admission notification and when the online pre-registration is available. To do so, contact Eduard Rotariu, who gathers all the exchange program students' applications : [incoming.mobility@univ-tours.fr](mailto:incoming.mobility@univ-tours.fr)

Applications for university accommodation need to be filled, at the latest, by :

- Mid June for students staying in Tours over the 1st semester or for the whole year
- End of November for students staying in Tours over the 2nd semester.



Standard university room



## My university accommodation's equipment

There are 3 types of accommodation.

- **Rooms with private sanitary facilities and a collective kitchen to share**
- **Studio apartments with private sanitary facilities and kitchen**
- **Shared apartments to live with another student**

Unlike studio apartments, there are no kitchenettes in rooms (studio apartments have one), but students living on the same floor share a kitchen to prepare their meals. Rooms include a small fridge.

A room includes at least a single bed with a mattress, a desk and a chair, a book shelf, a closet or cupboard.

Most of them also have a shower room with toilet and sink or at least a bathroom sink (in that case, there are showers on each floor).

Residence halls provide Laundromats, cleaning gear (broom, dustpan), computer rooms with Internet access, working rooms and TV rooms (please check specifics for each residence hall).

All of them can be reached by the city bus service.

In compliance with regulations, smoking is prohibited inside residence halls.



### GOOD TO KNOW !

#### Things you will (usually) need to bring with you

- Bed linen, continental quilts and pillows (but you may rent these from your residence, it's called a "kit literie" and it costs around 25€)
- Bath towels
- Dishes, kitchen utensils (but you may rent these from your residence, it's called a "kit vaisselle" and it costs around 15€)
- Household appliances such as kettles, coffee makers, radio alarm clock, desk lamp...
- Television
- Telephone
- Household products to maintain your home (but you may rent these from your residence, it's called a "kit nettoyage" and it costs around 12€)

# PLAN MY ARRIVAL

## FIND AN ACCOMMODATION

### PRIVATE RENTALS




You can also choose to rent rooms or apartments, furnished or not, from private individuals.

For this type of accommodation, you will need to be autonomous and talk to the landlord directly. The University can't guarantee the quality of a private accommodation.

Search for an accommodation which is called "meublé/furnished" : this means that basic equipment is included so that the tenant can sleep, eat and live in a decent way.

#### > PRIVATE RESIDENCES FOR STUDENTS

There are also several private residences for students in Tours :

- Les Estudines  
 <https://www.estudines.com/>
- Odalys Campus  
 <https://www.odalys-campus.com/>
- Nexity Studea  
 <https://www.nexity-studea.com/>

#### > REAL ESTATE AGENCIES

You may choose to use a real estate agency which will help you find an accommodation that matches your expectations.

There are always agency fees. They usually amount to 1 month's rent.

Agencies always request a guarantor for renting a private accommodation from their base.





## TEMPORARY ACCOMMODATION

A temporary accommodation could be useful to you :

- If you arrive too late in Tours to pick up your keys from the university residence hall office (refer page 30) ;
- If you do not wish to stay in a university residence hall and have not yet found a place to stay.

Here are some options you may consider for 1 night or even some days.

You have several options :

- A **youth hostel** has recently opened in Tours. It is located at 84 avenue de Grammont. It's named "The People Hostel", and it mainly addresses to 20-35 people with low-cost rooms. The youth hostel possesses its own bar-restaurant, and is 10 minutes walk from the train station.



[www.thepeoplehostel.com/en/destinations/tours/](http://www.thepeoplehostel.com/en/destinations/tours/)

- Many **hotels** can welcome you. Rates for a standard single room vary according to period and comfort but the average rate stands between 60€ and 90€ per night, breakfast not included. You also need to add the tourist tax of 0,99€ to 1.10€ a night per person.

- **Air BnB** is a website where you will find accommodation offers for a few days. These offers are published by private owners, for a short stay. When compared with real estate agencies, you can often find good quality offers with lower prices



[www.airbnb.com](http://www.airbnb.com)

## > CLASSIFIED ADS

You can also search for an accommodation by looking at ads in the local newspaper "La Nouvelle République" or on specialized websites. Be careful of scams because these ads are not checked !

Here are some websites dedicated to classified ads :



[www.lanouvellerepublique.fr](http://www.lanouvellerepublique.fr)



[www.lokaviz.fr](http://www.lokaviz.fr)



[www.housinganywhere.com](http://www.housinganywhere.com)



<https://logement.studyrama.com/>



[www.paruvendu.fr](http://www.paruvendu.fr)



[www.leboncoin.fr](http://www.leboncoin.fr)



[www.pap.fr](http://www.pap.fr)



[www.appartager.com](http://www.appartager.com)

(apartment share ads)

# PLAN MY ARRIVAL

## FIND AN ACCOMMODATION

### WHAT YOU NEED TO KNOW...

#### LEASE (OR RENTAL CONTRACT)

This is an official document that both you and the landlord will need to sign. A lease lasts for 1 year.

However, if you want to leave your rented apartment before the end of the contract, you will need to give a notice to the landlord 1 to 3 months before leaving :

- > Furnished flat = 1 month
- > Non-furnished flat = 3 months

Should you not meet this requirement, the landlord may retain all or part of your deposit

#### INVENTORY OF FIXTURES

This document describes the state of the accommodation and its equipment when the tenant enters the premises.

There will be 2 copies of it, both signed on the premises by yourself and the landlord upon receipt of the keys : it's the entry inventory of fixtures.

Another inventory of fixtures is made when the tenant is leaving the accommodation and gives the keys back : it's the exit inventory of fixtures.

In the event of a dispute, the comparison between these 2 documents will enable to establish the responsibilities of each side.

Therefore, you must pay attention to everything and list the potential flaws or malfunctions of your accommodation (even the small ones) on the entry inventory of fixtures !

#### GUARANTOR

In most cases, the landlord, whether private or institutional, will require a guarantor, i.e. a person (a relative or friend) or a legal entity (organization, association, etc) who commits in writing to pay the rent should you fail to do so.

If you don't have a physical guarantor in France :

- VISALE is a free system which enables students aged under 31 to have a legal entity as a guarantor.

In order to get access to VISALE, the tenant has to obtain, before he signs the lease, a "visa" certified by the « Action Logement » organization: it will certify to the landlord that the tenant is eligible.



<https://www.actionlogement.fr/la-garantie-visale/>

#### DEPOSIT

This is 1 month's rent amount that you will need to pay upon signing the rental contract. It will be returned to you within 2 months at the latest after you leave the accommodation, unless things have been damaged or you forgot about the 1 or 3 months' notice.

In university residence halls, you must set an appointment 1 week before you leave in order to do the inventory of fixtures. Precise that you want to get back your security deposit by cash the day of your departure.

## SERVICE CHARGES

Usually include cold water, cleaning of common parts, caretaking fees and heating when it's collective.

Service charges are added to the rent, except when they are said "comprises/included" : in this case, the mention "loyer charges comprises" will be precised in the ad.

Enquiring about heating costs and insulation quality is really important : if the place is not well insulated, heating invoices can be very expensive (above all if it's an electric heating !).



### GOOD TO KNOW !

Most of the university residence halls directly include service charges in the rents: how practical !

## INSURANCE

In France, it is mandatory to have your accommodation insured.

As a renter, you have to take out a comprehensive home insurance policy called in French "Multirisques habitation".

This insurance covers fire, water damage, theft and so on, and includes civil liability (see "Subscribe to my insurances", page 39).

## STANDING CHARGES

Electricity, gas, water, phone, Internet are to be paid by the renter.

There are several electricity and gas providers, you are free to choose whichever.

Here are the most important national suppliers :

- Electricity provider (EDF) :  [particulier.edf.fr/en/home.html](http://particulier.edf.fr/en/home.html)
- Gas provider (ENGIE) :  <https://particuliers.engie.fr/en.html>
- Water provider (VEOLIA-Compagnie générale des eaux) :  [www.eau.veolia.fr](http://www.eau.veolia.fr)

Upon arrival and departure, remember to take note of your energy consumptions by checking meters. At the end of your stay and before leaving France, don't forget to terminate all your contracts.

# PLAN MY ARRIVAL

## ESTIMATE MY FINANCIAL PLAN

As for a typical monthly budget in Tours, you should anticipate to spend at least 800€ on average : it includes rent and cost of transportation, food, outings and leisure activities, as well as upkeep costs.

On the 1st month, this budget is double because you will face extra costs related to your settlement : deposit, additional equipment for your accommodation, insurances, OFII tax, etc...

You will find on the next page an example of a monthly budget so that you can have in mind most of the expenses to be expected.



### GOOD TO KNOW !

Should you face financial difficulties during your stay in Tours, feel free to contact the social worker of the University.

A professional social worker welcomes you by appointment at the University Office for Health/« Service de Santé Universitaire » (S.S.U.), located on the Plat d'Etain campus :

60 rue du Plat d'Etain - Building H

Phone : 02 47 36 77 00

Email : [ssu@univ-tours.fr](mailto:ssu@univ-tours.fr)



### GOOD TO KNOW !

Remember to have Euros if you come from a country outside the Euro zone. It is clearly much easier to have some money from the country in which you are if you just need to buy a coffee or a sandwich (foreign exchange offices are not open 24/7).








- You can exchange your money at your bank before leaving or upon arrival at the airport.
- However, if you arrive in Tours without any euros, you will find an exchange office near to the train station (60 rue Bernard-Palissy) and another one at the central post office (boulevard Béranger).

You can also withdraw some money from an ATM (Distributeur Automatique de Billets or DAB), if you hold an international credit card.

For security reasons, do not carry too much money in cash with you (watch out for pickpockets in stations or in airports !)



## AN EXAMPLE OF A MONTHLY BUDGET

|   | Estimated costs              | My real costs |
|---|------------------------------|---------------|
| <b>ACCOMMODATION</b>  |                              |               |
|  > Room in a university residence hall                  | around 300€                  | .....         |
| > Private studio apartment  | around 550€                  | .....         |
| <b>FOOD</b>   |                              |               |
|  > Meals at the University Restaurant (RU) (1/work day) | 70€                          | .....         |
| > Grocery shopping  | 200€                         | .....         |
| <b>TRANSPORT</b>  |                              |               |
|  > Bus/tramway suscription                              | 23€                          | .....         |
| <b>MISCELLANEOUS</b>  |                              |               |
|  > Telephone & internet                                 | 30€                          | .....         |
|  > Laundromats   | 30€                          | .....         |
|  > Leisure (restaurant, excursions...)                  | 60€                          | .....         |
| <b>EXTRA COSTS ON THE 1<sup>ST</sup> MONTH</b>  |                              |               |
|  > Deposit  | equivalent to 1 month's rent |               |
| > Home insurance  | around 30€                   |               |
| > OFII tax  | 50€                          |               |
| > Books   | around 50-80€                |               |
| > Passeport Culturel Etudiant   | 8€                           |               |
| > Pack'Sport  | 25€                          |               |

# PLAN MY ARRIVAL

## ORGANIZE MY TRAVEL

Car, train, plane, bus...

Depending on your budget, here are several options to reach Tours...

### FROM PARIS...

#### > BY BUS €

Low cost bus lines run from Paris to Tours coach station located in the city center of Tours.

You can check out Flixbus or OuiBus companies. It takes about 5 hours between the 2 cities and it costs less than 20€.

In Tours, all these buses' departures and arrivals take place at 168 rue Edouard Vaillant, which is 5 minutes walking from Tours train station.

 [www.flixbus.fr](http://www.flixbus.fr)

 [blablacar.co.uk/bus](http://blablacar.co.uk/bus)

#### > BY CARPOOLING €

There is a popular carpooling website in France called "Blablacar".

You can find a carpooling from the airport, or from Paris to Tours for about 20€.

 [www.blablacar.fr](http://www.blablacar.fr)



Wearing a mask in public transports (bus, planes, trains) is not mandatory anymore but still highly recommended. Health measures can evolve so be sure to check it on your travel companies' websites !

#### > BY TRAIN € €

##### > From Roissy-Charles de Gaulle airport

The TGV train station is located in terminal 2, inside the airport. There are direct trains for Saint-Pierre-des-Corps only (and not to Tours station).

You can book a train for Tours station and when you get to Saint-Pierre-des-Corps you will take the shuttle (train). The fee with the SNCF "Carte Jeune" is between 39 and 79€. The journey takes about 2 hours.

There is another possibility if there is no train which suits you : from the Roissy-Charles de Gaulle station in terminal 2, you can take a RER\* and then a subway to Paris Montparnasse station or Paris Austerlitz station. From these stations, there are also trains to Tours.

A RER B ticket to enter inner Paris costs 10,30€.

\* RER = suburban trains in the Parisian area,  
«Réseau Express Régional»

##### > From Orly airport

You can take the bus 91.10 (one ticket costs 2€) either at Orly 1-2-3/exit 48a/stop 8, or at Orly 4 exit 47d, stop 3. It runs every 30 to 60 minutes and take you to Massy-TGV train station.

At Massy-TGV train station, there are direct trains for Saint-Pierre-des-Corps or Tours. It costs from 30 to 70€.

Find all practical information about Roissy-Charles de Gaulle and Orly airports :

 <https://www.parisaeroport.fr/en/homepage>

## > From Beauvais airport

You can take a shuttle to Paris. The journey lasts about 1h15 and the shuttle takes you to Porte Maillot. It costs 16.90€ online or 18€ directly with the bus driver.

Then you can take a subway to reach Montparnasse train station or Austerlitz train station. You can check the itinerary in Paris on the website of the « RATP » (Paris public transport network)

 <https://www.ratp.fr/en/titres-et-tarifs/airport-tickets>

Another option would be to take a bus or a cab from the airport to Beauvais train station and then a train to Tours. There will be a connection in Paris (you will need to change from train and train station).

## > From Paris-Montparnasse train station

You can take a train from Paris-Montparnasse to Tours : rates vary from 15€ to 60€ with the SNCF "Carte Jeune". The journey lasts about 1 hour.

## > From Paris-Austerlitz train station

You can take a train from Paris-Austerlitz to Tours : rates vary from 20€ to 100€ with the SNCF "Carte Jeune". The journey lasts about 1,5 hour.

Caution ! While at the airport, in the station or in the train, label your luggage and keep an eye on it !

## > BY SHUTTLES

Lots of companies offer a shuttle service from the various airports to Tours (Pickmecab, Transpers, etc...).

Count more than 200€ for 1 person.

 [www.pickmecab.fr](http://www.pickmecab.fr)

 [www.transpers.fr](http://www.transpers.fr)

 [www.evasion-transport.fr](http://www.evasion-transport.fr)

## FROM TOURS AIRPORT TO TOURS TRAIN STATION (CENTER TOWN)

> By tram : walk about 15 minutes until "Terminus Vaucanson" stop and take the tram until "Gare Vinci".

> By taxi : you can take a taxi directly outside the terminal. Usually, there are taxis waiting after each flight arrival. It costs from 15 to 30€ to go to Tours city center.



### GOOD TO KNOW !

The name of the French railway network is "Société Nationale des Chemins de Fer" (SNCF). You can check the website to look at the timetables and book your ticket directly online.

You can also download the app "SNCF Connect" to check the timetable and buy your e-ticket without having to print it.

We advise you to buy the card "Carte Jeune" (for people between 12 and 27 years old) so you can have interesting rates all along your stay in France.

The card costs 49€ (please note that it does not replace the train ticket that you will still have to buy) and is quickly profitable if you take the train during your exchange semester/year.

There are 2 train stations in Tours :

- **Saint-Pierre-des-Corps station**  
It's located in the suburb of Tours and most of the TGVs (high-speed trains) go through this train station.
- **Tours station**  
Located in the very center of Tours, it's a terminal.

Shuttles (trains) connect the 2 stations every 10 minutes approximately. The platform number is indicated on screens when you get out of the train in Saint-Pierre-des-Corps. It's a small train station, you will have the time to catch the shuttle.

 [www.sncf-connect.com/en-en/train-ticket](http://www.sncf-connect.com/en-en/train-ticket)

# PLAN MY ARRIVAL

## MY CHECKLIST



- I checked the website of the University of Tours, especially the part dedicated to the exchange students and I read every point mentioned.
- I finalized my online pre registration (Mobility Online).
- I completed and sent my accommodation request form in a residence hall or I found my own accommodation if I want a private one.
- If I am a non EU student (not a citizen of one of the 27 EU member states), I applied for a visa at the French embassy of my country.
- I checked the list of the courses available at UT in order to prepare my learning agreement.  
I have sent an email to my future pedagogical coordinator to define my learning agreement.
- A few days before my arrival, I have set an appointment with Eduard ROTARIU (International Relations Office) for my final registration upon my arrival: [incoming.mobility@univ-tours.fr](mailto:incoming.mobility@univ-tours.fr)
- I scanned all my official documents and uploaded them onto a cloud so that I can have access to them from anywhere in case of a situation :
  - Passport/ID card
  - Health insurance & medical documents (vaccinations...)
  - Copy of my birth certificate translated in French by an official translator (the list can be found on my embassy website)
  - Copy of my last diploma
  - Copy of my registration certificate in my home university (current year)
  - ID photo (face picture)
  - Mobility-related documents (learning agreement, certificate of arrival...)
- I bought my travel ticket and I prepared my trip. I checked the itinerary and how I can reach Tours easily.
- I carefully checked all information related to the conditions of arriving on French territory (useful websites mentioned page 17).
- If I want to use my phone, I have checked that it will be working in France.
- I talked to my family and friends and told them that I love them and that I will give them some news regularly 😊
- I smile as I am impatient to come and study in Tours. I keep positive vibes as I know everything will be fine 😊



# ONCE ARRIVED







> MOVE IN

> FINALIZE MY UNIVERSITY  
REGISTRATION

> MANAGE MY HEALTH INSURANCE

> OPEN A BANK ACCOUNT

> SUBSCRIBE TO MY INSURANCES

> MY CHECKLIST

# ONCE ARRIVED

MOVE IN

## HOW TO REACH MY UNIVERSITY RESIDENCE HALL

Once you've reached Tours train station, you can walk, take a bus, or take a taxi.

Taxis are parked right in front of the train station.

 [www.taxis-tours.fr](http://www.taxis-tours.fr)

The bus company in Tours is called "Fil Bleu".

The fare is 1.60€ + 0.10€ for the creation of the reusable ticket.

Tickets can be purchased from the driver and can be used for 1 hour whatever bus or tram line you take.

Fil Bleu website and app enable you to get bus/tramway real-time schedules and also to create your itinerary depending on your own points of departure and arrival ! (refer to page 75 for more info)

 [www.filbleu.fr](http://www.filbleu.fr)



## HOW TO GET THE KEYS OF MY UNIVERSITY ACCOMMODATION ?

You must make an appointment on [messervices.etudiant.gouv.fr](http://messervices.etudiant.gouv.fr)  
(click on «Prendre RDV avec le CROUS/Make an appointment with the CROUS»)

- If you arrive before 4:00pm, you will need to retrieve your keys from the office administering your residence hall.
- If you arrive after 4:00pm, you will need to go directly to a hotel to spend the night there (refer to "Temporary accommodation" page 19). It will be impossible for you to get your hall keys after office hours. University residence halls' offices are usually open during these hours : 9:00am to 12:00am / 2:00pm to 4:00pm.

Please also note that the residence halls do not have a welcome desk on weekends !

In any case, it is always a good option to contact your residence hall by email or phone beforehand in order to check that your lease file is fully completed and that your arrival is well known.

- ! Pay attention, some university residence halls require you to retrieve your keys from a different office. We indicate in the next pages the name and address of the residence hall
- where you have to take the keys.





### St Symphorien Hall

25 rue du Pont Volant  
37100 Tours

02 47 54 22 49  
symphorien@  
crous-orleans-tours.fr



Bus : Lines 2A ou 2B  
Stop "IUT"



Retrieve keys directly at the  
office of the residence



### Croix Montoire Hall

8 Place Choiseul  
37100 Tours

02 47 42 57 68  
croix-montoire@  
crous-orleans-tours.fr



Bus : Lines 1A – 1B – 7 -9A –  
9B – 10 – 11 + Tramway  
Stop "Place Choiseul"



Retrieve keys directly at the  
office of the residence  
from August 27



### Tanneurs Hall

5 rue Bretonneau  
37000 Tours

02 47 65 93 28  
symphorien@  
crous-orleans-tours.fr



Tramway, stop "Porte de Loire"  
Bus : Line 4,  
Stop "Fac Tanneurs"



> Until August 30, retrieve keys  
at St Symphorien's office  
> After August 31, retrieve keys  
directly at the office of the  
residence



### Tonnellé Hall

49 boulevard Tonnellé  
37000 Tours

02 47 60 17 60  
tours.centre-ville@  
crous-orleans-tours.fr



Bus : Lines 4 – 15  
Stop "Tonnellé"



Retrieve keys at  
Rabelais' office



### Hélène Boucher Hall

9 rue Hélène Boucher  
37000 Tours

02 47 60 17 60  
tours.centre-ville@  
crous-orleans-tours.fr



Bus : Lines 4 – 15  
Stop "Saint François"



Retrieve keys at  
Rabelais' office



### Sanitas Hall

Boulevard de Lattre de Tassigny  
37000 Tours

02 47 60 17 60  
tours.centre-ville@  
crous-orleans-tours.fr



Tramway  
Stop "Palais des Sports"



Retrieve keys at  
Rabelais' office



### Europa Hall

5 - 7 - 9 - 11 allée Thierry  
d'Argenlieu  
37000 Tours

02 47 60 17 60  
tours.centre-ville@  
crous-orleans-tours.fr



Tramway : stop "St Paul"  
Bus : Line 2, Stop "Liberté"



Retrieve keys at  
Rabelais' office



### Grandmont Hall

Parc de Grandmont  
37000 Tours

02 38 22 70 16  
residence.grandmont@  
crous-orleans-tours.fr



Bus :

> Lines 5-14-16  
Stop "Arsonval"  
> Lines 35-3A-3B-Tempo 2  
Stop "Fac Grandmont"



Retrieve keys directly at the  
office of the residence,  
Building A



### Rabelais Hall

11 rue du Plat d'Étain  
37000 Tours

02.47.60.17.60  
tours.centre-ville@  
crous-orleans-tours.fr



Bus : Line 5  
Stop "Rabelais"



Retrieve keys directly at the  
office of the residence





### Christophe Colomb Hall

21 rue Christophe Colomb  
37000 Tours

02 47 60 17 60  
tours.centre-ville@  
crous-orleans-tours.fr



Tramway : Stop "St Paul"



Retrieve keys at  
Rabelais' office



### Technopole Hall

7 Allée Guy Charff  
37200 Tours

02 47 60 17 60  
tours.centre-ville@  
crous-orleans-tours.fr



Tramway : Stop "Fac 2 lions"  
Bus : 1A – 1B – 5 – 6  
Stop "2 Lions"



Retrieve keys at  
Rabelais' office



### Les Garennes Hall

Rue Gaspard Coriolis  
37200 Tours

02 38 22 70 16  
residence.grandmont@  
crous-orleans-tours.fr



Bus : Lines 5-14-16  
Stops "Boulevard de Chinon"  
and "Arsonval"



Retrieve keys at  
Grandmont's office, Building A

## APPLY FOR A HOUSING SUBSIDY (CAF)

The "Caisse d'Allocations Familiales" (CAF=French Welfare Office) may provide you with a monthly housing subsidy to pay a part of your rent.

To be entitled with housing subsidy, you need :

- to have a valid residence permit
- to rent a housing yourself and your name needs to appear on the lease
- to have a French bank account (refer to "Open my bank account" page 38)

The CAF will also ask for some supporting documents :

- a university registration certificate
- a copy of your birth certificate translated in French by a sworn translator.

Make a simulation and check your eligibility online on the CAF website..



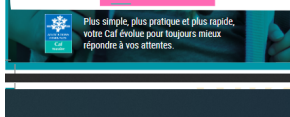
### GOOD TO KNOW !

Apply to your housing subsidy as soon as possible ! CAF housing subsidy is available from the month which follows your application. The 1st payment usually reaches your bank account 2 months after your settlement.

 [www.caf.fr](http://www.caf.fr)



DOCUMENTS À FOURNIR INDICQUÉS EN FIN DE SIMULATION



# ONCE ARRIVED

## FINALIZE MY UNIVERSITY REGISTRATION

### **1. CONFIRM YOUR REGISTRATION AT THE INTERNATIONAL RELATIONS OFFICE**

Before you arrive, we will send you a web link on which you will have to pick a time slot to come and meet us at the UT International Relations Service.

Our office is located at this address : 60 rue du Plat d'Etain.

Go to building A, our office is on the ground floor, on the right.

During the meeting, we will give you an administration file that you will have to fill. We will be there to help you complete it.

You will need you bring :

- 1 copy of your ID
- 1 ID photo (face picture)
- 1 copy of your health insurance certificate

This will enable the creation of your student card which will be ready a few days later.

Please consider having a digital copy of these documents on a Cloud or USB key in case of loss !

### **2. PEDAGOGICAL REGISTRATION**

You will need to contact your pedagogical coordinator and meet him/her quickly in order to agree on a final learning agreement.

With his/her assistance, you will also fill out a “pedagogical contract” to register classes and exams. You will have to give this document to your administrative referent.

## YOUR CONTACTS AT THE UNIVERSITY



- **The administrative coordinator**

This is the person who will be in contact with you before, during and after your mobility. His name is M.Eduard ROTARIU. He will assist you in completing your online pre registration and will be in contact with the accommodation office. You will have to make an appointment with him to finalize your registration upon your arrival in Tours. He will give you all the information you need to start your mobility in the best way. Throughout your mobility, he will send you more useful information, on a regular basis. After the end of your stay, he will still be your contact for administrative matters.

- **The pedagogical coordinator**

This a professor of the University of Tours. You will receive his/her contacts when your pre registration file on MobilityOnline is validated. Before your mobility, the coordinator can advise you and help you elaborate your learning agreement. You will have to make an appointment with him/her after the finalization of your registration. Your final learning agreement will be signed at that moment.

- **The administrative referent**

The administrative referent will be your contact on your campus. If you have an urgent question or issue (if you are lost, if you can't find the classroom...) when you are on campus, you can go to his/her office. Do not hesitate to ask for assistance to that person.



## YOUR DEDICATED CONTACTS AT THE INTERNATIONAL RELATIONS OFFICE OF YOUR UNIVERSITY



Université de Tours  
DIRECTION DES RELATIONS INTERNATIONALES  
60 rue du Plat d'Étain  
BP 12050 - 37020 Tours Cedex 1  
FRANCE



Tél. : (+33) (0)2 47 36 67 04

Email : [international@univ-tours.fr](mailto:international@univ-tours.fr)

Website : [international.univ-tours.fr](http://international.univ-tours.fr)



From Monday to Friday : 9h - 12h15 / 13h30 - 17h15



**Ms. Graziella Beynet**

> **Head of the International Relations Office**



**Mr. Eduard Rotariu**

> **Support to international exchange students (Erasmus and on agreement)**

> **University accommodation**

> **Buddy system**

(+33) (0)2 47 36 67 17

or [incoming.mobility@univ-tours.fr](mailto:incoming.mobility@univ-tours.fr)



**Ms. Aurore Leroy**

> **Cultural program**

(+33) (0)2 47 36 66 65

or [aurore.leroy@univ-tours.fr](mailto:aurore.leroy@univ-tours.fr)



**Ms. Isabelle Métais**

> **Reception**

(+33) (0)2 47 36 67 04

or [international@univ-tours.fr](mailto:international@univ-tours.fr)

# ONCE ARRIVED

## MANAGE MY HEALTH INSURANCE

### REGISTER TO THE "SÉCURITÉ SOCIALE"

In France, being covered by a health insurance is mandatory.

If you don't possess a valid European Health Insurance card or any private insurance, then you must register to the French "Social Security".

The "Sécurité Sociale" system is ruled by the public institution called "Caisse Primaire d'Assurance Maladie (CPAM)".

You can register online using the CPAM website dedicated to foreign students.

The registration is free. You must complete it right after your university's registration. This basic health coverage provides reimbursement up to roughly 70% of your medical care (medical consultations, pharmacy bills, medical analysis fees, hospital fees...).



[etudiant-etranger.ameli.fr](http://etudiant-etranger.ameli.fr)

**Assurance Maladie**  
AGIR ENSEMBLE, PROTÉGER CHACUN

**POUR VOUS INSCRIRE  
À LA SÉCURITÉ SOCIALE :**  
**ETUDIANT-ETRANGER.AMELI.FR**

**DOCUMENTS À FOURNIR**

- Passeport / carte d'identité
- Titre de séjour
- Copie intégrale de l'acte de naissance / extrait de l'acte de naissance avec filiation / pièce établie par le consulat
- Attestation de scolarité pour l'année en cours
- Attestation d'autorisation parentale (-16 ans)
- IBAN (si possible)
- Pièces complémentaires à déterminer selon le pays d'origine

**ameli.fr**

### ADDITIONAL HEALTH INSURANCE

To complement the reimbursements of the "Sécurité Sociale", you can take out an additional health insurance policy (called "mutuelle" in French).

This is not mandatory, but highly recommended, so that you can get the best reimbursement of your health related expenses.

The additional health insurance will reimburse the last 30% of healthcare expenses which are not covered by the "Sécurité Sociale".

There is a large number of additional health insurance companies and you are free to choose whichever you want !

For example, there are the SMERRA and the LMDE which stand as "student health additional insurances" : they are known to match students' needs at low prices.



## HOW TO REGISTER TO THE "SÉCURITÉ SOCIALE" ON THE WEBSITE [ETUDIANT-ETRANGER.AMELI.FR](http://ETUDIANT-ETRANGER.AMELI.FR)



### I FILL IN THE COMPULSORY DATAS

- name/first name(s)
- birthdate/birthplace
- e-mail address
- mailing address
- phone number

### I UPLOAD THE COMPULSORY DOCUMENTS

- ID card/passport
- valid residence permit
- university registration certificate
- French bank datas (IBAN)
- full copy of birth certificate copy or extract of birth certificate showing filiation (delivered by a consulate)
- Some international conventions and agreements can require other documents (Quebec or Andorre)

### I DOWNLOAD MY TEMPORARY CERTIFICATE OF SOCIAL SECURITY REGISTRATION

I have now access to the reimbursement of my healthcare costs by the French « Assurance Maladie ».



### I DOWNLOAD MY FINAL CERTIFICATE OF SOCIAL SECURITY REGISTRATION

### I CREATE MY ONLINE "AMELI" PERSONAL ACCOUNT

This is the personal space that will enable you to check your reimbursements, download your certificates, contact an advisor by email...

### I APPLY FOR MY HEALTH INSURANCE CARD (CARTE VITALE)

I show it to my doctor or to my pharmacist: my healthcare reimbursements are now automated

### I DECLARE MY PRIMARY CARE PHYSICIAN ("MÉDECIN TRAITANT")

during a first appointment with a doctor in France, in order to be well reimbursed (refer to page 78)



# ONCE ARRIVED

## OPEN A BANK ACCOUNT

Opening a bank account in France is highly recommended and even requested in some cases !

A French bank account will allow you to :

- easily pay for your regular expenses (rent, electricity, internet, phone or bus subscriptions, etc...)
- receive your CAF housing subsidy
- receive your healthcare reimbursements by the Social Security...

Any foreigner residing for over 3 months in France may open a bank account to get a checkbook and/or a bank card.

There are 2 types of bank cards :

- Debit cards used only to withdraw money from your bank's Automatic Teller Machines 24/7 ;
- Credit cards used to withdraw money from any ATM and to pay for your purchases in shops.

Banks charge you around 30-40€ per year (student rate).



### HOW TO PROCEED TO OPEN A FRENCH BANK ACCOUNT?

**1. Schedule an appointment at the bank of your choice.** Here are some banks located in Tours : Banque Populaire, Caisse d'Épargne, CIC, Crédit Agricole, HSBC, Société Générale...

Banks' rates are more or less identical but they can have different offers and options (type of bank card, online services, authorized overdrafts...).

Among the selection criteria to consider, you can also choose a bank close to your home or campus.

**2. Prepare the following documents :**

- an ID document (passport, Visa...)
- a proof of where you live (phone or electricity bill, rent receipt...)
- a university's registration certificate or a student card
- documents to show proof of your incomes

At last, the bank will ask you a 20€ deposit to open your bank account.

At the end of the semester/year, do not forget to close your bank account before you leave and get back the money eventually left.

## CIVIL LIABILITY

Subscribing to a civil liability is mandatory in France : this is an insurance policy that enables you to compensate injuries or material damages you could cause to another person.

Most of the time, it is included in the accommodation insurance (refer below) but it can be a limited civil liability.

Enquire to know what damages and repairs your insurance policy includes.

- ! A civil liability certificate is requested to obtain your student card and practice a sport.

## HOME INSURANCE

In France, it is compulsory to subscribe to a home insurance for any accommodation : you won't be able to rent any flat without this insurance cover.

It covers domestics incidents or accidents such as fires, flood, burglary, or vandalism.

It costs around 30€ and can be bought online or upon your arrival.



### GOOD TO KNOW !

You can subscribe to a customized insurance contract with the company of your choice.

Here are some insurance companies that can be found in Tours : AXA, GMF, MAAF, MACIF, MAIF, MATMUT, SMERRA...

Banks can also provide insurance offers when opening a bank account : it can be time-saving to open your bank account and to subscribe to your insurances at once !

Don't hesitate to ask the bank for more information. In all cases, pay attention and carefully read the contracts before signing it !

We recommend to use a physical bank rather than an online bank for this kind of banking/insuring package.

Here are some banks available in Tours : Banque Populaire, Caisse d'Epargne, CIC, Crédit Agricole, HSBC, Société Générale...

# ONCE ARRIVED

The background of the page is composed of several thick, curved, overlapping bands of color. From top to bottom, the colors are purple, pink, teal, and red. The bands curve from the top left towards the bottom right, creating a sense of movement and depth.

## MY CHECKLIST



- I finalize all formalities related to my accommodation:
  - I collected the keys from the residence hall office and moved in.
  - I subscribed to a housing insurance (mandatory).
  - If needed, I opened my EDF/ENGIE account so that I can have the electricity in my accommodation (to be asked to your landlord or residence hall).
- I completed my online CAF file (for a financial aid regarding the accommodation) with the help of the staff at the residence hall.
- If I don't have a health insurance, I registered online on : <https://etudiant-etranger.ameli.fr/>
- I finalized my registration at UT and met Eduard ROTARIU (I made an appointment with him first) and I had him sign my arrival certificate if I have one.
- I collected my student card.
- After my registration, I made an appointment with my coordinator.
- I met my coordinator and he/she signed my learning agreement.
- If I want to take the French courses at the CUEFEE, I asked Eduard ROTARIU to have me registered to the placement test. I took the placement test and collected my results during the CUEFEE information meeting.
- I attended the mandatory information meeting organised by the International Relations Office.
- I visited my campus prior the start of the courses to get used to it and I found the office of my on-campus administrative referent who will help me in case I need it.
- If I have a visa, I definitely validated it online, after my arrival in France, by following the procedure that can be found here : <https://administration-etrangers-en-france.interieur.gouv.fr>
- I started attending the courses (the attendance is mandatory !).
- I participated to the first activity organized by ESN Tours so that I can get to know the other international exchange students.
- If I wish to be mentored by a French buddy, I register on the "Buddy System" platform thanks to the web link sent by Eduard ROTARIU.
- I subscribed to a phone/internet offer.
- I opened a bank account (I made sure I made an appointment first).
- I breathe deeply and quietly, I am fine and I feel well surrounded in Tours. 😊



# STUDY AT THE UNIVERSITY







## > BASICS

- LMD system
- Campuses
- Academic calendar
- How courses are organized
- How to select courses
- Exams
- Improve my French language level

## > MY STUDENT LIFE

- Orientation week for new students
- Information meeting at the beginning of the year
- My academic tools
- European Student Card
- Libraries
- Sport & Culture
- Meet new people

# STUDY AT THE UNIVERSITY OF TOURS

## BASICS

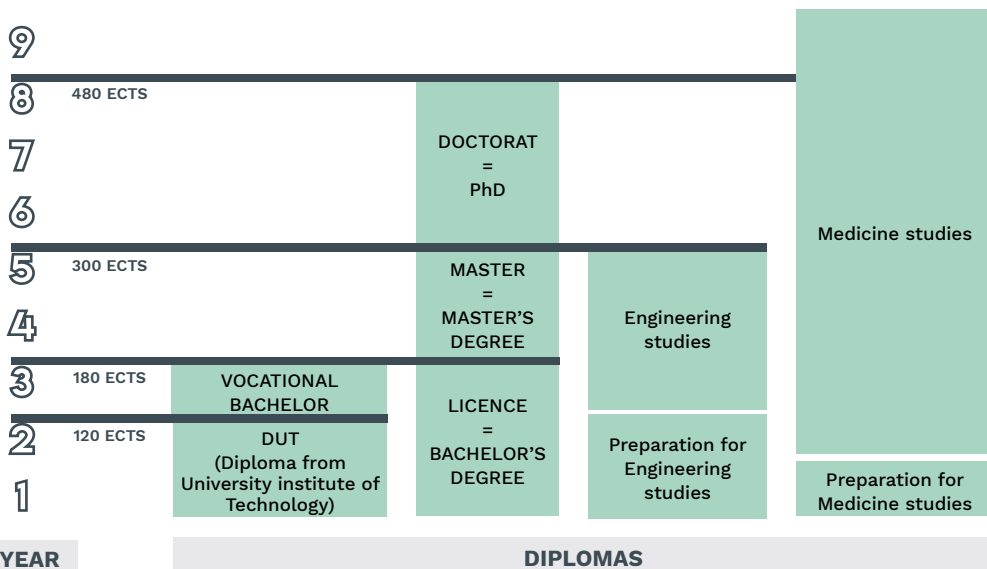
### LMD SYSTEM

Universities in France, also called “fac” (short for “faculty”), are governed by a system that meets the European standards for higher education : it’s the "LMD system", standing for Licence/Bachelor’s - Master/Master’s - Doctorat/PhD.

This system has been launched to standardize degree courses and organize a mutual recognition of degrees and diplomas between member countries. It facilitates student mobility in Europe as well as in the rest of the world.

The LMD degree graduation is based upon the number of study semesters completed from the entry to higher education. Each semester allows the validation of 30 ECTS (European Credits Transfer System) credits which are recognized from one European country to another one.

A "Licence/Bachelor’s" requires the validation of 6 semesters, equivalent to 180 ECTS. You need to add 4 semesters to complete a Master’s with 120 more ECTS. A PhD is completed with 16 semesters and the validation of a total of 480 ECTS, in 8 study years minimum.



## CAMPUSES

The University of Tours owns different campuses spread across the city of Tours.



### Tanneurs Campus

3 rue Tanneurs, 37000 Tours



Faculties of Letters & Languages,  
Arts & Human Sciences,  
Centre Universitaire d'Enseignement du Français  
pour Etudiants Etrangers (CUEFEE)



Bus : Line 4 or Tramway  
Stop "Fac des Tanneurs"  
or "Porte de Loire"



### Fromont Building

8 bis Fromont, 37000 Tours



Additional classrooms



Bus : Line 5  
Stop "Arago"



### Centre d'Etudes Supérieures de la Renaissance (CESR)

59 rue Néricault Destouches, 37000 Tours



Bus : Lines 11, 14, 15 or C1  
Stop "Halles"



# STUDY AT THE UNIVERSITY OF TOURS

## BASICS



### **Tonnellé Campus**

10 boulevard Tonnellé, 37000 Tours



Faculty of Medicine



Bus : Line 4 or 15  
Stops "Tonnellé"  
or "Bretonneau"



### **Clouet Campus**

5 rue François Clouet, 37000 Tours



Faculty of Music  
& Musicology



Bus : Line 2, 4 or 10  
Stop "Ursulines"



### **Portalis/2 Lions Campus**

50 avenue Jean Portalis, 37200 Tours



Faculties of Law, Economics, Social Sciences  
& Management,  
and Polytech Tours



Bus :  
Line 5, Stop "2 Lions"  
Tramway :  
Stop "Fac 2 Lions"





### Grandmont Campus

Avenue Monge, Parc Grandmont, 37200 Tours



Faculties of Sciences & Technology,  
Pharmaceutical Sciences,  
Department of Electrical Engineering  
& industrial IT of the IUT  
(University Institute of Technology),  
University Sports Service (SUAPS)  
and Maison de l'Etudiant.



Bus : Line 2, 3, 14 or 16  
Stop "Faculté de Grandmont"  
or Line 5  
Stop "Arsonval"



### Jean Luthier Campus

29 rue du Pont Volant, 37100 Tours



University Institute of Technology (IUT), Tours



Bus : Line 2  
Stop "IUT"



### Blois Campus

> 3 Place Jean Jaurès  
> 15 rue de la Chocolaterie  
41000 Blois



University Institute of Technology (IUT), Blois  
Department of Computer Sciences from the  
Faculty of Sciences & Technology  
Branch of the Faculty of Law



Train  
Blois is a city located 60km away from Tours

# STUDY AT THE UNIVERSITY OF TOURS

## BASICS

### ACADEMIC CALENDAR

The academic year starts from September and ends in May-June. It is divided into 2 semesters of approximatively 12 weeks.

**1st semester:** from September to December

**2nd semester:** from January to May (even June if you need to pass some retake exams)

### HOW COURSES ARE ORGANIZED

#### > LECTURES OR "COURS MAGISTRAUX" (CM)

The lectures/"cours magistraux" in French, also shortened to "CM", take place in hall lectures/amphithéâtres so that a large number of students can attend it. During the CMs, the professor speaks non-stop before the students. You need to wait for the end of the course to ask your questions. The CMs usually last 2 hours but can go up to 4 hours.

#### > TUTORIALS OR "TRAVAUX DIRIGÉS" (TD)

Unlike CMs, tutorials allow students to ask questions, to be questioned, to participate to the debate and to do some practical exercises. Most of the time, students are required to give presentations in order to assess their work in terms of personal research, group interaction and oral presentation.

TDs are held in classrooms with no more than 40 students.

#### > PRACTICAL WORK OR "TRAVAUX PRATIQUES" (TP)

In some courses, you will also have practical work/"travaux pratiques" (TP) in French. TPs are carried out in laboratories (research labs, language labs, computer labs) in small groups.



#### Contact your teachers

"Office hours" do not really exist in France in the same obligatory nature as in other countries.

However, teachers are generally happy to answer questions and to discuss problems before or immediately after class. Individual appointments can also be made.

Do not hesitate to email them if you need to. You can find their e-mail adress on the university directory :



[www.univ-tours.fr/annuaire/](http://www.univ-tours.fr/annuaire/)



#### First contact

The first time you attend a class, at the end of it, you need to introduce yourself to your teachers.

Ask them for a signature on your pedagogical contract to prove that they accept you in their class.

## EXAMS

Each semester counts equally to obtain ECTS credits and access to the following academic level.

The exams of the 1st semester take place in December and the exams of the 2nd semester are held in May.

There are 2 types of assessment :

- **continuous assessment** (“**contrôle continu**” or CC) **throughout the whole semester**

Credits may be awarded for your attendance, participation, written tests and, most of the time, for oral presentations to your TD group and/or presentations handed in to the professor.

- **final assessment** (“**contrôle terminal**” or CT), also called “**partiel**” in French

As you can tell from its name, this test takes place at the end of the semester (either in December, or in May and June).

In order to pass, you have to succeed both semesters. However, should you fail, there is a “second session” of exams.

This second session, called “retakes” (“session de rattrapage”) enables students to re-sit for their failed exams in June.

It consists either in written tests or oral tests, depending on subjects.

If the student has already left to reach back his/her country at the time of the retakes, some alternative exam procedures may be found (visioconference, research work...)

## HOW TO SELECT CLASSES

You must prepare a learning agreement before your arrival.

The course catalogue (CCES) lists the most popular courses for exchange students.

You can access it by clicking on this link :



<http://cces.univ-tours.fr/?language=EN>

You can choose the classes you want in any faculty (except in the faculty of Medicine) from the moment that these classes are validated by your home university.

You can also contact directly your administrative referent to ask for more information about the subjects you are interested in.

You can also download detailed pdf documents available on our website.

At your arrival, you will be able to make some adjustments, with the agreement of your home university referent and your pedagogical coordinator in Tours. (see chapter "Finalize my university registration" page 34)

### IMPROVE MY FRENCH LANGUAGE LEVEL

> AT THE UNIVERSITY CENTER FOR TEACHING FRENCH TO INTERNATIONAL STUDENTS / "CENTRE UNIVERSITAIRE D'ENSEIGNEMENT DU FRANÇAIS POUR LES ETUDIANTS ETRANGERS" (CUEFEE)

If you wish to broaden your command of the French language to express yourself more fluently or so people will understand you better, the CUEFEE is there for you.

The CUEFEE offers language, grammar, French culture classes which will help you to know more about the language that you will need to use every day, but also about the country and the region where you are living in.

Exchange program students need to enrol per semester. You can take up to 3 classes at the CUEFEE. Each class lasts 2 hours and is equal to 4 ECTS. You will be able to ask the CUEFEE secretariat for a language level attestation at the end of the semester.

For more information about the CUEFEE, you can go on this webpage :



<https://international.univ-tours.fr/english-version/improve-your-french>



#### HOW TO REGISTER TO CUEFEE FRENCH CLASSES ?

If you want to attend the French classes offered by the CUEFEE, you will first need to take a placement test before or at your arrival.

You will be able to sign up for this test during your university final registration with Mr. Eduard Rotariu.

Depending on your test results, you will be allowed to register to the classes which match your level. You can sign up for classes during the CUEFEE information meeting.

## > AT THE CRL ("CENTRE DE RESSOURCES EN LANGUES" / LANGUAGE RESOURCE CENTER)

The "Centre de Ressources en Langues" stands as an innovative language learning center which enables students to study at their own pace, according to their level, thanks to multimedia devices. It aims at improving your French language level in a playful and autonomous way.

The CRLs are built around 5 working areas :

- Audio (podcast)
- Video/TV (VOST movies and documentaries)
- Reading (novels, magazines, newspapers in original language versions)
- Computers (learning softwares)
- Conversation/Chat rooms

You can freely choose the resources you want to use or follow the program your teacher may have established for you.

There is also an on-site team of teachers and instructors to guide you with the use of resources, throughout your learning experience.

There are currently 7 CRLs, one per campus.



<https://www.univ-tours.fr/formations/acquerir-des-competences-supplementaires/centres-de-ressources-en-langues/>



# STUDY AT THE UNIVERSITY OF TOURS

## MY STUDENT LIFE

### ORIENTATION WEEK FOR NEW STUDENTS

An orientation week for newcomers takes place at the beginning of September. During this week you will have a presentation of the university and of the educational system.

Several activities will take place during this week. Check your emails regularly !

### MY ACADEMIC TOOLS

#### > DIGITAL WORK ENVIRONMENT / "ENVIRONNEMENT NUMÉRIQUE DE TRAVAIL" (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 :

- mails
- timetables
- student file
- documentary resources
- Calendars and exam results
- online classes

 [ent.univ-tours.fr](http://ent.univ-tours.fr)

### INFORMATION MEETING AT THE BEGINNING OF THE YEAR

At the beginning of each semester, the International Relations Office organizes an information meeting in order to introduce the different university services.

It's also a great opportunity to outline the semester cultural program which you can participate to.

You will be able to visit the region, learn more about its history, its heritage, its traditions... meanwhile spending some fun time with other exchange students from different countries all over the world.

#### > MY ELECTRONIC ADDRESS

It is personal and noted on your student card : [prenom.nom@etu.univ-tours.fr](mailto:prenom.nom@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.

#### > LE WIFI

UTSPOT is the University secure network available to all students on each campus.

## > COMPUTER LABS

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

Walk around the corridors, you will find these rooms easily !

## > PRINT & COPY

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

 [imprimer.univ-tours.fr](http://imprimer.univ-tours.fr)



### GOOD TO KNOW !





Binding, color photocopies and printing : you can go to specialized shops such as COPIFAC (34 rue des Tanneurs) or COREP (2 rue des Tanneurs).



### MY TIMETABLE

As an exchange student, you will not be able to have a full timetable on the Environnement Numérique de Travail (ENT) since you will take classes in different faculties and in different areas, and of different levels.

However, you can access the classes planning and therefore see the time and place of the classes you have picked by following this step by step :

- 1 Go on the ENT : <http://ent.univ-tours.fr/> and enter your login and password (which you will receive after the registration, once you receive your student card)
- 2 Click on "Emploi du temps étudiant", pick the year "planning 20xx-20xx"
- 3 In the column "liste des ressources" in the left, click on this button  to unroll "Etudiants"
- 4 Select the Faculty (Lettres et Langues, Droit...) using this button  Then, select the Department (Anglais, Arts du spectacle...) using this button 
- 5 Now, select the Level of the class (L1, L2, L3, M1 or M2), still using 
- 6 You can now find the place and time of the class which interests you !

# STUDY AT THE UNIVERSITY OF TOURS

## MY STUDENT LIFE

### EUROPEAN STUDENT CARD

After your registration, you will get your European Student Card : it formalizes your student status in France but also in the European universities which already recognize this device !

This student card is for your use only. It has your picture, your first and last names and study field on it, as well as the year you are studying in.

It also enables you to :

- Borrow documents from the university libraries
- Print in the computer labs of the University
- Use University photocopiers
- Pay for your meals at the Crous University Restaurants (RU) thanks to the online refill system.



Indeed, your student card contains a secured e-wallet which can be filled using your credit card.

To (re)fill your student card :

- App "Izly" or on [www.izly.fr](http://www.izly.fr)
- Your ENT > Carte Multiservice

! Should you lose it, should it be stolen from you, you will need to stop your e-wallet by going on the Izly website. Then, you will be able to obtain a new card from the registrar's office but you will need to pay for a new one.



### ABOUT THE EUROPEAN STUDENT CARD PROJECT...

Within the framework of the 2014-2021 Erasmus+ program, the European Commission launched the "European Student Card Initiative".

The goal ? Give a European dimension to the traditional student card in order to facilitate student mobility thanks to data transfers between higher education institutions.

To learn more about the European Student Card project :

 <https://dai.ly/x6lm3ud>

## LIBRARIES

### > UNIVERSITY LIBRARIES / "BIBLIOTHÈQUES UNIVERSITAIRES" (BU)

Every campus has its own university library.

The 6 BUs allow you to read freely and to borrow books at no charge. BUs are also great places to work, alone or in group.

You will need your student card to borrow books.

Find here all the useful information :



[www.univ-tours.fr/bibliotheques](http://www.univ-tours.fr/bibliotheques)

You can check the library schedule and real-time occupancy if you download the free app "Affluences" (see page 84).

### > MUNICIPAL LIBRARIES / "BIBLIOTHÈQUES MUNICIPALES" (BM)

BMs are located throughout the city and their access is free of charge.

To consult or borrow books, all you need to do is request a reader's card from one of the desks.

Registration is free for students under the age of 25 and costs 11.50€ for 25-year-olds and over.



[www.bm-tours.fr](http://www.bm-tours.fr)

### PHYSICAL ACTIVITIES AND SPORTS

Thanks to the University Sports Service / SUAPS (Service Universitaire des Activités Physiques et Sportives), you can practice different sports during the 1st and 2nd semesters.

You can take part in sporting events (badminton night, Fac à vélo, event weekends), challenges and competitions in general.

All you need to do is sign up on ENT (Environnement Numérique de Travail, see page 52) for classes and activities you are interested in.

Please consult the SUAPS website for further information :



[www.univ-tours.fr/campus/sport/](http://www.univ-tours.fr/campus/sport/)

Advice : try to do this as soon as you can, as there are often many people for few seats. If you are on a waiting list, don't hesitate to consult your ENT regularly, as your registration progress will be updated there.

There are 2 types of sport classes :

- leisure classes, that you can take with the Pack Sport
- classes with assessment, also called "sport bonifiant" in French, which allow the validation of some ECTS credits.



Don't forget to register at the beginning of September for the 1st semester and at the beginning of January for the 2nd one !



## CULTURAL AND ARTISTIC ACTIVITIES OFFERED BY THE UNIVERSITY CULTURE SERVICE

The University Culture Service organizes a large amount of cultural events all year long : concerts, performances, conferences...

Supervised artistic activities can be evaluated and credited with ECTS points for a semester or an academic year at the University of Tours. Singing, theater and writing workshops are offered each year. Students can also join EVUT (Ensemble Vocal Universitaire de Tours) if they pass the audition :

 <http://evut37.blogspot.com/>  
Contact : [evut37@gmail.com](mailto:evut37@gmail.com)

Thanks to an agreement, "l'Ecole des Beaux-Arts de Tours" can propose to international students artistic activities that are not available at the university.

The University Orchestra – OUT : "Orchestre Universitaire de Tours" - is a students' association for musicians of all levels – please note that there is no evaluation :

 <http://orchestre-univ-tours.org>

For more information, please contact the Cultural Office (Tanneurs Campus, Office 109 bis) !

## THE CULTURAL PROGRAM OFFERED BY THE INTERNATIONAL RELATIONS OFFICE

The University International Relations Office organizes a program of cultural outings dedicated to international students newly arrived.

This program aims at helping you to learn about the heritage, history, architecture... in short how rich the Touraine and the Loire Valley are !

The International Relations Office will introduce this program to you during the information meeting organized at the beginning of each semester.

We offer you these activities at low prices in order to make it accessible for as many of you as possible and therefore to take advantage of your stay with us !

 <https://international.univ-tours.fr/english-version/admission-process-for-exchange-students/10-culture-sports>



### THE "PASSEPORT CULTUREL ETUDIANT" (PCE)

It comes in the form of a little sticker on your student card. Once purchased, it will make your cultural outings so easy !

It will give you access to many theaters, exhibitions, shows, festivals entrances, music and dance events at low prices and sometimes even for free !

Get it from the University Culture Service (Tanneurs Campus, Office 109 bis).

The PCE costs 8€ and it requires a passport-size photo because it is a personal pass and no lending is allowed.

Go on the website to discover every cultural partner institution and its special discounts :



[pce.univ-tours.fr](http://pce.univ-tours.fr)



# STUDY AT THE UNIVERSITY OF TOURS

## MY STUDENT LIFE

### MEET NEW PEOPLE

#### > BUDDY SYSTEM / "PARRAINAGE"

Each semester, the International Relations Office organizes the buddy system, also called "parrainage" in French. It is a matching system between a French student from the University and an exchange student in Tours for an academic semester or year.

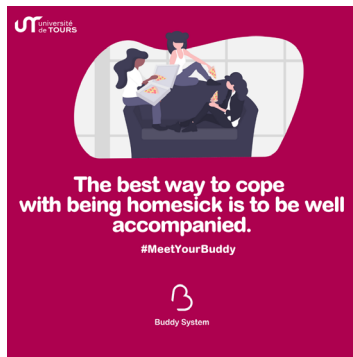
It will enable you to easily meet a French student who will help you discover the city and the University ! It is also a very good way to discover the habits of the French people in a genuine way !

For their part, French students are happy to meet people from all over the world and to guide you for a good integration within the French life.

You get to choose the language you want to speak and you can learn a lot about the way different people live, about cultural differences, and that is truly a very enriching experience.

Moreover, you can both introduce the other to another circle of friends and make new friends.

A "Meet your buddy party" is often organized by the student organization Erasmus Student Network Tours (ESN Tours) at the beginning of the semester. Check your emails for the invitation to this welcome party.



#### HOW TO PARTICIPATE IN THE BUDDY SYSTEM ?

Register to the "Buddy System" platform !  
Check your emails around mid-July and/or start of January: Mr. Eduard Rotariu (International Relations Office) will send you a web link that will allow you to create your buddy profile!

## > STUDENT ORGANIZATIONS

The University has numerous student organizations ! You can sign up and enjoy their activities but you can also become a volunteer ! It is a wonderful way to develop your social life in Tours !

You will be able to discover the various student organizations during the "Village Associatif", which is an event organized at the beginning of September.

You will find a list of student organizations on the university website :

 <https://cutt.ly/0yCNO9V>





### ESN Tours organization


Erasmus Student Network Tours is a student organization committed to improve the integration of the University's international exchange students : in short, this is YOUR organization !

ESN Tours offers many activities (cultural outings, international dinners, French cooking masterclasses, guided visits of Tours and its heritage, cinema, karaoke parties...) all year long!

The membership is only 7€ and gives you access to attractive discounts on all the ESN activities but also on the cultural excursions organized by the International Relations Office !

 [ESN Tours](#)

 @esntoursofficiel

 @ESNTours



## > VOLUNTEERING

Being a volunteer is an excellent way to meet new people and help someone at the same time.

Be sure to have enough time available in a regularly way and a sufficient French level.

Then you can go on the website "France Bénévolat", select the city and the mission type you are interested in :

 [www.francebenevolat.org/benevoles](http://www.francebenevolat.org/benevoles)

## > THE "CAFÉ DES LANGUES"

If you wish to meet people from other countries and speak other languages, you can go to the "Café des Langues".

Take a look at the Facebook page of the association (Café des Langues-Tours) to know when and where the meetings take place!

 <https://www.facebook.com/langues.cultures.tours/>

## > OTHER SUGGESTIONS

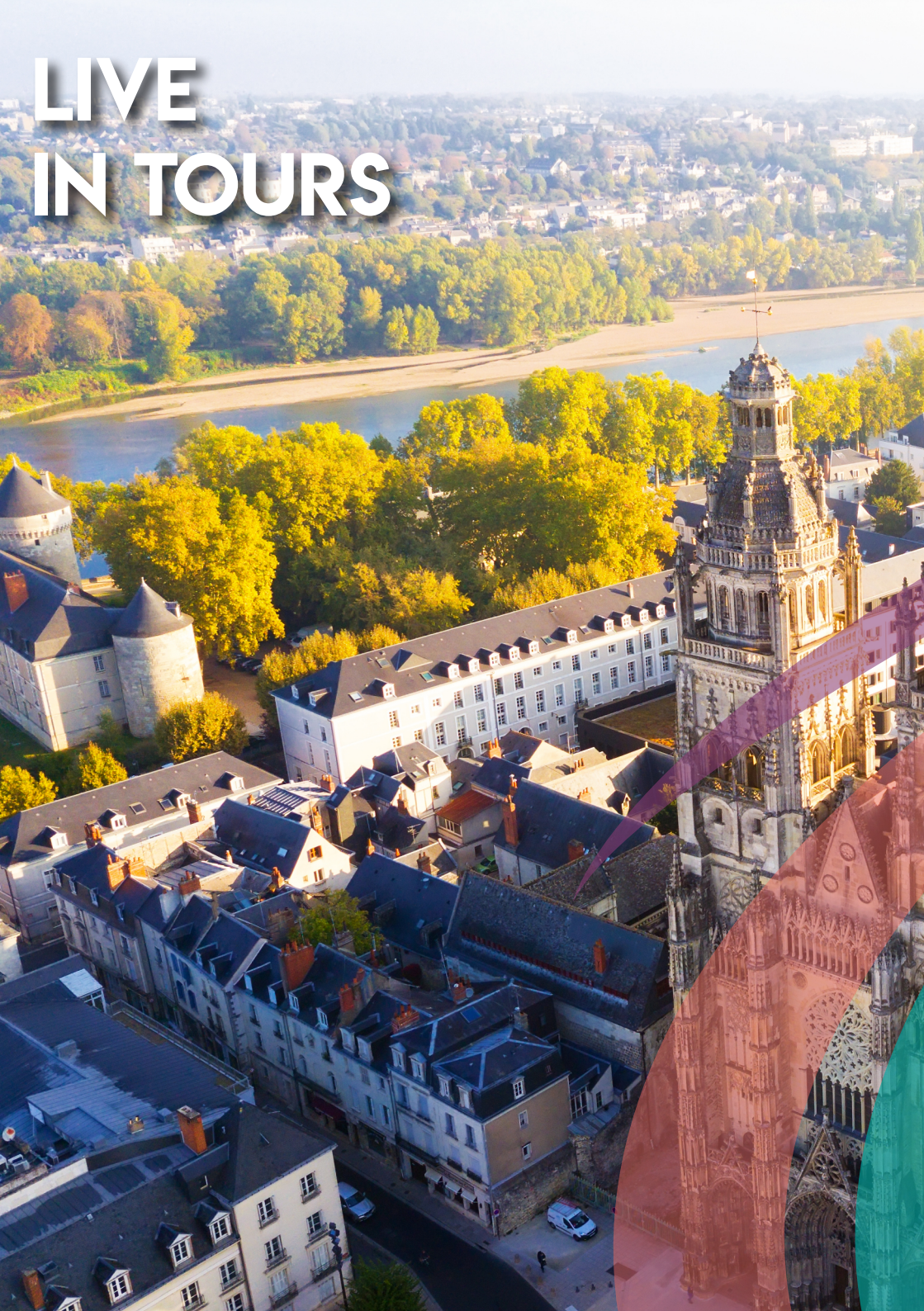
The courses you will attend are also a good way to meet French or foreign students.

When you find yourself in small groups, in tutorials for instance, take this opportunity to start up a conversation and to introduce yourself.

Don't hesitate to make the first step because French students won't make it necessarily ! And if you are afraid to speak in French, remember that French people are not famous for being fluent in foreign languages ! :)



# LIVE IN TOURS







## > FRENCH CULTURE

- Habits & Social codes
- Legal system : a few things
- Safety tips
- Culture shock

## > EVERYDAY LIFE

- Food
- Shopping
- Communication
- Transportation
- Health
- Work in France

### HABITS & SOCIAL CODES

#### > MEALS OF THE FRENCH

As you may know, the gastronomy is an integral part of what France is ! Meals are considered as a moment of pleasure and sharing.

French people usually take 3 meals a day :

- The breakfast is rather based on sugary food and is taken at home before going to work.
- The lunch is taken around 12:00/1:00pm and can be eaten at home, at work or in cafeterias. Traditionally, French have a full sit-down meal (see below) but people with a busy schedule often eat a sandwich bought in the street.
- The dinner is taken around 7:00/8:00pm, and also consists in a full sit-down meal but is rather lighter than the lunch.

A traditional full meal includes :

- a starter (crudités, cold meats, small fishes);
- a main dish based on meat/fish served with some vegetables and/or starchy foods;
- some cheese or a dairy product;
- a dessert, which can be simple (fruit, yaourt, compote) or more sophisticated depending on the occasions (slice of cake, pâtisserie, icecream...).

The meal is usually ends with a coffee or any other hot beverage very frequently.

#### > "BONJOUR" OR "SALUT" ?

To greet one another, French people usually say "bonjour" to an unknown person or in a professional or academic context.

When meeting friends, the use of "salut" is more common. This term can be used equally for saying hello and goodbye !

The term "bonsoir" is often seen as complicated for non French-speaking people. "Bonsoir" is to be used at the end of the day but the precise slot is very personal to each person !

Let's say that the social convention agrees to use "bonsoir" from 6:00pm and midnight. But never fear, should you say "bonjour" after 6:00pm, nobody would blame you !



In times of COVID-19, French people avoid shaking hands and kissing to say hello/goodbye in order to respect social distancing !

#### > "FAIRE LA BISE" OR SHAKE HANDS ?

You may have heard that French people are not just saying "bonjour" and shaking hands, they also kiss on both cheeks : this is called "se faire la bise". This tradition is often difficult for foreigners to grasp and it is quite normal ! We do not kiss everyone's cheeks and sometimes the number of "bises" changes depending on your location in France !

Overall, the French people kiss their friends and families' cheeks but they will shake hands with their teachers, doctors, or people they meet for the first time.

In Tours, we do 2 "bises" and we start by showing our right cheek to the other person !



## > "TU" OR "VOUS" ?

Among the French social codes, the informal address "tu" ("tutoiement" in French) and the formal address "vous" ("vouvoiement") are important notions you need to master when coming to France.

If you meet someone for the first time or if the person you encounter seems older than you, then you must use the formal address and say "vous". It will be the same for your teachers and staff of the University.

In contrast, when you are with friends or young people, the "tutoiement" is more appropriate.

Of course the use of "tu" or "vous" can depend on your environment and very much on the people : some people will authorize you to call them "tu", then don't hesitate !

In French, the formal address "vous" is both singular and plural. You will equally say "vous" for addressing a stranger alone or a whole group of friends that you could individually call "tu".  
For instance : "Voulez-vous m'aider pour un devoir?" would be suitable for addressing your teacher but also your classmates !

## > THE PUNCTUALITY

In France, it is rather considered impolite to be late for a class, an appointment or a professional meeting !

When we are invited at friends', it is less strict and a little late is even admitted. In Tours, it's called the "quart d'heure tourangeau" : it consists in 15 minutes' late which are socially tolerated !



### IS IT OK TO DRINK TAP WATER ?

Yes ! Tap water is safe to drink in Tours !

However, pay attention if you find public water points in the city and in France : the words "drinking water / eau potable" must be written to drink safely.

## > THE NATIONAL HOLIDAYS

In France, the national holidays are often linked to the Catholic religion (Easter, Pentecost, All Saints Day...) or linked to French history (May 8<sup>th</sup>, November 11<sup>th</sup>). The French National Day is celebrated on July 14<sup>th</sup>.

Most of the time, these national holidays imply the closure of shops and public administrations. However, some shops for daily need products such as supermarkets remain open (except on May 1<sup>st</sup>).

Moreover, there are no class on national holidays. Public transportation can also be stopped or slowed down so it is important to be well informed before any travel.

You can easily find the list of French national holidays on the web.



### PREPARE YOUR ENCOUNTER WITH FRENCH PEOPLE !

Campus France has selected a list of the best videos explaining (and mocking!) with humour the French habits and clichés :



<https://www.campusfrance.org/en/French-customs-traditions-cliches>

### HABITS & SOCIAL CODES

#### > WHAT TO DO WITH MY WASTE ?

In France, the system of selective waste sorting (or "tri sélectif" in French) has been adopted. This system consists in several categories :

- The yellow garbage : you can throw away everything that can be recycled such as paper, cardboard, plastic bottles, metal cans...
- The black garbage : you can throw away everything which CANNOT be recycled such as household waste, food leftovers, vegetable peels, and some plastic products (refer to the packaging)
- The green garbage : is dedicated to the glass, which must not be thrown away in your daily bin! There are green garbages all around the city so that it's recycled as much as possible. Attention, you must remove lids and caps before throwing your glass in the garbage.
- Some particular waste cannot go in your daily bin, such as lights bulbs, batteries, cartridges, old household appliances... You will need to put it the special containers which can be found in supermarkets halls.



#### GOOD TO KNOW !

If you possess outdated or unused medication, don't throw it away in the daily black garbage !  
You must bring it to the pharmacist's.

You will find garbages in each neighborhood and around each university residence hall : you will notice them for sure when walking around !

You will find a lot of useful information on this website : when is the garbage collected? where can I find the different types of garbage in my neighborhood (glass, textile..) ?



<https://www.tours.fr/services-infos-pratiques/313-dechets.htm#par1556>



#### HOW TO KNOW IF MY WASTE CAN BE RECYCLED ?

When you buy products, look at the packaging : it is precised if the product must be recycled (yellow garbage), or put in a special container such as glass or batteries for instance.

Sometimes a single product is made of several materials and it requires to sort the different pieces which then have to be put in the appropriate bins.



*Laisser le bouchon sur la bouteille*



*Séparez les éléments avant de trier*

## LEGAL SYSTEM : A FEW THINGS

### > CAN I SMOKE IN PUBLIC SPACES ?

No. Since the law adopted in February 2007, smoking is prohibited in all enclosed public places and workplaces. Smoking is also forbidden in public transportation and when driving a car.

However, smoking may be authorized on cafes terraces, when it is an outdoor space. Should you smoke in these places, ensure you do not bother anyone around you, this is a matter of respect towards non-smoking people.

Attention, smoking can also be forbidden in some outdoor spaces just like train stations for example.

Most of the time, this sign is clearly displayed : there is no doubt anymore !



#### GOOD TO KNOW !

In France, the purchase, possession and consumption of any type of drug is prohibited. This is an offense punished by a fine or a criminal penalty.

Support is provided to people using drugs in order to help them stop their consumption. In case of an addiction, do not hesitate to consult doctors at the University Health Service, it is free of charge. (see page 77).



#### GOOD TO KNOW !

On the first Wednesday of each month, every French city is testing the sirens of its 'population warning and information system'.

This system has been around since the World War II, and has been created to alert the population of a potential danger.

The testings of sirens consist in a warning signal lasting 1 minute and 41 seconds and occurring on 12:00pm, each first Wednesday of the month.

In case of a real emergency, there would be 3 warning signals separated by a silence.

### > CAN I DRINK ALCOHOL ON THE STREETS ?

No, public alcohol drinking and public drunkenness are prohibited in France. You risk to be questioned by the police and to receive a fine.

We remind you that the alcohol abuse is dangerous for health.

Should you drink some alcohol, be sure to be surrounded by people you can trust.

In case of a problem, it is recommended that someone from your group of friends stays sober to help efficiently (you need to choose this person before the evening starts).

### SAFETY TIPS

Tours is not a dangerous city but just like everywhere, you still need to be careful. You must be aware that you are in an unknown city, in a foreign country : you are potentially more vulnerable.

#### > I DON'T GO HOME ON MY OWN

It is safer to go home with a friend when it's late, and above all if you are tipsy.

After midnight, it is more secure to take a taxi instead of waiting for the night bus or tram. Taking a taxi with other friends should not be that expensive.

#### > I WATCH OUT FOR PICKPOCKETS

When you go for a stroll in the city, or when in a party, always keep your personal belongings (ID documents, wallet...) close to you. Don't leave your bag lying around so that anybody could steal it.

If you go to nightclubs, you will find lockers to put your stuff in : it will enable you to enjoy the evening with total peace of mind !

#### > I KEEP A CLOSE EYE ON MY DRINK

When in a bar or a nightclub, pay a particular attention to your drink : keep it close to you and don't ever leave it unattended. Some people with bad intentions could pour illicit substances into your glass without your knowledge.

#### > I AM CAREFUL

As a precaution, it is better to avoid some particular places at night, after 10:00pm such as the Loire riverbanks or the train station area.

- Avoid walking alone in the back streets. Always prefer main routes even if it makes your walk a bit longer.
- Never keep large amounts of money with you
- Always keep a list of emergency phone numbers with you (see page 78)
- Keep an online copy of all your ID documents (passport, Visa, ID card...) : this could be extremely useful in case of a theft.



#### IN CASE OF A PROBLEM

In case of a problem, do not hesitate to speak with Mr. Eduard Rotariu, at the International Relations Office. Your discussion will remain confidential.

If needed, you can also contact the University Health Service (see the chapter « Health » page 77).

**In case of an emergency, contact the Police : dial 17 on the phone.**  
For your information, Tours Central Police Station is located 70 rue Marceau, 37000 Tours.

## CULTURE SHOCK

### > I AM HOMESICK

Leave for another country is a wonderful experience : you are given the chance to be open to the world, to discover a new culture and to share moments with international students from all over the world. Should you be a wise traveler, or leaving the family home for the first time, you will certainly experience the well-known "culture shock" .

This culture shock is happening when you go to another country, especially for living while living there for a few months. You have to forget your habits and learn new ones, related to the customs and practices in the country. You also have to discover a new area and try to make it yours. All these sudden changes will make you go through different states of mind.

The culture shock can be divided into 3 phases :

- **The "honeymoon" phase :** With the arrival in a new country comes the excitement of discovery and new experiences. You tend to idealize this new life, you do not even see all the disadvantages you may face, you just want to live each moment to the full. This is the euphoria of the first days and of all the new experiences you are about to make. Your trip is such a wonderful adventure and everything is positive.
- **The "culture shock" phase :** Here comes the stage of frustration. You compare your home country to your new country of living, you find it hard to adjust to your new environment and you are not at ease with a new routine. You miss your family and friends and you are now wondering if moving abroad was a good choice. You can go through anxiety and sadness moments. You may also tend to shut yourself away and have difficulties to open up to people you meet. Do not be shy and do not hesitate to speak about it : it is a common phase a lot of international students go through so they may feel the same !
- **The "adjustment/acceptance" phase :** Finally, you meet new people who become close friends to discover the country with : you create nice memories together. You feel happier and you now experience new things with a positive attitude. You feel more comfortable with the local culture, the gastronomy and the language. You now enjoy your stay to the most !

In any case, feel free to speak either at the International Relations Office or at the University Health Service (see page 77).

### > HOW TO OVERCOME CULTURE SHOCK ?

The culture shock is a normal process that most of international students will experience. It is important to speak freely about it with people you will meet, and to keep in contact with your family.

Here are some ways to ease the culture shock :

- Before choosing your destination, it is important to be well-informed about the country, its climate, its gastronomy, its cost of living... so that the shock is reduced when you arrive.
- To blend in the culture and better integrate your new country, try to meet local people: sign up for the Buddy System, attend a sports class, participate in activities organized by student organizations, or you can even join one as a volunteer !
- Avoid comparing your home country with your new country of residence. You came to discover a new culture and live an experience different from your everyday world so enjoy your adventure as much as possible !

### FOOD


#### > UNIVERSITY RESTAURANTS ("RU")

You can eat for a low price in the university restaurants (shortened to "RU in French) ruled by the CROUS.

A meal (starter, main dish, cheese and dessert) costs 3,30€ in a university restaurant.

Every campus has its own university restaurant (RU). They are open during the academic year from 11:30am to 1:30pm, Monday to Friday.

The list is available on the CROUS website :

 [www.crous-orleans-tours.fr/restauration](http://www.crous-orleans-tours.fr/restauration)



#### GOOD TO KNOW !

Pay for your meals at university restaurants with your student card ! (see page 54)

To refill your card :

 [www.izly.fr](http://www.izly.fr)

#### > BAKERIES & SMALL SHOPS

In the city center, you will find bakeries or small shops selling sandwiches and beverages, pastries...

Count 5€ minimum for a sandwich bought in a bakery.

#### > GROCERY SHOPPING

There are different types of shops :

- "Supérettes"

The superettes are small grocery stores that remain open until late in the evening (Carrefour City, U Express...).

Products usually cost more in those shops than in supermarkets.

- Mid-sized stores or supermarkets

They usually belong to a big chain store (Lidl, Monoprix, Intermarché, Auchan Supermarché). Usual opening hours are 9-10:00 in the morning to 7-8:00 in the evening. Most of the time, supermarkets are open on Sunday mornings.

- Hypermarkets, supermarkets

Major chains like Carrefour or Auchan are usually located in malls (Petite Arche, Les Atlantes, Chambray) where you'll find shops of all kinds selling any item you may need (clothes, shoes, jewels, decoration, household goods, computer/hi-fi..).

They stay open longer and sometimes until 9:00pm.

These malls are located in the suburbs of the city, but buses can take you to them (see chapter "Transportation" page 73).



#### GOOD TO KNOW !

To find a supermarket close to you, nothing is easier: just google "supermarchés Tours".

GoogleMaps will show you the map of all the supermarkets available in the city !





## GOOD TO KNOW !

To shop in supermarkets, don't forget to take a shopping bag or basket, as shops do not provide plastic bags anymore for environmental reasons.

Shops located in the city center are open from 10:00am to 7:00pm (closed on Sundays and Monday mornings) whereas suburban shops are open until 9:00pm (from Monday to Saturday).

## > OUTDOOR MARKETS / "LES MARCHÉS"

As every town in France, Tours hosts numerous outdoor markets where local producers come to sell their fresh products.

You will be able to find there : fruit and vegetables, meat, fish and cheese...

There are many in the city center, usually open from 8:00am to 12:30pm :

- Place Velpeau on Thursday and Sunday mornings
- Place des Halles on Wednesday and Saturday mornings
- at "Sanitas" in St Paul on Tuesday and Friday mornings
- Boulevard Heurteloup on Tuesday mornings
- Paul Bert (quai Paul Bert) also on Tuesday mornings
- Beaujardin Wednesday and Saturday mornings
- Place du Président Coty (Saint Symphorien) on Wednesday and Saturday mornings
- at the "Fontaines" on Wednesday and Saturday mornings
- Place Rabelais on Sunday mornings
- Gourmet market on the 1st Friday of each month, Place de la Résistance from 4:00pm. to 8:30pm.



<https://www.tours.fr/page-portal-mairie/services-pratiques/commerce/marches/>



## LOCAL SPECIALTIES FROM TOURAINE

France has a great cooking tradition and especially something called "un terroir" : products that are typical in each region and that you will find in gourmet menus. The climate, geology and history all nurture this diversity.

The Touraine is well known for its wines, its "rillettes and rillons" (made with cooked pork meat), its goat's cheese (Sainte-Maure-de-Touraine), its "poires tapées" (pears candied in wine), its fine chocolates, its "Nougat de Tours" and so on...



<https://www.touraineloirevalley.co.uk/rillettes-rillons-fouees-fouaces/>

### SHOPPING

In the city center, the main shopping streets are :

- rue Nationale,
- rue des Halles,
- rue de Bordeaux
- rue Colbert
- rue du Commerce

Shopping malls are rather located in Tours suburbs but you can easily reach them using the city buses (see page 73) :

- **Carrefour "Les Atlantes" shopping mall, in Tours/St-Pierre-des-Corps**  
Avenue Jacques Duclos, 37700 Saint-Pierre-des-Corps
- **Auchan "La Petite Arche" shopping mall, in Tours Nord**  
Route de Paris, 37100 Tours
- **Auchan "Tours sud Chambray" shopping mall, in Chambray les Tours**  
Route de Joué, 37170 Chambray-lès-Tours
- **"Ma Petite Madelaine" outdoor shopping mall, in Chambray les Tours**  
213-215 Avenue du Grand Sud, 37170 Chambray-lès-Tours

You will find most of the things you need in hypermarkets or malls.

Here on the next page are some examples of a few things you may need and the stores where to find them.

## WHERE TO FIND THE PRODUCTS I NEED



### PRODUCTS

- Bed linen\* (continental quilts, pillows, sheets)
- Bathroom linen (bath towels)
- Household appliances (coffee maker, kettle, hair dryer, alarm clock...)
- Luggage (backpacks, suitcases, traveling bags...)
- Crockery and kitchen utensils\*
- School & computer materials
- Cleaning gear
- Food

### STORES

Hypermarkets such as Auchan, Carrefour ou Leclerc



- Sport related products : clothes, shoes, camping gear, hiking stuff, rollerblades, bikes...

Déathlon, Go Sport, Intersport



- Household appliances
- Furniture
- Interior decoration items
- Crockery

Ikea, B&M, Conforama, Fly, But, Casa, Maisons du monde , Hema



- Household appliances
- Computers
- Hi-fi
- Mobile phones
- Video

FNAC, Boulanger, Darty



- Books

FNAC, Cultura, La Boîte à Livres, Unithèque/La Boite à Livres de l'Etranger, L'oiseau-Lire...



- Miscellaneous at low price !

Food discounters : Aldi, Lidl  
General discount stores that sell various things depending on stocks : Palaf rue des Halles, Mille Affaires in the shopping arcade "l'Orangerie" place Jean Jaurès, Stokomani in Tours North & South...

\* Keep in mind that university residence halls can sell you some "kits literie", "vaisselle" and "nettoyage" (see page 17).

### COMMUNICATION

#### > CELL PHONE

Keeping your phone subscription can be very expensive.

Therefore, we advise you (if you don't have portability) to buy a prepaid SIM card and then, either refill it when you need credit or make another subscription with no commitment.

It will enable you to have a French phone number and, to spend less than if you had kept your phone subscription.

The main phone companies are Orange, SFR, Bouygues Telecom and Free (low cost).

These cards (5 to 50€ worth in calls) can be bought from the shops of the 3 main companies and newsstands, as well as from the post offices.

#### > INTERNET

According to your type of accommodation, you do not all have the same possibilities to access the Internet.

People living in university residence halls have computer rooms, but there aren't many computers. Wi-Fi is available in all university residence halls. Depending on your needs, subscription rates vary.

Please ask the welcome desk staff at the residence hall for more information.

People renting an apartment from a private individual can have a phone line through an internet provider (called "fournisseur d'accès à internet"/FAI in French).

Most suppliers offer monthly all-inclusive prices with unlimited connection, unlimited ground line calls in France (except for special numbers) and in many countries in Europe and in the world (EU, USA, Canada... but make sure that the country you want is included in that offer) and cable or satellite TV channels.

This costs roughly between 20 and 40€ a month and the different FAI are Orange, Free, SFR, Bouygues Telecom.

Check the time period to which you commit yourself and cancellation fees when you leave France at the end of your stay.

And finally the most economical option will always be to take advantage of the University various computer rooms put at your disposal on every campus.

French postal services (La Poste) are recognizable by their yellow color. You have probably seen a yellow letter box while strolling in the streets or else a post office with its yellow and blue sign.

You can buy stamps, send mail and packages in France or to foreign countries, but also change money and make photocopies.

La Poste also offers banking services with the name "La Banque Postale".

You will find post offices in many neighborhoods of Tours.

The post office located on Boulevard Béranger is open Monday from 10:30am to 6:30pm, Tuesday through Friday from 9:00am to 6:30pm, and on Saturday from 9:00am to 12:30pm.

## TRANSPORTATION

### > AROUND TOURS



#### • BUS & TRAMWAY

Buses are the most efficient way to move around Tours. The local bus/tramway company is called "Fil Bleu" and its network runs throughout the city and its suburbs.

Buses operate from 6-7:00am to approx. 1:00am.

A single ticket can be used on all routes. It costs 1.60€ (+ 0.10€ to create the reusable contactless ticket) and is valid for 1 hour. You have to purchase it on the bus or at the ticket machines you will find in the street.

You can also purchase a book of 10 tickets (14€ +0,10€ to create the contactless ticket).

We recommend you to subscribe a monthly student pass ("Pass 19-25ans") : it costs 23€/month + 2€ to create the card.

In addition to this, a monthly pass gets you some discounts and student rates at Fil Bleu partners in Tours : Mc Donald's, Holly's Dinner, movie theaters CGR, Auchan, Ikxis coiffure, Cultura, Burger King, Bowl Center Tours, Marionnaud, Go Sport, etc...

Regarding the tramway, the ticket is the same as the bus ticket. The tramway runs 7 days/7, from 5am to 00:30pm.

There is one tramway line on the North-South axis. Don't forget to validate your ticket when getting on the tramway. Tickets can be purchased at the ticket machines on platforms.

You have to validate your bus ticket everytime you step in a different bus or tram. If you don't validate it, you will have to pay a fine !



[www.filbleu.fr/en/](http://www.filbleu.fr/en/)



### • BIKE

You can also rent a bicycle from Fil Bleu (this service is called Vélociti) for only 3€ / month (subscribers) or 5€ / month (non subscribers).

3 different types of bike are available :

- standard bike
- folding bike
- electrically assisted bike

You can rent it for 3, 5 or 9 months (renewable) and this is cheaper than to buy one yourself. You then have your own ride, but you'll have to leave a deposit (200€ or 1000€ for the electric type, not cashed, by SEPA direct debit authorization system).

 <http://www.mobilite.tours-metropole.fr/index.php?idtf=17>

### • CAR RENTAL

Citiz Tours makes available several types of cars at strategic locations in Tours. Cars just need to be booked up to 5 minutes before your ride.

Using such self-service cars is a good way to visit touristic areas, or carry bulky stuff. Note that this service is more affordable than a classic car hire. Many different subscription options are possible (per year, per month, per day, per hour).

You can make a rate simulation and find more information on:


 <http://tours.citiz.coop>



### TAXIS

The main taxi rank is located in front of the Tours train station.

This service is particularly useful as buses do not operate after 1:00am.

 02 47 20 30 40

 [www.taxis-tours.fr](http://www.taxis-tours.fr)



Smartphone App  
"Taxis Tours"



### UBER

 [www.uber.com/fr/cities/tours/](http://www.uber.com/fr/cities/tours/)



Smartphone App "Uber"



## > OUTSIDE TOURS

To move outside Tours, you can consider several options.

### • TRAIN



The SNCF (Société Nationale des Chemins de Fer) offers special rates for people under the age of 28. You can purchase a card called "Avantage Jeune" to get 30% discount on fares depending on the time periods you're traveling. It costs 49€ and is valid for 1 year. It also entitles you with car rental discounts at SNCF partners (Avis) and also luggages transport (Mes Bagages).

 <https://www.sncf-connect.com/app/catalogue>

There are also "Prem's" (comes from "premier", first in French) tickets, very cheap tickets available for many destinations in France and in Europe, providing you book 3 months in advance.

As mentioned in its name, first arrived, first served : you can book according to availability (the number of available seats is shown in real time online).

For your information : it takes 1 hour to go to Paris, 2 hours to go to Nantes, and 2,5/3 hours to go to Bordeaux.



Wearing a mask in public transportation is not mandatory anymore but remains strongly recommended. Health measures can evolve so be sure to check the information on your transportation companies' websites !

### • BUS

You can also use the extensive bus service that runs outside the town. REMI buses will take you within the "département".

 [www.remi-centrevaldeloire.fr](http://www.remi-centrevaldeloire.fr)

Eurolines, Blablacar Bus and Flixbus have routes that operate all over Europe at very attractive prices.

The bus station is based at 166 rue Edouard Vaillant.

 [www.eurolines.de/en/home/](http://www.eurolines.de/en/home/)

 [www.flixbus.fr](http://www.flixbus.fr)

 [www.blablacar.co.uk/bus](http://www.blablacar.co.uk/bus)

### • PLANE

The city of Tours has an airport (Tours-Val de Loire Airport) which operates to different cities in France and Europe: London, Dublin, Marrakech, Porto, Marseille...

 [www.tours.aeroport.fr](http://www.tours.aeroport.fr)

It is also very easy to take the TGV which will take you directly to Roissy-Charles de Gaulle Airport, and from there, the world is yours !

### • CARPOOLING

You can also share your car or somebody's car with other people. The most popular carpooling website in France is "Blablacar".

Carpooling rates are usually much cheaper than traveling by train.

 <http://blablacar.fr>

### HEALTH

#### > DOCTORS

You may choose a doctor close to where you live by looking one up in the Yellow Pages (phone directory where people are listed according to their jobs: [www.pagesjaunes.fr](http://www.pagesjaunes.fr)).

You can also make an appointment on the phone or on internet thanks to Doctolib website :

 [www.doctolib.fr](http://www.doctolib.fr)

A consultation at a general practitioner's usually costs 25€ and you will be partially or totally refunded according to your health insurance.

Please keep in mind that you will have to make an appointment before going to the doctor's office.

If you are sick on a Sunday or on a national holiday, you can call a service named "SOS Médecin" : 02 47 38 33 33 (opening hours 8:00am-12:00pm/2:00pm-8:00pm). SOS Médecins can suggest a standard physical appointment or a web consultation. However, please note that SOS Médecin' fees are higher than a conventional doctor.

If it's an emergency, dial directly 112 (European emergency number) or 15 (SAMU: accident and emergency doctor) or 18 (fire brigade).



#### DECLARE A PRIMARY CARE PHYSICIAN / "MÉDECIN TRAITANT"

If you registered to the French "Sécurité Sociale" (see page 36), you will need to declare a primary care physician, also called «médecin traitant» in French. The primary care physician is the doctor you will choose to consult during your whole stay in France.

Download and print the form available on the "Sécurité Sociale" website "AMELI". During the 1st consultation, ask your doctor to sign this form. Then, send it by postmail to the "Caisse Primaire d'Assurance Maladie" (CPAM):

Caisse Primaire d'Assurance Maladie  
36 rue Édouard Vaillant  
37035 Tours Cedex 9

Declaring a primary care physician will enable the "Sécurité Sociale" to reimburse your health costs at the best !

Infos and form to download :

 <https://www.ameli.fr/indre-et-loire/assure/remboursements/etre-bien-rembourse/medecin-traitant-parcours-soins-coordonnes>



#### GOOD TO KNOW !

If you need to go to a pharmacy on a Sunday, Monday morning, national holiday or during the night, just call the Police (17) : you will get the name and address of the pharmacy on duty. You can also check at this website :

 [www.3237.fr](http://www.3237.fr)

## > UNIVERSITY HEALTH SERVICE

The University has its own Health Service, called « Service de Santé Universitaire (SSU).

Physical examinations, but also consultations are carried out by professionals : doctors, nurses, social workers...

You can also have specialized consultations, most of them are free :

- psychological support
- psychiatry
- sexology
- vaccinations
- dental hygiene
- dietetics & nutrition
- gynecology & contraception & STDs (Sexually Transmitted Diseases)
- dermatology
- sports medicine & health monitoring of top athletes

 <https://international.univ-tours.fr/english-version/welcome-to-ut/health>

60 rue du Plat d'Etain, 37000 Tours  
Building H - 02 47 36 77 00

Please make an appointment beforehand.

 <https://univ-tours.contactsante.fr/RendezVous>

## > PHARMACISTS

The doctor will give you a prescription with the medication you need to buy from the pharmacy.

If you registered to the "Sécurité Sociale" and if you subscribed an additional health insurance (see page 36), most of the time you won't have to pay anything.

- ! Some prescriptions cannot be reimbursed and you will need to pay for your medication, but the doctor or pharmacist should let you know about any exception.



### THE REIMBURSEMENT OF MY HEALTH COSTS WITH THE « SÉCURITÉ SOCIALE »

- If you have your final certificate of Social Security's registration

#### > At the doctor's

Show the doctor your final certificate of Social Security registration. He/She will give you a "feuille de soin" document when you pay. You will need to fill it in and send it to the "Caisse Primaire d'Assurance Maladie" (CPAM) . Later on you will receive some reimbursement directly onto your bank account.

#### > At the pharmacist's

Show the pharmacist your final certificate of Social Security registration. Keep the receipts of the medication you bought. Then, send by postmail the receipts with the doctor's prescription (keep a copy) to the "Caisse Primaire d'Assurance Maladie" (CPAM).

- If you have your Health Card / "Carte Vitale"

#### > At the doctor's AND at the pharmacist's

Show your "Carte Vitale" to the doctor or to the pharmacist. Everything is automated now : you don't need to send your documents to the CPAM anymore ! You will receive your health costs reimbursements directly onto your bank account.

### > STUDENTS WITH DISABILITIES

The University of Tours has a special office which offers an individualized support to students facing health issues or disabilities : this office is called "Mission Handicap".

The "Mission Handicap" implements global and customized actions to take into account the student's needs in order for him/her to make the best of his/her study plans, student life (courses, culture, sports, social life) and optimize his/her autonomy.

The "Mission Handicap" aims at :

- Advising students on courses to follow and helping them during their studies
- Adjusting studies and exams to students
- Assisting students for their integration into the active world
- Heightening staff awareness to disability

There are specific regulatory measures regarding tests and exams.

If you request those, you must make an appointment at the "Mission Handicap" 1 month at the latest before the beginning of your exams :

60 rue du Plat d'Etain - 37000 Tours  
Building H, 1st floor

02 47 36 68 39

Open from 9:00am to 5:15pm  
(preferably by appointment)

More info here :



[www.univ-tours.fr/l-universite/nos-valeurs/mission-handicap/mission-handicap-253422.kjsp](http://www.univ-tours.fr/l-universite/nos-valeurs/mission-handicap/mission-handicap-253422.kjsp)

### > USEFUL PHONE NUMBERS

#### • EMERGENCY PHONE NUMBERS

|  |                       |
|--|-----------------------|
| European Emergency Number                | <b>112</b>            |
| SAMU (Health Emergency Service)          | <b>15</b>             |
| Police                                   | <b>17</b>             |
| Fire Department                          | <b>18</b>             |
| "SOS Médecin"                            | <b>02 47 38 33 33</b> |
| "SOS Dentiste" (dental emergencies only) | <b>02 47 05 67 20</b> |

#### • HOSPITALS

Hôpital Trousseau (Tours South) / Bretonneau (Tours citycenter) **02 47 47 47 47**

#### • LISTENING

|                             |                       |  |
|-----------------------------|-----------------------|--|
| SOS Amitié (free)           | <b>02 47 54 54 54</b> | <a href="http://www.sos-amitie.com/tours">www.sos-amitie.com/tours</a> |
| SOS Help (English speaking) | <b>01 46 21 46 46</b> | <a href="http://www.soshelpline.org">www.soshelpline.org</a>           |

## WORK IN FRANCE

Foreign labor regulations in France is very strict and so are student jobs.

As studies are seen as a priority, the yearly number of hours worked cannot exceed 964 hours (which means 60% of the legal duration of work per year) or 482h if you stay for 1 semester only. Otherwise, the Préfecture will withdraw the temporary residence permit.

- **Students from the European Economic Area (EEA) and Switzerland, (except for Bulgarian and Romanian students)**

You can hold a job during your studies in France without any specific requirements. You do not have to get a residence permit or work permit.

- **Students from countries outside the European Union**

You can be hired simply by showing your temporary residence permit marked "Student" or by showing a receipt for its renewal (without having to request a work authorization).

Your hiring can only be done once the employer has filled out a form :

- to the Préfecture of the place you live in, if you possess a "Visa Long Séjour valant titre de séjour" (VLS-TS),
- or to the Préfecture that issued your student's residence permit.

This must be done by the employer at least 2 workdays prior to the hiring date. A copy of the residence permit or long-stay student visa should be attached to this form. It should also specify the type of job, the duration of the contract, the yearly number of hours worked, and the foreseen date of hiring.

To get further information :



<https://www.service-public.fr/particuliers/vosdroits/F2713>



# PREPARE MY DEPARTURE







> MY CHECKLIST

# PREPARE MY DEPARTURE



## MY CHECKLIST



- I booked my return ticket and I made sure to stay until the official end date as my presence is mandatory until the end and I have to take the exams in Tours.
- I announced the date of my departure at least 1 month before leaving to the residence hall staff or to my private landlord. I have set an appointment to realize the inventory of fixtures.
- I took all of my exams.
- 1 week maximum before leaving, I went to the International Relations Office to announce my departure and have my documents signed if required (certificate of departure...).
- A few days before the date of my departure, I made an appointment with the residence hall staff or with my landlord in order to establish the apartment inventory and condition report before leaving.
- I brought some objects I don't need anymore (Plates, glasses, cups, forks, spoons, cooking devices...) to the International Relations Office. Those objects will be given for free to the next students during the ESN give away fair J (I made sure I washed the objects before bringing them...).
- I closed my bank account.
- I cancelled all of my subscriptions (Insurances, phone, internet, electricity, Fil Bleu/Bus...)
- I warned the CAF office about my departure date.
- I joined the ESN Tours goodbye party !
- I took plenty of photos of Tours, of my friends to keep a lot of fun souvenirs/ memories.
- I bought some local gifts from Tours for my family and friends. 😊

### ... AFTER MY DEPARTURE

- I become an ambassador of the University of Tours ! I talked to other students and to my friends and tell them how great my experience in Tours was. I convince my friends to come as well so that I can come and visit them and use this excuse to come back to Tours !
- I send a postcard to the International Relations Office to make them discover my city or my country. Added to this, my postcard will help them decorate their office !
- I wait patiently for my transcript of records. It will be sent either in February (for the 1st semester) or in July (for the 2nd semester).
- I keep on smiling. This was so great. 😊

# USEFUL APPS

## LIFE IN TOURS



**TM TOURS** : This app gathers a wide range of local updated and customizable information such as cultural agenda, cinemas, libraries, swimming pools, bus/tram/train real-time network, garbage collection...)



**Tours 360°** : Discover emblematic and surprising places in Tours through 360° guided visits !

## MOVE



**Fil Bleu** : Get the real-time hours of Fil Bleu buses and tram.



**Taxis Tours** : Book a taxi.



**Oui.sncf** : Book your French train tickets easily from your smartphone. No need to print your ticket, the QR code given by the app will be enough in case of a control.



**Flixbus** : Bus travels at cheap prices, departure from Tours to move in France and Europe.



**BlaBlacar Bus** : Bus travels at cheap prices, departure from Tours to move in France and Europe.



**BlaBlacar** : The most popular carpooling website In France. Enables you to travel in someones's car at a low price.



**RATP** : The app to manage your moves while in Paris. You can plan your itinerary in any Parisian transport (metro, RER, bus).

## CAMPUS LIFE



**Izly** : Refill your Izly account to pay for your meals at university restaurants or print documents with your student card.



**CROUS Mobile** : Get the menus of university restaurants, practical infos about university residence halls and many other services offered by the CROUS !



**Affluences** : Is the place you plan to go crowded ? Is it open ? Affluences gives you a real time answer for partner libraries and museums !

## PRACTICAL TOOLS



**Erasmus +** : This app will support you throughout the administrative steps, during and after your mobility. For instance, it enables you to have your learning agreement signed online or to access the OLS platform to get your foreign language level assessed.



**CamScanner** : Very convenient to take a picture of a document and turn it into a scanned copy.



**My Study Life** : An app to help you manage your schedule !

## DAILY LIFE



**Phenix / Too Good to Go** : These apps geolocate unsold food products of storekeepers and allow you to buy it at a very low price. You save money and you fight against food waste at the same time !



**Geev** : Give and/or get items and food for free.



**Doctolib** : Search, then book online your appointments at doctors, general practitioners and specialists.

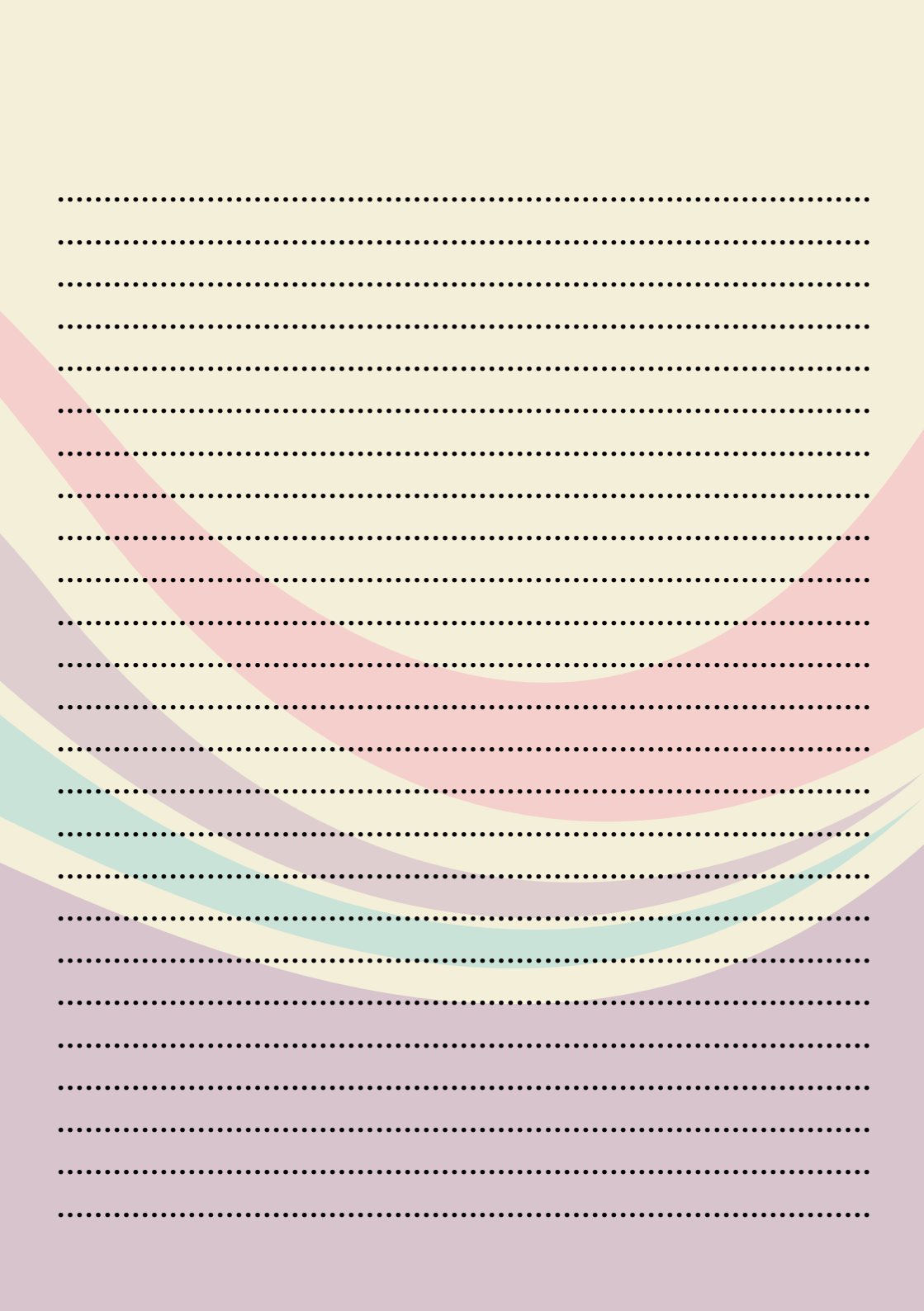


**TousAntiCovid** : This app was created by the French government to fight against COVID-19. It warns you if you come across someone tested positive for COVID-19. Thanks to this alert, you can isolate, consult your doctor and have access to a test if needed.



# MY NOTES

A series of horizontal dotted lines for writing notes, overlaid on a background of colorful, wavy shapes in shades of purple, teal, and yellow.





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