

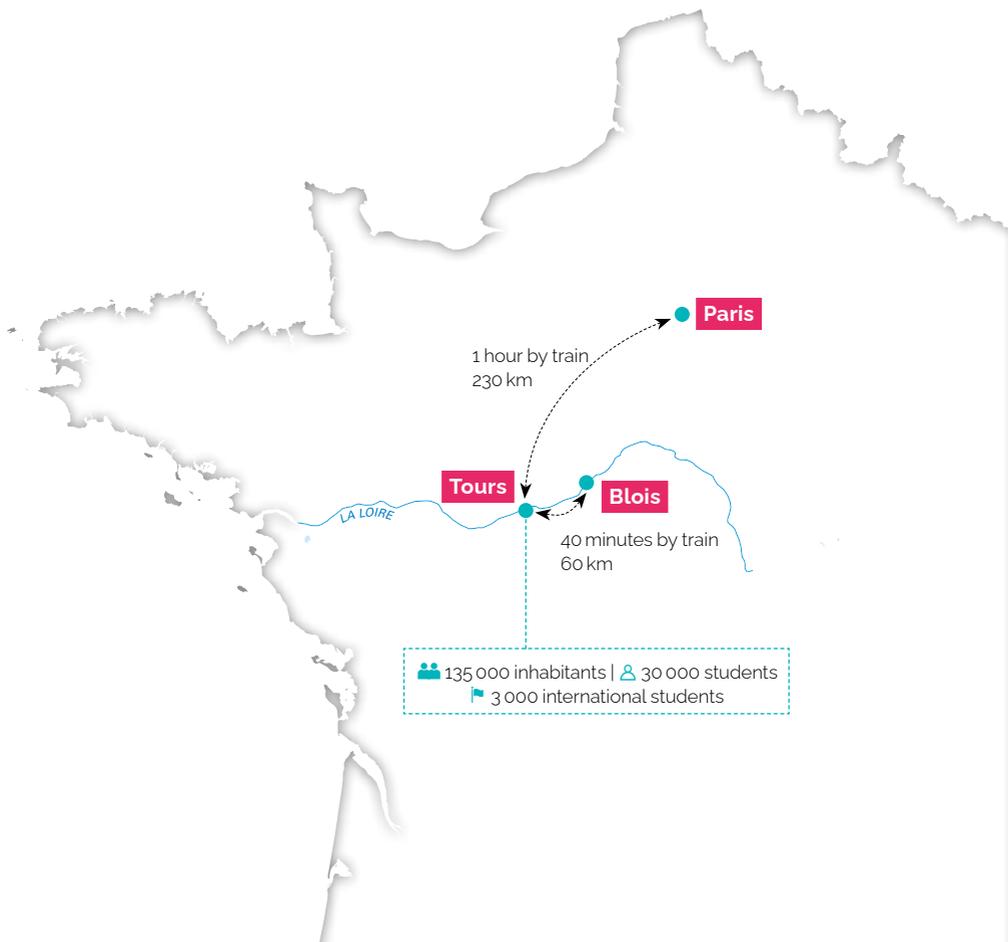
23 / 24

Welcome
Guide



international
student

UNIVERSITY
OF TOURS



1 hour by train
230 km

Tours

Blois

Paris

40 minutes by train
60 km

135 000 inhabitants | 30 000 students
3 000 international students

Welcome to the University of Tours

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

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

Nested in the heart of the Loire Valley, the city of Tours is famous for its excellent location and its sweetness of life, as well as for its cultural, historical and gastronomic heritage. This context fosters diversity and exchanges and enables our 30.000 students to study in a pleasant environment.

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

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Calendar

Welcome Desk

Thanks to the Welcome Desk, you will get all the information you need to start the year right! Get help on administrative paperwork, learn about university & local services, and meet other international students.

From Monday 4th to Friday 22nd September 2023

univ-tours.fr/welcomedesk

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WELCOME GUIDE INTERNATIONAL STUDENT / 23-24

	August '23	September '23	October '23	November '23	December '23	January '24		
1	Tu	Fr	Su	We	All Saints' Day	Fr	Mo	New Year
2	We	Sa	Mo	Th		Sa	Tu	
3	Th	Su	Tu	Fr		Su	We	
4	Fr	Mo	We	Sa		Mo	Th	
5	Sa	Tu	Th	Su		Tu	Fr	
6	Su	We	Fr	Mo	We	We	Sa	
7	Mo	Th	Sa	Tu	Th		Su	
8	Tu	Fr	Su	We	Fr		Mo	
9	We	Sa	Mo	Th		Sa	Tu	
10	Th	Su	Tu	Fr		Su	We	
11	Fr	Mo	We	Sa	Armistice 1918	Mo	Th	Exams
12	Sa	Tu	Th	Su		Tu	Fr	
13	Su	We	Fr	Mo	We	We	Sa	
14	Mo	Th	Sa	Tu	Th	Exams	Su	
15	Tu	Assumption Day	Fr	Su	We	Fr	Mo	
16	We	Sa	Mo	Th		Sa	Tu	
17	Th	Su	Tu	Fr		Su	We	Start of the 2 nd semester
18	Fr	Mo	We	Sa		Mo	Th	
19	Sa	Tu	Th	Su		Tu	Fr	
20	Su	We	Fr	Mo	We	We	Sa	
21	Mo	Th	Sa	Tu	Th	Exams	Su	
22	Tu	Fr	Su	We	Fr		Mo	
23	We	Sa	Mo	Th		Sa	Tu	
24	Th	Su	Tu	Fr		Su	We	
25	Fr	Mo	We	Sa		Mo	Th	
26	Sa	Tu	Th	Su		Tu	Fr	
27	Su	We	Fr	Mo	We	We	Sa	
28	Mo	Th	Sa	Tu	Th		Su	
29	Tu	Fr	Su	We	Fr		Mo	
30	We	Pré-rentrée	Sa	Mo	Th		Tu	
31	Th		Tu			Su	We	

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

Get information on student resources and university services through the "Points Info Campus". Many events will take place in September and October to welcome you to Tours! For more information rentree.univ-tours.fr

Buddy System: get to know a local student to help you out!

buddysystem.eu

	February '24	March '24	April '24	May '24	June '24	July '24
1	Th	Fr	Mo <i>Easter Monday</i>	We <i>Labor Day</i>	Sa	Mo
2	Fr	Sa	Tu	Th	Su	Tu
3	Sa	Su	We	Fr	Mo	We
4	Su	Mo	Th	Sa	Tu	Th
5	Mo	Tu	Fr	Su	We	Fr
6	Tu	We	Sa	Mo	Th	Sa
7	We	Th	Su	Tu	Fr	Su
8	Th	Fr	Mo	We <i>Armistice 1945</i>	Sa	Mo
9	Fr	Sa	Tu	Th <i>Ascension Day</i>	Su	Tu
10	Sa	Su	We	Fr	Mo	We
11	Su	Mo	Th	Sa	Tu	Th
12	Mo	Tu	Fr	Su	We	Fr
13	Tu	We	Sa	Mo	Th	Sa
14	We	Th	Su	Tu	Fr	Su <i>National Day</i>
15	Th	Fr	Mo	We	Sa	Mo
16	Fr	Sa	Tu	Th	Su	Tu
17	Sa	Su	We	Fr	Mo	We
18	Su	Mo	Th	Sa	Tu	Th
19	Mo	Tu	Fr	Su	We	Fr
20	Tu	We	Sa	Mo <i>Pentecost Monday</i>	Th	Sa
21	We	Th	Su	Tu	Fr	Su
22	Th	Fr	Mo	We	Sa	Mo
23	Fr	Sa	Tu	Th	Su	Tu
24	Sa	Su	We	Fr	Mo	We
25	Su	Mo	Th	Sa	Tu	Th
26	Mo	Tu	Fr	Su	We	Fr
27	Tu	We	Sa	Mo	Th	Sa
28	We	Th	Su	Tu	Fr	Su
29	Th	Fr	Mo	We	Sa	Mo
30		Sa	Tu	Th	Su	Tu
31		Su		Fr		We

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

university services



Culture

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

univ-tours.fr/culture

The **Student's Cultural Passport**, the Passeport Culturel Étudiant (PCE) is a sticker on your student card which you can buy for €8. Thanks to your PCE, you can benefit from preferential fares in more than 80 partner cultural places in Tours and Blois.

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

Sport

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

suaps.univ-tours.fr

All students of University of Tours can enroll in weekly classes (more than 70 activities offered), training camp* (sea and mountain hiking, canyoning, cross-country skiing/snowshoeing...), workshops (dances, well-being, multi-sports...), events (sports week, university by bike, skating rink party, volleyball night...) and competitions (faculty cup, inter-university championships).

**Financial contribution requested*

University Health Services (SSU)

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

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

+ More info: SSU | 60 rue du Plat d'Étain à Tours | Bât H - 1st floor

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

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

Equality Mission

The Equality Mission of the University of Tours works to implement and enforce the principles of equality, parity and diversity in the institution and to fight against all forms of discrimination, violence and harassment, to enable everyone to study comfortably.

Contacts : ☎ 02 47 36 81 65

✉ mission.egalite@univ-tours.fr

🌐 univ-tours.fr/l-universite/nos-valeurs/mission-egalite

Counselling units of the University of Tours

Victims or witnesses, do not remain alone:

the University is committed to you against all forms of sexist and sexual violence, harassment, cyberstalking, discrimination, conflict. Dedicated counselling units composed of staff, professionals and students acting collegially and trained in these themes, will support and accompany you in the process.

Why contact the counselling units?

- the unit will support you and refer you to the competent services
- the University will be able to take measures to protect victims and/or disciplinary measures against perpetrators of violence.

Counselling, support and monitoring units :

✉ vss@univ-tours.fr (against gender and sexual violence)

✉ stop-discri.etu@univ-tours.fr (against discrimination and harassment)

More information :

🌐 univ-tours.fr/l-universite/nos-valeurs/mission-egalite/stop-aux-violences

Distributors of free menstrual products on campuses

Where can I find them?

[🔗 univ-tours.fr/l-universite/nos-valeurs/mission-egalite/precarite-menstruelle-des-distributeurs-de-protections-periodiques-gratuites-a-luniversite-de-tours](https://univ-tours.fr/l-universite/nos-valeurs/mission-egalite/precarite-menstruelle-des-distributeurs-de-protections-periodiques-gratuites-a-luniversite-de-tours)

Gender identity and preferred name

The University recognizes the right of transgender students to use their preferred name for a number of documents and procedures within the university.

More information here: [🔗 univ-tours.fr/l-universite/nos-valeurs/mission-egalite/lidentite-de-genre](https://univ-tours.fr/l-universite/nos-valeurs/mission-egalite/lidentite-de-genre)

Equality Mission Staff Members

The Equality Mission Staff Members are available in all campuses, at your disposal for any questions related to equality.

How to contact them? [🔗 univ-tours.fr/l-universite/nos-valeurs/mission-egalite/les-correspondantes-et-correspondants-egalite](https://univ-tours.fr/l-universite/nos-valeurs/mission-egalite/les-correspondantes-et-correspondants-egalite)

your studies



Courses

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

Find our entire training offer on

univ-tours.fr/formations

Organisation of university curriculum

> University Degree of Technology (Bachelor Universitaire de Technologie, BUT)

Undergraduate level, +3 years after A-levels, accessible after A-levels or any equivalent degree

BUT = 3 years = 6 semesters (S1 to S6)
180 ECTS

> Bachelor's Degree (Licence, L)

Undergraduate level, +3 years after A-levels, accessible after A-levels or any equivalent degree

Licence = 3 years = 6 semesters (S1 to S6)
180 ECTS

> Master's Degree (Master, M)

Postgraduate level, +5 years after A-levels, accessible after a Bachelor's degree or any equivalent degree

Master = 2 years = 4 semesters (S1 to S4)
120 ECTS

> Ph.D. (Doctorat, D)

Postgraduate level, +8 years after A-levels, accessible after a Master's degree

Ph.D. = 3 years / 180 ECTS

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

Course organisation

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

Assessment

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

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

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

Meeting the Faculty

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

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

Pedagogical Tools

Digital Work Environment (ENT)

The University of Tours provides you with a personalised Digital Work Environment that gives you access to a set of online tools and services: E-mails, Timetables, Student file, Documentary resources, Calendars and exam results, Online courses, Re-registration

ent.univ-tours.fr

Your email address

It is personal and noted on your student card:

firstname.lastname@etu.univ-tours.fr

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

Only one ID for all the pedagogical tools

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

WIFI

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

Computer Labs

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

Printing, photocopying

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

imprimer.univ-tours.fr

Student card

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

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

To refill your card: Izly App or [📱 izly.fr](https://www.izly.fr)

In case your card is lost or stolen:

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

📍 Get an international student card here: [📱 isic.fr](https://www.isic.fr)

University Libraries (Bibliothèques Universitaires, BU)

> On-site

Located at the heart of campuses, the BUs are places of university life open to all. You can work there in groups, individually, borrow documentation, ask your librarians for advice or even come in the evening until 10 p.m. during exam periods.

Find the opening hours on the application:

Affluences.

> Remote access

All the documentation in one click thanks to Colibri, the university library catalog. Ebooks, articles, books, magazines, comics, DVDs, encyclopedias, dictionaries... find the online resources that interest you, from home, 24 hours a day, 7 days a week. The BUs also offer VoD (video on demand) and offer you 6 viewings per month on the Digital Media Library platform (Arte and Univers Ciné).

[📱 bibliotheques.univ-tours.fr](https://bibliotheques.univ-tours.fr)

⚠ The BU of the Tanneurs campus is closed for works for 2 years. Find the ephemeral libraries in rooms 31 and 70 of the Tanneurs campus.

Improve your French

University Centre for Teaching French to International Students (Cuefee)

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

Cuefee : 3 rue des Tanneurs à Tours

✉ cuefee@univ-tours.fr

[📱 univ-tours.fr/cuefee](https://univ-tours.fr/cuefee)

Languages Resource Centre (CRL)

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

They are available on all university campuses.

[📱 univ-tours.fr/crl](https://univ-tours.fr/crl)

Café des langues

If you wish to meet students from all around the world and speak other languages, you can go to the Café des Langues on Wednesdays from 8:30 pm onwards at the Crafty Brewpub, 18 place de la Résistance in Tours. Find them on the ESN Tours Discord: <https://discord.gg/rw73NUR>.

consular and administrative procedures

Welcome Desk

4th >> 22nd Sept



Checklist

Documents you need to bring to France

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

- ✔ A birth certificate translated into French by a sworn translator (list of translators available at the French embassy in your home country)
- ✔ Your health record booklet (or a copy of the vaccine pages)
- ✔ A few ID photos
- ✔ A parental certificate of resources for the years 2022 and 2023 if you are still attached to your parents' tax household/ A personal certificate of resources for the years 2022 and 2023 if you file your own tax return

Optional :

- ✔ Your driving license and your car title deed
- ✔ A medical certificate translated into French if you intend to practice sports
- ✔ An international credit card may be useful, especially at the beginning
- ✔ The subscription to a rental guarantee via Visale if needed

Things to do upon your arrival in France

What do I need to do when arriving in France?

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

All the aforementioned procedures are detailed in the following sections.

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

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

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

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

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

Residence permit & VISA

Apply for a visa

BEFORE YOUR DEPARTURE You need to apply for a visa if you come study in Tours and if your nationality is not European or if you are not from a country belonging to the European Economic Area. Please apply at the French Consulate in your residence country. [🔗 france-visas.gouv.fr](https://france-visas.gouv.fr)

Campus France procedure

International students under the Campus France procedure (list of countries available here: <https://pastel.diplomatie.gouv.fr/etudesenfrance/>) must get their visas through the "Etudes en France" platform. The file you will be creating will prepare your application for a study visa. To do so, please fill up a form using your country's Campus France services: [🔗 campusfrance.org](https://campusfrance.org)

Validate your visa

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

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

This simple procedure ensures your stay in France is legal.

You will need:

- > A valid e-mail address
- > The information mentioned on your visa
- > To communicate your date of entry in France
- > Your residential address in France
- > Your credit card in order to pay online for the issue fee for residence permit
(Eg.: €75 for a student visa in 2023)

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

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

If you are not registered under a VLS-TS student status, please check: [🔗 campusfrance.org/fr/visas-et-cartes-de-sejour](https://campusfrance.org/fr/visas-et-cartes-de-sejour)

Renew your visa

To ask for a student residence permit after a visa or to renew your residence permit (VLS-TS étudiant, for example), please go to this website:

[🔗 administration-etrangers-en-france.interieur.gouv.fr/particuliers/](https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/) between 2 and 4 months before your current visa or residence permit expires.

CVEC - Student Life and Campus Contribution

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

Fee : **€100**

To get your CVEC certificate:

> Create your account on: messervices.etudiant.gouv.fr

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

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

Administrative registration

Normally, students are expected to register in July. Exceptions are tolerated for international students that are not in France yet. Please check our website. international.univ-tours.fr/english-version/admission-process-for-international-students/4-administrative-registration

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

⚠ *All Student Office Administration contacts are available on our website:*

univ-tours.fr/contacts-scolaire

Following the decision of the board of directors of October 17th, 2022, individual international students will benefit from partial exoneration of registration fees at the University of Tours for 2023-2024 academic year. Registration fees will thus be the same as the ones for French students. Applying to the University of Tours shall be considered as a request for exoneration. For your information, tuition fees for 2022-2023 are as follows:

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

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

health



Social Security

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

 etudiant-etranger.ameli.fr

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

Declare your regular general practitioner as soon as possible. To complement the social security reimbursements, you can subscribe to a supplemental health insurance (also called "mutuelle"). This is not compulsory, yet highly recommended.

Complément santé solidaire (Complementary health solidarity)

The complementary health solidarity helps you with your health expenses. It replaces supplementary universal health coverage (CMU-C). It allows you to get reimbursed for the additional part of your health expenses. This means that this aid reimburses what is not reimbursed by the Health Insurance. Solidarity health supplement is free or paid according to your income.

+ More info on: service-public.fr/particuliers/vosdroits/F10027?lang=en

+ More info on: ameli.fr/assure/droits-demarches/difficultes-acces-droits-soins/complementaire-sante/complementaire-sante-solidaire

Aide médicale de l'État (AME)

If you are a foreigner and in an irregular and financially difficult situation, you might be allowed to register in this social security programme after 3 months of staying in France, depending on your resources.

+ More info on: ameli.fr/assure/droits-demarches/situations-particulieres/situation-irreguliere-ame



**l'Assurance
Maladie**

Agir ensemble, protéger chacun

SMILE! YOU ARE INSURED.

INTERNATIONAL STUDENTS: how to arrange your health insurance.

**YOU CAN OBTAIN
FRENCH HEALTH INSURANCE
EASILY AND FREE OF CHARGE**

You just have to register at the website
etudiant-etranger.ameli.fr
and follow the steps indicated.



YOU ARE COMING TO STUDY IN FRANCE

1 REGISTER AT THE WEBSITE: ETUDIANT-ETRANGER.AMELI.FR



Enter the **mandatory** information

- Surname
- Forename(s)
- Date of birth
- Country of birth
- Email address
- Postal address in France
- Telephone number



Submit the **mandatory** supporting documents

- **Passport/identity card**
- **Residency permit**
- **Full copy of your birth certificate/excerpt of birth certificate with parentage (drawn up by the Consulate)**
- Certificate of education for the current year
- Certificate of parental permission (under the age of 16)
 - IBAN
- Additional documents according to country of origin

2 CREATE YOUR PERSONAL SPACE



Download your **temporary** certificate of affiliation to Social Security

Submit the **missing or non-compliant** supporting documents in your personal space

As soon as you receive a message awarding your French Social Security Number (NIR)...

... download your **permanent** certificate of affiliation to Social Security

3 ONCE YOUR AFFILIATION IS FINALISED, FOLLOW THESE PROCEDURES TO BE REIMBURSED AS EASILY AND QUICKLY AS POSSIBLE



You can take out complementary health insurance

The Health Insurance fund will reimburse part of your medical costs. We recommend you take out complementary health insurance to be better reimbursed.

If you have a low income, in most cases you will no longer have to pay these health costs with the **Complémentaire santé solidaire**.



Open your personal ameli account at ameli.fr or via the ameli application.



Complete and return the Vitale card form on receipt, providing your supporting documents

- Recent identity photo
- Identity document



Declare an attending physician at the time of a consultation

with a doctor in France.

You belong to the Health Insurance fund of the place where you are living.
THIS PROCEDURE ONLY NEEDS TO BE FOLLOWED ONCE, ON YOUR ARRIVAL.

CONTACT THE HEALTH INSURANCE FUND:

FROM THE AMELI FORUM
at ameli.fr

BY EMAIL
from your **ameli account**, section "Contact us".

BY TELEPHONE
3646 Free service + cost of call
Monday to Friday 08:30 to 17:30.
We can put you in contact with a bilingual telephone advisor on request.

IN PERSON
in the **Health Insurance fund** of the place where you are living.

Consulting a practitioner

If you are sick, make an appointment with your general practitioner (the one you declared to the social security services) by calling the GP office or

online on  [doctolib.fr](https://www.doctolib.fr)

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

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

Unable to attend your consultation,

> Call the practitioner who will let you know if they can do the consult at home or not.

> Call SOS Médecins (SOS Doctors) at 02 47 38 33 33

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

Pharmacy

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

△ Some prescriptions may not be refundable.

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

Need to talk? Get Help!

SOS amitié

www.sos-amitie.org

02 47 54 54 54 or 09 72 39 40 50

SOS help (English speaking)

www.soshelpline.org

01 46 21 46 46

Emergency

European emergency number : ☎ 112

Fire brigade : ☎ 18 | Ambulance service : ☎ 15

housing and insurance



Housing

Various solutions are available to you:

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

University residences

The Crous offers furnished bedrooms as well as studio apartments and furnished apartments.

Depending on available places, you can benefit from accommodation in a university residence (CROUS). From 11 July 2023, you can check available accommodations and express your preference on messervices.etudiant.gouv.fr

crous-orleans-tours.fr/logements

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

Housing support

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

caf.fr

Private housing

Here are a few sites with classified ads:

△ Agency fees

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

Temporary housing :

airbnb.com | couchsurfing.org |

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

Insurance

Civil liability insurance



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

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

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

Home insurance



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

La Caf est dans la vie

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

« Are you renting housing ? »

**CAF TOURAINE
CAN HELP YOU**

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



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

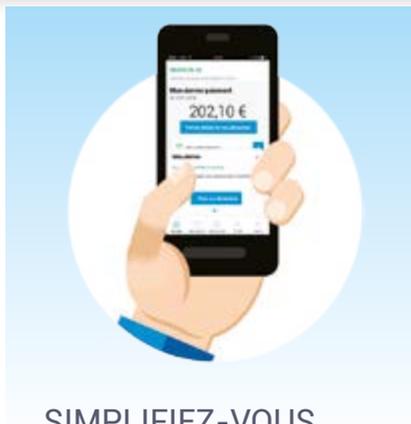
The website
www.caf.fr



Phone app Caf - Mon Compte



DOCUMENTS TO BE PROVIDED INDICATED AT THE END OF THE ESTIMATION



SIMPLIFIEZ-VOUS
LA CAF, TÉLÉCHARGEZ
L'APPLI MOBILE



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

Key words

Le bail (or "contrat de location"): The lease or rental agreement

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

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

Le dépôt de garantie (or "caution"): the security deposit

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

Garant: the guarantor

Someone agrees on a written document to pay for your rent in the event you can no longer do so.

If you do not have a guarantor in France:

 [visale.fr](https://www.visale.fr) a free guarantor service

L'état des lieux: the condition of the premises

This is the description of the premises condition and their content in each room, furniture included.

It needs to be edited in two samples and signed by both the tenant and the property owner when the keys are handed over and upon leaving of the tenant.

Les charges: utilities

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

Subscriptions

Electricity, gas, water, telephone and internet are at the tenant's expense.

You can contact any supplier, for example:

> Electricity (EDF):

 +339 69 32 15 15

 [edf-bleuciel.fr](https://www.edf-bleuciel.fr)

> Gaz (ENGIE):

 +339 69 39 99 93

 [dolcevita.gazdefrance.fr](https://www.dolcevita.gazdefrance.fr)

> Water (Véolia):

 +33 969 323 529

 [service-client.veoliaeau.fr](https://www.service-client.veoliaeau.fr)

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

daily life



Transportation

Tram and bus

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

Individual tickets (€1,60/hour) can be purchased from the machines available on the tramway gates or on buses. Don't forget to validate your ticket when getting on the tramway or the bus, under penalty of a fine.

Fil Bleu Student Pass: unlimited access to the entire tramway and bus network. Monthly subscription entitles you to rebates and preferential prices at Fil Bleu partners.
Fee: €230/year (+card creation fee)

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

> Remi : bus network operating in the region

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

> Eurolines, Ouibus et Flixbus : companies operating in France and Europe at very attractive prices.

[eurolines.fr](https://www.eurolines.fr) | [ouibus.com](https://www.ouibus.com) | [flixbus.fr](https://www.flixbus.fr)

Bike rentals

> Velociti : Rent your bike for only €3/month for Fil Bleu subscribers and €5/month for non-subscribers

[velo-rando-touraine.fr](https://www.velo-rando-touraine.fr)

Train

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

All year long card free interesting fares:

« Découverte 12-25 » or « Prem's »

Price: €49 (1 year validity)

Tours Train Station | Place du Général

Leclerc | phone: 3635 | [sncf-](https://www.sncf-connect.fr)

[connect.fr](https://www.sncf-connect.fr)

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

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

[yeps.fr](https://www.yeps.fr)

Carpooling

Share your vehicle or someone else's vehicle

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

Aircraft

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

[ryanair.com](https://www.ryanair.com)

For further destinations, please check the airports of Nantes, Paris Charles-de-Gaulle, Paris Orly. The train can take you to these cities..

Means of communication

Telephone and Internet

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

👍 Wi-Fi is available in all university residences.

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

Regular mail

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

 [laposte.fr](https://www.laposte.fr)

Food

The French usually eat three times a day:

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

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

French culture is also about:

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

Doing your groceries

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

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

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

University Restaurants (RU)

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

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

⚠️ Price for a meal at Crous in 2022: 3,30 €
To refill your card: www.izly.fr

Manage your money

Bank account

With a bank account, you can:

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

Necessary documents to open a bank account:

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

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

There are two types of bank cards:

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

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

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

Monthly budget

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

CVEC: €100 | Registration fees: €170 to €610 | Rent: €300 to €550/month | Food: €200 to €250/month | Electricity, gas, water: about €30/month | Telephone, Internet: €20 to €30/month

Optional: | Transportation €20/month (Fil Bleu Student Pass), sports €25 (Pack'Sport), Culture €8 (PCE)

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

Cost of living

For your information, here are some prices for everyday products

baguette	from €0,80 to €1
liter of milk	from €0,80 to €1
sandwich in town	from €4,50
coffee	about €1,50
bus ticket (1 hour)	€1,60
cinema ticket	€7,80
swimming pool ticket	€5,40 (€4,20 student rate)
A meal in a restaurant	€15 to €20 for a menu (starter, dish and cheese or dessert)

You can work in France during your studies

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

[📄 service-public.fr/particuliers/vosdroits/F2713](https://service-public.fr/particuliers/vosdroits/F2713)

Cultural events

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

[📅 culture.univ-tours.fr/agenda](https://culture.univ-tours.fr/agenda)

Visiting Tours and its surroundings:

[📅 tours-tourisme.fr/voir-faire/agenda](https://tours-tourisme.fr/voir-faire/agenda)

Cinemas

- 📽 Studio - 2 rue des Ursulines
- 📽 CGR Tours Centre - 4 place François Truffaut
- 📽 CGR Tours 2 Lions - Avenue Marcel Mérieux
- 📽 Ciné-Loire - 141 rue du Colombier

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

Les Greeters

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

[📅 loirevalleygreeters.com](https://loirevalleygreeters.com)

National museums and other historical monuments

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

⚠ *Enjoy the 40th European Heritage Days on September 16th and 17th, 2023. Many historical sites will be open and free of access.*

The cultural program offered by the International Relations Office

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

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

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!

[📅 international.univ-tours.fr/english-version/admission-process-for-international-students/5-1-cultural-programme-for-international-students](https://international.univ-tours.fr/english-version/admission-process-for-international-students/5-1-cultural-programme-for-international-students)

Student associations

ESN Tours

Association for Erasmus and international students of the University of Tours, events

facebook.com/ESNTours

Les Halles de Rabelais

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

univ-tours.fr/campus/vie-pratique/les-halles-de-rabelais

hallesderabelais@gmail.com

facebook.com/HallesRabelais

Les Bonnes Mines

Free food and clothes distribution.

univ-tours.fr/campus/vie-associative/annuaire-des-associations-etudiantes/les-bonnes-mines

lesbonnesmines.univtours@gmail.com

Facebook : Collectif Les Bonnes Mines

Association Générale des Assos

Tourangelles Etudiantes

Free groceries & other solidarity actions.

univ-tours.fr/campus/vie-associative/annuaire-des-associations-etudiantes/association-generale-des-assos-tourangelles-etudiantes

presidence.agate@gmail.com

facebook.com/agateours

Useful Apps

Izly : to refill your Izly account

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

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

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

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

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

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

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

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

your university



Tours

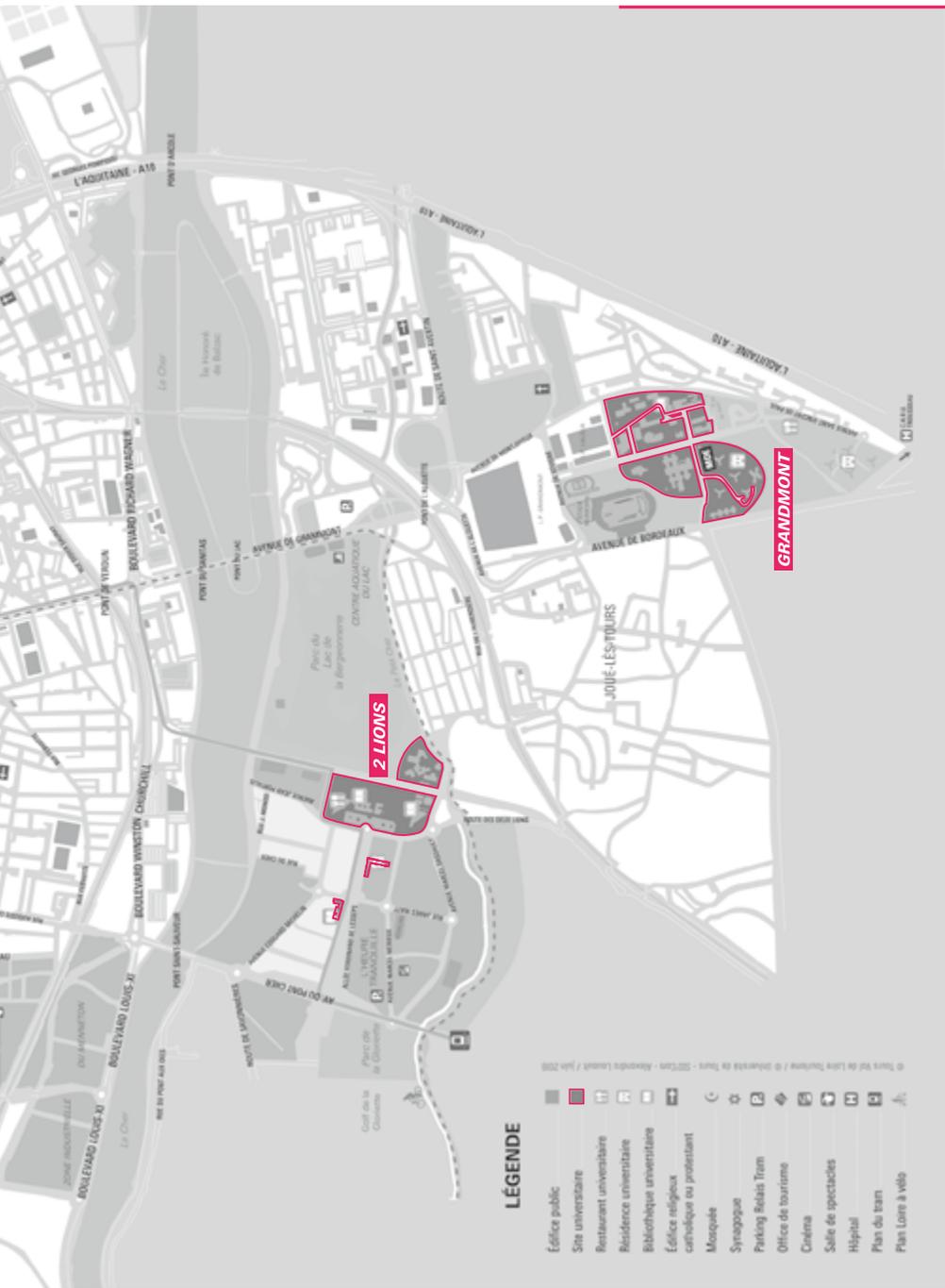
- Présidence et services administratifs** [🌐 univ-tours.fr](https://univ-tours.fr)
60 rue du Plat d'Étain **Site du Plat d'Étain**
- Faculté des arts & sciences humaines** [🌐 ash.univ-tours.fr](https://ash.univ-tours.fr)
3 rue des Tanneurs **Site des Tanneurs**
- Centre d'études supérieures de La Renaissance** [🌐 cesr.univ-tours.fr](https://cesr.univ-tours.fr)
59 rue Néricault-Destouches **Site CESR**
- Faculté de droit, économie et sciences sociales** [🌐 droit.univ-tours.fr](https://droit.univ-tours.fr)
50 avenue Jean Portalis **Site 2 Lions**
- Institut universitaire de technologie de Tours** [🌐 iut.univ-tours.fr](https://iut.univ-tours.fr)
29 rue du Pont Volant **Site Jean Luthier**
- Faculté de lettres & langues** [🌐 lettres.univ-tours.fr](https://lettres.univ-tours.fr)
3 rue des Tanneurs **Site des Tanneurs**
- Faculté de médecine** [🌐 med.univ-tours.fr](https://med.univ-tours.fr)
10 boulevard Tonnelé à Tours **Site Tonnelé**
10 rue Émile Aron à La Riche **Site La Riche**
- Faculté de pharmacie Philippe-Maupas** [🌐 pharma.univ-tours.fr](https://pharma.univ-tours.fr)
31 avenue Monge **Site Grandmont**
- Polytech Tours** [🌐 polytech.univ-tours.fr](https://polytech.univ-tours.fr)
64 avenue Jean Portalis **Site 2 Lions**
- Faculté des sciences & techniques** [🌐 sciences.univ-tours.fr](https://sciences.univ-tours.fr)
Parc de Grandmont **Site Grandmont**
- IAE Tours - École universitaire de management** [🌐 iae.tours.fr](https://iae.tours.fr)
50 avenue Jean Portalis **Site 2 Lions**
- Cuefee** - Centre universitaire d'études du français pour étudiants étrangers
3 rue des Tanneurs | [✉ cuefee@univ-tours.fr](mailto:cuefee@univ-tours.fr) **Site Tanneurs**

Blois

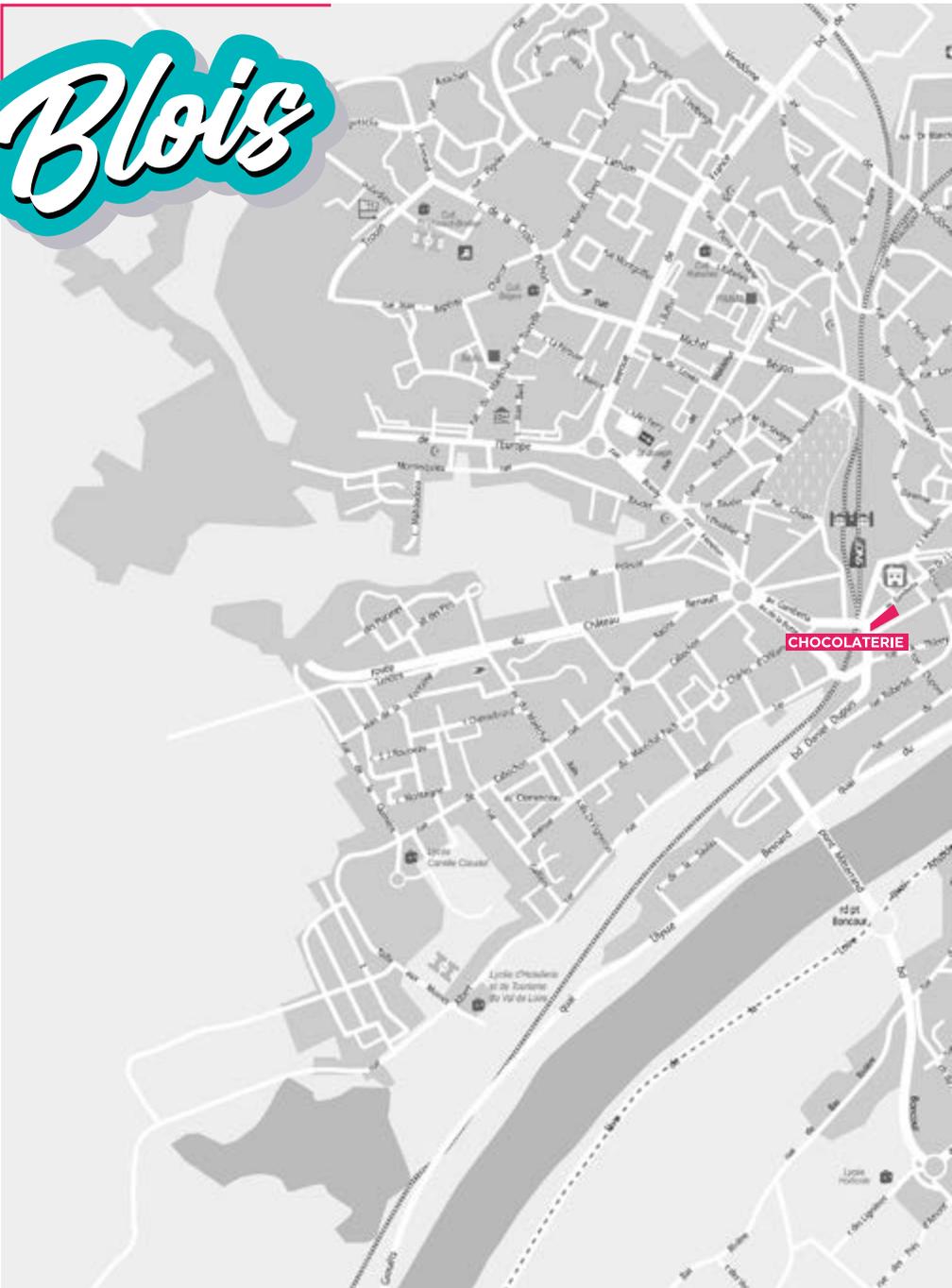
- Institut universitaire de technologie de Blois** | [🌐 iut-blois.univ-tours.fr](https://iut-blois.univ-tours.fr)
3 place Jean Jaurès à Blois **Site Jean Jaurès**
15 rue de la chocolaterie à Blois **Site Chocolaterie**

Tours





Blois





JEAN-JAURÈS

LÉGENDE

- Équipement divers
- Site universitaire
- Restaurant universitaire
- Cafétéria
- Résidence universitaire
- Bibliothèque universitaire
- Édifice religieux catholique ou protestant
- Mosquée
- Lycée et collège
- Mairie
- Office de tourisme
- Cinéma
- Salle de spectacles
- Hôpital
- Centre commercial
- Plan Loire à vélo

International Relations Office

60 rue du Plat d' tain in Tours | Building A - Main floor, to the right
Open Monday to Friday / 9:00 am to 12:30 pm / 2:00 pm to 5:00 pm
☎ 02 47 36 67 04 | ✉ international@univ-tours.fr

Welcome and integration of individual international students

Eunjin Lee : ☎ 02 47 36 78 38 | ✉ welcomedesk@univ-tours.fr

Higher Education Registration (L1) and TCF – DAP / CEF Procedure - Campusfrance

☎ 02 47 36 78 38 | ✉ dap@univ-tours.fr

Registrar's General Office

60 rue du Plat d' tain in Tours | Building A - Main floor, to the left
☎ 02 47 36 64 51 | ✉ scolseve@univ-tours.fr

Registrar's faculty offices

🔗 univ-tours.fr/contacts-scolarite

University Health Services

Health Center (Tours)

60 rue du Plat d' tain in Tours | Building H - 1^{er} floor
☎ 02 47 36 77 00 | ✉ ssu@univ-tours.fr

Prevention office (Blois)

3 place Jean Jaur s in Blois | offices JJ011 & JJ013
☎ 06 98 17 01 84 | ✉ ssu.blois@univ-tours.fr

Emergency numbers: European emergency number: ☎ 112

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

SOS doctors: ☎ 02 47 38 33 33