



2016/17

HANDBOOK FOR EXCHANGE STUDENTS

UNIVERSITY OF
TOULON (UTLN)

Thank you for choosing the University of Toulon for your Study Abroad experience. As your host university, we will endeavor to help you and hope that you will have a valuable and enjoyable experience at the University of Toulon. Please read this handbook carefully and if you still have any queries, email: sri@univ-tln.fr



Dear international students and visitors,

It is a great pleasure to welcome you to our University! The University of Toulon (UTLN) is a truly international university, with students, researchers, and faculty members from all over the world. We very much appreciate your contribution to UTLN's success, and are committed to making your stay here a rewarding and enjoyable experience. The Office of International Affairs (SRI) is a central unit at UTLN. We provide services to exchange students (and researchers) who are applying to Toulon and those already studying at the University.

Over 9,000 students are currently enrolled at the University of Toulon – 14% are international students. Each year, we welcome nearly 1,200 students from 90 different countries. The human size of our University allows for personalized student follow-up and a relaxed yet culturally rich experience.

This information brochure has been designed as a pre-departure orientation guide to help you through your arrival and your first days in Toulon. You will get information about the VISA procedures, how to choose and register for classes, etc. The handbook should also be your companion throughout your study abroad experience. It also contains information about the French Riviera, the great touristic spots you should not miss and about more general information about living in France. Please read the information carefully.

Please feel free to consult us if you have any problems or want any information or advice. On behalf of the International Office Team, I would like to wish you a successful and enriching experience.

Walter ASCHBACHER,
Vice President for International Affairs

WELCOME TO THE UNIVERSITY OF TOULON!

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◎ HISTORY

Created in 1968, the University of Toulon offers more than a hundred courses of study within multiple disciplinary fields. In a warmly-supportive environment, it welcomes over 9,000 students per year and focuses on students' support and success.

◎ FACTS & FIGURES

📍 Location

- Close to Saint Tropez
- Right in between Nice and Marseille.
- Only three hours away from Italy.

📖 Studies

- 9 Schools & Colleges
- 16 research laboratories
- 5 educational areas that cover all disciplines: Law, Economics, Management; Arts, Literature and Languages; Social and Human Sciences; Science, Technology, Health; Sports Science and Techniques.
- Over 100 University majors

👥 Staff & Students

- Over 9,000 students
- 1,200 international students of 90 different nationalities
- 280 Ph.D. students
- 900 staff & personnel, including:
- 60 invited professors per year
- 500 teachers & teacher-researchers
- 400 administrative staff & technicians

🔬 Research

With 16 research laboratories, and 3 doctoral schools, in which 21 patents have been issued and 30 Ph.D. theses are defended each year, research at the University of Toulon is organized around 3 main areas:

- Sea, Environment, and Sustainable Development
- Information
- Comparative Euro-Mediterranean Civilizations and Societies



THE UNIVERSITY OF TOULON

◎ ORGANIZATION

The University of Toulon boasts 9 Colleges, 3 Schools, and 1 Institute of Technology. The strength of the University of Toulon is its wide range of programs at the undergraduate and graduate levels, including professional degrees. It has more than 100 degree program options, offering courses on three campuses, in teaching and learning facilities across Toulon, La Garde, Draguignan, and abroad. With so many options, the choice of where to study is yours.

◎ LA GARDE CAMPUS

Just 3 miles from Toulon's city center, the University is located on a beautiful 85-acre tree-filled campus close to the shopping and business district of La Garde. Century-old trees, a trout pond and shaded areas make it a pleasant place to stroll, meet friends, meditate or study. If you are in need of some real retail therapy, the campus is located only a few minutes' away from the Avenue83, a brand new outdoor shopping center where you will find a unique mix of men's and women's clothing, home-furnishing retailers and a distinct collection of restaurants and bars from casual outdoor dining to date night. Avenue 83's movie theatre "Pathé!" boasts the latest and greatest in digital cinema technology featuring 3D and high-frame rate technologies, premium large format and immersive cinema, and various accessibility technologies.

La Garde campus is the University's headquarters (Buildings V and V1). You will find the Office of the President of UTLN and, the principal administrative departments including: the registrar office, the office of International Relations (SRI), the housing & residence life building, the student activities center (SUAPS) and the medical center (SUMPPS).



■ Faculties and departments:

- Faculty of Literature and Humanities
- Faculty of Sciences and Technology
- Faculty of Physical Education and Sports Studies (STAPS)
- The Institute of Technology (IUT)
- SeaTech School of Engineering
- Continuing Education Department (FTLV)
- Doctoral School 548 "Sea and Sciences"

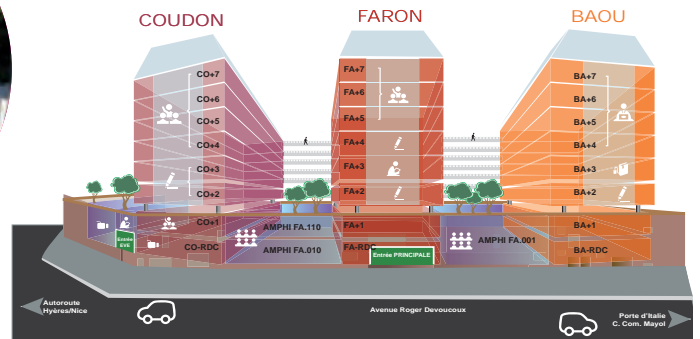
■ Strengths:

- 2 libraries (BU) on the La Garde campus: The main library and the SeaTech School of Engineering library.
- The CRL (Language Resource Center) located in the main library, offers language study materials in a variety of media, including books, audio recordings and video recordings. Foreign students can also find conversation partner to improve their French skills.
- A gym and a synthetic grass football pitch



TOULON CITY-CENTER

The downtown campus is the University's second largest campus with nearly 3,000 students. Our downtown campus is modern and well equipped with a wide range of facilities catering to a range of student needs. Our modern brand-new campus (called the Toulon-Porte d'Italie or Toulon City-Center campus) was inaugurated in 2014. It is located downtown, in "Mayol" district (near the "Mayol" shopping mall). The Toulon's harbor (which is one of the most beautiful harbors in Europe and which is also the second military port in France) is only 10 minutes away on foot. The "Mayol stadium" and its rugby team, the "Racing Club de Toulon" are only a few yards away. Close by, students can enjoy the Opera of Toulon Toulon and the old town or, they can enjoy the Mediterranean Bay and the Mourillon beach with its bars and restaurants.



Faculties:

- The Faculty of Law
- The Faculty of Economics and Management
- The Ingémédia Faculty of Information and Communication
- The Institute of Business Administration (IAE)
- Doctoral School 509 "Comparative Euro-Mediterranean Civilizations and Societies"

Strengths:

- "Télomedia" multi-media studios
- 2 libraries (BU): One library at the Faculty of Law and a new library specializing in Economics, Management, and Information and Communication (located in the "Baou" building)



DRAGUIGNAN CAMPUS

This is our smallest campus. It is a satellite campus of the Faculty of Law and the IUT's Department of Business Administration (GEA).

THE OFFICE OF INTERNATIONAL AFFAIRS (SRI)



☉ MEET THE TEAM

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Located on the La Garde Campus, the SRI is responsible for coordinating student exchange and counseling international students and international visitors. Here you can obtain information about studying at UTLN, find out about special courses for international students, leisure activities, language courses, be issued with various letters of confirmation and find out everything concerning exchange students.

The SRI office can be found on the 2nd floor of the BEAL 2 Building (above the BEAL snack & coffee house). You are welcome to visit us without appointment on weekdays during regular office hours (mornings from 9am to 12am). For more information about the SRI and exchange studies please visit our website:
www.univ-tln.fr/-University-of-Toulon.

◉ OUR INTERNATIONAL COMMITMENT

📌 Key figures

- 14% of our students are international students
- 15 double degrees (Brazil, China, Libanon, Morocco, Mexico, Mozambique, Peru, Poland, the U.K., Tunisia, Ukraine, Vietnam)
- 5 delocalized diplomas (Vietnam)
 - 3 B.SC. Degrees in Banking & Finance and Physics/Chemistry
 - 2 M.SC. Degrees in Business and Physics/Chemistry
- 100 Erasmus and Partner institutions in Europe
- 65 Cooperation agreements: Algeria, Australia, Burkina Faso, Cambodia, Canada, Chile, Comoros, Cuba, Malaysia, the U.S.A., Russia, Thailand etc....
- 20 PhD. Students completing a joint thesis
- 60 Invited Professors
- 300 University students studying or interning abroad

The international dimension is one of the major priorities of the University of Toulon. Each year, we welcome nearly 1,200 students from 90 different countries. With 14% foreign students, the University of Toulon is above the national average. The reasons for this success lie in its wide and diversified range of programs, but also in the human size of our University, allowing for personalized student follow-up and a relaxed yet culturally rich experience.

International exchange is one of the priorities for UTLN. We focus on:

- Developing international research partnerships
- Encouraging students to study abroad
- Recruiting foreign faculty and students
- Creating degree programs in English
- Supporting the mobility of students, lecturers and technical staff
- Promoting Summer schools

◉ EXCHANGE STUDIES

To study one or two semesters abroad is a wonderful opportunity to experience a new academic environment and way of life as an integral part of your degree. The University of Toulon has exchange agreements with more than 180 universities throughout the world.

◉ APPLICATION PROCESS – STEP-BY-STEP

1. Find out if there is an exchange agreement between the university you are currently attending and UTLN. This information can be found here. <https://univ-tln.moveonnet.eu/moveonline/exchanges/search.php>
2. Contact the International Coordinator at your home university for further information about deadline, application procedures and admission requirements.
3. Browse our online course catalogue or the departments' websites to decide which courses you are interested in applying to. Choose your courses together with your coordinator at your home university and your department at the University of Toulon. You can find the list of Departments and Coordinators at the University of Toulon on coordinators pdf document.

ADMISSION TO THE UNIVERSITY OF TOULON



Erasmus+ and Toulon exchange students apply for exchange student status at their home university. The exchange student coordinator then officially nominates exchange students to UTLN. When you have been nominated, you should apply for admission to UTLN. You will find the application form on our website.

🕒 ENTRY REQUIREMENTS

📄 A Valid Passport

Make sure you get a valid passport. Your passport must be valid for a minimum of six months at entry and valid for an additional three months beyond the expiration date of your visa.

📄 A Student Visa

You must apply for a visa at the French Embassy or Consulate of your home country.

Students from the following countries must **apply exclusively via CampusFrance**: Algeria, Argentina,

Benin, Brazil, Burkina Faso, Cameroon, Chili, China, Columbia, Congo Brazzaville, South Korea, The Ivory Coast, The United States of America, Gabon, Guinea, India, Japan, Lebanon, Madagascar, Mali, Morocco, Mauritius, Mexico, Peru, Russia, Senegal, Syria, Taiwan, Tunisia, Turkey, and Vietnam. Candidates must apply on-line: www.countryname.campusfrance.org. For example, a student from Algeria must log on at: www.algeria.campusfrance.org.

Residents of the European Union, Andorra, Monaco, San-Marino, Switzerland and the Vatican are exonerated from obtaining an extended-stay visa.

Please note that, if you require a visa, it must be issued for study purposes. A tourist visa or a so-called "Schengen visa" is not enough. It is not possible to change the type of visa after entering France.

◀ Which visa?

Temporary long-stay visa « visa de long séjour temporaire pour études »

This visa allows you to study in France for between three and six months. It is non-renewable.

Cost: approx. 60€

◀ Long-stay visa « visa de long séjour études »

If you want to study for longer than six months, then you need to apply for this visa. As from 2013, this type of study visa, (which is also your residence permit) now lasts for the duration of your course in France: three years for bachelors, two years for a Master's and four years for a PhD. Long-stay visas act as residence permits and are called **VLT-TS**.

Cost: approx. 90€

The extended stay VLS-TS' visa is for all international students (except those from Algeria who don't need one) who wish to enroll in a course at a French University. You have to provide information on your academic background, French language proficiency and adequate financial resources (approx. 615€ per month).

On your arrival in France, you must contact the French Office of Immigration and Integration (OFII), send them the official form issued by your consulate, possibly have a medical examination and pay a fee of 58€. www.timbresofii.fr/pages/information.jsp

◀ Documents

Whether you are taking part in an exchange program, enrolling at a French educational institution as an independent student, or as part of a program organized by an institution in your home country, you will need to provide the consulate with:

- An official enrolment or acceptance letter on the headed paper of the institution, stating your full details, details of the French institution and specifying the start and end dates of the academic program.

- Proof that you have sufficient funds (currently 615€ per month), for example, bank statement, guarantor's letter, or notice of a grant or funding from an official source.
- An airline ticket/reservation showing date of departure or handwritten statement from yourself with an intended departure date.
- Proof that you have medical insurance with a minimum cover of 30,000€.
- Proof that you have accommodation. If you're staying on campus or student housing, then you'll need an official letter from the University or college confirming the details. If you're staying with family or friends then they'll need to get a certificate of board and lodging (« attestation d'accueil ») from their town hall.

⦿ WORKING IN FRANCE

As an international student, you can take on paid work – 964 hours in a single year (about 60 percent of full time employment for a year) – while you are on the course, as long as you have a valid residency permit. You can also work in the University or other educational institutions, with contracts of up to a year running between September 1 to August 31 (up to 670 hours September–June and up to 300 hours July–August), as long as it doesn't affect your studies.

GETTING TO THE UNIVERSITY OF TOULON



◎ BUSES ROUTES AROUND CAMPUS

◀ Local bus service «Le Réseau Mistral»

The local bus service, Réseau Mistral, offers bus service to destinations throughout the Toulon area. There are two bus stops around the main campus in La Garde.

The first one «Campus La Garde/La Valette» is located on the North side of campus, near the fast food chain Quick. From this bus stop (Campus La Garde/La Valette), you can take routes #55 and #103 that go around the cities of Toulon, La Garde, La Valette and Le Revest.

Also, route U shuttled between «Campus La Garde/La Valette» and «Campus Porte d'Italie».

The second bus stop is "Université Sud" and it is located on the South side of campus, in front of each student housing. Both Route #29 from/to Toulon Gare routière (Train Station) and Route #29 from/to Hyères Centre Joffre stop by the bus stop "Université Sud". Ask the bus driver for a ticket. A round trip ticket is 2.80€. Check the link below for information on routes

and schedules.

www.reseaumistral.com/horaires_ligne

★ Insider Tips

Students use to take bus #103 at the bus stop «Campus La Garde/Valette» or the shuttle (U line) between the two campuses.

◎ BY PLANE

◀ Flying to Toulon Hyeres Regional Airport

Toulon-Hyères airport is close to the University, approximately 17km (approx. 10miles). To get to the University from the airport you have two options:

Taxi

There is a taxi line at the arrival level, outside of the baggage claim, on your right-hand side. Taxi fare is approximately 30€ and it takes around 20mn to get to campus.

Please note that UTLN's campuses are located in different cities. Make sure to give the taxi driver the right address!

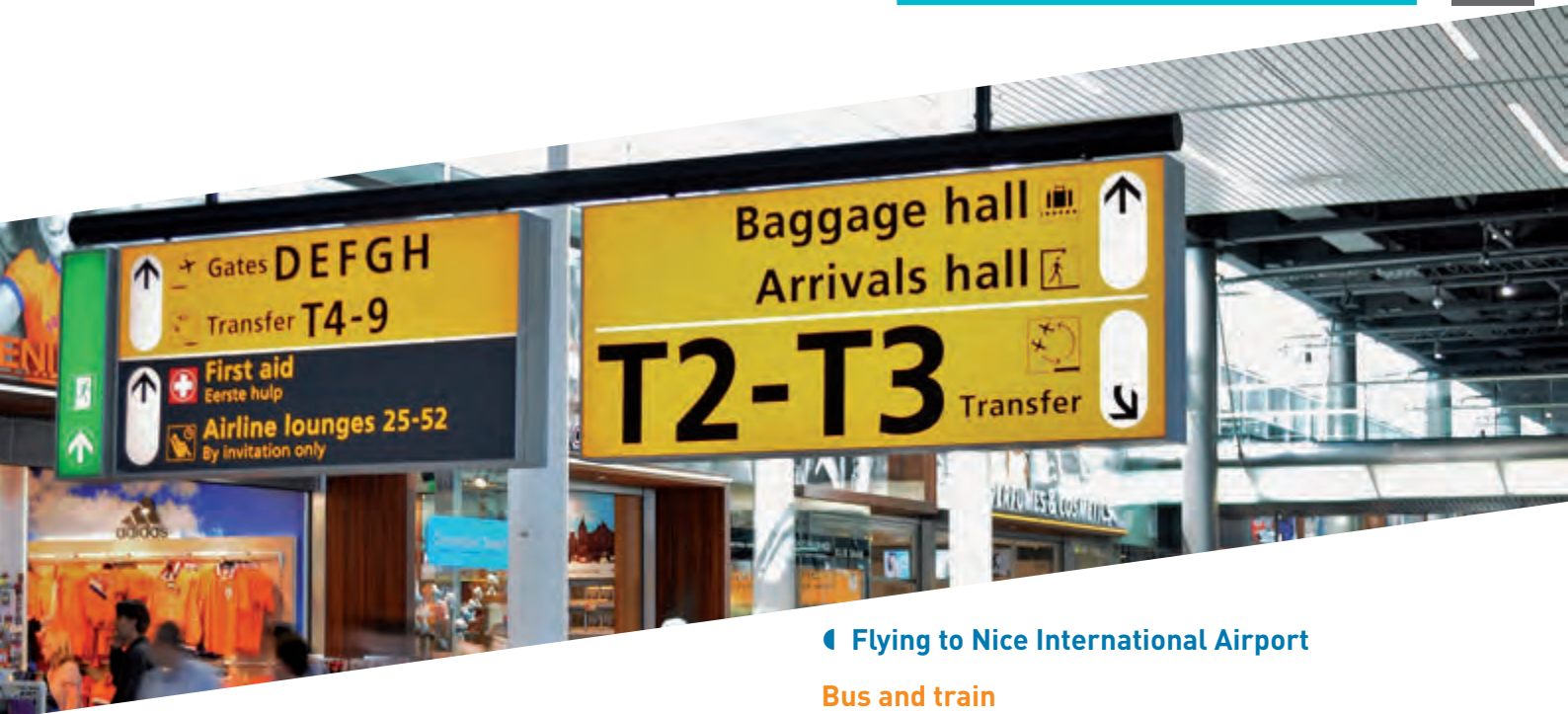
www.toulon-hyeres.aeroport.fr/acces/taxis

Bus

You will need a combination of buses to reach the University of Toulon. The Bus line is located outside of the baggage claim at the arrival level, on your left-hand side.

First, take route #102 going to « Toulon Gare Routière » (Train Station) and stop at «Toulon Gare Routière». From there, take route #103 to Campus La Garde/La Valette. Buses leave at __:24 and __:54 after the hour.

You can also take the airport shuttle to the bus station in Hyères. Then, take bus number 103 to the bus stop Campus La Garde/La Valette or bus number 29 to La Garde (Bus stop : "Université Sud").



More information about the airport at:
www.marvellous-provence.com/toulon/practical-information/toulon-hyeres-airport

✈ Flying to Marseille Provence international airport

Train and bus

From Marseille Provence airport you will need to take a bus, a train and another bus.

Take the airport shuttle to the SNCF Saint-Charles train station in Marseille and take a train to Toulon Train Station. There are no direct buses from Marseille to Toulon. Once you arrive to Toulon Train station (Gare Routière), catch the bus #103 to Campus La Garde La Valette.

Prior to booking your flight ticket, make sure you can commute from the airport to Université de Toulon. Please check the railway and bus schedules online www.mp2.aeroport.fr/train.html.

Taxi

There is also a taxi line in front of the “Hall 1” to reach the University of Toulon. However, their daytime fares start at 150€ and night time fares start at 200€.

✈ Flying to Nice International Airport

Bus and train

Take bus route #99 (located outside Terminal 1 platform 1 or Terminal 2 platform 4) to Nice Ville (Downtown Nice). From the Nice Ville train station, take a train to Toulon. Once you arrive to Toulon railway station, catch the bus #103 to Campus La Garde/La Valette.

★ Insider Tips

Since public transportation in France is usually not available after 10pm, we strongly recommend booking a hotel room if you plan a late arrival at one of these airports or train stations.

Please find below, a list of hotels close to the three main airports (Nice, Toulon and Marseille) and the main train station in Toulon.

GETTING TO THE UNIVERSITY OF TOULON



Toulon train and bus station

Inter-Hotel Grand Hotel de la Gare

This hotel is greatly located across the street from the Toulon railway and bus station. This hotel offers a room with free wifi access for 65€ per night. Breakfast is not included. Address: 14 Bd De Tessé 83000 Toulon . www.en.grandhotelgare.com/rooms

Marseille Provence Airport

Hotel Ibis budget

This hotel is ideally situated in Marseille-Provence airport if you plan to take the train to Toulon the day after your arrival. Price starts at 42€ per night with free Wi-Fi and breakfast included.

www.ibis.com/gb/hotel-5095-ibis-budget-airport-marseille-provence

Best Western

This hotel is located close to the Hotel Ibis Budget. It offers a room for a starting price of 82€ www.bestwestern-marseille-aeroport.com/en

Nice Airport

Hotel Ibis budget

In Nice airport you will also find a Ibis budget Hotel. www.ibis.com/fr/hotel-2579-ibis-budget-nice-aeroport-promenade-des-anglais/

There are also two other hotels, Novotel and Campanile.

Campanile

Starting price of 42€ per night with breakfast and free Wi-Fi included.

www.campanile-nice-aeroport.fr

🕒 BY TRAIN

The train station is located in Toulon, take bus #103 to Campus La Garde/La Valette.

The University of Toulon's two campuses are situated across two cities, Toulon and La Garde, with various housing options to suit different lifestyles and budgets. Please, keep in mind that a minimum price means a minimum of comfort.

ON-CAMPUS HOUSING

Students have several options for on-campus housing at the University of Toulon, including private studios or student rooms with communal kitchens. It is essential to apply as early as possible as demand is high (specify which residence you would prefer when filling out your application to the University of Toulon). These are run by an organization known by its acronym CROUS. This is the most economical form of accommodation.

The types of CROUS accommodation (indicative rates):

- A furnished room of 9-12 m² with its own toilet and shower. Shared kitchen facilities. Average cost: 300€/per month.
- A furnished apartment studio for one person of 12-14 m² with its own toilet, shower and kitchen facilities. Average cost: 380€ per month (plus electricity).

Student accommodations are available in both the Toulon City Center and La Garde. They offer an inexpensive, “basic” accommodation for students who wish to stay for 6 or 12 months. It's an opportunity to make long lasting friendships with International and French students. The close proximity to the University allows residents to participate in several programs and events on campus.

On the La Garde Campus

Le Coudon Student Hall: 12 m² with its own toilet and shower. Shared kitchen facilities.

Le Faron or Le Fenouillet Student Residences: furnished apartment studio for one person.

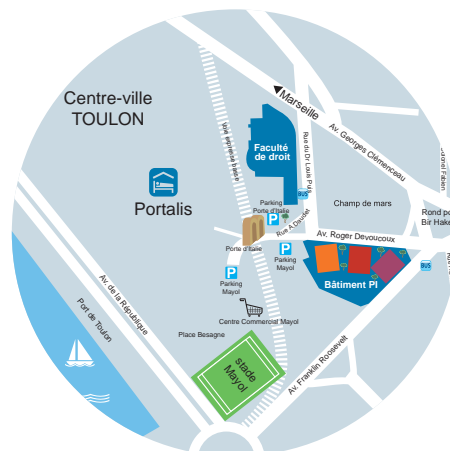
More information can at: www.crous-nice.fr/logements/residences-universitaires

On the Downtown Campus

Portalis Student Hall: 12 m² with its own toilet and shower. Shared kitchen facilities.

Portalis Student Residences: furnished apartment studio for one person. More information at:

www.crous-nice.fr/logement/portalis



FINDING HOUSING

Private residences are located all over the cities of La Garde and Toulon. Prices depend on the services offered (private kitchen and bathroom, WiFi, laundry, gym etc.). Below you will find a list of resources to help you search for a place to live around campus.

Detailed information can be found here:

www.adele.org/residence/agglomeration/toulon/logement-etudiant

Here are our recommendations:

🕒 LA GARDE CAMPUS

📍 “Les Asphodèles” private residence

This residence is located right in front of the main campus of La Garde. It offers a furnished studio apartment with a single bed, a small kitchen, and a private bathroom. Some apartments also have a balcony or a patio. Plus, this residence has a laundry-room and access to Wi-Fi (extra fee). It's also possible to rent a television, dishes, a coffee machine, etc (extra fees will apply).

More info at: www.residences-campus.com

📍 “Laura Lisa” private residence

This student housing is located in La Garde, one kilometer from the University. It offers a single bed in a studio apartment, a small kitchen, and a private bathroom. This residence also features a gym, a laundry-room, and an onsite building manager.

More info at: www.cardinalcampus.fr/residence-laura-lisa-la-garde

📍 “Beaulieu” private residence

Beaulieu offers high quality housing with a wide range of services depending on your needs. For an additional fee, the Beaulieu residence provides continental breakfast, laundry-room (washing machine and dryer), hair dryer, linens, towels, TV, ironing board etc....

More info at: www.residencehotel-lebeaulieu.com
Toulon city center Campus



◀ “Alfred Nobel” Residence

Alfred Nobel offers also good quality housing: Free Internet Access, Gym, etc.

More info at: www.cardinalcampus.fr/residence-alfred-nobel-toulon

✦ Insider Tips

Moving in on week-ends may be possible, under certain conditions. If you plan on arriving on a weekend and are staying at one of the on-campus accommodations, please ask the Office of International Affairs if you can move in on Saturday or Sunday. Make sure you ask for linen and sheets to be ready when you arrive. If you have chosen to stay in an off-campus residence, send them an email to make sure you can get the keys to your apartment on a weekend. If you need to spend one night in a hotel before checking in, here are some hotels around the University Campus:

◀ La Garde Campus

Hotel Kyriad Toulon-Est

Prices start at 45€/night. (Dining&Breakfast extra)

Address : 10 Avenue Rouget de L'isle, 83130 La Garde

www.kyriad-toulon-est-la-garde.fr

◀ Toulon City-center Campus

Ibis Budget Toulon Centre

Prices start at 43€/night. (Breakfast extra, no diner)

Address: 200, avenue Franklin Roosevelt, 83000 TOULON

www.accorhotels.com/fr/hotel-5096-ibis-budget-toulon-centre

Ibis Styles Toulon Centre Congrès

Prices start at 54€/night. (Breakfast, Lunch&Diner extra)

Address: Place Besagne, 83000 TOULON (across the street from the Mayol Shopping Center)

www.accorhotels.com/fr/hotel-2095-ibis-styles-toulon-centre-congres



CHECKLIST UPON ARRIVAL

☉ FIRST STEP: STOP BY THE SRI OFFICE

Once you arrive, please stop by the Office of International Affairs/Service des Relations Internationales (SRI) located on the second floor at the BEAL 2 (above the BEAL Snack). Come meet the staff.

Your coordinator will give you all the forms needed to proceed to your administrative registration and to the enrollment in your courses at the University of Toulon.



☉ SECOND STEP: GO TO THE REGISTRAR OFFICE

Registration takes place at the V1 building, which is located across the street from the Office of International Affairs. Make sure you have all your official documents and academic records needed to proceed to your enrollment at the University of Toulon.

If you are from a non-European country, you will be asked to subscribe to a health insurance plan (Read the Health section below).

At the end of your registration, you will get your ID

student card. Then, with your ID number and passcode you will have access to the free Wi-Fi on campus and to the printers. Printers are located in the libraries at the media stations.

☉ SUBSCRIBE TO A HEALTH INSURANCE PLAN

Member of the European Economic Area

If they have a European Health Insurance Card (EHIC), students from the European Economic Area (European Union, Liechtenstein and Norway) can have their medical expenses reimbursed without paying into the student health plan. This card should be requested from your country of origin.

Quebec and Switzerland

Students from Quebec and Switzerland, who belong to their national health insurance plans should obtain form SE 401 Q 102 or SE 401 Q 106 from the public health care office before leaving their country.

Other countries

Sécurité Sociale is mandatory for non-European students. It reimburses “ambulatory care” (doctor’s appointment, medicines, bioanalysis, medical examinations) and hospital stays. In France, personal health insurance coverage is mandatory for all students over 18. All foreign students can take advantage of it, whatever their nationality. You will sign up automatically to the Sécurité Sociale when arriving on campus for your administrative registration. Your health care will be handled by a student mutual insurance association, called the LMDE, or the MEP.

If you are 28 or younger

You should sign up with the student health insurance plan (Sécurité sociale étudiante) when you complete your administrative registration at the University. For a modest sum (around 200€), you will be covered for the risk of illness and hospitalisation during your academic stay.

Additional coverage

Students who are covered by the national student insurance plan (sécurité sociale) should keep in mind that the plan does not cover 100% of expenses. For instance, only 70 % of the cost of a doctor's visit, otherwise known as the "tarif de responsabilité de la sécurité sociale," is reimbursed by the plan, the remainder being a co-payment required of the patient.

Students are strongly advised to subscribe to a supplemental or mutual coverage plan to meet the costs of co-payments. This is also available through the student "mutuelle" organizations. For more information on student insurance:

www.univ-tln.fr/Regles-d-affiliation-a-la-Securite-sociale-etudiante

If you are over 28

If you are over 28 years old, you can no longer be covered by the student health plan. But other possibilities exist. You can ask for the Universal Health Coverage (Couverture Maladie Universelle - CMU).

The CMU guarantees affiliation with the national health insurance plan for any person with a stable and regular residence in France who has no social coverage. Students over 28 can apply for it if they meet certain conditions:

- reside in France for more than 3 months
- not exceed a monthly income of 549€ (823€ for a couple) to benefit from this plan at no cost (over

this ceiling, the plan is available for a fee.)

The request should be filed with the Caisse Primaire d'Assurance Maladie (CPAM) of your place of residence. An answer is usually given in about one month.

◎ OPEN A FRENCH BANK ACCOUNT

Opening a bank account in France is often necessary, especially for those students staying at least one semester. With your French bank account, you may ask for the APL housing benefit (around 100€ per month.). You will also be able to subscribe to a cell phone plan.

In order to open an account, you should pay a visit to the local branch office of the bank of your choice and complete an application form, called a mandat. You will need to bring your passport and proof of housing (rental agreement).

Here is a list of several banks located in downtown La Garde and Toulon. In France, bank offices are mostly opened from Tuesday to Saturday morning from 8:30am to 12:30pm and 1:30pm to 5:30pm. On Saturday they close at 12:30pm.





☉ ACADEMIC CALENDAR

In France, the academic year is divided into two semesters, each lasting 12 weeks. The Fall semester runs from late-September to mid-December and the spring semester runs from mid-January to early to mid-May. Throughout the year, we have several vacations and holidays, celebrating important Christian dates or related to important dates in French history. Please find below academic breaks and national holidays according to 2016/2017 calendar:

SEMESTRE 1

Vacances de la Toussaint (All Saints)	From October 19 to November 3
Armistice de 1918	November 11
Vacances de Noël (Christmas break)	From December 17 to January 3
Christmas	December 25

SEMESTRE 2

Vacances d'hiver	From February 11 to February 27
Lundi de Pâques (easter)	April 17
Fête du Travail (labor day)	May 1
Armistice de 1945	May 8
Lundi de Pentecôte	May 15
Jeudi de l'Ascension	May 25
Vacances d'été (Summer Break)	From July to August
Fête Nationale	July 14
Assomption	August 15

◎ CREDITS AND GRADES

Higher education in France is divided into three cycles: the undergraduate, or first cycle (3 years), the master's, or second cycle (2 years), and the PhD, or third cycle (3-4 years). UTLN uses the European Credit Transfer System (ECTS). The system employs a credits system (ECTS credits). The full-time course load is 60 ECTS per academic year (or 30 ECTS per semester). The work load is 40 hours per week, including lectures, readings, assignments, seminars, independent studies etc.

◎ INSTRUCTION

Generally, the language of instruction at UTLN is French but the university also offers a number of undergraduate and graduate courses in English, Spanish, and Italian. Please refer to the **Academic Catalog for a list of courses** that are available in each language.



◎ THE UNIVERSITY ACCOUNT

For access to the network and computers at the UTLN, all students need a University Account. Once you have completed your administrative registration, you will be given your University card. The University Card is used to log on the printers and copying machines.

Before you can be given your student card, you will need to register online as a first-time student, on www.univ-tln.fr/Activation-du-compte-numerique and Follow the sesame link.

You can use your confidential information and password to access your «Espace Numérique de Travail» (ENT) featuring your online schedule («Hyperplanning») or the MOODLE pages for online course contents.

The University Card also allows you to borrow books and other materials from the library. You can also put money on your University card, using the IZLY service (www.izly.fr). You will be able to pay for your meals at the food court.

STUDYING AT THE UNIVERSITY OF TOULON

☉ THE LIBRARY

In France, we use the term “Bibliothèque Universitaire” and commonly, students and staff, use the term “BU”. The on-campus libraries provide students with the necessary facilities to work in a pleasant and studious environment.

In each library on campus, students can study in comfortable reading rooms or in the multimedia area. They can also work in groups in designated meeting rooms. Students have access to over 100,000 books, general and specialized magazines, Wi-Fi access, and

can seek assistance from our information specialists. Even when the libraries are closed and using a simple internet connection from home, students can access the computerized catalog, archived exam subjects, research publications, as well as electronic books and magazines.

Because a library is also a place to unwind, you can check out DVDs, CD-Roms, or Comic Books or simply relax at the Café or in the Discovery area.



La Garde Campus Library “BU La Garde”

	Building opens	Building closes
Monday-Friday	8am	7pm
Saturday	9am	12pm
Sunday	closed	closed



Toulon Porte-d'Italie Campus “BU Eco-gestion-medias”

	Building opens	Building closes
Monday-Friday	8am	7pm
Saturday	closed	closed
Sunday	closed	closed



Toulon Porte-d'Italie Campus “BU Droit”

	Building opens	Building closes
Monday-Friday	8am	7pm
Saturday	9am	12pm
Sunday	closed	closed



Computer halls

These are found inside the libraries of each campus. Here students can have access to computers, scanners, printers, and copiers. Computers can also be checked out for a couple of hours or a full day, in almost each department of the University. Ask one of your professors or the local departmental secretary office for information about this service.



☉ THE FOOD COURTS ON CAMPUS

One meal at the food court is around 3.50€. To pay for it, you will have to put money on your ID student card using the IZLY online service (www.izly.fr). Depending on which cafeteria you buy, you can pay with cash or credit cards.



◀ LA GARDE CAMPUS

There are two cafeterias on the main campus in La Garde. Le Coudon and Le Béal open from 7:30am to 3pm. You can enjoy breakfast from 7:30 to 9:30am and lunch from 11:30 to 2pm.

Near the Béal restaurant there is a snack bar open at 8am where you can have breakfast or a snack until 3pm. There is another one across the street from the IUT's building open from 7:30am to 3pm.

Credit cards are not accepted, only cash or izzly payment. Invited professors or researchers can enjoy lunch in the Staff Cafeteria (credit cards accepted).



◀ TOULON CITY CENTER CAMPUS:

On the Toulon city center campus, there is only one cafeteria “Escarpe”, opened from 11:30 am to 1:30pm.

STUDENT ACTIVITIES & SERVICES

☉ SUAPS: DEPARTMENT OF STUDENT ACTIVITIES – LA GARDE CAMPUS

SUAPS (Service Universitaire des Activités Physiques et Sportives) means University Department of Sports and Physical Activities. Different activities can be found on the two main campuses of La Garde and Toulon City-Center.

This department provides a wide range of sport, fitness activities or special activities such as diving or skiing, for novice or athletes who want to join in local or national competitions. The SUAPS strongly encourages students to get involved in an activity to enhance their lifestyle and improve their quality of life on campus. Getting involved in an activity is the best way to socialize!

The main campus in La Garde features facilities such as two tennis courts, a soccer and rugby field, a gym with cardio machines and weights area. It also features an activity center “La Halle des Sports” where students can practice climbing, boxing, basketball, volleyball and fitness activities.

UTLN is located between the Mediterranean Sea and the Alps mountains. For this reason, the SUAPS offers opportunities to practice nautical sports (rowing, diving, and windsurfing) and winter sports. Each year, the SUAPS organizes an alpine skiing training program in the Alps, for international students.

The membership fee is **25€ per academic year** and this membership allows students to practice three activities (exceptions may apply for specific activities). To enroll in an activity at the SUAPS, go to the EVE building of the La Garde Campus, 2nd floor and fill out the form. If you have any questions, feel free to meet staff!



☉ THE SUMPPS HEALTH CENTER

The SUMPPS is located on the La Garde Campus. SUMPPS is the name given to the medical center on campus. It is located in the EVE building. If you have any health issue, feel free to meet the staff. It's free for each student and any treatment provided is confidential. No information will be released without your permission.

If you feel homesick or depressed and you don't know how to deal with these feelings, feel free to speak with one of our doctors. This center can also provide help with birth control, pregnancy tests, etc.

Also, if you want to practice a physical activity on campus, you will be asked to provide a certificate from this office, proving you are in a good shape to practice a sport. More information at:

www.univ-tln.fr/Service-medical

☉ CULTURAL LIFE

Enjoy Theatre plays, dance shows, circus, opera, concerts, cinema... for free or for 1€. Just send an email to vie.etudiante@univ-tln.fr. In the email, please mention which show you would like to go to, along with your first name, last name, student ID number, and telephone number. The Cultural Activities program can be downloaded from the student union website. More information about student activities at: www.univ-tln.fr/-Vie-etudiante & www.univ-tln.fr/Sorties-a-1-euro-ou-gratuites

☉ DISCOVERING THE FRENCH RIVIERA WITH THE OFFICE OF INTERNATIONAL AFFAIRS

Apart from taking care of administrative issues, the SRI also organizes numerous excursions, cultural activities and events for international students. The International Office (SRI) organizes and supports special events for international students, scholars, and their families. They offer a wide variety of unique and entertaining social, academic, and cultural activities throughout the year.

📌 Programs & Events Organized and Sponsored by the SRI

Buddy Program

New international students at the University of Toulon often have a lot of questions and concerns during their first weeks on campus. The International Buddy Program was created to ease the transition to a new environment. The program matches international students with students from the University of Toulon for an intercultural exchange of customs, traditions and lifestyles.

What can new students expect for joining the International Buddy Program?

- Connect with a current Toulon student (mentor) before arriving
- Get a personal tour of campus and resources
- Explore cultural differences in studying and living at the University of Toulon
- Join large group events with other international students on campus
- Lots of FREE food and fun activities

French Riviera Excursions

Once a month, the SRI organizes a day trip to a nearby town or city on the French riviera. These trips typically include a guided tour of the location, visits to museums, galleries, concerts, or exhibitions. The excursions last a full day and usually take place on Saturdays. Students are accompanied by tutors on these trips. The excursion cost is around 15€ per person. Students get to visit and experience some of the great activities Toulon and surrounding cities have to offer (Saint Tropez, Porquerolles Island, Marseilles, Grasse, Saint Paul de Vence, Ski resorts in the Alps, Monaco, Antibes, Cannes, etc.)

More information at:

www.univ-tln.fr/-Actualites-International

Conversation Partnerships

This program is sponsored by the SRI and pairs together international and French students at UTLN for the purposes of cultural exchange and to practice French conversation skills.



☉ TOULON

Located in the Provence-Alpes-Côte-d'Azur region, Toulon is the capital of the Var department. With a population of 170,000, Toulon is the fifteenth-largest city in France, the fourth-largest French city on the Mediterranean coast after Marseille, Nice, and Montpellier. Each year the town welcomes some 15,000 students through various schools: UTLN, engineering schools and an art school.

Toulon is an important center for naval construction, fishing, wine making, and the manufacture of aeronautical and electronic equipment. The military port of Toulon is the major naval center on France's Mediterranean coast, home of the French Navy aircraft carrier Charles De Gaulle and her battle group. The French Mediterranean Fleet is based in Toulon.

According to government data, Toulon has more sunshine per year than any other city in France: an average of 2,856 hours per year. This is largely due to the wall of mountains (Maritime Alps) that protects Toulon from weather coming from the north. Just 50 km to the east of Toulon are the beautiful French Riviera cities of Saint Tropez and Saint Raphaël. Marseille and Nice are both less than one hour by train.



☉ AROUND TOULON

Toulon is a dynamic, sports-loving town with top of the league basketball, rugby (RCT Team) and women's handball teams. The town is well-equipped for culture and leisure activities with an opera house, a concert hall, a theatre and an exhibition hall.

Numerous and various cultural activities are offered in the greater Toulon area: museums, theatres ("Théâtre Liberté de Toulon"), concert halls (Zenith Omega Toulon, place of Chateaufallon) and many movie theatres such as the art house "Le Royal". (Read Cultural Life)

Famous beaches such as Le Mourillon, Cabasson (Fort Brégançon), Estagnol, as well as numerous « Calanques » and the Porquerolles islands are particularly appreciated

☉ TOULON AND COST OF LIVING

Your living expenses in France will depend on a number of things, for example, whether you're living in university halls or in a private rented flat. Here's a general idea of expected living expenses in a typical month:

- Accommodation: 300€ - 700€+
- Food: 200€ - 300€
- Transport: 25€ - 50€+
- Social/Entertainment: 150€ - 250€
- Estimated costs: 675€ - 1300€



☉ GROCERY SHOPPING

📍 LA GARDE CAMPUS

Several options for grocery shopping are available within walking distance from the Campus in La Garde. Among these:

Carrefour can be found inside the “Grand Var” Shopping Mall (across the street from the North side parking lot). Carrefour is similar to a Walmart, Super Target in the US or Big W in Australia. It offers a wide range of products for your groceries and also, you can find everything you need to furnish or decorate your new house here in France, such as dishes, alarm clock, fitted sheets, etc. Inside and around “Grand Var”, you will find a wide range of restaurants, fast foods, and French bakeries (“Paul” or “La Brioche Dorée” are located inside the shopping center). “Grand Var Est” is the Eastern aisle of the “Grand Var” Shopping Center. Inside, you will find a food court with a Chinese or Indian food restaurant, Subway, MacDonald’s and more.

Lidl is the most developed discount chain in Europe. You will find food for a low price. Lidl is only 500 meters from campus and the private residence “Asphodèles”.

Netto is another discount supermarket which is located across the street from the South side parking lot.

Intermarché is a regular grocery store that also offers online grocery shopping. You can order your groceries online and pick up your groceries at the store.

Biocoop is an organic supermarket. Close to it, you will find a bakery (Le Fournil de Provence) and Thiriet (a first-class frozen food chain)

Bio&Co is an organic supermarket and also, a restaurant (only open for lunch).



📍 DOWNTOWN CAMPUS

Carrefour can be found inside the “Mayol” Shopping Mall. If you don’t want to carry your shopping bags you can ask for a home delivery.

The Shopping Center “Mayol” is located close to the waterfront in the center of Toulon. You will find over 100 stores and restaurants, including a Carrefour, FNAC and GO sport. Parking. Open 9:30am-7:30pm. Carrefour 8:30am-9pm. Closed Sun. Tel: +33(0)4 98 00 91 91 www.centre-mayol.com

📍 Farmer’s market

In downtown Toulon there is a daily farmer’s market located at Le Cours LaFayette. It offers fresh fruits and vegetables, French cheeses, flowers etc. From 7:30am to noon. On Friday and Saturday you can also find cheap clothes and artisanal products such as handmade soaps.



☉ SHOPPING CENTERS

LA GARDE MAIN CAMPUS - AVENUE 83

Inaugurated in spring 2016, Avenue 83 is the only open-air shopping in the Toulon area. Located behind the University, this huge open-air shopping center offers the possibility to stroll around hundreds of shops

Avenue 83 is Toulon's only outdoor lifestyle shopping center, where you will find a unique mix of men's and women's clothing, and home-furnishing retailers.

There is also a distinct collection of restaurants and bars from casual outdoor dining to date night. They are opened from Monday to Sunday from 10am to 1am. It's a great place to hang out with some friends on weeknight!

Avenue 83's movie theatre "Pathé!" boasts the latest and greatest in digital cinema technology featuring 3D and high-frame rate technologies, premium large format and immersive cinema, and various accessibility technologies.

Avenue 83 village-mall owns also a gym club where you'll find the typical amenities including personal

training, cardio and strength equipment and a crossFit area. They charge 29.95€ monthly.
www.lavenue-83.com

Home Décor

Around "Grand Var" and if you are looking for a place to buy inexpensive decoration and furniture for your new house, you will find Babou and IKEA. Babou is like Family Dollar. It offers items from household cleaners or decorations to school supplies. IKEA is just up the hill, behind the "Grand Var" shopping Center and across the Street from the Medical Center "Imperial Santé".

More information at: www.babou.fr & www.ikea.fr

Medical Center

Behind "Grand Var" (up the hill), there is also a medical center called Imperial Santé. There are general practitioners and specialists. In case of emergency there is also a doctor on duty on weekends.

More information at: www.limperialsante.net



◀ DOWNTOWN CAMPUS

There is no big shopping mall in the Toulon city center. However, you will find in the old town (near the farmer's market place) a huge choice of pretty little shops that offer unique clothing for men and women or home decoration.



★ Insider Tips

◀ Shopping Bags

You have to buy shopping bags in grocery stores, and cashiers do not bag groceries. Supermarkets sell reusable cloth and plastic bags for 30 cents or so (it's good for the environment if people use fewer bags). It's easiest to keep them in your car if you have one.

◀ Shopping Carts

They can be found in store parking lots or inside the store near the entrance. Put a 1 or 2 € in the slot on the cart, and the cart will be released from the chain. Get the coin back by pushing the chain into slot.

◀ Weighing Produce

When buying fruit or vegetables that are not packaged, you must weigh them yourself (except if notified otherwise). First put produce in plastic bags (provided), go to the weigh station (in the produce department), put produce on scale, one or more



pictures appear. Push the corresponding button - a sticker prints out – put it on the bag.

◀ Online Private Sale and Discount Sites

The French love online flash sales! Provided you become a member (membership is free) and that you have a VISA credit card, you can get online sales of designer brands with discounted prices from 50% to 70% off. These sales include a diverse selection of product categories: fashion, accessories, toys, watches, home appliances, sports equipment, technology and wines. Among these:

- www.vente-privee.com
- www.bazarchic.com
- www.showroomprivé.com
- www.zalando-prive.fr
- www.placedestendances.fr
- www.brandalley.fr

☉ PHONE PLANS

Orange, Bouygues Telecom, SFR, and Virgin Mobile are the French Telecom companies located in the shopping centers “Grand Var” and “Mayol”. They offer mobile plans depending on your needs such as “pay as you go” with no contract or cheap contract with no commitment, starting at 4.99€.

☛ First let's talk about the phone you will use

Mobile devices in France operate on a GSM network. Mobile telephones that are not GSM compatible may not work in France. In any case you should have an unlocked phone. It means that you can use any phone company pin with your cellular. If your phone is locked you can buy unlock phone with basics functions like call and text for around 20€. But make sure the phone is not locked before you buy it so you can use the phone in your home country after Erasmus.

☛ Here is a list of shops selling unlocked phone

- Free Mobile Store (on the internet or at Avenue 83)
- Darty (shops + internet)
- Boulanger (one is very close to the La Garde Campus + internet, look for the tab «téléphone sans abonnement)
- Any of the Cellphone providers located in the Grand Var or Mayol Shopping Centers



☉ FIND YOUR CELL PHONE PLAN

☛ If you stay less than 6 months in France

If you stay less than 6 month you probably don't need to have so many Smartphone options like internet or e-mail. So we will focus on the basics: just phone call and text! For approximately 4 to 20€ per month you will get credit to call other fix or mobile French number and unlimited text.

La Poste mobile: It's easy to subscribe your phone package or pre-paid card directly in the Post office. If you take a pre-paid card you can go to the post office each month to top up your credit.

More info at www.lapostemobile.fr

☛ If you plan on staying one semester or more

We strongly recommend subscribing to a contract with no commitment (“sans engagement” in French). Bills are paid monthly by direct debit. Thus, the telecom company will ask you to give your French bank account details. You can terminate the contract whenever you want.

☛ Do you need a French phone number only to call and send text message?

The best deal is to subscribe to Free mobile 2€ package. For 2€ you will get 2 hours phone calls and unlimited text message.

More info and subscription on <http://mobile.free.fr>

☛ Do you need a French phone number to call, send text message and sometimes surf on Internet?

You can have good offers with Virgin Mobile. You can take a package for 10€ per month and choose if you want unlimited phone call or 1GB fair use of Internet. Of course you will get unlimited text with both options. Subscription on Virgin Mobile website: www.virginmobile.fr/offre-mobile/forfaits-sans-engagement

Do you need a French mobile phone number to call people in France and make international call to my friends and family, send text message and surf on internet?

In this case the 19.99€ Free mobile package will satisfy you: You will get unlimited phone call in France on fix phone line and on mobile phone line. You will also have unlimited phone call for international destinations on fix lines for European countries, USA, Canada and some countries in America Latina, Asia... Of course you will have unlimited text message. And you will also get a fair use of 20GB each month to surf the web.

For international calls: if you are not using a skype connection, buy a card from any internet / phone booth kiosk (Lebara or similar) and use them from fixed (landline) phones. More information can be found here: www.lebara.fr

There are many other providers offering subscriptions and pre-paid packages. A useful resource for comparing mobile phone subscriptions is Edcom. More information at www.edcom.fr

✪ Insider Tips

To call a French number from an International phone

Dial: 0033 (or + 33 for a mobile phone) + the number after removing the first zero

To call a French number from a French phone

Dial the 10-digit numbers, including the first zero.

To call from France

Dial the following number: 00 + Country Calling Code + number

ELECTRICITY

The voltage in France is 220 Volts and the plugs are identified by two round pins spaced 19mm apart, with a hole for the socket's male grounding pin. If the electricity system is different from what you have in your country, we recommend you to bring plug adapters and/or voltage converters with you or buying them once in France.

THE POST OFFICE

La Poste is the mail service of France. French mailboxes are yellow. They are usually offering 2 slots, one for addresses in the region, one for addresses elsewhere in France.

If the postman delivered a parcel while you were away, you will get a paper slip that will look like this:



Take it to the nearest post office, show your ID (passport), and they will give you your package.

☉ PUBLIC TRANSPORTATION

🚗 The Mistral network

The Mistral network

The Mistral network of buses and water-buses, created in 2002, serves the twelve cities of the Toulon Provence Méditerranée metropolitan area: Carqueiranne, La Crau, La Garde, Hyères, Ollioules, Le Pradet, Le Revest-les-Eaux, Saint-Mandrier-sur-Mer, Six-Fours-les-Plages, La Seyne-sur-Mer, Toulon and La Valette-du-Var.

Please note: You will need to go to the Réseau Mistral store, to get your first bus card. The Réseau Mistral store is located: 18 rue Revel in downtown Toulon. The bus stop is "Liberté". If you have taken the Bus 29 from the La Garde Campus to the Downtown Train Station, "Liberté" is on this bus route. More information can be found here: www.reseaumistral.com

To refill your bus card during the semester, no need to go back to the store: you can simply go to any tobacco store, called "Tabac Presse" (a place to buy cigarettes, play lottery tickets, buy magazines and newspapers, buy stamps, etc). There is one in the Grand Var Est Shopping Centre: "La Bodeguita del Cigar".

🚗 Renting a car

You can also rent a car if you want to visit the Toulon area. There are several companies located at the Toulon- Hyères airport, such as Avis or Europcar. In front of the Toulon railway station, you will find "Enterprise" Rent-a-Car. Prices depend on the type of vehicle and the time of the year.

Please note that you must be over 21 to rent a car. No international driving license is needed. However, if you are between 21 and 25, you will be asked to

subscribe to an insurance policy (30€ per day).

More information can be found here: www.enterprise.fr, www.avis.fr, www.europcar.fr

🚆 Riding the Train in France

The TGV and TER Trains on the French Riviera

In France, there are two types of trains. TER trains are regional and tickets may be bought online here: www.ter.sncf.com/paca. You'll use these trains to hop between Monaco, Nice, and all other points along the Côte d'Azur. TGV trains are high-speed, long-distance trains that connect Marseille, Lyon, Paris and other large cities with the South of France.

TGV Train schedules and tickets are available on the SNCF website (www.voyages-sncf.com), which can be used in several languages. Just click the flag in the top right-hand corner. Train tickets must be purchased before you board your train, either in any train station or online on the SNCF website. Within the station, tickets may be bought from an automated machine (blue for TER, yellow for TGV), or from the station's Sales Office (Espace de Ventes).

★ Insider Tip

If you come from the US, your American credit card won't work because the machines don't swipe. This means that you either need a pocket full of change, or else an extra half-hour to wait in the ticket line, where they have machines that will take your card.



Ticket machines step-by-step

The ticket machines are only in French, but have a big yellow sticker right in the middle of them that sort of walks you through the process in English; but better yet, check out this quick YouTube video (www.youtube.com/watch?v=N2BDBIc5S60) which walks you through the basics:

- You push the big green button to start, then do all the rest by turning the dial and pushing the green button for 'ok'
- Choose ticket or pass ("plein tarif" is a regular price ticket)
- Choose where you're leaving from, and then where you're going
- How many of you are travelling
- Which class (take 2nd class, there is not a big difference)
- One-way ("aller simple") or round trip ("aller-retour")
- Which day you are travelling, and then start popping in those coins!



Tickets for all trains can be purchased in each station's "Espace de Vente". Some staff speak English, but be aware that queues are often lengthy and slow, so allow sufficient time before your train departs if you plan purchase your ticket here.



★ Insider Tip

Multilingual yellow machines sell tickets for speedy TGV trains, e.g. Nice to Marseille, or Nice to Paris. Before you set off on your journey,

you must validate your ticket. Look out for the boxy yellow 'composteur de billets', positioned within the train station en route to the platforms, and often on the platforms themselves.



Slot your ticket into the mouth of the machine, and it will be stamped with the name of the station, the date and the time. If a ticket is not validated, you may be fined. Signs remind travelers – in French, English and Italian – that ignorance of this procedure is not an

excuse! Don't forget to validate your ticket before you board your train. Insert the ticket face up, into the slot – the machine will stamp your ticket with the station's name, date and time.

Ride-sharing

In France, it's very common to share a car with other students or people you don't know. This way, you can save money on gas, tolls and parking. We advise to use the website Blablacar to book a seat in a car. www.blablacar.fr



☉ EMERGENCIES & HEALTH

📌 Pharmacies

In France you won't find medication in grocery stores, even if it is just for a cold or flu. You will have to go to a "Pharmacie". Pharmacies are indicated by a green cross.

There is a pharmacy at "Grand Var" Shopping Center, one by the off-campus housing residence "Asphodeles" and several pharmacies in downtown La Garde (10 minutes' walk from the University).

In Toulon, there is a pharmacy in the "Mayol" shopping center, on LaFayette street (by the farmer's market) and in the old downtown of Toulon.

Please remember you can't help yourself in a pharmacy. First, you have to describe your symptoms to a pharmacist inside the store and then, he or she will give you what you need. Pharmacies are usually opened from 8am to 7pm from Monday to Saturday morning. Many pharmacies close between 12:00 and 2pm, although in shopping centers and large towns, pharmacies will stay open non-stop.

★ Insider Tips

If you need medications after normal shopping hours (on Sundays for example), there are stand-by chemists/pharmacies («pharmacie de garde») open 24 hours a day. They change weekly - they are listed at www.3237.fr

You may also find the «pharmacie de garde» by dialing 3237. Enter or validate your area postcode when prompted: for La Garde (83130) or Toulon (83000). A notice is posted on the door of each pharmacy with the name and address of the one that is open.

☉ IN CASE OF EMERGENCY

📌 European SOS 112

The number 112 can be dialed to reach emergency services - medical, fire and police - from anywhere in Europe. This emergency number #112 can be called from any telephone (landline, pay phone or mobile cellular phone). Calls are free. It can be used for any life-threatening situation, including:

- Serious medical problems (accident, unconscious person, severe injuries, chest pain, seizure) for France only please dial #18
- Any type of fire (house, car) for France only please dial #18
- Life-threatening situations (crimes) for France only please dial #17

📌 SAMU

- The Emergency Medical Assistance Service (Service d'Aide Médicale d'Urgence) is reached by dialing #15 or #112.
- From your landline or cell phone, you can also dial 04.94.14.33.33. (You will reach "Help Doctors" SOS Médecins, on duty 24/7)

If you plan to travel around Europe, please note that those numbers won't operate besides #112 that is the European emergency phone number. More information about emergency numbers in France can be found here: <http://riviera.angloinfo.com> and here: www.yachtinsidersguide.com/destination/bay-toulon

We look forward to seeing you here, with us!



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