



Handbook for foreign students

Hello and welcome to ICAM – Toulouse campus



The aim of this small handbook is to give you some essential information for a long stay.

1. Arrival at Icam

☞ **It is absolutely necessary to inform of your arrival at ICAM.**

You can contact : Jean-luc FABRE
Gisèle JANSON
Catherine MAURY
Claudine ESPINASSE (Student Residence)

or the student mentor, if you have one, who will look after you at the beginning and help you with settling in.
If you do not have a student mentor you will be given one on arrival.

Telephone numbers and e-mails of people mentioned previously :



Nicolas GARY
Head of Studies
+33 (0)5 34 50 50 54
nicolas.gary@icam.fr



Gisèle JANSON
ICAM secretary's office
+33 (0)5 34 50 50 52
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Catherine MAURY
Foreign Student Advisor
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Claudine ESPINASSE
Maison des ICAM secretary's office
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Fax : +33 (0)5 62 12 56 04
claudine.espinasse@icam.fr

2. Administrative formalities to be completed on arrival

On arrival you are obliged to visit the secretary's office in order to fill in a form with personal details. At the same time questions concerning Social Security will be dealt with. Don't forget to bring your original document for social security cover.

You will be issued with a student card as well as a pass card for the self-service canteen.

Please bring with you 2 identity photos.

3. Personal formalities

a. Housing Allowance

APL is a French Public Housing Allowance managed by the CAF (Family Allowance Office). If you want to apply, you should fill in a form available from the CAF web site (see Catherine MAURY or Claudine ESPINASSE) on your arrival in France.

The documents required are :

- A photocopy of passport or identity card.
- A birth certificate.
- A photocopy of your student card or school registration certificate.
- A photocopy of your residence permit (carte de séjour) except for EEA Nationals.
- A bank identity certificate (relevé d'identité bancaire ou RIB) issued by your bank in France. In order to be able to apply for housing allowance (APL) paid by the CAF, you must open a bank account. Many banks have branches in the area and an appointment can be made with one.

NB : you will receive your housing allowance only after three months due to the time it takes to process your file. Therefore, be prepared to pay the first two months full rent and to pay in advance the following months.

b. Health Assurance

Health Insurance is compulsory for all students. When registering, you will have to provide proofs of health insurance coverage, which may vary according to your situation :

If you are a student who comes from and leaves in a country within the European Economic Area (EEA) : a European health insurance card form may be delivered by the national health scheme to which you or your parents subscribe. This will entitle you to the same student benefits free of charge as for French students.

If you are a student from a another country : if you are under 28 years old, you must adhere to the French student health insurance scheme (which depends on two complementary insurance centres LMDE or VITTAVI).

4. The Student Residence

The three- storey building contains 44 apartments each made up of :

- 7 bedrooms, each 15m², and fitted with a bathroom (shower, sink and WC), slatted bedstead with mattress 90×190, desk, clothes cupboard, stool, shelves, drawers and roll-down shutters. Each bedroom has got an internet connection.
- A 25 m² shared area including living room and dining room areas, a kitchen area (freezer, fridge, micro-wave, hotplate, crockery for 7 people), TV socket and a terrace.



There is a further 650m² of shared areas that are available to students:



- a big hall run by students : bar, TV, organised evenings
- study room with billiard table
- piano room
- a conference room with kitchen
- club premises
- a wash room with 3 washing machines and dryers
- a ping-pong room
- a chapel
- closed parking space
- closed bicycle garage

There is also a volley ball pitch and a ping-pong table.

Don't forget to bring your sheets, your blankets and pillows.

Opening and closing times

The residence is equipped with an automatic gate, which remains closed from 8pm to 7am during the school period, and permanently during weekends and holidays. Admission is gained by using a security badge. From the gate an intercom allows one to contact each apartment. There is another intercom at the entrance door of the residence. Each student has a personal key and badge in order to enter and leave freely. Try not to arrive during a weekend, or after 8pm. Make sure you have an appointment with Joel CROCHU on your arrival.

External facilities

Doctor, chemist, hospital nearby

- Shopping complexes (Carrefour, Leader Price 2 km)
- Bus to town centre : n° 64 stops at the TOEC roundabout every 10 mins. Stops at the Arènes subway station.

Rental charge

For 2010-2011 the amount was 385 Euros each month. The French public housing allowance is about 90 Euros per month.

Security deposit

A cheque for 153 Euros is needed for both reservation and guarantee. The amount will be reimbursed at the end of the year if the apartment has not incurred any damaged. An inventory of fixtures is done at the beginning and at the end of the rental period.

Insurance

At your arrival in the room, you have to pay 18 Euros for insurance "multi-risques habitation"

How to get to the Student Residence

- By train :
 - ⇒ Take the subway at Matabiau station - direction Basso Cambo
 - ⇒ Get off at the subway station «Les Arènes »
 - ⇒ Take the n° 64 bus
 - ⇒ Get off at the bus stop « Badiou »
- By road :
 - ⇒ Take the ring road (internal ring road coming from Montpellier, external coming from Bordeaux).

- ⇒ Leave at the exit junction PURPAN, then follow signs for the ZENITH.
- ⇒ On leaving the external ring road turn right off the slip-road into « Avenue de Grande-Bretagne» and at the lights turn right into «Voie du TOEC».
- ⇒ On leaving the internal ring road turn right off the slip-road into «Voie du TOEC».



5. Playing sport at Icam

How is it organized ?

Sports are also essential to Campus life. Each student has the possibility to practice, during his free time, one of the sports proposed at Icam Toulouse.

Mainly ten sports, including : rugby, soccer, basket-ball, volley-ball and tennis are proposed by the student association in charge of sports.

They are organized by our sport association : the BDS.

Our aim is to give the possibility to students to meet in the best conditions and have fun. We encourage both leisure, with practices accessible to all and friendly tournaments within the school, and competition by supporting the Icam's teams that participate in tournaments against other Universities in Toulouse.



How to be part of it ?

To subscribe to the association, you only need to bring a medical certificate (see annex) and a 16 euros cheque to "AS Icam".

Here on campus (see map) everyday from noon to 1:30pm, the BDS team will be glad to answer any question.



Left to right : Thomas Dupeyron, Loïc Courant, Nicolas Niolet, Mathieu Batut, Jean-Rémi Latapie.

Contact			
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NIOLET	Nicolas	113	nicolas.niolet@2013.icam.fr
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DUPEYRON	Thomas	112	thomas.dupeyron@2012.icam.fr

6. The City of Toulouse

Toulouse is well situated geographically. The Atlantic is about three hours' drive away, the Mediterranean two hours away and the Pyrenees mountains with their ski resorts lie only about one and a half hours to the south. Some other magnificent attractions in the region are the Tarn Gorges, the fortified medieval town of Carcassonne, the cathar castles, the holy city of Lourdes and so on...



« La ville rose »

Once the capital of all the regions where Occitan « langue d'Oc » was spoken, Toulouse is now the sixth most important city in France and capital of the Midi-Pyrenees Region. The city's busy industrial life centres around the aeronautical construction industry, to which numerous high-tech industries (electronics, biotechnologies) have been added. The city also has a top quality scientific infrastructure. Toulouse is France's second university town with 110 000 students attending the four universities and 13 specialized schools.

Brick, the only construction material available in any sufficient quantity in the alluvial plain of the Garonne, has long predominated in the buildings of Toulouse, lending the city its unique style and beauty. It is the reason why it is traditionally referred to as la « ville rose ».

Climate

Toulouse enjoys a Mediterranean climate, with rain in autumn, winds from the north and south, a mild winter (average 6°C) and a hot summer (average 25°C).

Mairie de Toulouse : www.toulouse.fr



5. Culture and Life

Transport

Students can obtain reduced price bus-metro tickets.

First you need to go to a sale-point Tisséo with one passport-size photo, your identity card or passport, a proof of residence and 6 €. You will then be issued with a « Carte Pastel ». With the « Carte Pastel », a 10-journey ticket costs 6,70 €.

« Carte Pastel », Bus-metro tickets are available at :

- Station Basso-Cambo (Ligne A) from Monday to Friday from 6.30 am to 7.30 pm, and the Saturday from 10.15 to 12.40 am and 1.00 to 4.30 pm
 - Station Esquirol (Ligne A) from Monday to Friday from 6.30 am to 7.30 pm
 - Station Capitole (Ligne A) from Monday to Saturday from 6.30 am to 7.30 pm
 - Station Marengo SNCF (Ligne A) from Monday to Friday from 6.30 am to 7.30 pm, Saturday from 12.30 am to 6.45 pm and Sunday and holidays from 4.00 to 10.15 pm
 - Station Jean Jaurès (Ligne A et B) from Monday to Saturday from 6.30 am to 7.30 pm
 - Station Compans Caffarelli (Ligne B) from Monday to Friday from 6.30 am to 7.30 pm
- Only single-journey regular (non-student) tickets can be purchased on the bus.

To obtain information and documentation, go to the « Espaces Conseil » :

- Espace Conseil Esquirol (inter-étage de la station de métro Esquirol) from Monday to Friday from 10.00 am

to 6.00 pm

- Espace Conseil Arènes (Forum de la station de métro Arènes) from Monday to Friday from 9.00 am to 6.00 pm and Saturday from 10.00 am to 6.00 pm
- Espace Conseil Occitane (Place Occitane - station Jean Jaurès) from Monday to Friday from 9.00 am to 6.00 pm.

www.tisseo-urbain.fr/horaires/

Car

Nationals of European Economic Area require a valid driving licence. Nationals of non EEA countries should obtain an international driving licence, obtainable from the motoring authority of their country. For the vehicle it is necessary to have the registration and insurance papers (log-book) and a nationality plate of the approved size.

Train

There are some special reductions which can be obtained on train tickets Information, reservations, tickets.

Tel. 36 35 ou www.sncf.com

SNCF sales points : « Espace Transport » - place Esquirol and railway stations.

Coach

The coach station (« Gare routière ») is adjacent to the train station Matabiau.

Gare Routière - 70, bld Pierre-Sémard - Tel 05 61 61 67 67

Plane

Airport : Aéroport de Toulouse-Blagnac - Tel. 0 825 380 000 ou www.toulouse.aeroport.fr

Toulouse-Airport shuttle bus (Les Courriers de la Garonne) : Tel. 05 34 60 64 00 ou www.navettevia-toulouse.com

There is a bus every 20 min. from the first flight to the last flight.

Stopping points are : Gare Matabiau, Allées Jean-Jaurès and Place Jeanne-d'Arc.

Price : 4 € one way, 6.30 € return.

Under 25 years, 3,20 € one way, 5 € return.

Cost of living

Some foreign students arriving in France find a noticeable difference in the cost of living compared to their home country. It is therefore important to be financially prepared for your stay.

Here are some price guidelines (special student prices) :

Foods

Bread (200g) (baguette) 0,95 €

Eggs (1/2 dozen) 2,00 €

Milk (1 litre) 0,90 €

Cheese (150 g) 2,30 €

Potatoes (1kg) 1,00 €

Rice (1kg) 2,00 €

Meat (1st grade)(1kg) 14,50 €

Sunflower oil (1l) 2,80 €

Sugar (1kg) 1,82 €

Ground coffee (250g) 2,30 €

Tea (100g) 2,30 €

Jam (250g) 1,22 €

Pasta (500g) 1,55 €

Transports

10 journey bus/metro card (special student rates) 6,70 €

Return ticket Toulouse-Paris (plane-subject to conditions) 91,50 €

One day car rental 39,70 €

1 litre of petrol 1,45 €

Leisure

Cinema (special student rates) 5,80

Restaurant in the centre 12,20

Drink in a café 2,30 to 3,80

Shopping

Opening hours

Shops and supermarkets are open Monday to Saturday, 9 am to 7 pm. Smaller, more specialised shops may close during the lunch hour. Food stores (grocers and bakers) are open from 6.30 am to 7.30 pm. Some open on Sunday mornings. Many food stores close between noon and 2 pm. Hypermarkets are usually open until 9 pm, except Sundays and bank holidays.

Markets

Place St-Aubin and place St-Sernin Sunday mornings ; boulevard Strasbourg Tuesday to Sunday ; On Wednesday afternoons place du Capitole and throughout the week the covered markets at place des Carmes and place Victor Hugo.

Going out

Toulouse has many good places to eat out or to have a drink. There are also numerous cinemas in the centre, as well as theatres and concert halls.

Toulouse has some beautiful sights, such as the Capitole, the Saint-Sernin Basilica, the Jacobins, the Augustins, the Saint-Étienne Cathedral, the Pont Neuf bridge, Space City « La Cité de l'Espace »...

Information : **Tourist Office**

Donjon du Capitole - 31000 Toulouse

Tel. 05 61 11 02 22

E-mail : infos@ot-toulouse.fr

<http://www.toulouse-tourisme.com/>

Ask for a free guide on Toulouse and information about the region.

Official site of the Regional Tourism Committee : www.tourisme-midi-pyrenees.com/fr/index.php

Useful addresses and telephone numbers

ALLIANCE FRANCAISE

9, place du Capitole - 31000 Toulouse

05 34 45 26 10

INTERUNIVERSITY LIBRARY

UPS - Service Commun de la Documentation, section sciences

118, route de Narbonne - 31400 Toulouse

05 62 17 37 17

MULTIMEDIA LIBRARY

1, rue du Périgord - 31000 Toulouse

05 62 27 66 66

MÉDIATHÈQUE José CABANIS

1, allée Chaban Delmas - 31000 Toulouse

05 62 27 40 00

CRIJ (Regional Centre for Youth Info)

17, rue de Metz - 31000 Toulouse

05 61 21 20 20

TOURIST OFFICE

Donjon du Capitole - B.P. 3800131006 Toulouse cedex

05 61 11 02 22

CONSULATES

- Algeria - 25, rue Roquelaine - 31000 Toulouse - 05 61 62 97 07
- Germany - 24, rue de Metz - 31000 Toulouse - 05 61 52 35 56
- Australia - 4, rue Jean Rey - 75015 Paris - 01.40.59.33.00 - Fax 01 40 59 33 10
- Belgium - 3, rue Mage - 31000 Toulouse - 05 61 52 67 93
- Brazil - 6, allées François Verdier - 31000 Toulouse - 05 61 62 66 41
- Canada - 10, rue Jules de Rességuier - 31000 Toulouse - 05 61 52 19 06 - Fax 05 61 55 40 32
- China -18-20, rue Washington - 75008 Paris - 01 47 36 02 58
- Columbia - 12, Rue de Berri - 75008 Paris - 01 53 93 91 91 - Fax 01 42 89 92 92
- Denmark - 41, rue Alsace Lorraine - 31000 Toulouse - 05 34 44 98 37
- Spain - 16, rue Sainte-Anne - 31000 Toulouse - 05 34 31 96 60
- Finland - 32, chemin Salinié - 31100 Toulouse - 05 61 49 75 02

- U.S.A. - 25, allées Jean-Jaurès - 31000 Toulouse - 05 34 31 36 50
- Great-Britain - c/o English Enterprises - 8, allée Comminges - 31770 Colomiers - 05 61 30 37 91
- Greece - 17, rue Auguste Vacquerie - 75116 Paris - 01 47 23 72 28 - Fax 01 47 23 73 85
- Ireland - 4, rue Rude - 75116 Paris - 01 44 17 67 00 - Fax 01 44 17 67 60
- Italy - 13, rue Alsace Lorraine - 31000 Toulouse - 05 34 45 48 48
- Japan - 34, rue de Metz - 31000 Toulouse - 05 62 17 13 06 - Fax 05 61 55 47 82
- Morocco - 57, avenue Jean Rieux - 31500 Toulouse - 05 62 47 10 47
- Mexico - 34, rue Aubuisson - 31000 Toulouse - 05 34 41 74 40
- Norway - 9, rue Matabiau - 31000 Toulouse - 05 62 73 44 22
- Netherlands - 30, rue Alfred Duméril - 31000 Toulouse - 05 61 13 64 94
- Poland - 21, rue Volta - 31000 Toulouse - 05 61 63 81 68
- Portugal - 33, avenue Camille Pujol - 31500 Toulouse - 05 61 80 43 45
- Czech Republic - 15, avenue Charles Floquet - 75007 Paris - 01 40 65 13 00 - Fax 01 40 65 13 13
- Romania - 5-7, rue de l'Exposition - 75007 Paris - 01 47 05 27, 55 - Fax 0144 18 90 17
- Thailand - 8, rue Greuze - 75016 Paris - 01 56 26 50 50 - Fax 01 56 26 04 45
- Tunisia - 19, allées Jean Jaurès - 31000 Toulouse - 05 61 63 61 61
- Vietnam - 62, rue Boileau - 75116 Paris - 01 44 14 64 26 - Fax 01 44 14 64 24

Doctor's surgery

52, avenue de Grande-Bretagne - 31300 Toulouse
Tél. 05 61 31 82 83

Dentists

Dr Olivier CARCUAC

Dr Benoît BERTINI

9, avenue Etienne Billières - 31300 Toulouse

Tél. 05 62 48 57 37

Dr Pierre DORE

9, avenue Etienne Billières - 31300 Toulouse

Tél. 05 62 48 57 37

Dr Alain MENARD

9, avenue Etienne Billières - 31300 Toulouse

Tél. 05 62 48 57 37

Gynaecologists-Obstetricians

Dr Danièle Emelianoff

10, avenue Etienne Billières - 31300 Toulouse

Tél. 05 34 51 28 28

Emergency services

Ambulance : 15

Police : 17

Fire service : 18

Duty doctor Tél. 05 61 49 66 66

Treatment center for poisoning Tél. 05 61 49 33 33

All night chemist Tél. 05 61 62 38 05

Airport Toulouse Blagnac Tél. 05 61 42 44 00 www.toulouse.aeroport.fr/

City Bus/Subway information Tél. 05 61 41 70 70 www.tisseo.fr/

Trains Matabiau Station : Tél. 08-36 35 35 35 www.gares-en-mouvement.com/gare-fr-1-frxyt.html

Regional/National Bus information Tél. 05 61 61 67 67

We hope that your settling in will be as easy and comfortable as possible and that you will put to good advantage your stay at ICAM.

Catherine MAURY

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