

What to prepare before you arrival ?

Before your departure

Do you need a Visa ?

	Stay time	Students	Doctoral students	Research-teachers	Trainees
EU member	< or > than 90 days	NO visa	NO visa	NO visa	NO visa
Non-EU member	> than 90 days	Long-stay visa valid as a residence permit for students	Long-stay visa "talent passport"	Long-stay visa "talent passport"	Long-stay visa with the mention "trainee"
	< than 90 days	Short-stay visa	Short-stay visa	Short-stay visa	Short-stay visa

For information on documents to be provided and online procedures, visit

<https://france-visas.gouv.fr>

For applications, renewals and changes of status

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



Remember to start the visa process as soon as your nomination has been validated, to avoid any problems on departure.



Do you have an insurance ?

For international students wishing to pursue higher education in France, health cover is compulsory. If you are a foreign student, in the vast majority of cases you can benefit from French Social Security. French Social Security only partially covers your health expenses, at around 70%.

To register : <https://etudiant-etranger.ameli.fr/#/>



You've thought about your accommodation ?

Several options are available, each with a limited number of rooms reserved for exchange students.

-CROUS : There are a number of Crous residences in Toulouse, costing around 250€/month. Information and requests on <http://www.crous-toulouse.fr>

-Private student residences : Pont du Bois, Cambridge, Artemisia, Le colombier, Jean Griffon, Kley, Orion and more.

-Private apartment rentals : From 400€/month. Search on :

<https://www.adele.org>

<https://www.seloger.com/immobilier/tout/immo-toulouse-31/>

-Shared flat : You can search on

<http://www.recherche-colocation.com/%20;%20http://www.appartager.com/>

-Homestay: Private rooms from 100€/month. Search on

<http://www.chambrealouer.com>



Need a bank account?

Opening a French bank account can be very useful. The easiest way is to choose an online bank, as the process is generally free, simpler and all done from your phone : BNP PARIBAS, NICKEL, ONLYONE, REVOLUT ...

After your arrival

How's life in Toulouse ?

Located in the south of France on the banks of the Garonne, sunshine and good spirits give Toulouse an air of bon vivre ! With more than 130,000 students, Toulouse was voted best student city in France by l'étudiant.fr.



Scan the qr code to find lots of great student deals in Toulouse



How's life on campus ?



Located on every campus, the CROUS university restaurant offers a full meal for 3.25€. Open for lunch from Monday to Friday. Payment is made using the Izly card, which can be recharged online.



The Toulouse INP Student Association (AE) brings together all the clubs and student associations of the Toulouse INP schools. It promotes community life to enable students from all Toulouse INP schools to share moments together. The cohesion day at the start of the academic year and the "INP'iades" are the two major events organized by the AE

How to get around ?



-Public transport : Toulouse is served by two metro lines, and a lot of bus line belonging to the **TISSEO** agency. A monthly or annual pass is available for students, allowing them to use all public transport :

13.10€ for 31 days / **133€** for the year. Buy in Toulouse Arène, Jean Jaurès or Basso combo offices or on <https://www.tisseo.fr/les-tarifs/e-agence>

-VêlôToulouse : Get around toulouse with self-service bikes

-Yego : Get around Toulouse by scooter via the app



Where to stop ?

To Ensiacet : line B towards Ramonville + bus 79 Labège Couder stop INP

To Ensat : line B towards Ramonville + bus L6 Castanet-Tolosan stop at Moulin Armand

To Enseeiht : line B or bus L1/ L8 stop at François Verdier or line A stop at Jean Jaures