

WELCOME

Welcome booklet

LANGUAGE DEPARTMENT

FUSEE UNIVERSITY DEGREE

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WELCOME IN TOULOUSE !



Dear students,

Welcome to France, and more specifically to Toulouse! We are delighted to welcome you to the University Diploma in French as a Foreign Language (DU FLE) programme at the Paul Sabatier campus.

This booklet will help you get off to a good start in France, so that you can quickly find your bearings, discover student life, and integrate into your new city as smoothly as possible. You will find useful information (transport, health, etc.), practical advice, tips, testimonials from former students, and an overview of everything Toulouse has to offer.

We know that living in a new country and studying in another language can sometimes be challenging. But rest assured that you are surrounded by a caring team, supportive students, and a dynamic and welcoming city. You are not alone. The professors, other students, and the entire DU FLE team are here to help you.

We wish you a smooth transition, wonderful encounters, and every success in your academic and personal endeavours.

BEFORE YOU START...

Don't forget the CVEC



The Student and Campus Contribution (CVEC) is a mandatory step before enrolling in higher education in France.

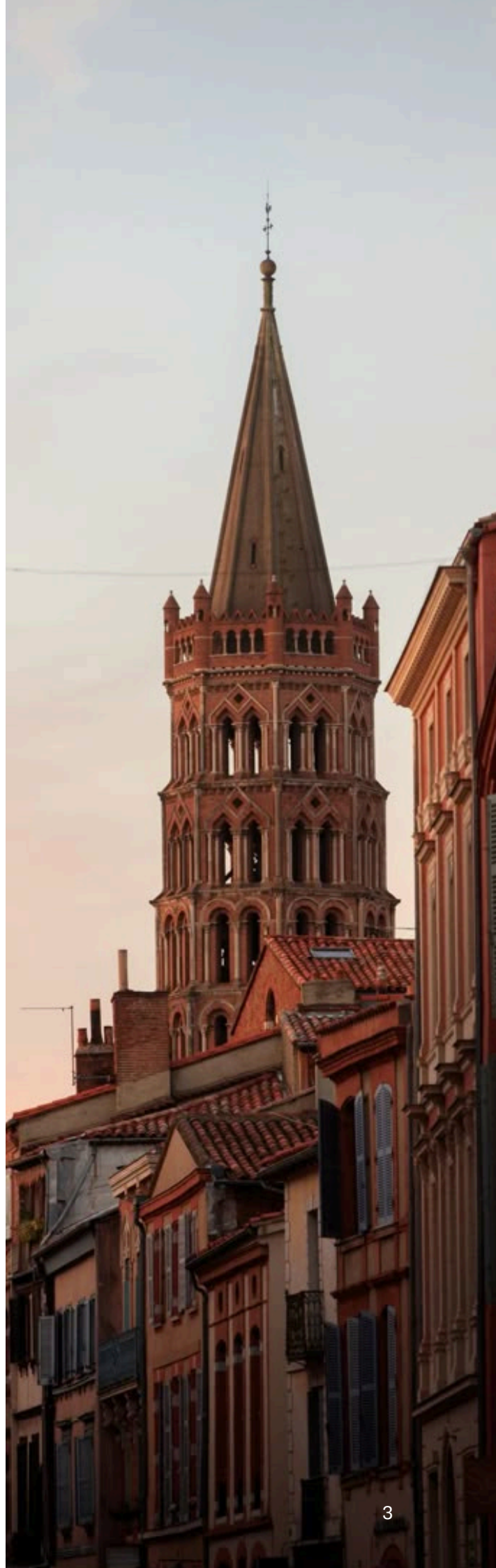
The fee is €103 for 2026-2027 and is used to fund services and initiatives to improve student life (reception, social support, health, culture, sport, prevention).

Payment or exemption requests can be made online on the official website: cvec.etudiant.gouv.fr.

Proof of payment must be presented when enrolling at university. Certain students (scholarship holders, refugees, etc.) may be exempt, but must still obtain a certificate.



Set up and start



GETTING AROUND TOULOUSE



Tisséo is the main public transport network in Toulouse and its metropolitan area.

It includes:

2 metro lines (A and B)

2 tram lines (T1 and T2)

Numerous bus and express bus lines (Linéo)

A direct shuttle between Toulouse-Blagnac Airport and Matabiau Station

The Téléo urban cable car (included in season tickets)

All these modes of transport are integrated: a single card or season ticket is all you need for the entire network with the Pastel card.

Student passes and fares

Annual student pass: €154.50 (12 months, unlimited travel)

Monthly student pass: €15 (1 month, unlimited travel)

10-trip pass: €5.80

Discounts for grant holders and young people under 26 (see conditions on the Tisséo website)



GETTING AROUND TOULOUSE

How do I purchase a Tisseo pass?



ONLINE

- Go to www.tisseo.fr
- Create a personal account
- Order your Pastel card (first card free, otherwise €9)
- Purchase and top up your package online (secure payment)



AT A TISSEO AGENCY

- Main branches: Airport, Jean Jaurès, Basso Cambo, Arènes, Marengo SNCF
- Please bring: a recent passport photo, proof of identity, €9, student card or proof of enrolment

TISSÉO APP

- Download the official Tisséo app (Android/iOS)
- Access all information in real time, plan your journeys, manage your travel pass
- Option to switch the app to English (settings → language)



GETTING AROUND TOULOUSE

How to get around by bike?



VÉLÔ TOULOUSE

- Over 280 stations and 2,600 self-service bicycles, available 24 hours a day
- Student rates:
- €25/year or €2.08/month (first 30 minutes free with each rental, then €1 per additional half hour)
- €1 per single trip (30 minutes free)

HOW TO USE IT ?

- Download the VélôToulouse app (Android/iOS) or go to www.velo.toulouse.fr
- Create an account, choose the student subscription, add a bank card (as a precaution)
- To borrow a bike: scan the bike's QR code with the app or use your linked Pastel card
- To return the bike: insert it into a docking station and wait for the beep/green light



GETTING AROUND TOULOUSE

Practical journeys



AIRPORT → PAUL SABATIER UNIVERSITY

- Take the airport shuttle to Compans Caffarelli.
- Then take metro line B towards Ramonville.
- Get off at Université Paul Sabatier



MATABIAU STATION → PAUL SABATIER UNIVERSITY

- Take metro line A towards Basso Cambo.
- Change at Jean Jaurès to line B towards Ramonville.
- Get off at Université Paul Sabatier

PRACTICAL ADVICES :

- Install the Tisséo and VélôToulouse apps to make getting around easier.
- Transport runs late into the evening (until 3am at weekends for the metro).
- The Pastel card allows students to travel across the entire network at a reduced rate.
- Remember to always validate your ticket each time you board

EVERY DAY LIFE

Health



FIND A HEALTHCARE PROFESSIONAL :

1) Doctolib: Application for making appointments with doctors, dentists, specialists, etc.

2) On campus (Forum Louis Lareng, 1st floor, at the metro exit):

- General practitioner
- Psychiatrist
- Social worker
- Osteopath, psychologist, etc.
- SIMPSS service (Inter-University Preventive Medicine and Health Promotion Service): [more info here](#)

3) CROUS: Health and social support for students: [more info here](#)



USEFUL CONTACTS :

- Health information at the university: univ-tlse3.fr/sante-social
 - Health Secretariat: 05 61 55 73 67
- Nursing reception: 05 61 55 73 59

EMERGENCY :

- Medical emergency number: 15 (or 112 anywhere in Europe)
- Doctor on call (evenings/weekends): 116 117

EVERY DAY LIFE

Others



HEALTH INSURANCE :

- Register with the French Social Security system (create an account on ameli.fr) to be reimbursed for part of your medical expenses.



BANK ACCOUNT :

- Opening a bank account in France is highly recommended.
- Check whether your bank currently operates in France; if not, open an account with a French bank.
- Banque Populaire Occitane: Branch on campus (Forum Louis Lareng), open all year round
- Required documents:
 - Certificate of enrolment
 - Passport
 - Proof of address (deposit, receipt, etc.)



TELEPHONE :

1) Telephone number

- To obtain a British number (contract or pay-as-you-go), you will need :
 - Proof of identity
 - Bank details
- The more options you choose, the more expensive the offer will be.

2) Internet connection

- Compare offers based on your needs :
 - Saily app
 - ariase.com/box/offres

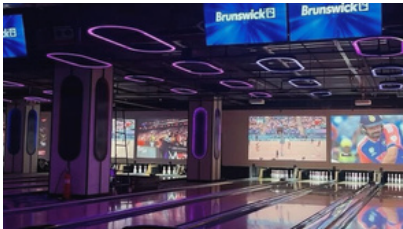
MANAGE YOUR BUDGET

Here are the average expenses for a student in Toulouse, depending on each person's lifestyle :



HYGIENE BUDGET

20-30€



LEISURE ACTIVITIES

50-70€



TRANSPORTS

12€



REPAS

€7/DAY OR €150/MONTH IN THE RU



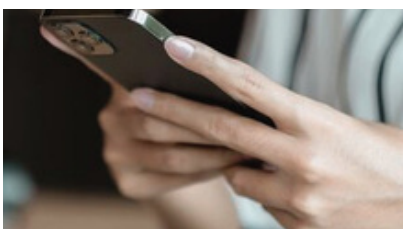
GROCERY SHOPPING

100€



RENT

350€ (APL ELIGIBILITY)



TELEPHONE

20€

Daily life



EXPLORE THE CAMPUS

UNIVERSITY RESTAURANT (RU) :

On campus, you can eat at university restaurants (RU) such as Le Théorème or Le Canal.



There are two options for paying for your meals :

- Bank card (credit card) + student card
- Izly: a convenient online payment system for students

How to use Izly ?

- Install Izly
- Visit <https://mon-espace.izly.fr/Home/Logon?ReturnUrl=%2f>
- Create your account using the email address you use for university or your mobile number
- Fund your Izly account
- Transfer money from your bank account to your Izly account
- Paying at the RU
- Present your student card or the Izly app at the till to pay for your meal
- In case of problems
- Consult the online help : <https://help.izly.fr/>

Where else to eat in Toulouse ?

To find out about all the university restaurants (RU) in Toulouse and their opening hours, visit the CROUS website :

👉 <https://www.crous-toulouse.fr/se-restaurer/>



EXPLORE THE CAMPUS

PRINT, PHOTOCOPY, SCAN :

If you need to print, photocopy or scan documents, go to a University Library (BU). You will need a COREP card to use the machines.

How do I obtain and top up a COREP card ?

- In each university building → automatic terminals are available for purchasing or recharging your COREP card, directly on site.
- At COREP → you can also go to the COREP agency, located at 125 Route de Narbonne, right next to the IUT.

More informations :

For more details on prices, how the machines work and how to use the card, visit the official website :

👉 <https://bibliotheques.univ-tlse3.fr/photocopier-imprimer-scanner>



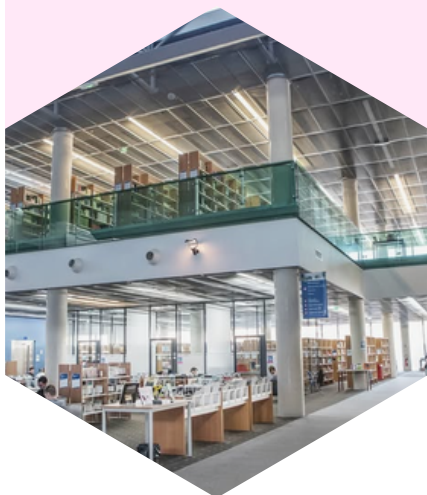
EXPLORE THE CAMPUS

UNIVERSITY LIBRARY (BU) :

On the UT3 campus (University of Toulouse III – Paul Sabatier) =

BU SCIENCES

Large science library, open from 8:30 a.m. to 10 p.m., with numerous workspaces, comics, manga, novels, Wi-Fi, and rest areas.



BU SANTÉ RANGUEIL

Specialising in medicine and health, open from 8:30 a.m. to 8 p.m., offering group work rooms, a relaxation area, games, Wi-Fi, and tablet loans.



BU SANTÉ ALLÉES JULES GUESDES

Located in the city centre, specialising in medicine, pharmacy and the history of medicine, open from 9am to 8pm. Easy access via metro line B (Carmes or Palais de Justice stops).



Others BU à Toulouse =

BU ARSENAL (UT1)

On the campus of Toulouse I Capitole University, tailored to law, economics and management



BU MANUFACTURE (UT1)

Also for Toulouse I Capitole University, specialising in economics and management



BU CENTRALE (UT2)

On the campus of Toulouse 2 Jean Jaurès University, for humanities and social sciences



EXPLORE THE CAMPUS

LANGUAGE RESOURCE CENTRE (CRL) :

To improve your French or other languages, there are many tools and activities available to you on the Toulouse campuses.

To help you =

- CRL : multimedia space dedicated to learning languages such as English, French, Spanish, German, Italian, Arabic, Chinese, Japanese, etc.
- SOS English: Tutoring and support service to help you improve your English (see the university or CRL website for more information).



AROUND THE CAMPUS

All around the campus, on the Narbonne road, numerous services are available to make your daily life easier :



SUPERMARKET

LE PETIT SAB'LE

A social and solidarity grocery store on campus :

<https://www.univ-tlse3.fr/lieux-de-ressources/epicerie-sociale-et-solidaire-le-petit-sable>



PHARMACIES

PHARMACIE DES FACS

Open from 9 a.m. to 12:30 p.m.
and from 2 p.m. to 7 p.m.



PHARMACIE RANGUEIL

Open from 9 a.m. to 12:30 p.m.
and from 2:30 p.m. to 7:30 p.m.



RESTAURANTS AND FAST-FOODS

BOULANGERIE



AND OTHERS...



LAVERIES

WASHHOUSE

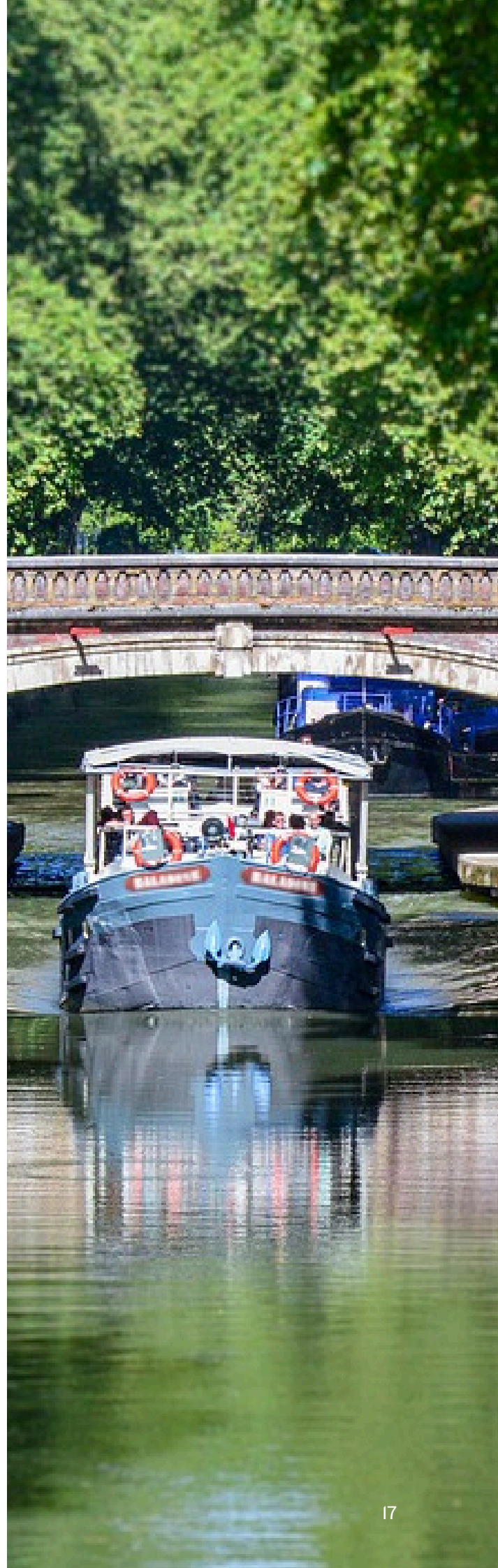
Open from 7 a.m. to 9:30 p.m.



PROXIWASH

Open from 7 a.m. to 10 p.m.

Discover Toulouse



STUDENT ADVICE

To help you settle in and make the most of your stay in Toulouse, here are some useful tips :

1) Join groups and associations

- Erasmus Facebook/WhatsApp groups: Join these groups to meet other international students, share tips and organise outings.
- Get involved in student societies: Discover university society life and get involved in a variety of activities.
- 📌 [List of UT3 student associations](#)
- ESN Toulouse: The Erasmus Student Network association organises events, outings, trips and parties for international students.
- 📌 [Site ESN Toulouse](#)
- Sponsorship/Buddy System: Benefit from personalised support from a Toulouse student to help you settle in.
- 📌 [Buddy System ESN Toulouse](#)

2) Discover the region

“I would recommend enjoying Toulouse and the surrounding area, especially during the first weekends of the month when train tickets throughout the Occitanie region cost only one euro.”

Toni, tutor at the CRL

3) Get informed and seek support

- Reception and support services :
 - DVE (Student Life Division)
 - Welcomedesk (one-stop shop for international students)
 - Toul'Box (installation support platform)
- Erasmus Academic Coordinators: They are there to answer your questions and assist you with your academic procedures

4) Engage in artistic and cultural activities

- Artistic and cultural associations : Take part in workshops, clubs or events to discover the local culture and meet new people.
- 📌 [Directory of artistic/cultural associations in Toulouse](#)
- Cultural centres: Enjoy the many activities and shows offered at the city's cultural centres.
- 📌 [Cultural centres at Toulouse](#)

DISCOVER TOULOUSE

Toulouse offers a wide variety of activities and outings for all tastes throughout the year :

JANUARY

FEBRUARY

MARCH

- 1-2 = Fête de la Violette, celebrating Toulouse's iconic flower
- 6-7 = Le Printemps du Rire, comedy festival
- 22 = La Nuit du Slam, an evening dedicated to poetry and slam

APRIL

- 3 = Saint-Cyprien Night Market, festive entertainment around the market

MAY

- 17 = Museum Night, free evening opening of museums with special events

JUNE

- 4-7 = Water Rugby, an original sporting tournament on the River Garonne
- 5 = Saint-Cyprien Night Market
- 11 = Victor Hugo Night Market
- 21 = Music Festival, free concerts throughout the city to celebrate music

JULY

- 14 = National day and NRJ Music Tour, large open-air concert

AUGUST

- 29-31 = Rose Festival, a music festival created by Bigflo & Oli, featuring numerous concerts and entertainment

SEPTEMBER

- 10 = Victor Hugo Night Market
- 17 = Saint-Cyprien Night Market

OCTOBER

- 22 = Victor Hugo Night Market

NOVEMBER

- 28 November–29 December = Christmas Market

DÉCEMBER

- 28 November–29 December = Christmas Market

DISCOVER TOULOUSE

Discover the main museums, cinemas, theatres and concert halls to fully enjoy cultural life in Toulouse:



MUSEUMS

- Toulouse Museum: natural history
- Saint-Raymond Museum: archaeology
- Augustins Museum: fine arts
- Les Abattoirs: modern and contemporary art
- Old Toulouse Museum: local history
- Bemberg Foundation: decorative arts and fine arts
- Paul-Dupuy Museum: precious arts
- Georges-Labit Museum: Asian and antique arts
- Aeroscopia Museum: aeronautics
- Museum of the History of Medicine and Museum of Medical Instruments
- Departmental Museum of the Resistance and Deportation
- Cité de l'Espace: science and astronomy
- Halle de la Machine: entertainment and engineering
- Galerie du Château d'Eau: photography

THEATRES

- Théâtre de la Cité: major contemporary theatre
- Théâtre Garonne: contemporary theatre
- Théâtre Sorano: live performances
- Théâtre Jules Julien: theatre for young audiences and new productions
- Théâtre du Capitole: opera and ballet
- Les 3T Café-Théâtre: comedy and humour
- Prima Circus: theatre restaurant, original shows



CONCERTS

- Le Bikini: large concert hall, contemporary music
- Zénith Toulouse Métropole: major concerts and events
- Halle aux Grains: Capitole National Orchestra, classical music
- Connexion Live: concerts and evening events
- Métronum: contemporary music venue
- Le Rex: concerts, club and shows
- La Dynamo: jazz and improvised music
- Théâtre du Capitole: opera and classical concerts

DISCOVER TOULOUSE

Rugby is very important in Toulouse. The local club, Stade Toulousain, is one of the best in France and Europe. Rugby matches attract large crowds and are part of city life. Rugby is a real passion for the people of Toulouse.

Football is also popular in Toulouse. Many clubs and supporters participate in the city's sporting life.

These two sports are a great way to discover the local culture and share moments with the locals.



In addition to rugby and football, numerous local handball, volleyball and other sports teams offer exciting matches to watch throughout the year, notably with Fenix Toulouse Handball and Spacer's Toulouse Volley in the professional league, providing great opportunities to attend sporting events and experience the dynamic atmosphere of Toulouse sport.



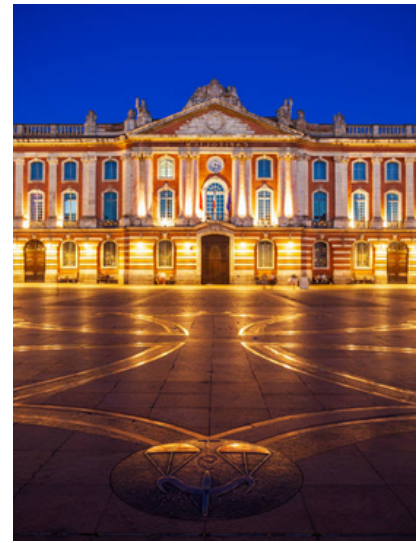
For a fun night out, try game bars such as Les Tricheurs or La Taverne du Troll: these are ideal places to play board games and meet new people.

Finally, for film lovers, Pathé Wilson and ABC cinema show French and international films to suit all tastes.

DISCOVER TOULOUSE

Our city also has many iconic places to visit, such as Place du Capitole, the banks of the Garonne, Saint-Sernin Basilica and the Canal du Midi. To relax, enjoy parks and gardens such as Grand Rond, Jardin Royal and Jardin Japonais.

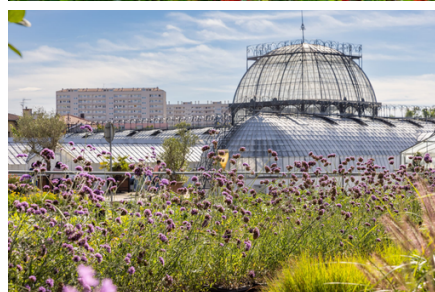
To explore the city easily, you can also take a ride on the tourist train.



Every first Sunday of the month, many museums in Toulouse open their doors free of charge, offering a great opportunity to discover local heritage and culture without spending a penny. These include the Natural History Museum, the Augustins Museum, the Saint-Raymond Museum, Les Abattoirs, the Paul Dupuy Museum, and many others.

Heritage Days, which take place once a year, also offer the chance to visit historic sites that are usually closed to the public.

If you love plants, don't miss the municipal greenhouses, which are open to the public once a year.



POLITE EXPRESSIONS

USEFUL EXPRESSIONS :

- Bonjour / Bonsoir = to greet someone
- Merci = to express gratitude
- S'il vous plaît / S'il te plaît = to make a polite request
- Excusez-moi / Pardon = to apologise or get someone's attention
- Au revoir / Salut = to say 'see you soon' or 'see you later'
- Passe une bonne journée / Prends soin de toi = to use before or after saying 'goodbye'
- Je croise les doigts / Bonne chance = to wish someone success (for example, before an exam)

COMMON EXPRESSIONS :

- Avoir la chair de poule = caused by cold or fear
- Faire la grasse matinée = to sleep late in the morning
- Jeter un œil = look at something quickly
- Lèche-vitrine = go shopping but not buy anything
- Apprendre par cœur = memorise something perfectly
- Coup de cœur = suddenly adore something
- Coup de foudre = fall in love at first glance
- Tomber dans les pommes = pass out
- Il pleut des cordes = it's raining cats and dogs
- En avoir ras le bol = be tired of something

SPEAK TOULOUSE DIALECT :

- At the bakery, ask for a chocolatine (not a pain au chocolat) to be understood as a true Toulouse native!
- Pègue = to stick (e.g. 'Ça pègue!' = 'It's sticky!')
- Malle = car boot (e.g. 'Put it in the boot.')
- Poche or sac or sachet = small plastic or paper bag (e.g. 'Tu veux une poche ?' = 'Would you like a bag?')
- Moins is often pronounced without the final 's' (e.g. 'vingt moins un' → 'vin moin un')
- Au taquet = at full throttle, very motivated or very active (e.g. 'Je suis au taquet aujourd'hui !' = 'I'm on fire today!')
- À m'en donné = at a given moment (e.g. 'À m'en donné, il faut choisir.')



Before **LEAVING**

We hope that this welcome booklet has helped you feel supported in this new adventure.

The entire teaching team is here to guide you, support you and help you achieve your goals.

We wish you a year rich in discoveries, learning and new encounters.

Please feel free to participate actively in the life of the DU and take full advantage of all the opportunities that will be offered to you.

Welcome, and good luck in your studies!

The DU FUSEE team