

INTERNATIONAL STUDENTS GUIDE 2017-2018

• **Campus de Bayonne :**

8 Allées des Platanes
Campus de la Nive
CS 68505
64185 BAYONNE Cedex
Tél. : 05 59 40 81 10

• **Campus de Pau :**

Avenue du Doyen Poplawski
B.P. 575
64012 PAU Cedex
Tél. : 05 59 40 81 00

<http://iae.univ-pau.fr>



Welcome at IAE Pau – Bayonne

UNIVERSITY SCHOOL OF MANAGEMENT !



You have been accepted into one of our programs. The International Students Guide is designed to address some of the most frequently asked questions posed by international students about their arrival on Bayonne campus and getting settled in the community. It is also intended to expose you to a few rules within our University School of Management.

We hope that you will find this guide helpful. We welcome your suggestions for new material to enhance the experience of future international students.

Wishing you a successful year with us,
Warm regards,
Camille CHAMARD
Director



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Documents you should bring with you

- Passport
- Driver's license
- Proof of insurance
- ID photos
- Birth certificate with official translation in French

Getting to Bayonne

http://www.univ-pau.fr/live/visite-campus/cote_basque#itineraires

- By car : by national roads N22 and N263 or by motorway A63 (exit n° 6)
- By train : In Bayonne train station. For train schedules <http://www.voyages-sncf.com/>
- By plane : In Biarritz airport. <http://www.biarritz.aeroport.fr/>.
Many planes from all over Europe.

Preparing your budget

UPON ARRIVAL	
Move-in fees: 1 month rental + 1 month rental deposit	Approx. 1000 €
Exchange student tuition fees	Free
Non exchange student tuition fees	5100 €
Social security (mandatory under 28 years old)	215 €
Complementary health insurance	Approx. 160 €
OFII procedure	Approx. 60 €
PER MONTH DURING THE YEAR	
Accommodation	From 320 € to 500 €
Food	300 €
Telephone/internet	20 - 30 €
Bus pass	13 - 16 €
Housing insurance (with LCL bank)	1 €

GETTING SETTLED

• Residence permit

Students belonging to the UE, the EEA and Switzerland do not need a visa to study in France. Other international students will need to apply for a Long Stay Visa. The letter of acceptance from IAE Pau Bayonne will need to be submitted with your visa application to the French consulate of your country. Please note that visa procedure can take weeks.

In France :

OFII : Office Français de l'Immigration et de l'Intégration (French Immigration and Integration Office)

- Long Stay Visa, with work permit: students will have to go through the OFII procedure within the first three months of their stay in France.
- Long Stay Visa, with residence card: students will have to go through OFII procedure to apply for their residence card within the first two months of their stay in France.
- Long Stay Visa, with temporary residence permit exemptions: students are not required to do anything when they arrive in France.

OFII procedure :

Once you have a definitive address in France, you must send to the OFII office the following documents by registered post with proof of receipt:

- Your OFII form, dully filled in
- A photocopy of your passport (pages with your photo and ID, the VLS-TS visa and entry stamp in France)

The OFII will first send you a proof of receipt and later on a notice to attend a compulsory medical examination.



• Opening a bank account

It is recommended to open a French bank account as it will allow you to :

- Have a credit card and cheque book, which are useful means of payment
- Have a bank account number known as a “Relevé d’Identité Bancaire” (RIB), you will need to receive reimbursements
- Receive automatic payment, rent assistance or medical reimbursement payments into your account
- Pay for rent, electricity, gas and other daily expenses
- Withdraw cash

Documents required :

- Identity card
- Proof of enrolment at university
- Proof of residency in France

• Insurances

- Health

If you are under 28, affiliation to the student social security system is mandatory as soon as you register at the university. For your information, the annual fee for the 2014-2015 was 213 Euros. It must be paid upon enrolment.

Upon arrival in France, you may also subscribe to a student complementary health insurance by contacting insurance companies.

European exchange students already covered by their country’s social security should obtain the European Health Insurance Card (EHIC) from their social security services provider before coming to France. This card ensures that students have health insurance in Europe, and also includes health cover for trips within The European Economic Area or Switzerland.

Specific measures apply to students from Quebec. If you are in France as part of the BCI program, you are exempt from the system that applies for French students. All you have to do is to obtain a SE-401-Q-106 form before you leave your country.

- Civilliability

For your accommodation - private or in a student residence - you will be asked to provide a civil liability insurance certificate showing you are protected in the event of fire, water damage and civil liability. If you are not covered, you can subscribe to a private insurance upon arrival in France by contacting insurance companies.

- Accommodation

WHAT ARE THE OPTIONS ?

Option	Approximate rental cost	Description	Comments	Contract length	Availability
Résidence Universitaire Crous	320 - 390 €	Furnished private rooms in a residence including kitchenette, bathroom and toilet. Free internet access.	Bed linen and kitchen tools not included. Laundrette service available under payment. Strict conditions are applied.	Sept-Aug	Limited number of place
Share house	450 to 480 €	Modern furnished houses with all commodities to share between 2 or 3 students.	The houses are not located in Bayonne itself but in Anglet, Biarritz or Bidart.	Sept-June	Limited number of place
Airbnb	300 - 500 €	Room to rent within a house or apartment.	Excellent option for immersion in France. Free access to the kitchen.	Open	All year long

IMPORTANT INFORMATION

- Student is expected to behave in a responsible manner. You will be asked to sign a Charter for a Responsible Stay.

- If you have any disagreement with the landlord/family/residence/flatmate, you will be expected to settle the issue by yourself. Failing this, you may ask to IAE staff to help within reasonable bounds.

- In the case of wishing to change accommodation, it will be by your own responsibility to look for alternatives assuming all consequences. Some contracts require 3 months notice to be able to leave an apartment.

- Housing insurance has to be taken out within 24 hours of securing accommodation

- When you move into an accommodation, you will have to agree upon an inventory of fixtures with the owner or real estate agent. This describes the state of the residence and any eventual property such as dishwashers, furniture, etc. The inventory of fixtures should be as precise as possible to avoid any litigation occurring at the end of the tenancy and it must be drawn up upon arrival and departure of the tenant.

- When it comes time for you to move out, you will need to give your landlord prior departure notice. This letter must be sent by registered post and should specify when you intend to leave your accommodation. It must be given in advance and the timeframe is subjected to the conditions of the rental contract.

- When you rent accommodation in France,

you'll need a guarantor in France. For international students who don't have it and who are under 28, Locaviz can help you obtain a guarantor and finance your deposit. For students over 28 years old, you'll have to plan to pay for the rent for the whole year in one or two instalments.

• Housing benefit - Aide au logement CAF

All students, including international students, may benefit from a financial help to pay their rent. Once the rental contract is signed, students can apply for the housing benefit online : www.caf.fr

You will be only eligible for financial assistance if :

- You are staying more than 3 months in your accommodation
- You are an European Member
- You are a non-European member but you have an OFII stamp or a valid French residence permit

Note : if your VISA states "Dispensé temporaire de carte de séjour" and/or you don't have the OFII stamp, you will not be entitled to this benefit.

Documents required :

- Copy of your passport and your VISA
- Copy of your birth certificate translated in French
- French Social Security statement if you're under 28, or private health insurance statement if you're over 28 or copy of European Health Card
- Acceptance letter from IAE
- Rent statement signed by the landlord
- A certificate written by yourself explaining you hold sufficient income to study in France

Note : allocation of housing benefit is not automatic

Restauration / Catering / Canteens
 1.resto U de la Nive 2. resto U Pierre Bidart

Logement / Accommodation / Residences
BAYONNE :
 1 Rés. Universitaire Arancette
 2 Rés. Universitaire E. Gouberniche
ANGLET :
 1 Rés. Pierre Bidart
 2 Rés. Roland Barthes

Formation / Studying / Faculties
BAYONNE :
 1 UFR pluridisciplinaire du SAB
 Campus de la Nive
 5 allée des Platanes
 05 59 57 41 8
 2 Institut d'Administration des
 Entreprises
 Campus de la Nive
 5 allée des Platanes
 05 59 57 44 70
 3 IUT de Bayonne Trays Basque
 (Départements GEA et Tech
 de ...)
 Campus de la Nive
 Place Paul Bert
 05 59 57 43 07
ANGLET :
 1 IUT de Bayonne Trays Basque
 (Département Informatique)
 2 allée du Parc Montauray
 05 59 57 43 00
 2 UFR Sciences et Techniques
 Côte Basque
 Allée du Parc Montauray
 05 59 57 44 00
 3 ISA-BTP
 06 99 67 44 24

Services / Services
 1 Maison de l'Étudiant
 77 rue Bourgneuf
 64000 BAYONNE
 05 59 57 41 54
 - SCUIO - Service Commun
 Universitaire d'Information et
 d'Orientation
 05 59 57 41 91
 - SUMPYS - Service
 UNIVERSITAIRE DE MEDECINE
 Préventive et de Promotion
 de la Santé
 05 59 57 41 57
 - FORCO - VAE
 05 59 57 41 59
 - Service Culturel
 05 59 57 41 62
 2 Salla Aquipass
 Activités/Équipement
 Centre Aquipass
 3 SIAPS - Service Universitaire
 des Activités Physiques et
 Sportives
 Campus de la Nive
 8 allée des Platanes
 64000 BAYONNE
 05 59 57 41 08
 4 SCD - Service Commun de la
 Documentation / Bibliothèque
 + Campus de la Nive
 19 place Paul Bert
 64000 Bayonne
 05 59 57 41 40
 + 108, allée du Parc Montauray
 64600 ANGLET
 05 59 57 44 60

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 de la Santé
 05 59 57 41 57
 - FORCO - VAE
 05 59 57 41 59
 - Service Culturel
 05 59 57 41 62
 2 Salla Aquipass
 Activités/Équipement
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 05 59 57 41 08
 4 SCD - Service Commun de la
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 + Campus de la Nive
 19 place Paul Bert
 64000 Bayonne
 05 59 57 41 40
 + 108, allée du Parc Montauray
 64600 ANGLET
 05 59 57 44 60

Bus - Chronoplus

LES TARIFS / FARES / TARIFFS

La carte d'abonnement / Bus pass / Abono : 16 €/mois ou 150 €/an

Ticket par voyage / Single journey / Billete por trayecto : 1 €

Carnet 10 voyages / Book of 10 single journeys / Billete 10 viajes : 8 €

- Ligne C - Bidart Izerbel - St Pierre d'Irube / Mur à gauche
- Ligne 14 - Bayonne Gare - Biarritz Cité scolaire
- Ligne 6 - Anglet la Becasse - Anglet Sutar
- Ligne 4 - Anglet plages - Ternos la Plaine

- **University restaurant - Restaurant Universitaire (RU) de la Nive**

Restaurant : Monday to Friday, 11.45 - 13.30

3 courses meal : 3.60 €

Cafeteria : Monday to Friday, 11.00 - 15.00

Payment can be done with student card AquipASS, credit card or cash.

- **Library - Bibliothèque universitaire (BU)**

Monday to Wednesday: 8.30 - 19.30

Thursday - Friday: 8.30 - 18.00

Saturday: 9.00 - 13.00

30.000 books specialized in Law, Economics, Management, and Literature. 400 review titles.



- **CLEREMO Language centre** : <http://cleremo.univ-pau.fr/live/>

Offers French, Spanish and English classes for all level throughout the year. DELE and TOEIC exams available.

- **Internet and resources**

- Following your registration at IAE, you will be given a student account : @etud.univ-pau.fr. It will allow you to get free Wifi access within all campus premises. Computers room are accessible all day long.

- You can print and copy your documents on the photocopiers connected to Aquipass Reprographics system. Your student card allows you to get a 3 € free credit (about 50 copies) given by the University. Once you reach your credit limits, you'll have to refill credit on your AQUIPASS Card. The cost per page is 0.06 € black and white A4.



• **AquiPASS Student Card**

- The AquiPASS multiservice card is issued after registration to the IAE. This card is free of charge but in case of loss or theft, it is your responsibility to pay for reissuing a new card.
- The AquiPASS card is valid for one academic year. It is updated each year for re-enrolment. This update is necessary to renew access to the University library and restaurant.

• **Sport**

The sports department (SUAPS) offers various sports activities throughout the year. It is mandatory to enroll before starting any activity in September.

• **La Maison de l'Etudiant**

This structure offers different services :

- Culture : "Le Microscope" offers a rich and diverse program of events including concerts and other live performances (theatre plays, dancing, circus...). The cultural department provides counseling to student associations developing their projects in all areas (art, culture, environment, science, international solidarity ...).
- SCUIO - Information and Orientation : this service provides information on courses and studies, advices and career counseling, tips to find a job and internships.
- SUMPPS - University Health Centre : nurse, doctor, counseling and psychological services. On appointment.
- AquiPASS students card services

• **Students' union BDE SolxAntE-4**

<http://bdeiaepaubayonne.wix.com/bde-soixante-4>

As a students' union, BDE SolxAntE-4 strives to help students enjoy their time in Bayonne, make friends and leave University with skills for a future career. We aspire to have a positive impact on the wider community in University Campus. We organize throughout the year :

- Students events
- Immersion week-ends
- IAE Gala : December 16th, 2016
- Conferences



Live in Bayonne and at the Basque Coast



How to settle in ?

With its colorful houses and surrounded by water, its many bars and restaurants, shops and festivals, Bayonne is a charming and vivid town where life is to enjoy! However many students have to get along with a low budget compared to their interest in exploring their new country or city of living. Here we gathered some ideas to find your place and get along in the new environment...

Culture and arts

France is famous for its richness of culture and arts and also Bayonne's cultural life is rich: cinemas, theaters, museums and an exciting nightlife wait for you. Students enjoy discounts at almost all cultural events and spaces !

• Cinémas

Do you like watching movies ? If so, you're right in Bayonne !

Art house cinemas

There are three different cinemas in the area, two of them provide many different films in original versions (with French subtitles) : **L'Atalante** and **l'Autre Cinema** in Saint Esprit, Bayonne. They belong together and correspond to the rich tradition of French cinema. L'Atalante also includes a bar and a small gallery to visit. Their film program is well selected and it is a particular experience to visit the movies, because they are usually well attended (student's ticket: 4.50€). The cinema **Le Royal** in Biarritz is also a very good choice for original versions.

Blockbuster cinema

Additionally you can find the **Cinema Mega CGR** in Bayonne's South and the **Monciné** in Anglet, where you can choose from a wide variety of films, mostly dubbed in French.

THE GOOD TIP

Always take your Student Aqvi Pass Card with you for student discounts !

• Theaters

To be or not to be? Bayonne's city theater is in the same building as the city hall in the center of Bayonne and plays many different pieces.

Luna Negra

In the Rue des Basques in Grand Bayonne you can find a small theater called "Luna Negra" which offers different plays, cabaret, small concerts and off theater in a cozy atmosphere.

Gare du Midi

In the center of Biarritz you can find the theater "Gare du Midi" in the building of the old railway station. There you can visit musicals, dance shows, theater plays and cabaret.

• Museums

The Basque Museum

Euskara badakizu? Do you speak Basque ?

For the daily life of Bayonne the Basque culture is very important. To get to know more about the Basque culture and the city's history it is highly recommended to visit the **Basque Museum!** It's exhibitions change often and deal with different topics of historic and contemporary life.

Art

For those who love art, Bayonne houses an art museum and various small art galleries that are worth a visit. The **Museum Bonnat-Helleu** is specialized in fine arts.

Others Museums

Interesting exhibitions, collections and excursions concerning natural history and wildlife you can visit at the **Natural History Museum Anso**, sited in the heart of a natural park and next to the Nive river. For sea-lovers it may be interesting to visit the **Sea Museum** with Aquarium in Biarritz and watch the seals being fed ! It is also a perfect spot to enjoy the ocean view !



• **Locations and night life**

In Bayonne and its surroundings you can find many concert- and event locations. To name just a view of them :

The Atabal (Biarritz)

The **Atabal** in Biarritz has a rich program all year long and hosts different concerts and events (rock, alternative, pop ...), small art exhibitions and music classes. You will definitely find something for your taste!



Ecuries de Baroja ans Quintao (Anglet)

Ecuries de Baroja in Anglet also offers a variety of concerts and cultural events in a special atmosphere: the building is a beautifully renovated former horse stable and hosts various artist's studios and music groups.

The **Quintao** in Anglet with its modern architecture (including a terrace with a view) is a good place to go for many events (dance gatherings, shows, conferences) and includes also a restaurant and café.

Petit Bayonne

In **Petit Bayonne** you will find many bars and peñas, where concerts and sometimes also theater plays take place. The **Kalostrape** in the Rue Marengo is a Basque cultural center which offers many different events (DJs, concerts, language exchanges, cultural events) and is definitely a place to visit! In one old bunker in the castle you can find the event location **Le Magneto** which you frankly have to like in its rather “underground” atmosphere (mostly Rock concerts).

Grand Bayonne

You play music yourself? In the **Caveau des Augustins** in Grand Bayonne you can join the jam sessions ! Jazz, swing and 60s/70s music is presented. To find a band to play in, visit the BIJ (see below). The Irish pub **Katie Daly's** next to the town hall is a place where the foreigners of Bayonne gather in the evenings - and where you can order in English!

For further information about culture, arts and places to go out at night check the following websites :

- www.scenenationale.fr
- www.paysbasque.net
- www.lemicroscope.fr
- www.lasoucherock.fr
- www.64.agendaculturel.fr

HOW MUCH IS...?

- 1 coffee € 1
- 1 baguette € 0.90
- 1 croissant € 1
- 1 meal at the university restaurant € 3.60
- 1 menu in a restaurant in the center € 10-14
- 1 sandwich € 3-5
- 1 glass of wine € 2.50-5
- 1kg of pasta € 1
- 1kg of rice € 1.90
- 1kg of potatoes € 1.20
- 1 liter of milk €1.20

Calendar of events in Bayonne

January	FIPA Biarritz
March	Le Carnaval
	Grande Marée
April	Foire au Jambon (4-5 jours)
	Ethiopic festival
May	Journées du chocolat
	Footing gastronomique
June	21 June: Fête de la Musique
	Casetas Biarritz
July	11.-14. Medieval Market
	Fridays : Fridays on the city wall
	Big Festival Biarritz
August	Fêtes de Bayonne
	Fridays : Fridays on the city wall
September	Les Corridas
	Dance festival « Les Temps d’Aimer »
	Festival Black&Basque
October	Latin America Film Festival
December	Marché de Noël - Christmas market (until 24th)

Bayonne culinary

As you will recognize soon, food and eating is very important for the Bayonnais and for French people in general. Here you can find a view hints on the French’s eating lifestyle.

• In the restaurant

A restaurant menu regularly consists of three courses (entrée, plat, dessert), but it is also alright to order the main course plus one of the side dishes as a menu. Bread will always be served next to a main course and it is not unusual to drink a glass of wine at lunch time. When you have finished your meal you order the bill with the words “l’addition s’il vous plait” and the waiter will bring it to your table or you go directly to the counter to pay separately.



• Markets

Enjoy the traditional food market each **Saturday** near les Halles in Bayonne. Here you can buy fresh fruit and vegetables, wine, cheese and other regional products. And it is the meeting point of the town's inhabitants. The attitude is: to see and to be seen!

• Food and drinks

Bayonne's kitchen

Bayonne's kitchen consists of many specialties of the region: typical Basque dishes are Bacalao (cod fish), grilled and roasted meats, Marmitako (tuna pot), Pintxos (Basque tapas), Piperade (red sauce) and sheep and goat cheeses. For dessert you can order a typical Gateau Basque (Basque cake) or milk rice.



THE GOOD TIP

It is a must-do to drink the best hot chocolate in town (or maybe in France) at Cazenave !



Bayonne : City of Chocolate

Bayonne is called the capital city of chocolate in France: as you will notice quickly there are many chocolate shops and small chocolatiers (chocolate makers) which offer excellent chocolate in various different styles and tastes. Visit the Atelier du Chocolat for a guided tour about the art of making chocolate!

Drinks

In Bayonne you will find the best wines from the Bordeaux region and traditional Basque drinks like Izarra (sweet liquor, made in Bayonne) or Patxaran (liquor served as digestif) which are absolutely worth a taste! The Basque Country is also famous for its cidre (apple cider) that is produced in the heart of the countryside.

Work in France

Do you need or want to gain some extra money during your stay in France ? No problem !

Since 2007 France permits all students to have a part time job (20hrs/week). Students from EU-countries (and Switzerland) may work freely and without restriction while studying in France. Under the following conditions other international students are allowed to work:

“A residency permit (VLS-TS, validated by OFII, or a residency permit in addition to a visa) marked “student” entitles the student to accept paid employment for up to 60% of the legally defined work year (or 964 hours per year), without prior administrative authorization.

Note : The time that students spend in internships connected with their academic program (and covered by a written internship agreement) are not counted toward the maximum allowable working hours, even if the student is compensated during the internship.

The minimum gross hourly wage, set by law, is €9,53. With holding reduces the worker’s net wage by about 20%.”

(derived from campusfrance.fr)

<http://www.campusfrance.org/en/resource/living-france-2015>

The first address in Bayonne to find a part time job is the “BIJ” (**Bureau Information Jeunesse**) the youth’s information office. There you can find small jobs (like Babysitting, private lessons, etc.) by filling out a form that will be accessible to the public. The BIJ also helps you with your CV in French and provides information about events, trainings et cetera.

- **Bureau Information Jeunesse**

Place Marc Aubert

71, rue Bourgneuf

Tél. : 05 59 59 35 29

<http://bit.ly/1yqIXel>

Monday to Friday from 9h to 12h30 and 14h to 18h.

THE GOOD TIP

Summer jobs : For the fêtes de Bayonne and the tourist season in summer many restaurants and bars search for staff !

- **Pôle Emploi - Employment Office**

The employment office is the central agency for jobs throughout France which offers counseling for job searches, formations and concrete job offers. In Bayonne the office of Pôle Emploi is next to the Adour, about 20minutes walking from the city center. You can also register and search for jobs online on : www.pole-emploi.fr

Other possibilities for part time jobs and internships you can find online on diverse homepages, e.g. www.letudiant.fr, www.studentjob.fr, www.leboncoin.fr

Learn french

You want to improve your French accent ? Go for it !

- **Cleremo language center**

At the Campus of Bayonne you can find the **CLEREMO** language center which helps you learning French as a second language in providing French classes on different levels. Two times a week there are free conversation classes to join in, also in English and Spanish! The center helps you as well to find a tandem-partner with its tandem-platform (language exchange) - usually at the beginning of the semester you can register : <http://cleremo.univ-pau.fr/live/>

- **Additional possibilities**

Don't hesitate to use all the possibilities to improve your French skills! Also use online platforms and exchanges to push the limits further in French : www.lexiquefle.free.fr, www.francaisfacile.com

Listening to French radio or watching French television also helps you improving your language competence : www.tv5.org, www.arte.tv, www.rfi.fr

THE GOOD TIP

On www.arte.tv/plus7 you find many films with French subtitles !

EMMAUS : the everyday flea market for everything !

Second-hand goods (furniture, kitchen ware, clothes, books, bikes, etc.) you can find at Emmaus, which is a big warehouse similar to an everyday flea market that exists all over France to provide cheap second-hand ware for everyone. If you are searching to furnish your apartment, you need a bike or you want to buy a new teakettle and don't want to spend too much money: Emmaus is the place to go!

Unfortunately **EMMAUS (Bayonne/ Tarnos)** is not easy to reach. Take the bus number 11 from Bayonne (e.g. Mairie) until the stop "Deyris" - from there it's a 15min walk next to Route Nationale 177.

Check the timetable of the bus!

Contact Emmaus:

361 Route Abbé Pierre, 40220 Tarnos - 05 59 55 23 13

Opening hours : tue-sat 8h-12h et 14h-18h

The weather

Did you know that the Basque Country is famous for its green hills with grazing sheep? The weather is responsible for the beautiful landscape and that everything is growing very fast: in the winter and spring

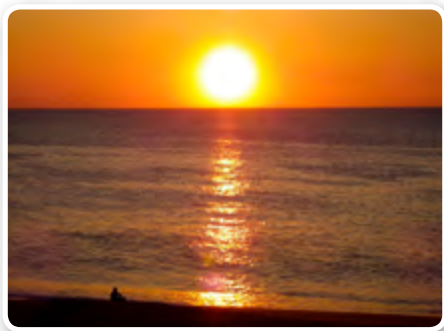
time it rains a lot and in summer and autumn the sun is very strong. This is why there are also palm trees growing next to the green meadows and many lakes of the region. “Welcome to the Basque Country”, people will tell you, “where you experience four seasons in one day!”. To be best equipped for the changing weather conditions, we suggest you to buy a light rain coat that fits in your bag and some nice rain boots that will help you to get a real Bayonnais/-e !

THE GOOD TIP

Ideas for rainwear : if you don't want to spend a big amount of money visit Emmaus- there you will find a huge amount of secondhand clothing ! For the ones who love to be dressed like a real Atlantic coast inhabitant : Aigle provides all you need for a rainy weather day (medium prices for quality products made in France). But! Also don't forget to buy sun cream ! The summer is hot !

Get around, the surroundings are amazing !

A perfect stay in Bayonne also includes that you get to know the beautiful surroundings!



UP NORTH

Les Landes : Capbreton, Hossegor, Soustons

Up north (department Landes) you will find lonely beaches and amazing walks in huge pine forests. On bicycle and walking trails next to hidden lakes you can discover the wildlife and the ample landscape next to the coastline. Small villages like Capbreton, Hossegor and Soustons are great places to stay and to follow all kinds of activities (swimming, surfing, sailing, shopping, casino, restaurants...).

There are several bus lines that take you out of Bayonne into all directions. To get up north into the department Landes, you can use the buses provided by RDTL (www.rdtl.fr/index.php?niveau=2&niveau_id=80). To get around south and east of Bayonne (also for long distances) take a look at the homepage of Transport 64 (www.transports64.fr/Reseau) - also to get to the Southern Basque Country (Spanish Basque Country), take this bus lines.

Attention ! : Notice that the timetables are subject to changes often, also that the departure times are different on the weekdays then during the weekend, but also change with the seasons and the school holidays!



Bordeaux, Arcachon

More north you will find Arcachon with the biggest sand dune in Europe and the amazing city of Bordeaux that you have to visit at least once (by train 1 hour and 45 minutes). Also other big cities in France you can reach by train very easy (Paris in about 5 hours, Toulouse in 3 hours and 30 minutes, etc.).

DOWN SOUTH

The coastline : Biarritz, Saint-Jean de Luz

If you prefer to go down south the coastal line, **Biarritz** and **Saint-Jean de Luz** on the French coast, as well as San Sebastian (Donostia) and Bilbao are remarkable towns and cities to visit. Saint-Jean de Luz is an old fishery town with a small fishing harbor that is still active. Biarritz (reachable with the Chronoplus bus from Bayonne in 15min) is a famous tourist destination and beautiful town at the coast: here you can find many shops, arts, restaurants and an international atmosphere.

Bilbao, San Sebastian (Donostia)

If you are looking for urban atmosphere don't miss out for **Bilbao** which is a capital of design and architecture and also houses the Guggenheim art museum. On your way to Bilbao don't miss the special and wonderful atmosphere of the streets in **San Sebastian** (Donostia), where you should definitely taste Tapas accompanied by a glass of fresh cold beer.

San Sebastian will be the European Capital of Culture 2016.

How to get to the **Southern Basque Country** (Spain) :

As the railway tracks of the French and the Spanish railway systems are different, you have to change trains in the border town Hendaye to get to **San Sebastian**. In Hendaye there is a tram that takes you to San Sebastian in 1h30 (for the price of 2,50,-). To get to Hendaye you can also use the bus (Transport 64). Either way you have to change the vehicle in Hendaye (or Irun).

GO EAST

Interior Basque Country

Furthermore there are plenty of marvelous small villages that are must-sees for an original Basque experience. The countryside apart from the coastal line is perfect for hiking trips or small tours in the hills, farm visits and guided tours for Basque culture and heritage. To name only one example for this unique experience, you can visit the charming village of Ainhoa, which is by car only 20 minutes from Bayonne and is a typical Basque village with a history that reaches back into the 13th century.

How to get around ?

To get around in France there are several possibilities: you can use the train system of SNCF - if you book your journey a few weeks in advance you will find good offers for your wished destinations. If you plan to get around a lot, it is a good idea to think about buying a “carte jeune” - a reduction card for all under 25 which offers 20-40% reduction to the standard prices (book in advance, it is a lot cheaper!).

www.sncf.fr, www.idtgv.com

THE GOOD TIP:

In France it is also very common to use car or ridesharing (“covoiturage”). You can find drivers on different homepages and ask them if they give you a lift: with this service you can plan your journey more flexible and for little money !

www.covoiturage.fr,
www.blablacar.fr

There are also many buses that take you inside and outside of France - sometimes the tickets are cheaper than train tickets - especially for international travels : <http://ch.idbus.com/fr>, <http://www.megabus.com>

Photos : Laura Psister, IAE France, IAE Pau-Bayonne

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UNIVERSITY SCHOOL OF MANAGEMENT

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EMERGENCY CALLS

15 : SAMU – Emergency

Medical Service

17 : Police

18 : Fire brigade rescue

113 : SOS Alcohol and drugs

05.59.44.35.35 : Bayonne Hospital

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