



International Students

1 school / 2 campuses



CAMPUS OF BAYONNE

Address :
8 Allée des Platanes Campus de la Nive
CS 68505
64185 BAYONNE Cedex France
Telephone : +33 (0)559408110

All your courses take place in Bayonne



CAMPUS OF PAU

Address :
Avenue du Doyen Poplawski
B.P. 575
64012 PAU Cedex France
Telephone : +33 (0)559408100

WELCOME TO THE IAE PAU-BAYONNE

Graduated School of Management

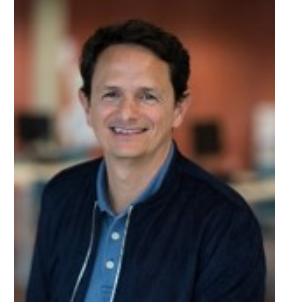
You have been accepted into one of our programs.

The International Student Guide is designed to address some of the most frequently asked questions by international students.

It is also intended to expose you to a few rules within our Graduate 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.



David CARASSUS
Director

SUMMARY

PRE-DEPARTURE PLANNING	4 - 5
GETTING SETTLED	6 - 12
CAMPUS LIFE	13 - 14
BAYONNE CITY LIFE	15 - 21

Disclaimer :

Although IAE Pau Bayonne does its utmost to ensure that the information contained in this document is updated and correct, it cannot be held responsible for any errors or changes that occur.

Once you received your acceptance letter from the IAE and you applied for a VISA.

DOCUMENTS

you should bring with you

- Passport
- Driver's license
- Proof of insurance
- ID Photos
- Original birth certificate AND the official French translation

SAVE THE DATE!

- Beginning of the academic year : September 4th 2023



GETTING TO BAYONNE

By car

- By national roads N22 and N263
- By motorway A63 (exit n°6)

By train

Bayonne train station.
For train schedules
<https://en.oui.sncf/en/>

By plane

In Biarritz airport.
<https://biarritz.aeroport.fr/en/>
Many planes from all over Europe land in Biarritz

www.univ-pau.fr/en/campus-tour/bayonne.html

PREPARING YOUR BUDGET

ARRIVAL	
Move-in fees (approx.) : 1 month's rent + 1 month's security deposit	CROUS 700€ / private 1100€
Tuition fees for exchange students	Free
EIBS tuition fees for non-exchange students	5000€ the 1st year/ 3000€ the second year
Contribution de Vie Etudiante et de Campus (CVEC)	100€
Civil liability & complementary health insurances	Approx. 200€
OFFI procedure (visa validation)	Approx. 75€

(Approx.) PER MONTH DURING THE YEAR	
Accommodation	CROUS 400€ / private : 600€
Food	300€
Telephone	5 - 30€ per month
Bus pass	20 - 36€ per month
Housing insurance	6€ per month



MEET YOUR BUDDY !

“Buddy System” is a mentoring programme which connects an international student with a local student.

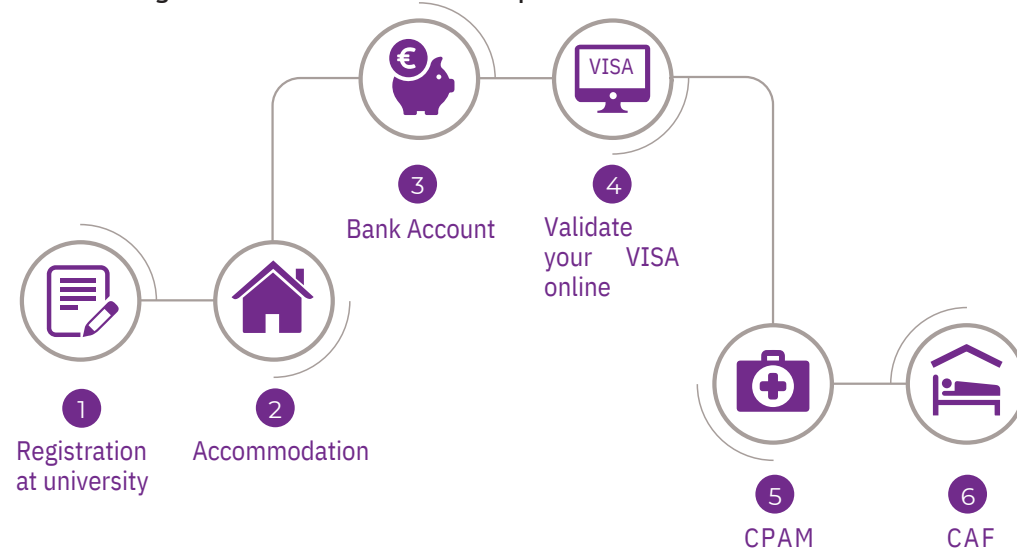
A Buddy helps you at your arrival with the administrative procedures (accommodation, bank, bus card...etc) but also helps you to get integrated (practicing the language, discovering the culture, the city, etc). This is not compulsory, but we truly encourage you to try it! You will be introduced to your Buddy at your arrival.

GETTING SETTLED

Things you must do once you arrive.

Don't worry ! Our International Relations team will help you with administrative procedures.

Here is a diagram that summarizes the steps:



Students of the UE, the EEA and Switzerland do not need a visa to study in France. Other international students will need to apply for a 2-year mobility study visa (visa étudiant-mobilité). 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.

1 - REGISTRATION AT UNIVERSITY

1

First, you will have to pay the CVEC (Contribution de Vie Etudiante et de Campus – student life and campus fee) online: www.cvec.etudiant.gouv.fr



2

Once you are registered, you will receive the invoice to pay the tuition fees. You can transfer it directly to the university bank account.

1st year : 5000€ / 2nd year : 3000€

That's it!

You can now get your AquipASS student card, your digital UPPA account, your student email address and your enrollment certificate (=certificat de scolarité).

Certificat de Scolarité is a very important document.

You should always keep it with you for all administrative procedures.

2 - FIND YOUR ACCOMMODATION

OPTION	APPROXIMATE RENTAL COST	DESCRIPTION	COMMENTS	CONTRACT LENGTH	AVAILABILITY
Residence Universitaire Crous	396 €	<ul style="list-style-type: none"> Furnished private rooms in a residence (small kitchen, bathroom and toilet) Electricity, water and internet included 	<ul style="list-style-type: none"> Bed linen and kitchen utensils are not included Paid laundry service available Strict rules 	Sept - Aug	Limited number of place
Furnished private apartment	450 - 1000€ per month	<ul style="list-style-type: none"> Modern furnished apartments with all commodities. 	<ul style="list-style-type: none"> From studios to larger apartments to share with others students 	According to rental agreement	Most of the time, July and August are not included
Airbnb	300 - 500 €	<ul style="list-style-type: none"> Room to rent within a house or independent apartment. 	<ul style="list-style-type: none"> Excellent option for immersion in France. Free access to the kitchen. 	Open	All year long

IMPORTANT INFORMATION about housing in France

CHARTER

Students are expected to behave in a responsible manner. You will be asked to sign a **Charter for a Responsible Stay**.

INSURANCE

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

INVENTORY

When you move into an accommodation, you have to agree on an inventory of fixtures with the landlord or estate agent. It outlines the condition of the flat and any equipment such as dishwashers, furniture, etc. The inventory should be as accurate as possible to avoid any disputes at the end of the tenancy and should be drawn up on the tenant's arrival and departure.

GUARANTOR

When you rent accommodation in France, you need a guarantor.

- For foreign students under 30 years old: "Visale" can help you get a guarantor for free : www.visale.fr

- For students over 30 years old: Plan to pay the whole year's rent in one or two payments. You can also try "garant me" : <https://garantme.fr/en>



•If you have a disagreement with the landlord, the family, the residence or the flatmate, you will have to handle the problem by yourself. Otherwise, you can ask for help from the IAE staff within reasonable limits.

•When you leave your accommodation, you must give your landlord notice. This letter must be sent by registered letter and must state the date on which you intend to leave your accommodation. It must be given in advance and the period is subject to the terms of the tenancy agreement. It can range from 1 month to 3 months' notice, so read your tenancy agreement carefully!

Here are some links where you can find a private accommodation:
www.lokaviz.fr www.leboncoin.fr www.airbnb.fr www.studapart.com

3 – BANK ACCOUNT AND INSURANCE

When you get to France, our staff will guide you to open a bank account and get all the insurances you need during your stay in France.

1

Bank account

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

- Have a French bank card – a useful payment method
- Have a bank account number known as a “Relevé d’Identité Bancaire” (RIB), you will need it to receive reimbursements
- Receive automatic payments, housing assistance or medical reimbursement payments on your account
- Pay for rent, electricity, gas and other daily expenses
- Withdraw cash

2

Civil liability and housing insurance

For your accommodation – whether private or in a student residence – you will be asked to provide civil liability insurance and housing insurance to prove that you are protected in case of fire or water damage in your accommodation.

Civil Liability and housing insurance can be delivered by the bank (approx 9€ per month)

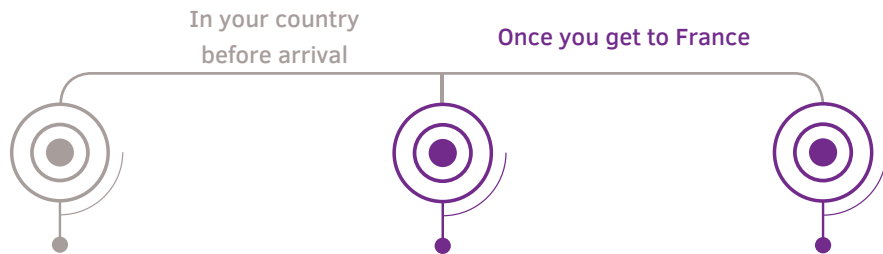
Documents required

- *Passport*
- *Proof of enrollment at university*
- *Proof of residency in France*

4 – VALIDATE YOUR VISA

Residence permit for non-European Students

Within 3 months after your arrival in France you must validate your VLS-TS VISA. Failure to do so can lead to problems with OFII (French Immigration and Integration Office).



Apply for a long stay VISA (VLS-TS VISA) at the French Consulate of your country. We advise to apply for a 2-year mobility study visa (visa étudiant-mobilité).

The procedure which allows you to validate your VISA is available online* : www.administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/

Once this procedure done, you will be issued a certificate attesting you’ve accomplished the online procedure.

*Documents required : Information on your VISA + Date of arrival + Your address in France + A bank credit card to pay the delivery tax of your residence permit

5 – HEALTH

In France, the social security system (CPAM) covers a part of your healthcare expenses :
 - 70% for the General Practitioner
 - 70% or less for specialists

An affiliation is compulsory for all non-European international students as soon as they register at the university. The rest of your expenses can be covered by your complementary student health insurance, or by a private international insurance (if you choose to have one).

Cost for an appointment with a General Practitioner



■ Part reimbursed by the CPAM ■ Patient fees ■ Part reimbursed by the student complementary health insurance

AFFILIATION TO THE CPAM

I’m a student from...	Do I need an affiliation to the CPAM?
UE/EEE/Switzerland and I have an EHIC (European Health Insurance Card)	No
UE/EEE/Switzerland and I have a S1 Form	Yes
Non-European members countries	Yes
Countries with specific agreement (Quebec, Algeria...)	No



1

Register to the CPAM

First step, you register to the CPAM online at :
<https://etudiant-etranger.ameli.fr/#/>

enter basic data :

- First Name + Family Name
- Birth Date + Nationality
- E-mail address + French address
- Phone number

Complete the file with supporting documents :

- Passport + Residence permit
- Official birth certificate AND the official French translation in French
- Certificat de scolarité + RIB (your french bank account details)

2

I create my personal account

Once you receive your NIR number (Identification to the National Register), you will be able to download your «attestation définitive* d'affiliation à la sécurité sociale».

After that you may be asked to provide additional information.

3

Right after you've been affiliated

Open your personal Ameli account at ameli.fr (the official CPAM website)

Ask for your Vitale card

Declare a general practitioner

*This paper states that you are affiliated to the CPAM and allows you to be reimburse for your expenses until you receive the Vitale card.

I DON'T NEED FRENCH SOCIAL SECURITY

European students already covered by their country's social security should obtain the European Health Insurance Card (EHIC) from their social security services 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.

If they have healthcare expenses, they will have to provide a copy of their EHIC, their RIB and the treatment form to their country's social security services in order to be repaid.

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.

Carte Vitale ?

The Carte Vitale is a green health card you will receive once you get registered within the CPAM system. It shows that **you are covered** by the French social security system and allows you to be reimbursed for your healthcare expenses.

You should always keep it with you in your wallet !



Complementary Health Insurance ?

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

To name just few of them :

- LMDE www.lmde.fr
- HEYME www.heyme.care/fr
- SMENO www.smeno.com



Emergency Calls

- 15 - SAMU**
Emergency Medical Service
- 112 - European emergency number**
- 17 - Police**
- 18 - Fire brigade rescue**
- 113 - SOS Alcohol and drugs**
- +33(0)559443535 - Bayonne Hospital**

6 - 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



Documents required

- Copy of your passport and your validated VISA
- Copy of your official birth certificate and the official French translation
- 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
- Certificat de scolarité
- French housing certificate



Are you eligible ?

You will be eligible for financial assistance if :

- You are staying more than 9 months in your accommodation
- You are an European citizen
- You are a non-European member but you have a valid French residence permit

Note 1 : 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.
Note 2 : allocation of housing benefit is not automatic.

What are these important abbreviations ?

RIB - Relevé d'Identité Bancaire
Your bank account details.

Certificat de Scolarité
This is the enrollment certificate. This paper states that you are an official UPPA student for this academic year.

CPAM
Caisse Primaire d'Assurance Maladie
French Social Security that ensures a part of reimbursement for healthcare expenses.

CAF - Caisse d'Allocation Familiale
Government organisation that provides rental subsidies

EHIC
European Health Insurance Card
Issued by the social security system of your country if you are European citizen.

UNIVERSITY RESTAURANT
RESTAURANT UNIVERSITAIRE (RU)

Restaurant : Monday to Friday, 11.30am – 1.30pm
 - 3 dishes are proposed
 - Price: 3.30€

Cafeteria : Monday to Friday, 11.00am – 3pm
 Payment can be done with student card
Aquipass thanks to the **Izly system**, credit card or cash.

LIBRARY
BIBLIOTHÈQUE
UNIVERSITAIRE (BU)

Monday to Wednesday : 8.30am – 7pm
 Thursday – Friday : 8.30am – 6pm
 Saturday : 9am – 12.45pm

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

AQUIPASS STUDENT CARD

The AQUIPASS card is issued after registration at 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.

The AQUIPASS card is also a convenient and safe way of payment on the Campus thanks to the Izly system. Izly is an online application where you can credit with euros your student card.

Create your account on : www.izly.fr/

Many places outside of the Campus offer discounts to students so you should always take your Student AQUIPASS card with you to benefit the student discounts.

SPORT

The sports department (SUAPS) offers various sports activities throughout the year (indoors, outdoors, collective or individual sports) such as:

Badminton, Basketball, Rugby, Climbing, Surfing, Skiing, Rowing and much more !

More information at : <https://sport.univ-pau.fr/fr/index.html>



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 service advises student associations that develop their projects in many fields (art, culture, environment, science, international solidarity...).

•SUMPPS - University Health Centre : nurse, doctor, counselling and psychological services. On appointments / Free of charge.

STUDENTS' UNION
 BDE 64

<https://www.instagram.com/bdepaubayonne/?hl=fr>

As a students' union, BDE 64 strives to help students enjoy their time in Bayonne, make friends and leave University with skills for a future career.

We aim to have a positive impact on the majority of people on the university campus.

We organize throughout the year :

- Students events
- Immersion week-ends
- IAE Gala : Octobre 21st, 2023
- Conferences



HOW TO SETTLE IN ?

With its colourful houses surrounded by water, its many bars and restaurants, its shops and festivals, **Bayonne is a charming and lively city where life is good !**

However, many students have to combine a small budget with their interest in exploring their new country or city.

Here some ideas on how to find your place and get by in your new environment...

CULTURE AND ARTS

France is known for its cultural and artistic wealth, as is Bayonne: cinemas, theatres, museums and an exciting nightlife are waiting for you! Students get discounts for almost all cultural events and places !

CINEMAS

Do you like watching movies ? If so, Bayonne is the right place!

ART HOUSE CINEMAS

L'Atalante in Bayonne provide many different films in original versions (with French subtitles). It belongs and corresponds to the rich tradition of French cinema. L'Atalante also includes a bar and a small gallery to visit.

The cinema Le Royal in Biarritz is also a very good choice for original versions. Once a month they organize a special screening "Lost in Frenchlation", they screen a french movie with english subtitles.

BLOCKBUSTER CINEMAS

Moreover, 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.



L'Atalante

7 rue Denis Etcheverry
 64100 BAYONNE
<https://atalante-cinema.org/>

Cinéma Le Royal

8 avenue du Maréchal Foch
 64200 BIARRITZ
<https://www.royal-biarritz.com/>

Cinéma Mega CGR

Allée de Glain
 64100 BAYONNE
<https://www.cgrcinemas.fr/cinema/p0252-cgr-bayonne>

Monciné

ZA de l'Union, rue des Barthes
 64600 ANGLET
<https://www.moncine-anglet.com/>

THEATRES

📍 THÉÂTRE MICHEL PORTAL

To be or not to be ? The main theatre in Bayonne is located in the city hall building in the historic centre, and hosts many different plays : <https://www.scenenationale.fr/spectacles>

📍 LUNA NEGRA

A small historical theatre located in “rue des Basques” which offers different types of plays, cabarets and concerts in a cosy atmosphere. <https://www.lunanegra.fr/>

📍 GARE DU MIDI

In Biarritz city centre this theatre is located in an old train station. They are presenting musical comedy, dance ballet, standup, cabaret and theatre.



MUSEUMS

📍 THE BASQUE MUSEUM

Euskara badakizu ? Do you speak Basque ? In Bayonne daily life, 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** ! Its exhibitions change often and deal with different topics of historic and contemporary life.

📍 ART

For art lovers, Bayonne has an art museum and several small art galleries worth visiting.

The Museum Bonnat-Helleu (currently under renovation) is specialized in fine arts.

📍 OTHER MUSEUMS

If you are interested in exhibitions, collections and excursions on natural history and wildlife, you can visit the **Ansot Natural History Museum**, located in a natural park and near the Nive river.

For sea-lovers it may be interesting to visit the **Biarritz Sea Museum and Aquarium** and watch the seals being fed ! It is also a perfect spot to enjoy the ocean view !

EVENTS IN BAYONNE

September	Journées du Patrimoine	April	Foire au Jambon
November	Fête du chocolat	June	21 June : Fête de la Musique
December	Christmas celebrations & markets	July	Fêtes de Bayonne
February	Le Carnaval	August	"Paseo" festival

LOCATIONS & NIGHT LIFE

In Bayonne and its surroundings there is many concerts and events. For example :

📍 THE ATABAL (BIARRITZ)

The Atabal in Biarritz offers a varied programme throughout the year and organizes various concerts and events (rock, alternative, pop...), small art exhibitions and music classes. You will certainly find something you like !

📍 ECURIES DE BAROJA AND 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 Quintaou in Anglet with its modern architecture is a good place 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 theatre plays take place.

The Kalostrape in the Rue Marengo is a Basque cultural centre which offers many different events (DJs, concerts, language exchanges, cultural events) and is definitely a place to visit !

The Magneto event takes place in a former castle bunker, and its rather underground atmosphere (mainly rock concerts) is sure to please.

📍 GRAND BAYONNE

Are you a musician ? 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 !

📍 NIGHTCLUBS

Bayonne students usually go to the bars when they are going out. But if you are a nightclub lover there are some places like **the Arrena** or **the Jungle Café** where you can dance until sunrise. If you are brave enough, you can party on the French-Spanish border at **La Nuba**, the largest nightclub in the Basque Country.



18
BAYONNE GASTRONOMY

As you will soon learn, food is very important for the Bayonnais and French people in general. Here some information on Bayonne and French gastronomy.



IN THE RESTAURANT

Generally, a restaurant menu is composed of three dishes (entrée, plat, dessert), but know that you can choose to order only the first course – entrée and the main course or the main course and the dessert. Water and bread are included in the menu.

In France, tips are appreciated but not required.

At the end of the meal, either you pay at your table or at the counter, it will depend on the restaurant.

MARKETS

Enjoy the traditional food market each Saturday near les Halles in Bayonne. Here you can buy fresh fruits and vegetables, wine, cheese and other regional products. And it is the meeting point of the town's inhabitants.

How much is ?

- 1 coffee € 1
- 1 baguette € 1
- 1 croissant € 1.30
- 1 meal - University restaurant € 3.30
- 1 menu - Restaurant in the centre € 15-25
- 1 sandwich € 3 - 5
- 1 glass of wine € 2.50 - 5 1 kg of pasta € 1
- 1 kg of rice € 1.90
- 1 kg potatoes € 1.20
- 1 L of milk € 1.20

FOOD & DRINKS

BAYONNE'S GASTRONOMY

Here some example of the Basque gastronomy:

Marmitako : tuna stew

Axoa : veal, Espelette chilli pepper, pepper

Pintxos : Basque tapas

Piperade: tomato, chilli pepper, pepper

Poulet Basquaise : chicken, tomato, sweet pepper

Jambon de Bayonne : ham

Basque dessert : Gâteau Basque

BAYONNE CITY OF CHOCOLATE

Bayonne is known as the chocolate capital of France

As you will quickly notice, there are many chocolate shops and small chocolate factory which offer excellent and various kind of chocolate.

If you want to know more about chocolate, visit the **Atelier du Chocolat** !

DRINKS

You can find in Bayonne some of the best wines from the **Bordeaux** region.

Izarra (a sweet liquor, made in Bayonne) and **Patxaran** (liquor served as digestif) are typical Basque drinks.

The Basque Country is also known for its cider produced in the Basque countryside.

Drinking excessively will cause harm to your body and mind. Please drink mindfully.

WORKING IN FRANCE

Every foreign student has the right to work while studying in France. This right applies to **all students in France**. If you are not an EU citizen and you want to work, you must have a student resident permit



French law authorises foreign students to an auxiliary work of 964 hours during the year, the equivalent of 60% of the legal work year. It can only be auxiliary income.

When you work in France, if you are a student or not, you are guaranteed a minimum wage by law. It is commonly called the SMIC (Salaire Minimum Interprofessionnel de Croissance - the minimum wage). It is 11,52€ gross per hour.

This wage is gross; you have to deduct mandatory social charges (about 20%) to find out how much you really take home: 9,11€ hour.

The Autorisation Provisoire de Travail (APT -Temporary Work Permit) is no longer needed to work while studying, except for Algerian students, whose status remains defined by the Franco-Algerian agreement of December 27th, 1968.

<https://www.campusfrance.org/en/working-student>

BUREAU INFORMATION JEUNESSE

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.

+33(0)559 59 35 29

bij@bayonne.fr

mondays from 1:30pm to 6:30pm

tuesdays and thursdays from 10am to 12:30pm and from 1:30pm to 6pm

fridays from 10am to 6pm

POLE EMPLOI / FRANCE TRAVAIL

Employment Office

The employment office is the national agency for jobs throughout France which offers counseling for job searches, formations and concrete job offers.

In Bayonne, the Pôle Emploi office is located near the Adour River, about 20 minutes' walk from the city centre.

42 Boulevard du BAB, 64100 Bayonne
<https://www.pole-emploi.fr/accueil/>

You can find other part-time jobs and internships online. Some websites :

www.1jeune1solution.gouv.fr

www.jobaviz.fr

www.studentjob.fr

www.letudiant.fr

www.welcometothejungle.com

www.leboncoin.fr

LEARN FRENCH

Learn French

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

CRL : UPPA LANGUAGE CENTER

On the Bayonne campus is the CRL, UPPA Language centre which helps you learning French. It offers French classes with different levels. There are free conversation classes two times a week, they can also be in English and in Spanish.

The centre also helps you to find a tandem partner through its tandem platform (language exchange). In general, you can register at the beginning of the semester :

<https://crl.univ-pau.fr/fr/index.html>

ADDITIONAL POSSIBILITIES

Do not hesitate to use every possible ways to improve your French skills!

Also use online platforms to go further in your learning of French :

<http://lexiquefle.free.fr/>

<https://www.francaisfacile.com/>

Listening to French radio or watching French television can also help you to improve your language skills :

<http://www.tv5monde.com/>

<https://www.arte.tv/fr/>

<http://www.rfi.fr/>

EMMAUS

The everyday flea market for everything !

Second-hand goods (furniture, kitchen ware, clothes, books, bikes...) you can find at Emmaüs, which is a big warehouse similar to an everyday flea market that exists all over France to provide cheap second-hand ware for everyone.

You can find second-hand items (furniture, kitchen utensils, clothes, books, bicycles...) at Emmaüs, which are warehouses that exist throughout France to provide cheap second-hand items to everyone.

Contact Emmaüs:

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

Opening hours :

Tuesday to Saturday: 8am – 12pm and 2pm – 6pm

Unfortunately EMMAUS (Bayonne / Tarnos) is not easy to reach.

-> Take the bus number 32 from Bayonne
Bus : <https://www.txiktak.fr/>

-> until the stop "Henri de Navarre"

-> from there it's a 20min walk next to Route Nationale 177.

BICYCLE

Bayonne and its area is flat, so perfect to ride by bicycle !

- Rent a bike for free ! with TXIRRINDOLA non profit association :

<https://txirrindola.org>

- Buy one in a bike shop :

<https://txirrindola.org>

<https://bayonne.cyclable.com/>

<https://www.rdcycles64.fr/>

- Buy one to someone who doesn't need it anymore :

www.leboncoin.fr

THE WEATHER

Did you know that the Basque Country is famous for its green hills ?

The weather is responsible for the beautiful landscape. In winter and spring it rains a lot and in summer and autumn it is hot. This is why there are also palm trees next to the green meadows .

"Welcome to the Basque Country", people will tell you, "where you experience four seasons in one day !". To be as well-equipped as possible for changing weather conditions, we advise you to buy a light rain coat that fits in your bag and some nice rain boots.



UP NORTH

Les Landes : Capbreton, Hossegor, Soustons

HOW TO GET AROUND ?

Just north of Bayonne (Landes department) you will find secluded beaches and stunning walks through huge pine forests. On cycle paths and hiking trails, near hidden lakes, you can discover the wildlife and the vast landscapes along the coast. Small villages such as Capbreton, Hossegor and Soustons are perfect places to stay and do all kinds of activities (swimming, surfing, sailing, shopping, casino, restaurants...).

To get around in France there are several possibilities : train, buses and carpooling :

- Train : <https://www.sncf-connect.com/>

- Buses :

<https://www.txiktak.fr/>

<https://transports.nouvelle-aquitaine.fr/>

- Car : <https://www.blablacar.fr/>



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