



Alliance Française
Bordeaux Nouvelle-Aquitaine

WELCOME BOOKLET

ALLIANCE FRANÇAISE BORDEAUX NOUVELLE-AQUITAINE



La certification qualité a été délivrée
au titre de la catégorie d'action suivante :
ACTIONS DE FORMATION

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Visit the region and France

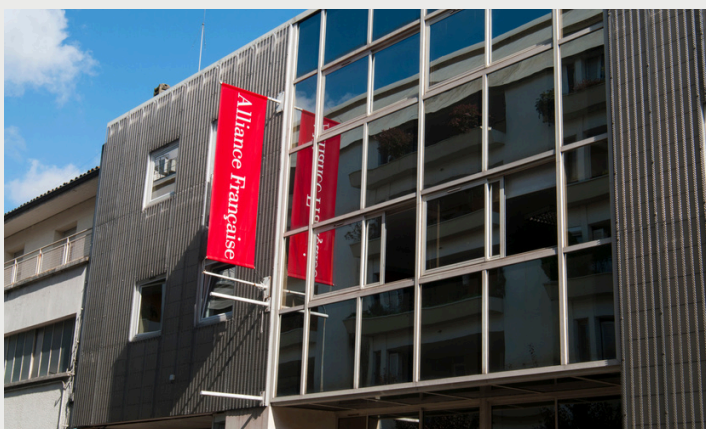
1. Visit Nouvelle-Aquitaine and France



School

The Alliance Française is located in the heart of Bordeaux, **126 rue Abbé de l'Épée**.

Close to the historic city center and shops, the school's location will enable you to fully live your Bordeaux experience.



COMING TO SCHOOL



Tram D - Fondaudège - Muséum stop
Tram B et C - Quinconces stop
Tram A - Mériadeck stop



Bus 2, 3, 5, 15 et 23 - Tourny stop
Bus G et 16 - St Seurin stop
Bus 82 - Naujac stop, Turenne stop

HOURS

Monday: **8:30-17:00**
Tuesday: **8:30-17:00**
Wednesday: **8:30-13:30**
Thursday: **8:30-17:30**
Friday: **8:30-16:30**

SOCIAL MEDIA

Follow Alliance Bordeaux on social media to discover **what our students get up to every day** between classes, activities, and life in Bordeaux. Join our community!



[Alliance Française Bordeaux Aquitaine](#)



[@afbordeaux_aquitaine](#)



[Alliance Française Bordeaux Nouvelle-Aquitaine](#)



[@afbordeaux_aquitaine](#)



[Alliance Française Bordeaux Nouvelle-Aquitaine](#)



www.alliance-bordeaux.org



Reception

Please contact reception if you have any questions regarding:



Registration/re-registration for courses or workshops.



Diplomas: registration and collection of your certificates and diplomas



Accommodation: AF Bordeaux will help you find accommodation for the duration of your stay, within a minimum of two weeks and subject to availability.



Student card: you can obtain your student card at reception by submitting a photo. This card entitles you to **benefits** such as student rates at the Tourist Office, museums, cinemas, theaters, restaurants, bars, shops in Bordeaux, and other partners.



Complaints: If you have a complaint, you can return the form provided for this purpose to us by requesting it at reception. We will respond as soon as possible.

The team

MANAGEMENT



Cécile
DELAUNAY

ADMINISTRATION



Marie-Hélène C.



Sarah F.



Hripsimé N.

CULTURE & COMMUNICATION



Nicolas B.



Flora B.

EDUCATION



Caroline A.



John B.



Magali M.

TEACHERS



Nelly D.



Mathieu L.



Manon K.



Mathieu T.



Valérie S.



Bénédicte S.



Clotilde R.

Our French courses

COURSES ON SITE

Intensive course

- From Monday to Friday
- 9 AM to 1 PM (20h/week)
- All levels (A1 to C1)

Particular courses

- According to your schedule
- According to your objectives
- All levels (A1 to C2)

COURSES ONLINE

Afternoon courses

- Mon., Tues., Thurs. and Friday
- 1:30 to 3:30 PM
- All levels (A1 to C1)

Evening courses

- Tuesdays and Thursdays
- 6:30 to 8:30 PM (4h/week)
- All levels (A1 to C1)

For more information about the courses, visit our website:
<https://www.alliance-bordeaux.org/en/french-course/>

THEMATIC WORKSHOPS ON SITE

Conversation Workshop

- Monday, 2:30 to 4:30 PM
- 12€/h (sliding scale prices)
- From A2 level

Phonetics Workshop

- Friday, 2:30 to 4 PM
- 12€/h (sliding scale prices)
- All levels

Written French Workshop

- Tuesday and Thursday
- 2:30 to 4:30 PM
- 12€/h (sliding scale prices)
- From A1.2 level

For further information about the workshops:
<https://www.alliance-bordeaux.org/en/workshops/>



The Alliance Française Bordeaux Nouvelle-Aquitaine has made a number of commitments concerning the setting up and follow-up of courses, in order to guarantee a qualitative training and to provide a good framework for learners. The AFBNA considers learners as the role players in these courses, and asks them to respect a certain number of commitments to ensure that classes run smoothly.

Find out more about our [learning contract](#).



TRAINING ASSESSMENT

At the end of your stay, your teacher will provide you a **training assessment** certifying your attendance, the level of your followed courses, the hourly volume and your progress.

EXAMS

Take advantage of your stay to take your French **diplomas and tests** at the Alliance Française Bordeaux Nouvelle-Aquitaine. For more information and to register for an exam, visit the reception desk or [our website](#).

FRANCE
EDUCATION
INTERNATIONAL

DELF
DALF

DELF and DALF are official diplomas issued by the French Ministry of Education to certify competence in the French language.

FRANCE
EDUCATION
INTERNATIONAL

TCF
INTÉGRATION,
RÉSIDENT
& NATIONALITÉ

The **TCF IRN** can be used to validate your level of French for an application for French nationality/resident's card, or to validate your level as part of the OFII citizenship program.

FRANCE
EDUCATION
INTERNATIONAL

TCF

The **TCF** is designed for people who wish to have their level of French assessed for academic, professional or personal reasons.

*TEF
TEST
D'ÉVALUATION
DE FRANÇAIS

TEF Canada certifies your knowledge of French for immigration and citizenship purposes.

WHICH EXAM TO TAKE?



	TCF IRN B1	TCF IRN B2	DELF B1	DELF B2	DALF C1
Demande de nationalité		x		x	
Carte de résident	x		x		
Entrée à l'université, stage, future formation etc.				x	x

Resources at your disposal

RESOURCES CENTER



In this computer room, you can find a wide range of **resources to support your learning**: online exercises, workbooks, magazines, easy French novels, the Bien-dire digital textbook...

All books can be borrowed from the teaching department.



BOOKS BOX

On the first floor, you have a "Boîte à lire" (box to read) at your disposal. Its aim is to give a **second life to books**. You can freely take or leave books of your choice.

DIGITAL LEARNING PLATFORM

The Apolearn platform provides access to **course summaries and complementary activities**. It's also the place to talk to classmates and teachers, share content and much more!



You can use the Wi-Fi connection throughout the establishment. The login details are displayed at reception and on each floor.

Cultural department

A **monthly** cultural programme offers activities to discover the **local culture** (visits, tastings, excursions), sports activities and social events.

HERITAGE & CULTURE



GASTRONOMY & OENOLOGY



SPORT & LEISURES



EXCURSIONS



Our eco-friendly policy

This programme is posted in your classroom, on each floor and outside the **communication and culture office**. It is also posted on **Instagram** and **Facebook** at the start of each session.

Finally, the [culture page of our website](#) gives more details on all our upcoming cultural activities.


To register for activities, go directly to the cultural office on the ground floor of the school.

AFBNA is committed to respecting the environment:



- **Recycling:** all litter garbage cans have been removed from classrooms and offices. On each floor, you can find bins to sort your waste properly.
- **Green energy:** since January 2020, AF Bordeaux has been using 100% green electricity.

Office Tourism

 **The Bordeaux Tourism Office** offers a wide range of activities and excursions to discover Bordeaux and its surroundings. For more information, you can visit the Tourism Office or consult their website: <https://www.bordeaux-tourisme.com/>

Public transport



The **TBM transport** network includes bus, tramways, bike and boat. You can buy your tickets at tramways stations, or on the mobile application.

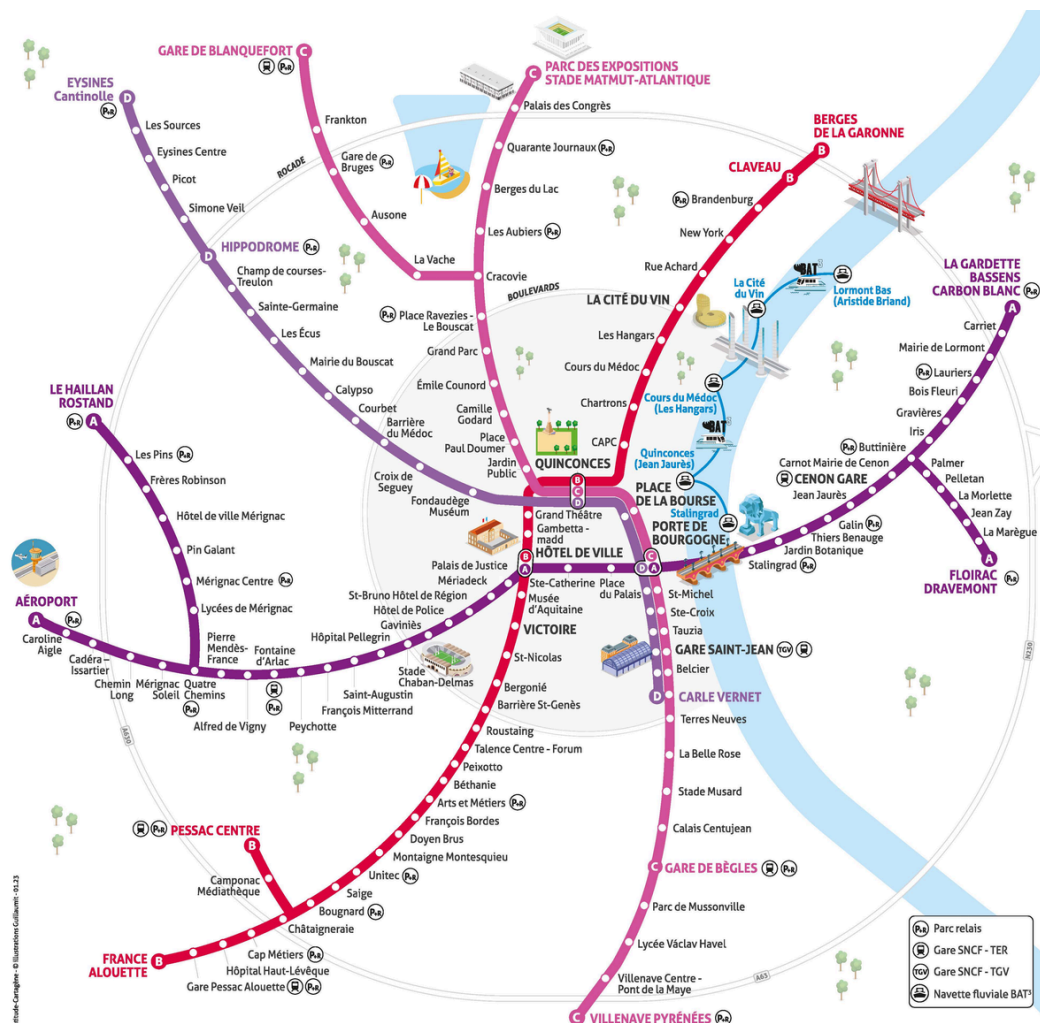
TRANSPORT TICKETS

- **City Pass:** The City Pass gives unlimited access to the TBM network and to over 20 museums, including the Cité du Vin. The City Pass can be purchased for 24, 48 or 72 hours.
- **Trip tickets:** 1, 2 or 10 trips
- **Day tickets:** 24h, 7 days or one evening
- **Long-term subscription (monthly or annual):** subscriptions must be taken out at TBM agencies or on their website. You need ID, a recent passport photo and a bank details form.

→ TBM agencies

Quinconces agency: Cours du 30 Juillet
Gare Saint Jean agency: South forecourt access

 **Bordeaux airport is directly accessible via tramway line A!**



Eating near the Alliance



Boulangerie Perrin 🍞
Bread, viennoiserie, sandwiches,
pastries, etc.

€ 55-57 rue Fondaudège



Paus'k 🍷 🍴
Hot dishes (pasta, quiches,
wraps etc.)

€ 11 rue Fondaudège / 2 rue du Palais Gallien



Gustave - Street Food 🌍 🍷
Street food inspired by the
world cuisine.

€€ 5 rue Fondaudège



Heiko Poke 🌍 🍷
Poke with vinegared rice, raw
vegetables or quinoa.

€€ 35 rue Fondaudège



La Collation 🌍 🍷
Brunch with fluffy pancake,
sweet or salty.

€€€ 17 rue Fondaudège



Boulangerie Guillaume 🌍 🍷
Bread, viennoiserie, sandwiches,
pastries, etc.

€ 5 rue du Palais Gallien

Our recommendations in Bordeaux



Brunch

Suzzi

46 rue des Trois-Conils

Les Sauvages

49 cours de la Martinique



Asiatic

Fufu Ramen

37 rue Saint-Rémi

Santosh

2 pl. Fernand Lafargue



Canelés

La Toque Cuivrée

5 et 82-84 rue Sainte-Catherine

Baillardran

33 rue Saint-Rémi



Italian

Osteria Palatino

8 rue de la Merci

Monzù

12 place des Grands Hommes
14 rue Guiraude



Kebab

Anatole

7 rue du Pas-Saint-Georges

Coluche

40 rue du Pas-Saint-Georges



Vegan

Dis Leur

45 rue du Loup

Monkey Mood

11 rue Camille Sauvageau



French

Berthus

15 rue des Bahutiers

Le Prévert

10 rue Castillon



Burger

Le Petit Mignon

33 rue Saint-Rémi

Kokomo

9 pl. Fernand Lafargue



Gastronomic

Le Quatrième Mur

2 pl. de la Comédie

Arcada

13 rue de la Rousselle

Markets

Marché des Capucins

Open daily except for Mondays

Pl. des Capucins



Marché des Chartrons

Open daily except for Sundays and Mondays

2 rue Sicard



Les Halles de Bacalan

Open daily except for Mondays

15 quai du Maroc

Marché on the docks

Open on Sundays from 7 AM to 3:30 PM

Quai des Chartrons

Cinemas and theaters

Méga CGR Le Français

9 rue Montesquieu

Cinéma Mégarama

7 quai des Queyries

Cinéma Utopia

5 pl. Camille Jullian

Cinéma UGC Ciné Cité

13-15 rue Georges Bonnac

UGC Ciné Cité Bassins à Flot

6 quai Virginie Hériot

Théâtre Femina

10 rue de Grassi



Théâtre des Beaux-Arts

2 rue des Beaux Arts

Opéra National de Bordeaux

Pl. de la Comédie

Théâtre Improvidence

19 rue des Augustins

Théâtre L'Inox

11-13 rue Fernand Philippart



Museums



Musée d'Aquitaine

20 cr Pasteur



Musée des Beaux-Arts

20 cr d'Albret



La Cité du Vin

134 quai de Bacalan



Bassins des Lumières

Imp. Brown de Colstoun



Muséum d'Histoire Naturelle

5 pl. Bardineau



Musée Mer Marine

89 rue des Étrangers



CAPC Musée d'Art Contemporain

7 rue Ferrere



Musée du Vin et du Négoce

41 rue Borie



Intercultural meet-ups

- Take part in **French Apéros**, Cafés Linguistiques and other cultural activities organized by AF Bordeaux every month.
- Join some **Facebook groups** to exchange with other students and expatriates in Bordeaux: [Erasmus Bordeaux](#), [Bordeaux Tribe up](#).
- Join **associations** such as [BlaBla Language exchange](#), [Meet Up](#) or [conversation clubs](#).
- Register on the [Buddy System](#) platform, which gets you in touch with a French student or the linguistic app [Tandem](#).



Sports



- **Gym with memberships:** [Basic Fit](#), [Easy Gym](#), [Keep Cool](#), [Pulse Boot Camp](#)...
- **Open access grounds:** Parc des sports Saint Michel
- **Sport ground with reservation:** complexe [Axel Vega](#)
- **Sport clubs:** [tennis](#), [football](#), [climbing](#), dance...

Accounts to follow



EAT

[@bordeauxfood](#)
[@lecanneledresses](#)
[@le_canard_bordelais](#)
[@brunchbordeaux](#)
[@topbordeauxbrunch](#)

VISIT

[@visitbordeaux](#)
[@quoifaireabordeaux](#)
[@bordeauxmedia](#)
[@le_bonbon_bordeaux](#)
[@unairdebordeaux](#)

Accommodation

WITH THE ALLIANCE FRANÇAISE DE BORDEAUX

If you wish, AF can provide you with accommodation. We select accommodation close to our school and easily served by public transport (less than 30-minutes away).

- **In host family**

Half-board package: discover the way of life of a French family by sharing their daily routine and convivial moments (breakfast and dinner, evenings...).

Single room only package: you stay with a host family, who will provide you with a room and free access to the kitchen and bathroom.

- **Hotel residences**

Hotel residences offer studios, T1s or T2s (1 to 4 people) equipped with bathroom and kitchenette, and with optional services for an additional cost: breakfast, laundry, car park, etc. Find our partners [by clicking here](#).

- **Student residences**

Student residences (or coliving) offer warm and welcoming places to live, where everyone has their own personal space (from T1 to T3, fully furnished) and shared spaces for a host of new services (coworking space, fitness room, etc.). Find out more about our partners [by clicking here](#).



Discover all our price on our website: <https://www.alliance-bordeaux.org/en/accommodation/>

Accommodation

BY YOUR OWN MEANS



- **On websites**

It is possible to find accommodation on:

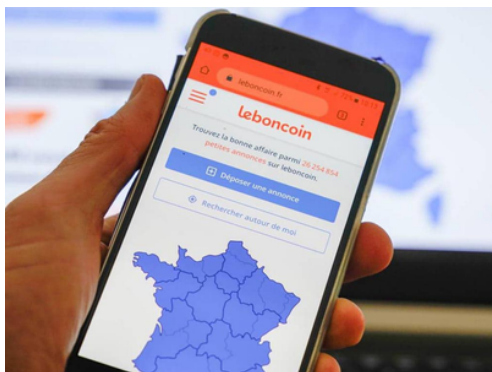
- ▶ [Leboncoin](#)
- ▶ [Particulier à particulier](#)
- ▶ [SeLoger](#)
- ▶ [La carte des Colocs](#)
- ▶ [Airbnb](#)

- **Youth hostels**

If you want to stay in a youth hostel, the most famous ones of Bordeaux are [Whoo Hostel](#), [Central Hostel](#), [Youth Hostel](#), [Hostel 20](#).

- **Accommodation from the CROUS**

If you are registered in a higher education establishment in the Bordeaux academy, recognised by the Ministry of Higher Education and Research, you can apply for university accommodation on [this website](#).



WARNING! There are a lot of scams on accommodation websites. Never send your bank details or identity papers without first visiting the property. And don't pay any deposit before visiting the property.

You may be eligible for housing benefit under certain conditions, which you can find out more about here: <https://www.service-public.fr/particuliers/vosdroits/F2787>.

Embassies, consulates and visas

EMBASSIES AND CONSULATES



Once you have arrived in France, **register your presence on French territory**. You can find your country's consulate in Bordeaux in [this directory](#).

VISA

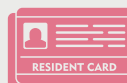


If you are an **EU national**, the only documents required are your identity card or passport. You do not need to complete any formalities with the French authorities.



If you are **not an EU citizen**, check whether you need a visa on the [France-Visas](#) website. If you obtain a long-stay visa for your studies (VLS-TS visa), you must validate it on [the official website](#).

RESIDENCE PERMITS



If you have a VLS-TS visa and would like to continue your studies in France the following year, you can learn more about it [on this website](#). This request must be made no later than one month before the expiry date of your visa. You can also consult the Préfecture de Gironde [website](#).

You will be asked to buy revenue stamps. You can buy them online or at a tobacco shop.



To print, photocopy or scan documents, can go to these places:



- **In a Post Office**
- **Public libraries and universities:** 85 cours du Maréchal Juin, Tram A (Hôtel de Police)
- **Bureau Vallée :** 79 rue Georges Bonnac, Tram A (Méridaek)
- **CIJA (Centre d'informations Jeunesse Aquitaine) :** 25 cours d'Alsace Lorraine, Tram A (Place du Palais)
- **COREP :** 84 cours du Maréchal Juin, Tram A (Hôtel de Police) ou 17 place de la Victoire, Tram B (Victoire)

Telephone

There are two ways of obtaining a French telephone number: using a **prepaid card** (preferable for short stays), or taking out a **subscription** with a French operator (preferable for longer stays).

Prepaid SIM card:

To buy a prepaid SIM card, you can go to **retailers** (tobacconists, supermarkets) or **operators' shops**. You can also buy them online, on your operator's website.



Subscription with a French operator:

You can take out a telephone subscription **online or in a shop**. In general, you will need to provide proof of identity, proof of address and your bank details.



The four **best-known French operators**:



Banks



If you plan to stay in France for a long time, we advise you to **open a French bank account** to:

- Avoid paying bank charges (especially if your country's currency is not the Euro).
- Have a bank card and checkbook. This is necessary for paying your rent and other administrative formalities.
- Obtain housing benefit and reimbursement of medical expenses.

The main French banks are: Banque Populaire, Crédit Agricole, Société Générale, BNP Paribas, Crédit Mutuel, LCL and Caisse d'Epargne.



Mail



• La Poste

To send your letters and packages, go to your nearest post office.

La Poste Mériadeck : 37 rue du Château d'Eau



Other package delivery services:

- ▶ [Mondial Relay](#) (in some European countries)
- ▶ [Relais Colis](#) (in France)
- ▶ [Chronopost](#) (international)
- ▶ [UPS](#) (international)

Health

SOCIAL SECURITY SYSTEM

Access to social security for foreign nationals living in France depends on their situation:

-  **European Union (EU) and European Economic Area (EEA) nationals** benefit from social security under the coordination of European social systems.
-  **For non-EU/EEA foreigners**, coverage depends on their residency status, with certain residence permits entitling them to social security.

To find out more about your rights, visit this page: <https://www.service-public.fr/particuliers/vosdroits/F12859>.



IMPORTANT NUMBERS



Emergencies



Firefighters



Late-night pharmacy

30 Place des Capucins
+33 5 56 91 62 66



Ambulance



Police



Hospitals

Saint André - +33 5 56 79 56 79
Pellegrin - +33 5 56 79 56 79

SOS Médecin (doctors): To make an appointment, call +33 5 56 44 74 74 or visit our website at <https://www.sosmedecins-bordeaux.com/>.

45 rue de la Pelouse de Douet

Visit Nouvelle-Aquitaine

→ Arcachon Bay

It takes you a one-hour trip from Bordeaux to get into the Atlantic coast, there you can discover magnificent sites such as the Dune du Pilat, Cap Ferret and Arcachon.

Accessibility: train or bus (lines 601, 610 and 611)

→ Lacanau

Lacanau is internationally renowned for its surf spot.

Accessibility: bus (line 702)

→ Bordeaux vineyards

6 wine regions to discover: Médoc, Graves and Sauternes, Blaye and Bourg, Saint-Émilion, Pomerol and Fronsac, Entre-deux-mers.

Accessibility: bus (line 702)

Don't hesitate to contact the [Bordeaux Tourism Office](#), which offers day excursions.

→ Saint-Émilion

Discover the charm of a medieval village at the heart of the Bordeaux vineyards, as well as numerous historical monuments.

Accessibility: bus or train (lines 304, 315, 316, 317)

→ Dordogne

With its important archaeological and cultural heritage, the Dordogne is a must-see département in the South-West. Visit the medieval town of Sarlat-La-Canéda.

Accessibility: bus or train



→ Blaye end the Gironde estuary

Blaye is an impressive Vauban citadel. But that's not all: here, the estuary takes center stage, creating a town full of surprises.

Accessibility: train or bus (line 202).

→ Biarritz and the Basque country

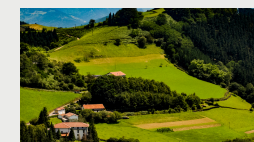
Located just a stone throw away from Spain, people come here for its beaches, waves and surfing, as well as for its authenticity and cultural vibrancy.

Accessibility: train or bus

→ La Rochelle and Charente-Maritime

This region, with its many seaside resorts, is appreciated for its landscapes and important heritage.

Accessibility: train or bus



Visit France

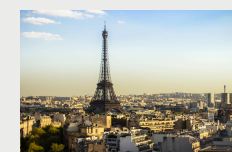
Bordeaux → Paris 2 to 3h by train

Bordeaux → Toulouse 2h by train

Bordeaux → Lyon 1h30 by plane

Bordeaux → Nantes 4h30 by train

To travel in France, you can take a plane, train, Blablacar (carpooling) or bus.





Alliance Française
Bordeaux Nouvelle-Aquitaine

**IF YOU HAVE ANY QUESTION, FEEL FREE
TO CONTACT US DIRECTLY**

Alliance Française de Bordeaux Nouvelle-Aquitaine

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