1. School
2. Reception
3. Education department
4. Cultural and communication department
5. Resources at your disposal
6. Eco-responsible approach

Living in Bordeaux
1. Transport
2. Restaurants
3. Culture

Administrative procedures
1. Accommodation
2. Embassies, consulates and visas
3. Telephone, mail and bank
4. Health

Visiting the region and France
1. Visiting the Nouvelle Aquitaine department
2. Visiting major French cities
The Alliance Française is located at the heart of Bordeaux, at 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.

Follow us on social networks! You'll find useful information, photos of cultural activities, advice on learning French and all the latest news from the Alliance Française.

Our website also contains many information on courses, exams and cultural activities.

- **Alliance Française Bordeaux Aquitaine**
- **Alliance Française Bordeaux Nouvelle-Aquitaine**
- **https://www.alliance-bordeaux.org/**

If you have any questions about:

- **Registration / re-registration** for courses or workshops.
- **Diplomas**: registration and collection of your certificates and diplomas.
- **Accommodation**: AF Bordeaux will help you to find accommodation for the duration of your stay, within a minimum of two weeks depending upon to availability.
- **Student card**: you can get your student card at reception by submitting a passport photo with your name written on the back. This card entitles you to benefits such as student rates at the Tourist Office, museums, cinemas, theaters, restaurants, bars, Bordeaux stores and other partners.
- **Claims**: If you have a claim, you can return the form completed at reception. We'll get back to you as soon as possible.
Education department

If you have any questions about your courses or workshops, please contact the education department.

THE COURSES

**Intensive courses**
- Monday to Friday
- 9am to 1pm (20h / week)
- From A1 to C1 level

**Extensive courses**
- Tuesday and Thursday
- 6:30 pm to 8:30 pm (4h / week)
- From A1 to C1 level

For more information on our courses, please visit our website: [https://www.alliance-bordeaux.org/en/french-course/](https://www.alliance-bordeaux.org/en/french-course/).

THEMATIC WORKSHOPS

**Conversation**
- Monday, 2:30 to 4:30pm
- 18€ per week
- From level A2

**Grammar**
- Thursday, 2:30 to 4:30pm
- 18€ per week
- All levels

**Phonetics**
- Friday, 2:00 pm to 3:30pm
- 13.50€ per week
- All levels

**Cultural**
- 1 time/month, 2:30pm to 4pm
- 13.50 € per workshop
- From level A2


TRAINING REVIEW

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.

**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.

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

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

**TEF Canada** certifies your knowledge of French for immigration and citizenship purposes.
WHICH EXAM TO TAKE?

<table>
<thead>
<tr>
<th>TCF IRN A2</th>
<th>TCF IRN B1</th>
<th>DELF A2</th>
<th>DELF B1</th>
<th>DELF B2 DALF C1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nationality application</td>
<td>x</td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Resident's card</td>
<td>x</td>
<td>x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>University entrance, internship, future training, etc.</td>
<td></td>
<td></td>
<td>x</td>
<td></td>
</tr>
</tbody>
</table>

The cultural and communication department is at your disposal for all inquiries relating to cultural activities.

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

This program is posted in your classroom, on each floor and in front of the cultural services office. It’s also posted at the start of each session on Facebook and always available on our Instagram biography!

Finally, the culture page of our website lists and gives more details on all upcoming cultural activities: https://www.alliance-bordeaux.org/en/culture/.

Resources at your disposal

RESOURCES CENTER

To support your learning, we provide a space with free access to connected computers and online exercises.

For each level, you will also find:

- Various exercise and training books (vocabulary, phonetics, grammar....)
- Exam preparation manuals
- Magazines on learning French
- Novels in easy French

People with reduced mobility can also access all the resources they need to learn.

All books can be borrowed from the Education Department.

LA BOÎTE À LIRE

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

Our eco-responsible approach

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 for sorting your waste: cups, cans, paper, plastic bottles and non-recyclable waste.
- **Green energy**: since January 2020, AF Bordeaux has been using 100% green electricity.
**Transports**

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. You need ID, a recent passport photo and a bank details form. There is a Pass Jeune for 11-27 year olds and a Pass for 28-59 year olds.

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

**Your advantages with our partners**

- **El Budare**: Venezuelan restaurant
  -10%
- **Gustave Creative Food**: Street food restaurant
  -10%
- **La Lucarne**: Theater
  Free admission to shows and workshops
- **Tout un fromage**: Fromagerie (Cheese shop)
  -10%

**Eating near the Alliance**

- **Boulangerie Perrin**: Bread, viennoiserie, sandwiches, pastries, etc.
  €
  55-57 rue Fondaudège

- **Gustave - Street Food**: Street food inspired by the world.
  €€
  5 rue Fondaudège

- **La Collation**: Brunch with sweet and salty fluffy pancakes.
  €€€
  17 rue Fondaudège

- **Heiko Poke**: Poke with vinegared rice, raw vegetables or quinoa.
  €€
  35 rue Fondaudège

- **Paus'k**: Hot dishes (pasta, quiches, wraps, etc.)
  €
  3 rue Fondaudège, 2 rue du Palais Gallien

- **Boulangerie Guillaume**: Bread, viennoiserie, sandwiches, pastries, etc.
  €
  5 rue du Palais Gallien

**TBM agencies**

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

Your advantages with our partners

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  €
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## Good addresses

<table>
<thead>
<tr>
<th>Brunch</th>
<th>Italian</th>
<th>Asian</th>
<th>Gastronomic</th>
<th>Vegan</th>
<th>Canelés</th>
<th>La Toque Cuivrée</th>
<th>Baillardran</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suzzi 46 rue des Trois-Conils</td>
<td>Osteria Palatino 8 rue de la Merci</td>
<td>Fufu Ramen 37 rue Saint-Rémi</td>
<td>49 cours de la Martinique</td>
<td>Santosha 2 pl. Fernand Lafargue</td>
<td>5 et 82-84 rue Sainte-Catherine</td>
<td>33 rue Saint-Rémi</td>
<td></td>
</tr>
<tr>
<td>Les Sauvages 49 cours de la Martinique</td>
<td>Monzù 12 place des Grands Hommes 14 rue Guiraude</td>
<td>Anatole 7 rue du Pas-Saint-Georges</td>
<td></td>
<td>Coluche 40 rue du Pas-Saint-Georges</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Berthus 15 rue des Bahutiers</td>
<td></td>
<td></td>
<td>Le Petit Mignon 33 rue Saint-Rémi</td>
<td></td>
<td></td>
<td>Le Quatrième Mur 2 pl. de la Comédie</td>
<td></td>
</tr>
<tr>
<td>Le Prévert 10 rue Castillon</td>
<td></td>
<td></td>
<td>Kokomo 9 pl. Fernand Lafargue</td>
<td></td>
<td></td>
<td>Arcada 13 rue de la Rousselle</td>
<td></td>
</tr>
</tbody>
</table>

## The markets

<table>
<thead>
<tr>
<th>Capucins market</th>
<th><strong>Open every day except Monday</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Pl. des Capucins</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chartrons market</th>
<th><strong>Open every day except Sunday and Monday</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>2 rue Sicard</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Les Halles de Bacalan</th>
<th><strong>Open every day except Monday</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>15 quai du Maroc</td>
<td></td>
</tr>
</tbody>
</table>

## Market on the docks

**Open Sundays from 7 a.m. to 3:30 p.m.**

**Quai des Chartrons**

## Tourism Office

**The Bordeaux Tourism Office** offers a wide range of activities and excursions to discover Bordeaux and its surrounding's.

For more information, you can visit the Tourist Office or consult their website:

https://www.bordeaux-tourisme.com/

## Accounts to follow

**EAT**

@bordeauxfood
@lecanneledadresses
@le_canard_bordelais
@brunchbordeaux
@topbordeauxbrunch

**VISIT**

@visitbordeaux
@quoifaireabordeaux
@bordeauxmedia
@le_bonbon_bordeaux
@unairdebordeaux
# LIVING IN BORDEAUX

## Cinemas and theaters

<table>
<thead>
<tr>
<th>Theater/Screen</th>
<th>Address/Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Méga CGR Le Français</td>
<td><a href="https://www.cgrcinemas.fr/cinema/">https://www.cgrcinemas.fr/cinema/</a></td>
</tr>
<tr>
<td>Mégarama cinema</td>
<td><a href="https://bordeaux.megarama.fr/">https://bordeaux.megarama.fr/</a></td>
</tr>
<tr>
<td>UGC Ciné Cité cinema</td>
<td><a href="https://www.ugc.fr/cinema.html?id=1">https://www.ugc.fr/cinema.html?id=1</a></td>
</tr>
<tr>
<td>UGC Ciné Cité Bassins à Flot</td>
<td><a href="https://www.ugc.fr/cinema.html?id=57">https://www.ugc.fr/cinema.html?id=57</a></td>
</tr>
<tr>
<td>Femina theater</td>
<td><a href="https://www.theatrefemina.com/">https://www.theatrefemina.com/</a></td>
</tr>
<tr>
<td>Théâtre des Beaux-Arts</td>
<td><a href="https://www.theatre-beauxarts.fr/">https://www.theatre-beauxarts.fr/</a></td>
</tr>
<tr>
<td>Opéra National de Bordeaux</td>
<td><a href="https://www.opera-bordeaux.com/">https://www.opera-bordeaux.com/</a></td>
</tr>
<tr>
<td>La Lucarne theater</td>
<td><a href="https://theatre-la-lucarne.com/">https://theatre-la-lucarne.com/</a></td>
</tr>
<tr>
<td>Improvidence theater</td>
<td><a href="https://www.improvidence.fr/">https://www.improvidence.fr/</a></td>
</tr>
<tr>
<td>L'Inox</td>
<td><a href="https://www.bordeaux.fr/l3775/theatre-l-inox">https://www.bordeaux.fr/l3775/theatre-l-inox</a></td>
</tr>
</tbody>
</table>

## Intercultural encounters

- Take part in French Apéros, Cafés Linguistiques and other cultural activities organized by AF every week.
- Join [Facebook groups](https://www.facebook.com) to exchange ideas with other students/foreigners 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](https://www.buddy-system.com), which gets you in touch with a French student.

## Museums

<table>
<thead>
<tr>
<th>Museum</th>
<th>Address/Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Musée d’Aquitaine</td>
<td><a href="https://www.musee-aquitaine-bordeaux.fr/">https://www.musee-aquitaine-bordeaux.fr/</a></td>
</tr>
<tr>
<td>La Cité du Vin</td>
<td><a href="https://www.musee-aquitaine-bordeaux.fr/">https://www.musee-aquitaine-bordeaux.fr/</a></td>
</tr>
<tr>
<td>CAPC Musée d’Art Contemporain</td>
<td><a href="https://www.capc-bordeaux.fr/">https://www.capc-bordeaux.fr/</a></td>
</tr>
<tr>
<td>Musée Mer Marine</td>
<td><a href="https://www.mmmmbordeaux.com/">https://www.mmmmbordeaux.com/</a></td>
</tr>
<tr>
<td>Musée du Vin et du Négoce</td>
<td><a href="https://www.museeduvinbordeaux.com/">https://www.museeduvinbordeaux.com/</a></td>
</tr>
</tbody>
</table>

## Sports

- **Gym with membership:** Basic Fit, Easy Gym, Keep Cool, Pulse Boot Camp...
- **Open-access grounds:** Parc des sports Saint Michel
- **Sport ground with reservation:** complexe Axel Vega
- **Sports clubs:** tennis, football, climbing, dance etc.
**WITH THE ALLIANCE FRANÇAISE**

If you wish, AF can provide you with accommodation.

- **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.

- **In a 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...).

  **Bed and breakfast package**: in addition to a room, you can enjoy a breakfast prepared by your host every morning.

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

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

---

**BY YOUR OWN WAY**

- **On websites**
  
  You can find your accommodation on:
  
  - Leboncoin
  - Particulier à particulier
  - SeLoger
  - La carte des Colocs
  - Airbnb (short-term accommodation)

**WARNING**: There are many scams on accommodation websites. Never send your bank details or ID without first visiting the property. And don't pay any deposit before visiting the property.

You may be eligible for housing subsidies under certain conditions. Find out more here: https://www.service-public.fr/particuliers/vosdroits/F2787.

- **Youth hostel**
  
  If you'd like to stay in a youth hostel, check out this site. The best-known hostels in Bordeaux are Central Hostel, Youth Hostel, Hostel 20

- **CROUS accommodation**
  
  If you are enrolled in a doctorate or master's program at a higher education institution in the Bordeaux area, recognized by the Ministry of Higher Education and Research, you can apply for university accommodation [on this website](https://www.service-public.fr/particuliers/vosdroits/F2787).
**Embassies, consulates and visas**

**EMBASSIES AND CONSULATES**

After your arrival in France, register your presence on French territory. You can find your country's embassy and/or consulate in Bordeaux on [this directory](#).

**VISA**

If you are an EU citizen, the only documents required are your identity card or passport. You don't 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](#).

**TITRES DE SÉJOUR**

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 site](#). 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 tobacconist's.

---

**Telephone**

To get a French telephone number, there are two possibilities: prepaid cards (preferable for short stays), or subscriptions to French operators (preferable for longer stays).

**Prepaid SIM card:**

To buy a prepaid SIM card, you can go to retailers (tobacconists, supermarkets) or operator boutiques. 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-store. In general, you'll need to provide proof of identity, proof of address and your bank details.

The 4 best-known French operators:

- Bouygues
- Free
- Orange
- SFR

**To print, photocopy or scan** documents you can go here:

**Bureau Vallée**: 79 rue Georges Bonnac Tram A (Mériadeck)

**CIJA (Centre d'informations Jeunesse Aquitaine)**: 25 cours d'Alsace Lorraine

**COREP**: 84 cours du Maréchal Juin Tram A (Hôtel de Police) ou 17 place de la Victoire Tram B (Victoire)
ADMINISTRATIVE PROCEDURES

Mail

- **La Poste**
  To send your letters and parcels, go to La Poste.
  - La Poste Gambetta : 43 pl. Gambetta
  - La Poste Mériadeck : 37 rue du Château d'Eau
- Other parcel delivery services:
  - Mondial Relay (in some European countries)
  - Relais Colis (in France)
  - Chronopost (international)
  - UPS (international)

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.

If you're looking for a committed bank, here are 3: Banque Postale, Nef and Crédit Coopératif.

If you choose BNP Paribas, we can put you in touch with this bank, so don't hesitate to contact us.

Health

SOCIAL SECURITY

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](https://www.service-public.fr/particuliers/vosdroits/F12859).

IMPORTANT NUMBERS

- **Emergencies**: 112
- **Firefighter**: 18
- **SAMU**: 15
- **Police**: 17
- **Night Pharmacy**: 30 Place des Capucins 05 56 91 62 66
- **Hospitals**: Hôpital Saint André Hôpital Pellegrin

**SOS Médecin**: To make an appointment, call 05 56 44 74 74 or visit our website at [https://www.sosmedecins-bordeaux.com/](https://www.sosmedecins-bordeaux.com/).

45 rue de la Pelouse de Douet
Visiting the Nouvelle Aquitaine department

→ **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 Tourist Office, which offers day excursions. https://www.bordeaux-tourisme.com

→ **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 and 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, a mix of ancient heritage and contemporary creations.
Accessibility: train or bus

→ **La Rochelle and Charente-Maritime**
This region, with its many seaside resorts, is appreciated for its landscapes and important heritage. Discover Île de Ré, Île d'Oléron, Royan and La Rochelle.
Accessibility: train or bus

Visiting major French cities

<table>
<thead>
<tr>
<th>City</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bordeaux</td>
<td></td>
</tr>
<tr>
<td>Paris</td>
<td>2 to 3h by train.</td>
</tr>
<tr>
<td>Toulouse</td>
<td>2h by train.</td>
</tr>
<tr>
<td>Lyon</td>
<td>1h30 by plane.</td>
</tr>
<tr>
<td>Nantes</td>
<td>4h30 by train.</td>
</tr>
</tbody>
</table>

To travel in France, you can take a plane, train, Blablacar (carpooling) or bus.
IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT US BY E-MAIL OR TELEPHONE.

Alliance Française de Bordeaux Nouvelle-Aquitaine
126 rue Abbé de l’Épée, 33000 Bordeaux
https://www.alliance-bordeaux.org/
af@alliance-bordeaux.org
+33 (0)5 56 79 32 80