



Université  
de Technologie  
Tarbes  
Occitanie Pyrénées

# THE INTERNATIONAL STUDENT GUIDE

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# 1

## Your arrival at Tarbes





# To get to Tarbes : consider sustainable transport



## Train, carpooling



- To travel in train, in France, you can access prices and train timetables on the **website SNCF Connect** (you can choose « direct travels» to avoid connections).
- **Interrail** is also an option to consider to travel in Europe.
- **Trainline**, **Blablacar** et **SNCF Connect** are some website which allowed us to travel in train, bus or even carpooling.

*Take advantage of these journeys to see some magnificent landscapes across Europe.*



## Bus

- Like everywhere in Europe, **Flixbus** stays a good way to get to Tarbes **and** to travel in the region when you arrived .
- **Busbud** also offers bus transport to coming in Tarbes.

*Today, all buses offer Wi-Fi, which makes the journey easier, and there are no weight restrictions for your luggage - just think about it !*

# Coming to Tarbes from...



## Airport Paris CDG

If you want to visit Paris when you arrive in France, you can choose a way of transport that gets you at the center of Paris :

To come in train since Paris, there are lines that take you directly to Tarbes, or with connections :

You can also take a domestic flight to the airports of Toulouse-Blagnac (TLS), Pau-Pyrénées (PUF), or even Tarbes-Lourdes-Pyrénées (LDE), from the following two Paris airports :

- Paris Orly (ORY)
- Paris Roissy Charles de Gaulle (CDG)

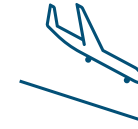
## Airport Toulouse-Blagnac

If you want to visit Toulouse upon arrival in France, you can choose a way of transport that gets you at the center of Toulouse.

To find out how to get around Toulouse, click on the link below for maps of the different means of transport in the city.

To go directly to Tarbes, you can take a train from the Gare SNCF with the "Navette aéroport".

# Coming to Tarbes from...



## Airport Pau-Pyrénées

If you want to visit Pau upon arrival, you can **take the "Idelis 10" shuttle bus**. It **links Pau-Pyrénées Airport with Pau city centre**. This service operates from Monday to Saturday, from 7.00 am to 7.00 pm

To get to Tarbes from the Pau's SNCF train station, a shuttle leaves the airport every hour.

If you arrive **after 7.45 pm , a Sunday, or a public holiday**, you'll have to take a taxi.

For more information, click on the following link :

<http://www.pau.aeroport.fr/aeroport/acces>



## Airport Tarbes-Lourdes-Pyrénées

The **airport Tarbes-Lourdes-Pyrénées** is just **10km from the centre of Tarbes**.

The bus' lines TLP Mobilités n°**TL** and n°**T7** link the airport to the gare SNCF of Tarbes (near to the city centre ), **for 1€ (1,08\$)**. To consult the timetables, click on the following link:

<https://www.tlp.aeroport.fr/navettes-bus>

# The accomodation in Tarbes



*If you have not been through the UTTOP Welcome Desk procedure and would like to look for your accommodation yourself, here is a list of available options in Tarbes.*

## Private student residences

A lot of **private student residences** are near of the campus:

Studrés

- Oxygène
- La Renaissance...

## Le Bon Coin or Facebook Marketplace

On those apps, you can find a **wide range of long-term accommodation** offers

## Airbnb

If you're staying **for a short time**, you might consider booking accommodation with Airbnb.





# 2

## The UTTOP





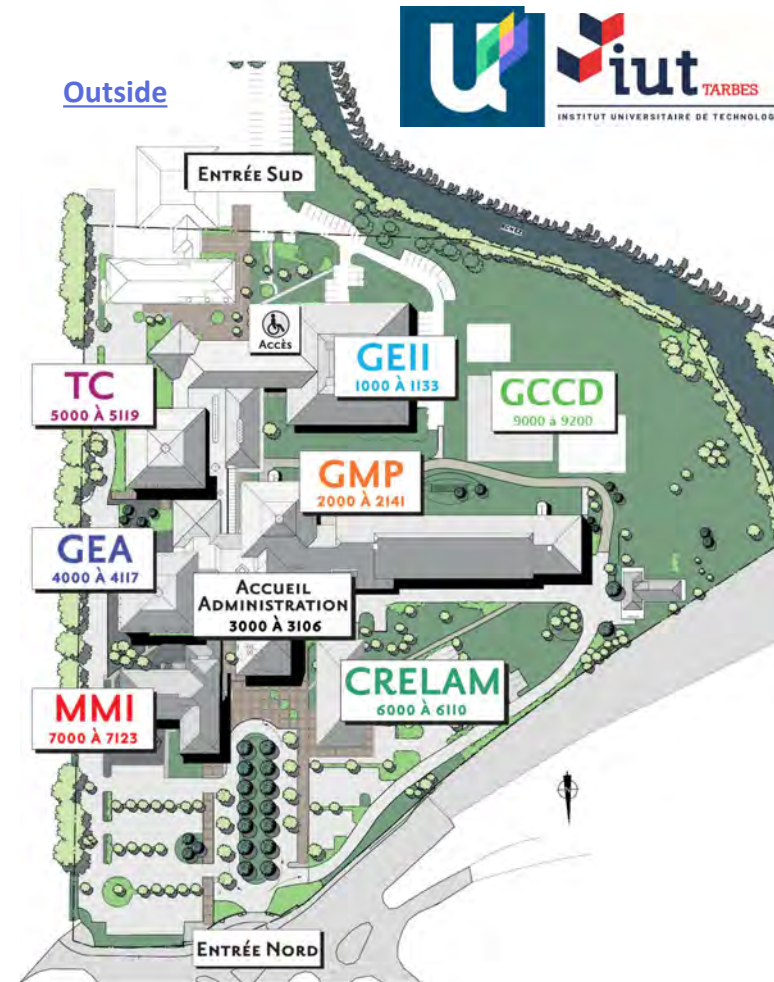
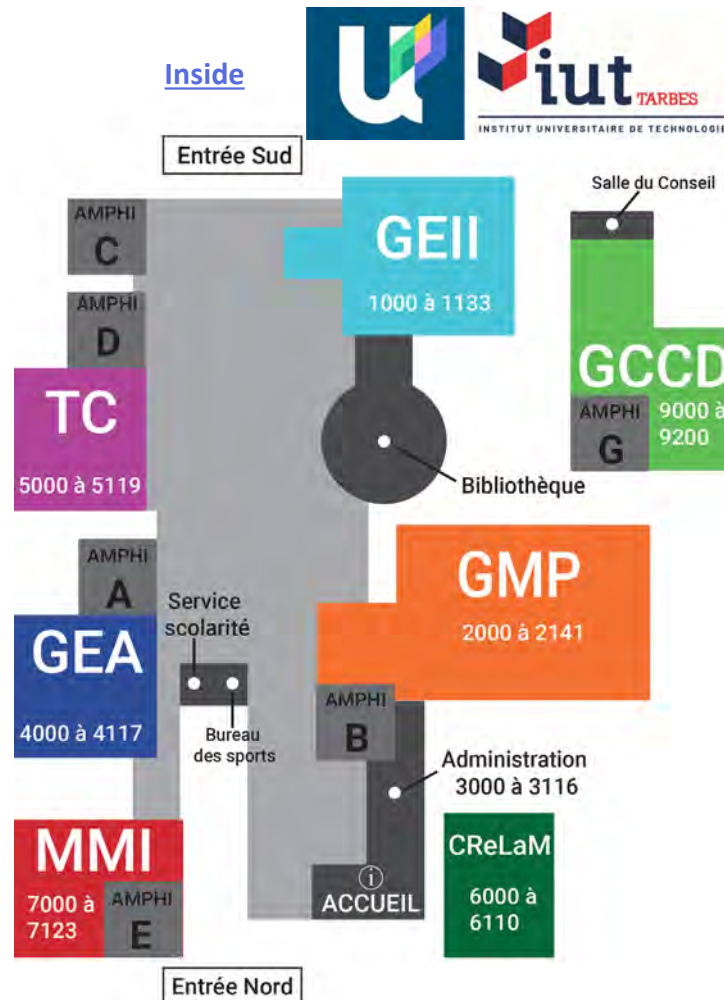


# How do I find my way at UTTOP (ENIT)?





# How do I find my way at UTTOP (IUT)?





# The Bienvenue Label in France

## A quality welcome

Since 2020, we were awarded of the Bienvenue Label, in France, by Campus France Agence.

This is a guarantee of the quality of the welcome offered to international visitors to Tarbes;

The UTTOP has set up a reception unit made up of different branches located in the departments of the institutions that make up the UTTOP. **This unit is committed to being inclusive for all foreign students coming to UTTOP**, regardless of the length of their stay.





# The libraries



## Documentation

You can consult and borrow **a wide range of documents** at the library : printed and audio books, periodicals, CDs, DVDs with French-English dubbing and subtitles, as well as a large collection of electronic documentation covering the following areas:

- Scientific and technical documents in UTTOP's teaching and research fields,
- Cultural resources (documentaries, novels, comic strips, etc.)
- Language resources for learning French, English, German, Spanish, Italian and Portuguese, aso.

You will have access to the various documents in the **two campus libraries**.

## Collection French Language Foreign (FLF)

Exchange students will have access to **a FLF collection** to help them perfect their French and complement the FLF courses they will be taking at UTTOP.

# Sportive activities

## The Sportive association (A.S.)

The A.S. welcomes students wishing to take part in one or more sporting activities throughout the school year.

The membership fee is **€30\*** (whether you stay for one or two semesters) and helps finance sports activities organised by the association :

- **In class** : Mountain bike / Hiking / Rock climbing / Snowboard / Rafting / Classic courses.
- **Outside class** : Golf / Swimming / Tennis / Badminton / Bodybuilding / Horse riding / Basketball / Hand / Volleyball / Football / Rugby / Dance and Fitness / Combative sport / Karting (with a financial contribution from the student) / Ski training (paid by students)

\*an additional fee may be required depending on the activity

## The gymnase Pierre de COUBERTIN

You also have **unlimited access** to the gym facilities, from **Monday to Thursday** between **7pm and 10pm**, as part of the activities organised by the A.S.



# The international Club

## The international Club

The International Club is made up of ENIT students who can **help exchange students integrate more easily into the school**. They offer international evenings, cultural outings in the region, and help them hire a bike in Tarbes, for example. The club is also an opportunity to celebrate diversity through civic engagement. This applies to both incoming and outgoing students.

Contact :  
[club.inter.tarbes@gmail.com](mailto:club.inter.tarbes@gmail.com)



## The « Starter Pack »

The Starter Pack is a set of items (crockery, blankets, aso.) that Club International **lends you to help you get settled in**. It is valid throughout your stay in Tarbes. You will be asked to pay a deposit in exchange for the items borrowed, which will be fully refunded if the starter pack is returned cleaned when you leave.

## The « Buddies »

The Buddy programme is a **sponsorship programme** for foreign exchange students by ENIT students.

This programme offers foreign students **the opportunity to be in contact with an ENIT student** as soon as they arrive in France. The aim is to build friendship between the students so that the new incoming students become familiar with the French culture.



# The WISH association

## Welcome to the International Students House (WISH)

There is also a **student association** on campus, WISH, that organizes activities for Tarbes' international students to help them integrate.

The aim of this association is to :

- **Encourage buddy support** between a foreign student and a French student.
- **Organise activities and outings** between foreign students and French students.
- **Organise homestays** for foreign students with French families to help them integrate better, improve their French and discover French culture.

You can contact the association by clicking on the link below :

[assowish@gmail.com](mailto:assowish@gmail.com)



## What else at UTTOP ?

### 2700 students on campus!

UTTOP recently brought together ENIT and IUT Tarbes on the same campus. Many students from all over the world are coming each year to participate in the UTTOP experience.

### Many associations

You'll find plenty of students' associations on campus, offering a wide range of activities every year.

For more information, [click here](#)



# The life on the Campus (contacts)

## Contacts to know

### Campus Life Officer :

Danielle BARTHARES  
[danielle.barthares@uttop.fr](mailto:danielle.barthares@uttop.fr)

### Equality and Diversity Manager :

Bouchra HASSOUNE-  
RHABBOUR  
[egalitediversite@uttop.fr](mailto:egalitediversite@uttop.fr)

### Accommodation, FLF courses :

Léonor Carrillo  
[welcomedesk@uttop.fr](mailto:welcomedesk@uttop.fr)  
+ 33 (0)0 01 57 37 54

### Useful information dedicated to international students :

<https://www.campusfrance.org/en>

### Nurse university, health matters :

Valérie Poirier  
[medecine-preventive@uttop.fr](mailto:medecine-preventive@uttop.fr)

### To have an appointment with a medical specialist :

[Maison médicale de l'étudiant](#)  
Tél : 3936

## Emergency numbers

Emergency European  
number : **112**

Emergency Medical  
Service (SAMU) : **15**

Police : **17**

Firefighters : **18**

SOS Drogues Alcool  
Tabac Info Service : **113**

National victim support  
number : **116006**

## Social welfare

### Social assistant :

Hai Long N'GUYEN  
[assist.social@crous-toulouse.fr](mailto:assist.social@crous-toulouse.fr)

## Mental health

Free telephone or night-time chat service for  
the student community and by student  
volunteers between 9pm and 2am.

volunteers between 9pm and 2am (closed in  
summer) :

**NIGHTLINE** (in French and English)

+ (0)5 82 95 10 11

<https://www.nightline.fr/en>



# To have something to eat

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## The university restaurant (Resto' U or RU)

The Resto'U, also known as **the RU**, is the student restaurant on the Tarbes campus. You can enjoy a full meal (starter, main course, dessert) at a moderate price: **€3.30**.

## The cafeteria

You can also go to the cafeteria, located **on the ground floor of the university** restaurant. You'll find mixed salads, paninis, sandwiches, pizzas, yoghurts, fruit, muffins, drinks, aso.



# The ENIT's Gala



## The ENIT's Gala

Students in the 5th and final year are responsible for the meticulous organisation of the ENIT Annual Gala, which takes place on the 1st Saturday in December.

It is the fruit of the collective efforts of an entire class, who coordinate logistics, project management, security, technical aspects, aso. for a single evening of celebration on a given theme.

The town of Tarbes is proud of its National Engineering School, which is an integral part of the town and takes part in many events. It is delighted to be hosting this traditional event **at the Tarbes Exhibition Centre.**





# 3

## Tarbes and its region





# Geographical location



## Between sea and mountains

Situated at the foot of the Pyrenees, Tarbes is ideally located for visiting the south-west of France and Spain.





# Around Tarbes...

*The region offers a wide range of activities: beaches, skiing, mountain hiking, cultural visits, gastronomy...*





# The town of Tarbes



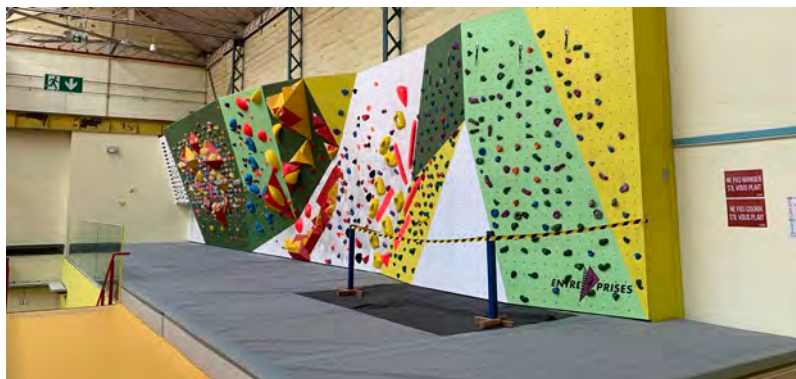
PLACE VERDUN



RUE MARÉCHAL FOCH



HUSSARDS' MUSEUM – MASSEY GARDEN



THE FACTORY – TARBAIS SPORTS COMPLEX - ARSENAL



ALLÉES LECLERC



EQUESTRIA



# Cultural and sporting activities in Tarbes

## Cultural activities

- **Parvis** : a national stage with a wealth of independent shows and films
- **CGR** : cinema in the Arsenal district
- **Pari** : artistic centre offering a wide range of shows
- **Deportation Museum** (rue Georges Lassalle)
- **Gespe** : concert hall and resource centre for musical creation
- **Tiers-Lieu du Lien** : offers a wide range of events
- **Farmers' markets:** Place Marcadieu on Thursday mornings and Halle Brauhauban on Saturday mornings.

## The sportive activities

- N'PY and non-N'PY ski resorts offer a **wide choice of activities** for your weekend. Buses run from the centre of Tarbes.
- Beaches of the Landes and the Basque Country are just a short train or bus ride from Tarbes.
- There is a **large sports complex in the Arsenal district**.
- There are **numerous sports halls** throughout Tarbes.



For more information on events in Tarbes, visit the website : <https://www.tarbes-tourisme.fr/en/>



# The transport in Tarbes

## Bus network

Tarbes city centre is well connected to UTTOP by several bus routes in the TLP Mobilités network.

Prices :

- o Single ticket: **€1**
- o 10-trip pass: **€9**
- o Under-25s season ticket: **€10/month**

Tarbes' public transport network (bus), self-service bicycles and electric cars are managed by TLP Mobilités. More information at

<https://www.tlp-mobilites.com/>

## Cycling in Tarbes

The town of Tarbes has set up a self-service bicycle hire scheme that you can take from the town centre to the UTTOP and vice versa.

The Mob65 association offers bikes for €10/month. All you need is a deposit and your student card.





Université  
de Technologie  
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Occitanie Pyrénées

47 Av. d'Azereix, 65000 Tarbes (France)

<https://www.utttop.fr/en/index.html>

2024/2025

# Welcome guide for International Students

## FOLLOW UTTOP ON SOCIAL MEDIA

Instagram : @eni.tarbes /

@iut\_tarbes

YouTube : UTTOP

LinkedIn : ENIT – Ecole Nationale  
d'Ingénieurs de Tarbes – IUT  
Tarbes

