



# Welcome to TOULOUSE, France

## HINTS & TIPS



### IDENTITY CARD/PASSPORT/VISA

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European Union's citizens need only a valid identity card.  
For others countries' citizens, a valid passport is obligatory, with a visa for some countries.  
Do you need a visa? Check it on the following website: <http://www.diplomatie.gouv.fr/>



### JET LAG TABLE

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When it is **noon** in Toulouse, what time is it in ... ?

<b>AUSTRALIA</b>
Canberra – 8:00 PM
<b>AUSTRIA</b>
Vienna - Noon
<b>BRAZIL</b>
Brasilia - 7:00 AM
<b>CANADA</b>
Edmonton - 4:00 AM
Montreal - 6:00 AM
Winnipeg - 5:00 AM
<b>FINLAND</b>
Helsinki - 1:00 PM
<b>GERMANY</b>
Berlin - Noon

<b>ISRAEL</b>
Jerusalem - 1:00 PM
<b>ITALY</b>
Rome - Noon
<b>JAPAN</b>
Tokyo - 7:00 PM
<b>NETHERLANDS</b>
Amsterdam - Noon
<b>NORTH KOREA</b>
Pyongyang – 7:00 PM
<b>NORWAY</b>
Oslo - Noon
<b>RUSSIA</b>
Moscow – 2:00 PM
Vladivostok – 9:00 PM

<b>SOUTH AFRICA</b>
Cape Town - Noon
<b>SOUTH KOREA</b>
Seoul – 7:00 PM
<b>SWEDEN</b>
Stockholm - Noon
<b>SWITZERLAND</b>
Bern - Noon
<b>UK</b>
London – 11:00 AM
<b>USA</b>
Houston – 5:00 AM
Los Angeles – 3:00 AM
Washington DC – 6:00 AM



### HEALTH

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No vaccine is required to come into France.  
Water is drinkable wherever it is not written "undrinkable" (in French, we used the words "NON POTABLE" to say undrinkable).



## LANGUAGE

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National language in France is French.  
People working in tourism circle speak English.



## MONEY & CHANGE

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Since January 1st, 2002, European Union's citizens had common currency: the euro (€).

Approximately:

$$1 \text{ €} = 1,15 \text{ US \$}$$

$$1 \text{ US \$} = 0,87 \text{ €}$$

You can find a currency converter on the following website: <http://www.oanda.com>

### Where and when will you be able to change your money in Toulouse?

#### **BANQUE POPULAIRE TOULOUSE PYRÉNÉES (in the airport)**

Opening hours:

From Monday to Friday: 8.00 a.m. ➔ 7.00 p.m.

On Saturday: 8.00 a.m. ➔ 12.30 a.m.

(Toulouse-Blagnac's Air Terminal) - 31700 BLAGNAC

Phone: +33 (0)5 34 60 68 20 / Fax: +33 (0)5 61 30 41 25

#### **CAPITOLE ECHANGE ESTIMATION (C2E) (located downtown)**

Opening hours:

From Monday to Friday: 9.00 a.m. ➔ 12.00 a.m. and 2.00 p.m. ➔ 6.00 p.m.

On Saturday: 10.00 a.m. ➔ 12.00 a.m. and 2.00 p.m. ➔ 5.00 p.m.

30 rue du Taur - 31000 TOULOUSE

Phone: +33 (0)5 61 13 64 25 / Fax: +33 (0)5 61 21 25 17

E-mail: [c2echange@yahoo.fr](mailto:c2echange@yahoo.fr)



International credit cards (Visa, American Express, Eurocard/Mastercard) are usually accepted in shops, hotels, restaurants ...



## CLIMATE

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French climate is temperate.

The weather for Toulouse in June is generally sunny and warm with occasional storms.



We recommend that you bring clothes for both sunny and wet conditions.

Weather forecast is available on the following website: <http://www.meteoconsult.com>



In France, temperatures are expressed in degree Celsius.

C° - Celsius	15	20	25	30	35	40
F° - Fahrenheit	59	68	77	86	95	104



## ELECTRIC CURRENT

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Plug Type "E": round pin plug and receptacle with male grounding pin – 220 volts.  
Don't forget an adapter!



## FOOD & RESTAURANTS

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### Specialities of Toulouse:

- ◆ Foie gras
- ◆ Stuffed chicken in mushroom sauce or in stew
- ◆ Toulouse sausage
- ◆ Cassoulet, Toulouse-style, known as the king of cassoulets: white kidney beans simmered with pork rind, bacon, preserved duck, mutton and Toulouse style sausage.
- ◆ Violettes de Toulouse, these sweets first appeared in the 16<sup>th</sup> C. Three centuries later, the flowers were preserved in sugar syrup. Today, the color of the petals is enhanced and the sugar is crystallized to make candied violets used as cake decorations.

In addition to traditional food, you will find in Toulouse all types of restaurants:  
Chinese, Indian, Italian, Japanese, Spanish ...

Addresses of restaurants in Toulouse could be found on the following website:  
<http://www.ot-toulouse.fr>

Enjoy your meal! Bon appétit!



## SHOPPING

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### Local markets

- ◆ **Covered Market (only food – 100 exhibitors) – Place Victor Hugo**  
Opened every day (except on Monday) from 6.00 a.m. to 1.00 p.m.
- ◆ **Open-air Markets (clothes, books ...) – Place du Capitole**  
Opened on Wednesday from 8.00 a.m. to 6.00 p.m.



### Regional Products

- ◆ **Shop Comtesse du Barry**



Regional food: whole duck/goose foie gras, duck confit, cassoulet (stew of beans) with grilled Toulouse sausage ...

8 place Saint-Etienne - 31000 TOULOUSE

Phone: +33 (0)5 61 53 01 52

Opening hours: From Monday to Saturday 10.00 a.m. to 7.30 p.m.

- ◆ **Le jardin d'Elen**

Located on the "Maison de la Violette" barge on the "Canal du Midi" nearby the train station

Phone: +33 (0)5 61 80 75 02



Emblematical flower of Toulouse is the violet.

Violet-based products: piece of embroidery, soap, scents, sweets, jelly ...

Opening hours:

On Monday: 2.00 p.m. ➡ 7.00 p.m.

From Tuesday to Saturday: 10.00 a.m. ➡ 12.30 a.m. and 2.00 p.m. ➡ 7.00 p.m.



## CAB / TAXI

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French taxis are not yellow!

**CAPITOLE TAXI** – 24h/day - every day (air-conditioned car)

Phone: 05.34.250.250

**TAXI TOULOUSAINS** – 24h/day - every day (air-conditioned car)

Phone: 05.61.42.38.38



## PHONE

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### HOW TO CALL ABROAD?

- Dial 00 for international
- Dial the country's dialling code
- Dial your party's international number

### HOW TO CALL INTO FRANCE FROM ABROAD?

- Dial 00 or code for international connections
- Dial 33 – the international country code for France
- Dial the 9 digit phone number (without a leading zero)

### HOW TO CALL FROM FRANCE TO FRANCE?

- Dial only your party's number (10 numbers including the first "0")



## POST

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In France, mailboxes are yellow and are located in the streets and in front of the main post offices. Collection times are indicated on mailboxes.

You can buy stamps in the main post offices and tobacco stores.

For a letter sent in regular mail from France to

- France, the delivery date is nearly 24/48 hours.
- Abroad, the delivery date varies from 1 to 5 days.



## USEFUL NUMBERS

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	Phone Number	Website
Toulouse-Blagnac AIRPORT	+33 (0)5 61 42 44 00	<a href="http://www.toulouse.aeroport.fr">http://www.toulouse.aeroport.fr</a> <a href="http://www.worldairportguide.com">http://www.worldairportguide.com</a>
AIR FRANCE	+33 (0)820 820 820	<a href="http://www.airfrance.com">http://www.airfrance.com</a>
Train Station - SNCF	+33 (0)8 36 35 35 35	<a href="http://www.sncf.fr">http://www.sncf.fr</a>
Consulates		<a href="http://www.vivre-a-toulouse.com/@fr/prat/ambassade.htm">http://www.vivre-a-toulouse.com/@fr/prat/ambassade.htm</a>
City Hall of Toulouse		<a href="http://www.mairie-toulouse.fr">http://www.mairie-toulouse.fr</a>
Toulouse Tourist Office		<a href="http://www.ot-toulouse.fr">http://www.ot-toulouse.fr</a>
AMBULANCE	15	
POLICE	17	
THE FIRE FIGHTERS	18	
EMERGENCY CALL	112	



## CYBER CAFÉ

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Name	Address	Opening Hours	# of PC
NETCONNECT	49, rue Bayard	Monday to Saturday: noon to 11.00 p.m. Sunday: 2.00 p.m. to 11.00 p.m.	40
DUFILAUNET	40, rue Rémusat	From 9.00 a.m. to 9.00 p.m.	50
BLODSTATION	54, rue Peyrolière	From noon to midnight	30
CYBER MEDIA NET	17, rue des Lois	Monday to Friday: 10.00 a.m. to 11.30 p.m. Saturday: 10.00 a.m. to midnight	12



# Facts about France



**Full country name:** French Republic

**Area:** 547,000 sq km (213,330 sq mi)

**Population:** 59 million

**Capital city:** Paris (pop 10.95 million)

**People:** 92% French, 3% North African, 2% German, 1% Breton, 2% Other (including Provençal, Catalan & Basque)

**Language:** French (also Alsatian, Breton, Basque, Catalan, Provençal & Corsican).

**Religion:** 90% Roman Catholic, 2% Protestant, 1% Muslim, 1% Jewish, 6% unaffiliated

**Government:** Democracy

**President:** Jacques Chirac

**Prime Minister:** Jean-Pierre Raffarin

**GDP:** US\$1.32 trillion

**GDP per head:** US\$22,700

**Annual growth:** 4%

**Inflation:** 2%

**Major industries:** Oil refining, steel, cement, aluminium, agricultural products & foodstuffs (wheat, barley, maize, cheese), luxury goods, chemicals, motor manufacturing, energy products

**Major trading partners:** EU (Germany, Italy, UK), USA

**Member of EU:** yes

**Euro zone participant:** yes

Source: [www.lonelyplanet.com](http://www.lonelyplanet.com)