



INDIAN COMMUNITY TOULOUSE

Integrating Diversified Cultures!!

Life in Toulouse!

Welcome to France

17 December 2020



Community Toulouse

AGENDA

- 
- 
1. Social security
 2. CAF
 3. Visa renewal
 4. APS
 5. CV
 6. French language
 7. Do & Don'ts
 8. Student discounts and tips
 9. Driving in France
 10. Q&A

Welcome

Introductions to Presenters



Prasanth Kumar
Bertrandt, Toulouse



Ravi Shankar
Airbus, Toulouse



Naman
Altran, Toulouse



Karthik
Capgemini, Toulouse



Akshay
PhD, UPS, Toulouse



Sanjay Kamath
PhD, UP-Saclay, Paris



Sagar
Airbus, Toulouse

Toulouse

La ville rose

Toulouse owes its nickname of « Ville Rose » to the use of brick. Listed as a « local craft » in the south around Toulouse, it has formed part of local heritage from Antiquity to present day. It dresses the façades with warming colours, from soft pinks to the most flamboyant oranges.



Social Security



Livret de santé: Info in multiple languages about French Health System

<https://www.comede.org/livret-de-sante/>



Better Safe than Sorry!

Primary coverage (70 %)

Free – students

- Temporary Social Security number
[https://etudiant-étranger.ameli.fr/](https://etudiant-etranger.ameli.fr/)
- Permanent Social Security number
Register on (ameli.fr) & apply for Carte Vitale
- Declare family doctor (médecin traitant)
 - To get max. reimbursement
 - Find doctors in doctolib.fr
 - Some English speaking doctors:
 - Thanh-Hao BUI (near Rangueil)
 - Héloïse HAAG (near Saint Cyprien)
- Deposit receipt at both CPAM & Mutuelle Office (*CPAM is automatic if télétransmission activated)

Complementary part «Mutuelle» (30%) **(Highly Recommended)**



EOVI MCD
(near Jeanne d'Arc metro station,
Toulouse)

<https://www.eovi-mcd.fr/devis/formulaire-commun/>



LMDE
(near François Verdier metro station,
Toulouse)

<https://www.lmde.fr/mutuelle-sante/offre-sante-étudiante>

& others
(SMENO,
SMERRA,
HEYME, etc.)

* Campus France BCS scholarship covers upto Eur.264 of mutuelle cost

CAF

APL - Aid by government for accommodation

- Make simulation on CAF website (<https://www.caf.fr/allocataires/mes-services-en-ligne/faire-une-simulation>)
- Approx 30% - 50% of your rent, upto a max of around Eur 250.
Eg. Rent: Eur 360 , CAF obtained = Eur 160
- Colocation (house sharing) : less proportion of CAF

- Apply as soon as you move in
- Delay of 2-3 months for first payment

(*Usually CAF is allocated from the 2nd month)

Eg. Move in 15th Sept 2020, CAF rights: 1st Oct,
1st Payment : Dec or Jan 2021

Housing Aid	Jan 2021	Feb 2021	March 2021	CAF recalculates	April 2021	May 2021	June 2021	
Payment	5 Feb	5 Mar	5 April		5 May	5 June	5 July	
Resources considered	Dec 2019 to Nov 2020				March 2020 to Feb 2021			
Amount	Same for 3 months				Same for 3 months			

- People on APS (job search visa) get more CAF
- CAF continues for approx. 1 year after getting a JOB

Visa renewal (1/2)

Must do for those studying 2 years masters

- Application - Demande de titre de séjour étudiant
 - Welcome desk (Physical)
<https://www.haute-garonne.gouv.fr/Demarches-administratives/Immigration-et-integration/Titres-de-sejour-et-documents-de-voyage/Etudiants-etrangers/Demande-de-titre-de-sejour-etudiant>
 - Online (experimental for now)
<https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/sejour>
- Flying with recepisses outside EU
 - Enter French territory first in EU while returning
- What are the conditions?
 - Ameli account - attestation de droit
 - Ressources - 650€ /month bank balance



Visa extension (2/2)

Might be needed for those studying 1 year masters or at end of 2nd year masters

- Application - Récépissé de fin d'études
 - (Currently it is) By post
(<https://www.haute-garonne.gouv.fr/Demarches-administratives/Immigration-et-integration/Titres-de-sejour-et-documents-de-voyage/Etudiants-etrangers/Etudiants-etrangers-en-fin-d-etude>)
- Flying with recepisses outside EU
 - Enter French territory first in EU while returning
- What are the conditions?
 - Ameli account - attestation de droit
- Validity (whichever ends late)
 - End of internship
 - Graduation

APS(1/3)

Stay back opportunities after studies

The Temporary Resident Permit, or APS (Autorisation Provisoire de Séjour), allows foreign students to remain in France at the end of their studies.

Duration: Valid for One year. Indian passport holders (& 12 other nationals) can renew it once → Total 2 years. It's Free of cost

Who can apply?

- A person with a RNCP/CGE accredited professional license, a master's degree; specialised master's or any other diploma equivalent to Bac + 5
- Graduate must hold a student residence permit and should apply within one year of graduation
- You must apply for APS in France

Benefits:

- Allows you to stay back in France for a job search
- Allows for part time activity (964 hours per year) for those who has not found a job related to their diploma, or that it does not respect the rules related to remuneration (min € 2,281.82 gross monthly)

How to apply?



APS (2/3)

What to do when I have a Job/ Business?

What to do when I have a job/business opportunity in the field of my study?

- Above **€ 27,382** gross/ year: Temporary residence permit for an employee or talent - researcher passport
- Above **€ 36,510** gross/ year: Talent passport - qualified employee or talent passport - innovative company
- Above **€ 53,837** gross/ year: Talent passport - European blue card
- **I create a company:** Temporary residence permit entrepreneur / professional or passport talent - business
- **I do not find a job in my field of training/ created a business:** Will have to leave French territory when APS expires
- <https://www.campusfrance.org/en/temporary-resident-permit-aps>
- <https://www.demarches.interieur.gouv.fr/particuliers/autorisation-provisoire-sejour-aps-volontaire-france>



[demarches.interieur.gouv.fr](https://demarches.interieur.gouv.fr/particuliers/autorisation-provisoire-sejour-aps-volontaire-france)
MINISTÈRE DE L'INTÉRIEUR

APS (3/3)

What are other visa opportunities do I have to come to France?

Recherche d'emploi / création d'entreprise

- Apply **within 4 years** after Graduation in France
- Apply from **any country** (including India !)
- Valid for **1 year**
- **Cannot obtain it if you have already taken an APS in France**
- <https://www.service-public.fr/particuliers/vosdroits/F17319>
- <https://www.demarches.interieur.gouv.fr/particuliers/carte-sejour-recherche-emploi-creation-entreprise>



demarches.interieur.gouv.fr
MINISTÈRE DE L'INTÉRIEUR



Business visa

- To be applied **within 5 years** of Graduation in France
- **Valid for 5 years** - Multiple entry visa
- You can stay for 90 days stretch in a single visit

CV for Internship/Job search

Applications tips

Key points:

- Ideally **ONE** page CV - in English and French
- Tailor your CV according the job description
- Use the **Key words** in the job description
- 2 colours max. Use **cool colour** palette
- Use the **tailored LinkedIn link** in CV
- Showcase your relevant experiences
- **Avoid** showcasing involvement in defense projects
- Check for spelling / grammar mistakes
- Check for alignments/indentations etc
- Keep your LinkedIn profile updated
- Tailor made cover letter for Tier A companies
- Email with an introduction of yours. **Not PFA** content
- Keep the text short and precise

First Name SECOND NAME																										
A graduate student looking for _____ opportunities in the domains of _____ Photo : Formal, smiling, approachable, No shadows No reflection																										
Address: Your postal address. Keep it short Email: Email Id: If you are graduating, use personal email id Phone number: Use +33 code In : www.linkedin.com/in/tailored-link Do not mention nationality unless its defense topics/ needed explicitly Availability: April 2021/ Immediate																										
COMPETENCES: fill in the highlights of your profile <ul style="list-style-type: none"> ● ASEP, SAFE, PMP certified personnel ● Worked on Data governance topics for _____ ● Skilled professional with knowledge of ARP4754A, DO178C, SAE..., ISO.... requirements ● Great team player, Autonomous, love new challenges 																										
LANGUAGES English: Fluent (TOEFL/IELTS/CEFR) French: Beginner (A1) Kannada: Native Speaker Tulu: Fluent Hindi: Intermediate																										
EXPERIENCE: your industry/research experiences <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Start year</th> <th style="text-align: left;">Company name Designation</th> <th style="text-align: right;">City, Country</th> </tr> </thead> <tbody> <tr> <td style="text-align: left;">Since June</td> <td style="text-align: left;">Project names/ customer/ topic</td> <td style="text-align: right;">Project names/ customer/ topic</td> </tr> <tr> <td style="text-align: left;">2018</td> <td style="text-align: left;">Capgemini Industrial Digital Twin Expert</td> <td style="text-align: right;">Toulouse, France</td> </tr> <tr> <td style="text-align: left;">1.5 years</td> <td style="text-align: left;">MBSE activities for integrated solutions (for Airbus IVM) • Manage a small team for _____ activities. • Execute training to _____. • Providing proposals to reduce the requirements at System level.</td> <td style="text-align: right;">Skills: Project management, Req management, SysML.</td> </tr> <tr> <td style="text-align: left;">2017</td> <td style="text-align: left;">Airbus Operations SAS Systems Engineer Intern</td> <td style="text-align: right;">Toulouse, France</td> </tr> <tr> <td style="text-align: left;">6 months</td> <td style="text-align: left;">Internship title • ABC • PQR</td> <td style="text-align: right;">Skills: RBE, DOORS, ARP....A.</td> </tr> <tr> <td style="text-align: left;">2014</td> <td style="text-align: left;">Hindustan Aeronautics Limited Intern</td> <td style="text-align: right;">Bengaluru, France</td> </tr> <tr> <td style="text-align: left;">2 months</td> <td style="text-align: left;">Avoid any words that might highlight involvement in defense projects, weapons etc. • PQR</td> <td></td> </tr> </tbody> </table>			Start year	Company name Designation	City, Country	Since June	Project names/ customer/ topic	Project names/ customer/ topic	2018	Capgemini Industrial Digital Twin Expert	Toulouse, France	1.5 years	MBSE activities for integrated solutions (for Airbus IVM) • Manage a small team for _____ activities. • Execute training to _____. • Providing proposals to reduce the requirements at System level.	Skills: Project management, Req management, SysML.	2017	Airbus Operations SAS Systems Engineer Intern	Toulouse, France	6 months	Internship title • ABC • PQR	Skills: RBE, DOORS, ARP....A.	2014	Hindustan Aeronautics Limited Intern	Bengaluru, France	2 months	Avoid any words that might highlight involvement in defense projects, weapons etc. • PQR	
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TECHNICAL SKILLS <ul style="list-style-type: none"> ● MBSE ● Data governance ● ARP 4754 A ● RBE ● Front end development ● Network security 																										
TOOLS <ul style="list-style-type: none"> ● Javascript ● MATLAB ● SIMULINK ● CATIA ● ANSYS ● NASTRAN ● MS OFFICE 																										
OS <ul style="list-style-type: none"> ● Linux ● Windows ● Mac OS 																										
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HOBBIES <ul style="list-style-type: none"> ● Photography (Since 12 years) ● Cricket ● ABC ● DEF ● 																										
MANAGERIAL SKILLS: Showcase your leadership qualities, if any <ul style="list-style-type: none"> ● VICE PRESIDENT of Association Indian Community Toulouse (Since 2019). ● CAPTAIN of XYZ team for ABC (2013-14). 																										
CERTIFICATIONS/ MOOC <ul style="list-style-type: none"> ● SAFE PM/PO certification . ● Model Based System Engineering (MBSE) Completed-October 2017 at coursera.org. Taught by Ken English, University of Buffalo and The State University of New York. 																										

French language

Importance and Resources - Listening, Reading, Writing & Speaking

- **WHY?** - Integration, Jobs, Internships and Social Life.
 - French administrative activities, doctor visit, etc.
 - Job opportunities and interviews.
 - Type of sector : Engineering / Business / Hospitality
 - Type of company : MNC (Airbus, Continental, etc) or inherently French (Dassault, etc)
 - Technical documents and non-technical conversations.
- **HOW?** - University french classes and clubs, ICT French courses, [Bla Bla Toulouse](#), [french associations](#), [Mairie](#), etc.
 - Extra resources - [Duolingo](#), [TV5Monde](#), [RFI journal en français facile](#), [Tandem](#), [Youtube](#), etc.
- **TIPS**
 - Integrate with francophones, practice speaking while shopping, participate in local events, etc.
 - Listen to podcasts, watch movies with subtitles and explore french music.
 - Learn 5-10 new words each day and practice regularly.
 - Practice french interviews with francophones.



Do's & Don'ts

Part-time jobs , Banking, Tax and many more

- **Part-time Jobs:**
 - Duration - **965h/year** allowing **20h/week** while attending classes and **35h/week** during vacations.
 - Working more than these hours will lead to student visa issues.
 - Don't work without a job contract and don't accept salary less than **SMIC** (french minimum wage of 10.25euros in 2021).
 - Options - University, Supermarkets, [RGIS](#), food deliveries, babysitting, private tutor, etc.
 - Jobs that require **Auto/Micro-entrepreneur** status can't be done by foreign students.
 - Do not encash cheques from unknown people on your account.
- **Banking/Tax:**
 - French bank statements are required for all purposes including student visa renewals.
 - So avoid using **travel cards** as much as possible. Their statements won't be useful.
 - Declare your **french taxes** every April/May - File zero income if you aren't earning. Helps to avoid the housing tax.
 - Tax declarations will act as supporting documents for accomodation search, loan, french nationality, etc.
- **Others:**
 - Attestation d'hebergement can only be given **free-of-charge**.



Embassy of India

Paris, France

Home Embassy Consular Economic
Culture Environment Sports
Press Note Photo Galleries
Public Advisory



Public Advisory

Beware of fraudulent/hoax calls purportedly from telephone number 0140505070/71, belonging to the Embassy of India, Paris asking Indian Students to transfer the money. Embassy of India never asks for such transfers.

If You have received a call, please [Click here](#)

Energy Space Culture Contact

Select Language ▾



Honorable Prime Minister Shri Narendra Modi arrives at Paris for the bilateral summit

[Read More](#)



Student Discounts and Tips

Student advantages

- General Shopping
 - Carte de fidelite
 - Carrefour Thursday student discount
 - E.Leclerc Mardi 5% off
 - Soldes (Summer & Winter), Braderie, etc
 - Lyfpay supermarket discount
- Transport & Travel
 - Metro, Tram - Tisseo
 - Vélo Toulouse
 - Flixbus
 - Occitanie 1 euro train ticket
 - SNCF carte jeune, eurorail



Student Discounts and Tips

Student advantages

- Student discount websites
 - Myunidays
 - Studentbeans
 - Amazon Prime - Student
 - Showroomprive, veepee, Zalando etc.
- Tourism
 - Below 26 years benefits
 - Student benefits
 - Museums & monuments, etc.
- Andorra tax free shopping

<https://www.myunidays.com/FR/fr-FR>

<https://isic.fr/en/benefit/flixbus-10>

<https://www.studentbeans.com/fr>

<https://www.amazon.fr/b?ie=UTF8&node=16452834031>



About ICT

Association Indian Community Toulouse

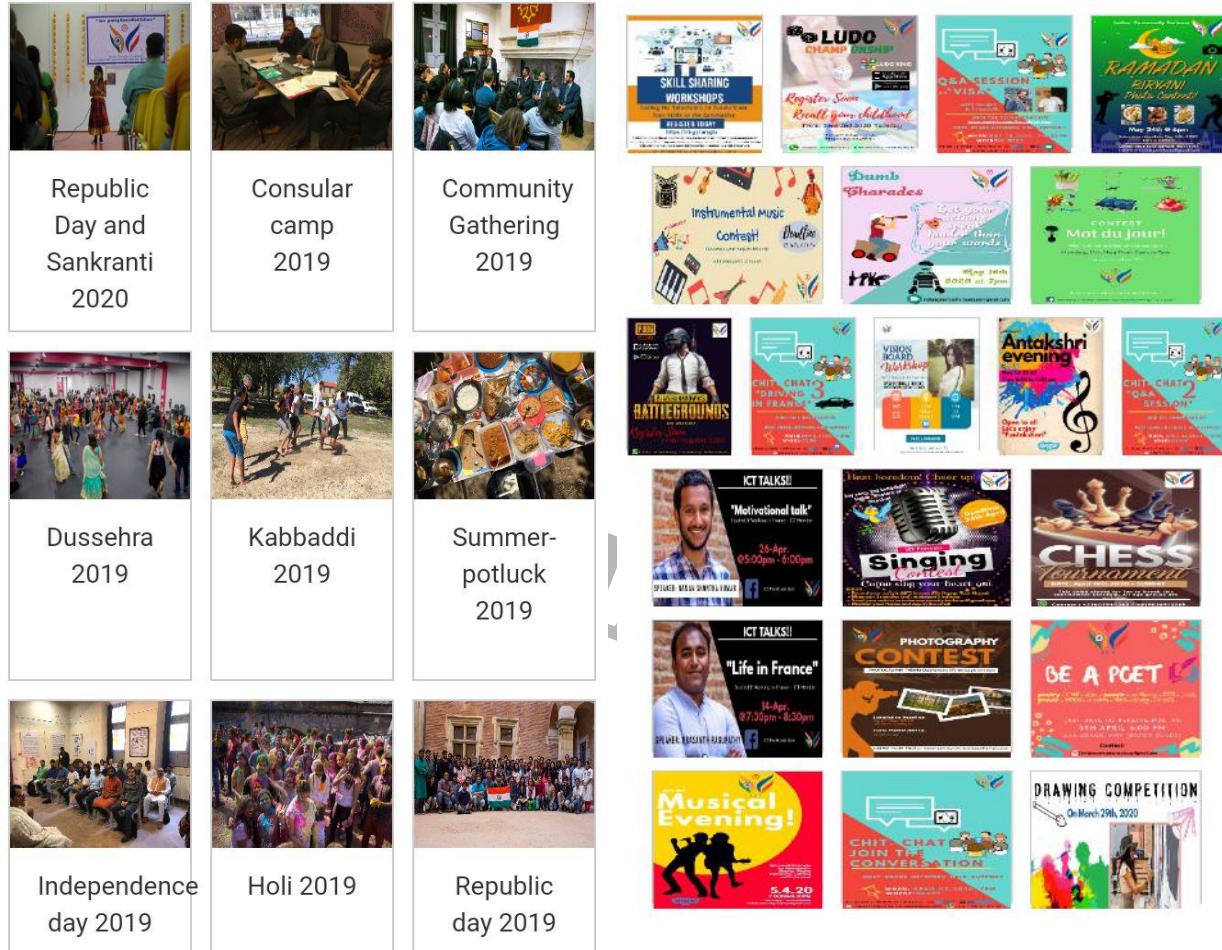
Association Indian Community Toulouse is a registered, legal NPO under French 'Loi 1901' recognised by French & Indian entities. ICT was officially formed in the year of October 2019 with a diverse team members already working as a group to support indian community.

VISION

"Connect and collaborate with those interested in India and its diverse cultures. Support Indian community in Toulouse. Help integrate Indians into French culture – make everyone feel at home!!"

OBJECTIVE

- Provide support for day to day activities
- Connect and guide to key local services
- Liaise with Indian Consular services
- Organize events of culture, sports, picnic and festivals
- Organize trips to discover French heritage and gastronomy
- Offer and share reliable information





Property of Association Indian Community Toulouse

Thank you

www.indiancommunitytoulouse.org
indiancommunitytoulouse@gmail.com



Feedback form: <https://forms.gle/NtLc69tnuPCe1j998>