

# INSTITUT REGIONAL DE FORMATION SANITAIRE ET SOCIALE – PACA & CORSE



## Student Guide

*Institute of Nice*



Health



Catering



Transports



Help



Going out



Culture



leisure



# INTRODUCING THE INSTITUT REGIONAL DE FORMATION SANITAIRE ET SOCIALE (IRFSS)

The Institut Régional de Formation Sanitaire & Sociale, IRFSS, is a grouping of 5 training institutes scattered all over our southern region, Provence Alpes Côte d'Azur.

## AIX-EN-PROVENCE

### COURSES

- Nursing assistant,
- Child care assistant

#### Web site

<http://irfss-pacac.croix-rouge.fr/L-Institut-Regional-de-Formation-Sanitaire-et-Sociale-PACA-Corse/Nos-sites-de-formation/aix>

## MARSEILLE

### COURSES

- Nursing assistant,
- Nursing
- Child care assistant

#### Web site

<http://irfss-pacac.croix-rouge.fr/L-Institut-Regional-de-Formation-Sanitaire-et-Sociale-PACA-Corse/Nos-sites-de-formation/Marseille>

## NICE

### COURSES

- Nursing assistant,
- Nursing

#### Web site

<http://irfss-pacac.croix-rouge.fr/L-Institut-Regional-de-Formation-Sanitaire-et-Sociale-PACA-Corse/Nos-sites-de-formation/Nice>

## TOULON-OLLIIOULES

### COURSES

- Educative and social care assistant
- Community care educator
- Specialized Educator
- Assistant social worker
- Nursing
- Nursing assistant

#### Web site

<http://irfss-pacac.croix-rouge.fr/Annuaire-des-sites-de-formation/Site-de-Toulon-Ollioules>

## AVIGNON

### COURSES

- Medical and social medical secretaries

#### Web site

<http://irfss-pacac.croix-rouge.fr/L-Institut-Regional-de-Formation-Sanitaire-et-Sociale-PACA-Corse/Nos-sites-de-formation/Avignon>

The IRFSS provides initial training for nearly 2500 students, and further education for more than 7000 professionals.



## THE TRAINING PROJECT

The training project has three main thrusts:

- Transversality between health and social fields
- Openness to the world and to the others, whatever the differences encountered
- Professional and educational

The IRFSS is part of the French Red Cross, la Croix-Rouge française, a recognized-public interest association, by the law of the 1<sup>st</sup> of July 1901.

La Croix-Rouge française is engaged in a non-profit social economy process.

In health, social and education sectors, the institute employees bring their professionalism through humanitarian, public political and interest actions.

Opening up the various sectors of educational field, and in order to meet the future flexibility needed in teamwork, la Croix-Rouge implements educational projects to develop professional capacity and skills.

Each year, la Croix-Rouge française trains on average 20 000 students to paramedical and social professions, it also provides for the education of 150 000 employees to first aid training matters.

Creator of the first nursing schools, la Croix-Rouge naturally holds a good education quality level in that field.

## MATTER OF MOBILITY

For any matter of mobility, please contact Coralie MEYER at the head office in Gemenos.

### CONTACT INTERNATIONAL MOBILITY

**Coralie MEYER**

+ 33 (0)4 42 62 84 71

[coralie.meyer@croix-rouge.fr](mailto:coralie.meyer@croix-rouge.fr)

## REQUIRED DOCUMENTS

### ADMINISTRATIVE DOCUMENTS

- 2 ID photos
- ID card or passport (with visa if necessary)
- Residence address in France, phone number, e-mail address and emergency contact information.
- Vaccination booklet or up-to-date record of your anti-tetanus and hepatitis B vaccination.
- Health insurance certificate or student social welfare certificate
- European citizen can benefit from french social welfare, by providing an european health insurance card, available in their home country.
- Repatriation insurance certificate
- Liability insurance certificate

### EDUCATIONAL DOCUMENTS

Any document for educational purposes in the mobility proposal, provided by your sending school :

- the traineeship agreement
- its attachments or mobility contract.

## PEDAGOGICAL MONITORING

On each regional site, a mobility referent teacher will welcome you and guide you during your stay. He or she will monitor you through a personalized training approach. You shall also be assisted by a secretariat for all administrative matters.

You will be given a student welcome booklet, and you shall be hosted in a student class, and welcomed by a course team.

## EMBASSIES AND CONSULATES

### BELGIQUE

#### Consulat général

112 boulevard des Dames  
13002 Marseille

### BELGIUM

#### General consulate

112 boulevard des Dames  
13002 Marseille  
+33 (0)4 96 11 69 55

### ALLEMAGNE

#### Honorary consulate

5 rue Noël Biret  
84000 Avignon  
+33 (0)4 90 81 00 42

#### Consulate

34 avenue Henri Matisse  
06200 Nice  
+33 (0)4 93 83 55 25

#### General consulate

338 avenue du Prado  
13008 Marseille  
+33 (0)4 91 16 75 20

### ITALY

#### General consulate

56, rue d'Alger  
13005 Marseille  
+33 (0)4 91 18 49 18  
[consolato.marsiglia@esteri.it](mailto:consolato.marsiglia@esteri.it)

#### General consulate

72, boulevard Gambetta  
06000 Nice  
+33 (0)4 92 14 40 90

#### Honorary consulate agency

391 avenue des Routes  
83200 Toulon  
+33 (0)4 94 89 60 01

### SPAIN

#### Emergency number

06 08 71 79 88

#### General consulate

38 rue Edouard Delanglade  
13006 Marseille  
+33 (0)4 91 00 32 70  
fax : (0)4 91 37 91 64  
[cog.marsella@maec.es](mailto:cog.marsella@maec.es)

#### Honorary vice-consulate

4 boulevard Jean Jaurès  
06300 Nice  
+33 (0)4 93 14 09 60

### PORTUGAL

#### General consulate

141, avenue du Prado  
13008 Marseille  
+33 (0)4 91 29 95 30  
[mail@cgmar.dgaccp.pt](mailto:mail@cgmar.dgaccp.pt)

### UNITED KINGDOM

#### Honorary consulate

22 avenue Notre-Dame  
06000 Nice  
+33 (0)1 44 51 31 00  
[spaissoni@magic.fr](mailto:spaissoni@magic.fr)

#### Consulate

24 avenue du Prado  
13006 Marseille  
+33 (0)4 91 15 72 10

### SWITZERLAND

#### General consulate

7 rue d'Arcole  
13006 Marseille  
+33 (0)4 96 10 14 10  
[mar.vertretung@eda.admin.ch](mailto:mar.vertretung@eda.admin.ch)

#### Honorary consulate

21 rue Berlioz  
06000 Nice  
+33 (0)6 37 16 21 85  
[nice@honorarvertretung.ch](mailto:nice@honorarvertretung.ch)

You can also find your country's embassy on :  
<http://www.diplomatie.gouv.fr/fr/le-ministere-et-son-reseau/annuaires-et-adresses-du-maedi/ambassades-et-consulats-etranqers-en-france/>

# THE INSTITUTE OF NICE

## INTRODUCTION

The city of Nice, jewel of the French Riviera, welcomes you in an idyllic landscape. Endowed with a matchless beauty, this star of azurean cities will amaze you.

The team of the IRFSS of Nice sets everything up for you to feel at ease during your training. This booklet presents you all the conveniences you will need to have the most pleasant stay.

## THE INSTITUTE PRESENTATION

The IRFSS of Nice is located on the famous hill of Cimiez. This district shelters monasteries, former palaces, and adorns itself with the most charming Belle Epoque architecture.

The Institute of Nice offers initial training courses leading to a qualification (nurse, nurse assistant) and specialized training (health executive). Also, preparation for competitions for nurse, nurse assistant, child care assistant and in-service trainings are offered.

Enjoying a partnership with the University Nice Sophia-Antipolis, the Institute allows nursing students to obtain their diploma of state. University lecturers train our students through 3 contributory learning credits. The health executive diploma is associated with teaching and validation of a five-year university diploma, in partnership with the IAE- College school of management from the University Nice Sophia-Antipolis.

### RECEPTION HOURS

8h00 - 12h30 & 13h00 - 17h45 from Monday to Thursday  
8h15 - 12h15 & 13h15 - 16h15 on Fridays

### CONTACT AND INFORMATION

#### INSTITUT REGIONAL DE FORMATION SANITAIRE ET SOCIALE CROIX ROUGE FRANÇAISE

17 Avenue Cap de Croix  
06100 Nice  
04 93 53 86 00

<http://irfss-pacac.croix-rouge.fr>

[www.croix-rouge.fr](http://www.croix-rouge.fr)

<https://www.facebook.com/irfss.nice>

### REFERENTS PEDAGOGIQUES

- Madame Mathilde BARAT  
mathilde.barat@croix-rouge.fr
- Madame Christine OLLIVIER  
christine.ollivier@croix-rouge.fr

### BUREAU DES ETUDIANTS (BDE) DE PULS (IFSI)

- Contact – The Institute secretary

## ACCOMODATION

Eager to facilitate your steps as far as possible, we collect a maximum of housing offers, in a file book that can be consulted at the institute reception. Do not hesitate to ask for it. Some of the offers are displayed in the ground floor corridor.

On the other hand, the city hall of Nice offers the possibility of being accommodated by elderly in exchange for small errands.

### MORE INFORMATION

#### MAIRIE DE NICE

<http://etudiants.nice.fr/>

<http://sports.nice.fr/>

#### ESPACE CROUS

18 avenue des Fleurs

06050 Nice Cedex 1

Tél : 04 92 15 50 50

<http://crous-nice.crous.fr>

#### ESPACE SOLEIL

55 bd Louis Braille

06300 Nice

Tél : 04 93 56 54 85

[espace.soleil@montjoye.org](mailto:espace.soleil@montjoye.org)

#### RELAIS INTERNATIONAL DE LA JEUNESSE CLAIRVALLON

26 Avenue Scudéri

06100 NICE

Tél : 04 93 81 27 63

#### SERVICE LOGEMENT ETUDIANT (SLE)

08.25.34.34.00

#### ROOMMATING

[www.appartager.com](http://www.appartager.com)

[www.kel-koloc.com](http://www.kel-koloc.com)

[www.recherche-colocation.com](http://www.recherche-colocation.com)

[www.location-etudiant.fr](http://www.location-etudiant.fr)

[www.lokaviz.fr](http://www.lokaviz.fr)

## CATERING

You can either :

- Bring your lunch to eat on the spot, in room1 on the garden level. You'll find fridges, microwave ovens, ... In fine weather, do not hesitate to take advantage from the garden and its arbours.
- Buy a sandwich or a light meal in the vending machine at your disposal in the hall of the Institute.
- Buy your meal from the neighbourhood shops :
  - The nearest one: « Le Caprisce » Avenue Ste Colette, for fast food formulas,
  - You will find further down the avenue, in the same style, the pizzeria snack « Croqu'Pouce », Avenue Reine Victoria.
  - In the same district, the « Multari » bakery also offers catering.
  - The Bar du rond-point also offers fast food formulas.

Nice abounds in restaurants which will delight all tastes. Here are some links which will help you to choose.

### MORE INFORMATION

[www.lafourchette.com/ville/nice/381418](http://www.lafourchette.com/ville/nice/381418)

[www.petitfute.com/v33027-nice-06000/c1165-restaurants/](http://www.petitfute.com/v33027-nice-06000/c1165-restaurants/)



## TRANSPORT

### PUBLIC TRANSPORT

#### COMING TO THE INSTITUTE

*Bus lines 15 & 25 : stop « Avenue Elisabeth »*

- ✦ **LIGNES D'AZUR : BUS & TRAMWAY OF NICE**
- ✦ Annual student subscription : 236,50 € (Application fees included)
- ✦ <http://www.lignesdazur.com/>

#### SHARED BIKE : THE BLUE BIKE FROM NICE

For the Lignes d'Azur subscribers, one can subscribe an option (15€/an) for an annual disposal of the urban blue bikes.

<https://www.velobleu.org/>

### CAR HIRING IN NICE

Auto bleue

<https://www.auto-bleue.org/fr>

### CARPOOL

[www.covoiturage.fr](http://www.covoiturage.fr)

[www.carpooling.fr](http://www.carpooling.fr)

[www.laroueverte.com](http://www.laroueverte.com)

New smartphone application

[www.wever.fr](http://www.wever.fr)

## CULTURAL LIFE

The city of Nice is a cultural cradle.

Its activities are as rich as diversified: plays, concerts, museums, exhibitions, monuments, festivals, ...

Do not hesitate to visit the following sites to miss no event.

### MORE INFORMATION

[www.nice.fr/fr/culture](http://www.nice.fr/fr/culture)

[06.agendaculturel.fr/agenda-culturel/nice/](http://06.agendaculturel.fr/agenda-culturel/nice/)

#### Discovering the cultural heritage of the city

<http://www.nicetourisme.com/patrimoine-culturel>

### THE CULTURAL PASSES

**The pass Culture +** : The PACA region offers this pass to grant students :

[www.generation.regionpaca.fr](http://www.generation.regionpaca.fr)

**The museums of Nice Pass card** : Free access of all museums for residents of Nice and of the municipalities of the Metropolis Nice Côte d'Azur:

[www.nice.fr/fr/actualites/pass-musees-de-nice/mairie?type=articles](http://www.nice.fr/fr/actualites/pass-musees-de-nice/mairie?type=articles)

## WEATHER

The annual average temperature is of 16°C. Nice benefits from a microclimate.

It is not rare having lunch in T-shirt in February, during the carnival, on Saleya courts, or putting a jumper in the mid-susmer evenings, while attending an outdoor concert, in the gardens of Cimiez.

### MORE INFORMATION

[www.nice.fr/fr/le-climat](http://www.nice.fr/fr/le-climat)

## HELP CENTERS FOR STUDENTS - PSYCHOLOGICAL ASSISTANCE

The **University Bureau of Psychological Aid (BAPU)** concerns all the students or individuals training in higher education in the Alpes Maritimes region. The BAPU offers individual consultations and psychotherapies with psychiatrists or psychologists provided by social security bodies, without any fees advance.

### MORE INFORMATION

34 Boulevard Dubouchage  
06000 Nice  
Tél 04 93 87 72 78.  
<http://www.bapunice.org/>

## HEALTH INSTITUTIONS

The educational referents (Please see section here-above) are responsive to any request connected to the institutions welcoming trainees.

## RECEPTION FOR THE DISABLED

Our institute gives access to people with disabilities.

## HELP FOR STUDENTS

### ■ LE CONSEIL REGIONAL PACA (PROVENCE ALPES COTE D'AZUR REGIONAL COUNCIL)

How does the regional council helps students in their training ? Support, help, scholarship...

You can have access on dedicated support on the internet site or mobile application.

### ■ THE CROUS NICE-TOULON

The objective of the Crous : contributing to the students success by assuring them satisfying life conditions during their training.

Housing, catering, social life, cultural life, students projects, international mobility,...

### MORE INFORMATION

#### Conseil Régional PACA

Hôtel de Région  
27, place Jules Guesde - 13481 Marseille Cedex 20

04.91.57.50.57  
<http://www.regionpaca.fr/>

### MORE INFORMATION

#### CROUS Nice-Toulon

18 avenue des Fleurs – 06000 NICE

04 92 15 50 50

[www.crous-nice.fr](http://www.crous-nice.fr)