

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



## Student guide

*Institute of Ollioules*



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 companion
- Community Care educator
- Specialized Educator
- Social worker
- Nursing
- Nursing assistant

#### Web site

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

## AVIGNON

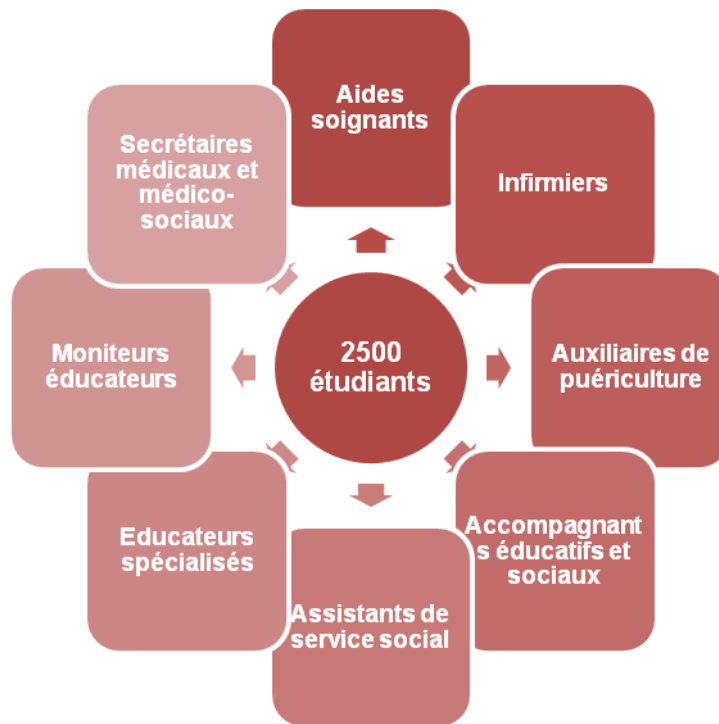
### COURSES

- Médical & social medical secretary

#### 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 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's employees bring their professionalism through humanitarian, public political and interest actions.

Opening up the various sectors of the 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

### 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-etrangers-en-france/>

# THE INSTITUTES OF OLLIOULES

L'institut Régional de Formation Sanitaire et Sociale at Ollioules, includes two training Institutes:

- The social work training institute,
- The nursing training institute.

In the educational, social, and health sector, being subsidized by the Regional Council, the Ollioules site offers professional and preparatory courses for competitions, from level V to II. We offer the same training courses within the framework of the in-service, the apprenticeship, and the accreditation of prior learning of experience (VAE).

The training institute joins in an educational approach of success, by favouring an individual coaching of the pupils, the students or trainees, in order to meet at the closer the need for each.

The aim of our establishment (ISO 9001 certified) is to successfully lead pupils, students and trainees to obtain their diploma, and to prepare them at best for their future job.

Each year, the Institute of Ollioules trains more than 1000 pupils, students or trainees.

A vocational training center (certified by the Organisme Gestionnaire du Développement Professionnel Continu) meets the specific courses needs of professional from the health and social sector, and also offers trainings on health and safety at work.

## RECEPTION HOURS

From Monday to Friday, from 8h30 to 16h45

## CONTACT & INFORMATION

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

201, Chemin de Faveyrolles  
Quartier Darbousson  
CS00003  
83192 OLLIOULES CEDEX  
04 94 93 66 00

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

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

[www.facebook.com/irfss.ollioules](http://www.facebook.com/irfss.ollioules)

## COURSES

### PREPARATORY COURSES FOR COMPETITIONS

*Sites of Ollioules and Brignoles*

### DEGREE COURSES

- Aide Soignant  
**Nursing Assistant**
- Accompagnant Social de Proximité  
*(site d'Ollioules et site de Brignoles)*  
**Social Worker Assistant**
- Moniteur Educateur  
**Community Care Educator**
- Educateur Spécialisé  
**Specialized Educator**
- Assistant de Service Social  
**Social Worker**
- Infirmiers  
**Nursing**
- Certificat d'Aptitude aux Fonctions d'Encadrement et de Responsable d'Unité d'Intervention Sociale  
**Vocational Certificate in Management positions and of Person in charge of Unity of Social Intervention**

### PROFESSIONAL DEVELOPMENT COURSES

- Formations Professionnelles continues sanitaires et sociales  
**Health & social professional training course**
- Formations Accompagnement V.A.E. et Post V.A.E.  
**Recognition of prior learning (RPL) & post-RPL program assistant training**
- Formation santé et sécurité au travail  
**Health & safety at work training course**
- Prévention secours civiques de niveau 1 (PSC1)  
**Civic Rescue Prevention training level 1 (PSC1)**



## LOCATION

The Institute is located 3 km from the center of town of Ollioules, 3 km from the center of town of Toulon and 1 km from the Carrefour shopping center.



Exit n°14 Chateauvallon

## ACCESS FROM PUBLIC TRANSPORT

### ■ BY BUS – RESEAU MISTRAL

**From Toulon to Ollioules :** Ligne 12 departure Place Noël Blache in Toulon, stop : Tassy, then Ligne 122, stop : Malartic.

**From la Coupiane -La Valette to Ollioules :** Ligne 1 stop : RN8.

### ■ BY TRAIN – SNCF

The nearest SNCF railway stations are la Seyne-sur-mer (at 7 km) and Toulon (at 6 km).

### MORE INFORMATION

#### RESEAU MISTRAL

04 94 03 87 03

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

### MORE INFORMATION

#### SNCF

3635

<http://www.voyages-sncf.com/>

<http://www.gares-sncf.com/fr/gare/frtln/toulon>

## PREMISES & TEACHING EQUIPMENT

The site of Ollioules offers 3800 m<sup>2</sup> premises and an outside space of more than 7000 m<sup>2</sup>.

The educational premises consist of :

- 17 classrooms, 25 to 90 rooms accommodation unit, mainly equipped with video projection.
- A 250 seats lecture hall equipped with an audio and video projection system.
- One 20 desks computer room with internet access.
- One practical classroom equipped with medical devices.
- Wifi access
- One 220m<sup>2</sup> multi-purpose hall.



## THE DOCUMENTATION RESOURCE CENTER

### ■ RESOURCE HOLDINGS

The resource holdings group 2700 books, 40 subscriptions, about 50 DVDs. All documents may be borrowed (See conditions at the documentation resource center).

### ■ AT YOUR DISPOSAL

- Computers
- Unlimited access to reviews regarding social working from the CAIRN data bank.
- A copier and a printer.

### ■ CREADOC ONLINE WEB PORTAL

You have access to the online Croix-Rouge exchange web portal, **CREADOC** (Croix-Rouge Echanges d'Activités Documentaires), that gathers documentation resources (books, reviews, articles, DVDs...) of each Croix-Rouge française documentation center.

This online catalogue can be consulted from any computer with an internet access.



### MORE INFORMATION

#### DOCUMENTATION RESOURCES CENTER

#### CENTRE DE RESSOURCES DOCUMENTAIRES

04 94 93 66 11 ou 04 94 93 27 77

[nadia.haressse-el-abbar@croix-rouge.fr](mailto:nadia.haressse-el-abbar@croix-rouge.fr)

### CREADOC online catalogue consulting :

<http://centredocumentation.croix-rouge.fr/>  
(choose Centre de Documentation d'Ollioules)

A research procedure is available at the center.

### Sanitary and social news

<http://www.scoop.it/t/creadoc-ollioules>

## FIND AN ACCOMODATION

### ■ FINDING AN ACCOMODATION WITH THE INSTITUTE

Proposals of accomodation renting are at your disposal on a bulletin board, near the documentation resources center on the 1st floor.

### ■ INFORMATION ABOUT HOUSING SUPPORT

#### La Caisse d'Allocations Familiales (Family allowance fund)

According to one's accommodation and family situation, housing supports can be granted.

If you are an European economic area or swiss national, you must hold a student residence permit, and be able to benefit from medical and/or maternity coverage, and give evidence of sufficient resources.

In other cases, your residence permit must be of current validity.

#### La Maison de l'Étudiant (Student House)

The Student House is a department from the city hall of Toulon which aim is linking students looking for accommodation and private owners wishing to rent their housing.

Among other sites regarding students housing, you may find info on [www.adele.org](http://www.adele.org)

#### MORE INFORMATION

##### Caisse d'Allocations Familiales

38 Rue Emile Ollivier - 83000 Toulon

*National call service for students*

0810 29 29 29

<http://www.caf.fr>

#### MORE INFORMATION

##### La Maison de l'Étudiant

3 à 7, rue de la glacière - Place Baboulène  
83000 Toulon

04 83 16 65 20

[maisonetudiant@mairie-toulon.fr](mailto:maisonetudiant@mairie-toulon.fr)

#### CROUS – University housing for short and medium-term stays.

ICARE university housing offer rooms and studios.

#### CROUS – Lokaviz

LOCAVIZ is a platform held by the CROUS that gives access to owners renting proposals.

#### MORE INFORMATION

##### Crous Nice Toulon - ICARE

04 92 15 50 50

<http://www.icare-nice.eu>

[icare@crous-nice.fr](mailto:icare@crous-nice.fr)

#### MORE INFORMATION

##### Locaviz

<http://www.lokaviz.fr/>

#### Intergenerational housing

PACT VAR offers roommating proposals with people over 60

#### MORE INFORMATION

##### PACT VAR

04 94 22 65 85

[cohab@pact83.org](mailto:cohab@pact83.org)

## CATERING

### ■ UNIVERSITY CANTEENS MANAGED BY THE CLOUS

The CLOUS offers one restaurant and two university canteens on the campus of la Garde and one restaurant at the UFR Law section, in the center of town of Toulon

#### MORE INFORMATION

##### CLOUS of Toulon - La Garde

657 avenue du 1er BIMP - BP 60127 - 83957 La Garde cedex  
04 94 08 83 00

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

##### In Toulon (UFR Law section) :

Resto U L'Éscarpe

##### Campus of La Garde

Resto U Le Coudon  
Cafétéria Le Béal  
Cafétéria L'ISITV

## SUPPORT TO 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.

#### 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/>

### ■ 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

##### CROUS Nice-Toulon

18 avenue des Fleurs – 06000 NICE

04 92 15 50 50

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

## GETTING AROUND

### ■ RESEAUX MISTRAL AND VARLIB

These bus networks and boat-bus allows you to move in all the region of Provence-Alpes-Côte d'Azur.

Find all the useful information and the calculations of routes between cities on their web sites.

#### MORE INFORMATION

##### Réseau Mistral

04 94 03 87 03

<http://www.reseaumistral.com>

##### VarLib

04 94 36 38 00

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

### ■ THE RAILWAY NETWORK - SNCF

Information on the routes, tickets reservations, information on real time traffic...

Find all services on-line.

#### MORE INFORMATION

##### SNCF

##### Toulon railway station

Place de l'Europe - 83000 Toulon

3635

<http://www.sncf.com/>

## GOING OUT – CULTURE

### ■ THE GOOD DEALS OF LE PETIT FUTÉ

Le Petit Futé gathers million of addresses in the field of leisure, consumption and tourism.

#### MORE INFORMATION

##### Le Petit Futé

<http://www.petitfute.com>

### ■ TOURISM OFFICE OF TOULON

What to do in Toulon ? Please find news, agenda, booklets and guides, for the events in and about Toulon.

#### MORE INFORMATION

##### Office du tourisme Toulon (Tourism Office of Toulon)

12 place Louis Blanc

83000 Toulon

04 94 18 53 00

<http://toulontourisme.com/>  
[info@toulontourisme.com](mailto:info@toulontourisme.com)

## ■ YAQUOI.COM

Yaquoi.com is an online agenda of leisure happenings in the Var, at Toulon and its surroundings. Exhibitions, concerts, movies, conferences, dance....

### MORE INFORMATION

#### YAQUOI.COM

<http://www.yaquoi.com/>

## ■ MUSIC & FESTIVALS AGENDA

Tandem83.com is the agenda of musical events and concerts in the Var.

Ifestival.fr regroupe les manifestations culturelles de la région PACA.

### MORE INFORMATION

#### TANDEM83.COM

<http://www.tandem83.com/>

#### IFESTIVAL

<http://www.ifestival.fr/>

## ■ PROVENCEWEB

Provenceweb.fr is an online touristic guide for the PACA region (monuments, gastronomy, leisure, practical information...)

### MORE INFORMATION

#### PROVENCEWEB.FR

<http://www.provenceweb.fr/f/var/toulon/toulon.htm/>

## ■ SPORTS EVENTS

### The RCT (Rugby Club Toulonnais)

*Parce que Toulon ! ROUGE !*

*Parce que Toulon ! NOIR !*

*Parce que Toulon ! ROUGE ET NOIR*

How can one can ignore this mythical club and its anthem ?

Born in 1908, the Rugby Club from Toulon always knew how to protect Its values of fight, harshness, self-abnegation, and Its Mediterranean temper, which makes It a different club from others...

### MORE INFORMATION

#### RCT – information and ticket office

<http://www.rctoulon.com/accueil/>

### The Sporting Toulon Var

Discover the exclusive news of this soccer club from Toulon, the male and feminine senior and young teams results, the history and the Sporting organization, as well as photos and exclusive videos...

### Hyères Toulon Var Basket

Find all the current events, videos, box office of the HTV basketball team.

### MORE INFORMATION

#### Sporting Toulon Var

<http://www.sportingtoulonvar.fr/>

#### HTV

<http://www.basket-htv.com/>

## HEALTH

- **CENTRE HOSPITALIER INTERCOMMUNAL TOULON / LA SEYNE – TOULON/LA SEYNE HOSPITALS**

Hospitals in Toulon, Sainte-Musse, La Seyne and la Garde offer many services : emergencies, medical imagery, gynecology, cardiology,...

### MORE INFORMATION

#### Hôpital Sainte Musse

54 Rue Henri Sainte-Claire Deville - 83100 Toulon  
04 94 14 50 14

#### Hôpital Chalucet

Rue Chalucet, 83000 Toulon  
04 94 62 38 04

#### Centre hospitalier de la Seyne

27 Avenue Henri Petin - 83500 La Seyne-sur-Mer  
04 94 94 89 41

#### Hôpital Georges Clémenceau

421 Avenue 1er Bataillon Infanterie de Marine du Pacifique - 83130 La Garde  
04 94 88 86 86

<http://www.ch-toulon.fr/>

- **CENTRE HOSPITALIER DE HYERES - HYERES HOSPITAL**

News, department services and information on the internet site. Offers an emergency department.

### MORE INFORMATION

#### Centre hospitalier hyères les Palmiers - Reception

579 boulevard Maréchal Juin, 83400 Hyères  
04 94 00 14 00

<http://www.ch-hyeres.fr/>

- **SOS MEDECIN**

This doctors' service is available 24 hours a day.

### MORE INFORMATION

#### SOS Médecin

04 94 14 33 33

<http://www.ch-toulon.fr/>

- **DROGUE, TABAC, ACCOOL INFO SERVICE**

the Addictions, Drugs, Alcohol Information Department leans on rules of anonymity, confidentiality, neutrality, and no-judgment through its missions of informing, counselling, supporting and orienting callers and internet users.

Service available from 8 am to 2 am, 7 days a week.

### MORE INFORMATION

#### Drogue, Tabac, Alcool, Info service

0 800 23 13 13

<http://www.drogues-info-service.fr/>

## ■ JEUNES VIOLENCE ECOUTE

Jeunes Violences Ecoute (Young Violence Listening) is dedicated to young people, their relatives and professionals confronted with situations of violence.

Psychologists and jurists listeners ensure the implementation of this device.

### MORE INFORMATION

#### Jeunes violence écoute

0 808 807 700

<http://www.jeunesviolencesecoute.fr/>

## ■ SOLITUD' ECOUTE

Free, anonymous and confidential services that brings the link with the outside for people over 50, unable to leave their home and who are in need of a friendly ear and someone to talk to.

Hotlines are open every day, including weekends and holidays, from 3 pm till 6 pm.

### MORE INFORMATION

#### Solitud'écoute

0 800 47 47 88

[solitud-ecoute@petitsfreresdespauvres.fr](mailto:solitud-ecoute@petitsfreresdespauvres.fr)

## ■ CHILD WELFARE

In its mission, the « Aide Sociale à l'Enfance » may bring educational or financial support to families in their homes, the service may as well welcome and take care, including as a matter of urgency, of the children confided by their parents or by a judge.

### MORE INFORMATION

#### Aide Sociale à l'Enfance (ASE)

Direction de l'enfance - Cité EDF  
Rue du Docteur puy - Place du Champs de Mars  
83000 TOULON

Tél : 04.83.95.22.20

[http://www.var.fr/conseil\\_general/solidarites/service-enfance](http://www.var.fr/conseil_general/solidarites/service-enfance)

## ■ NATIONAL CALL SERVICE FOR ENDANGERED CHILHOOD

Service National d'Accueil Téléphonique pour l'Enfance en Danger (SNATED) is a national call service for endangered childhood is free and opened 24 hours a day.

### MORE INFORMATION

#### SNATED

119

<http://www.allo119.gouv.fr/>

## ■ SOS AMITIÉ

S.O.S Amitié (S.O.S. Friendship) is a chatting and messaging service dedicated to the word of those who may face difficult times at a moment in their life.

### MORE INFORMATION

#### SOS Amitié Toulon

04 94 62 62 62

<https://www.sos-amitie.com/web/internet/messagerie>

<https://www.sos-amitie.com/web/toulon/accueil>

## ■ FIL SANTÉ JEUNES

Service anonyme et gratuit tous les jours de 9h à 23h Chatting platform animated by healthcare professionals (doctors and psychologists).

Anonymous and free service, every day from 9 am till 11 pm

### MORE INFORMATION

#### Fils santé Jeunes

0800 235 236

<http://www.filsantejeunes.com/>





## NATURAL AND CULTURAL HERITAGE

### ■ LES PLAGES DU MOURILLON - TOULON

Certified « Pavillon Bleu » since 2009, for their exemplary environmental quality, the beaches of Le Mourillon extend over more than 37 acres and are lined with landscaped gardens, playgrounds, and a dozen of bars and restaurants.

#### MORE INFORMATION

##### Beaches of Le Mourillon

<http://toulon.fr/laissez-seduire/article/plages-mourillon>

### ■ THE HARBOUR OF TOULON

Facing the Mont-Faron, the « most beautiful harbor in Europe » offers to visitors plenty opportunities for landscape or historical discoveries.

Boat tours can be organized from the port of Toulon.

#### MORE INFORMATION

##### The harbour of Toulon

<http://toulon.fr/laissez-seduire/article/rade>

### ■ THE COAST PATH

The coast path has been extended from the Fort Saint-Louis to the Tour Royale, through the beaches of La Mitre and Pipady.

The path offers wonderful view points on the bays of Toulon.

#### MORE INFORMATION

##### The coast path

<http://toulon.fr/laissez-seduire/article/sentier-littoral-0>

### ■ THE PORT OF TOULON

As a major naval military base, Toulon is also an important port for sea cruisers.

#### MORE INFORMATION

##### The port of Toulon

<http://toulon.fr/laissez-seduire/article/port>

### ■ STREET MARKETS IN PROVENCE

Symbolic of the provençal heritage, street markets strew the region of their scents, colors and flavors.

The cours Lafayette, in the center of Toulon welcomes everyday a famous and typical market of Provence.

Other provençal markets punctuate life in the districts of Pont du Las, Saitn jean du Var and le Mourillon.

#### MORE INFORMATION

##### Les marchés de Provence

<http://toulon.fr/laissez-seduire/article/marches-de-provence>

### ■ ISLAND OF PORQUEROLLES

The island of Porquerolles, is a magical place a few minutes away from the Peninsula of Giens, in Hyères.

Bikes hiring, catering, lodging, shops...

#### MORE INFORMATION

##### Ile de Porquerolles

<http://www.porquerolles.com/accueil>

## ■ ISLAND OF PORT-CROS

The island of Port-Cros, near the island of Porquerolles, is the wildest and most preserved land of the Iles d'Or.

### MORE INFORMATION

île de Port-Cros

<http://www.portcrosparcnational.fr/>

## ■ THE OPERA OF TOULON

the Opera of Toulon is a magnificent building of about 2000 m2, inaugurated in 1862. You will find a programming of lyrical music (operas, operettas), of dance and theater shows, as well as conferences there.

### MORE INFORMATION

Opéra de Toulon

<http://www.operadetoulon.fr/>

## ■ THE ARTS DISTRICT OF TOULON

The Arts district (rue Pierre Sépard, place de l'Equerre, place du Globe,...) inaugurated in May, 2017, is located in the historic center of Toulon with its galleries, its shops and cafés, dedicated to artsy lifestyle.

### MORE INFORMATION

<http://www.ruedesarts.fr/>

or

<http://toulontourisme.com/>

## ■ OLLIOULES SURROUNDINGS IN A NUTSHELL

**Sea shores & islands** : Les îles des Embiez, île de Porquerolles, la presqu'île du Brusc, île de Bendor, les calanques de Cassis.

**Towns & villages** : Ollioules, le Castellet, Bormes-les-mimosas, le lavandou, Saint-Tropez, Hyères, Giens, le Faron, lac du Revest, le haut Var et les gorges du Verdon, la forêt de Janas.

**Toulon** : The Hôtel des Arts museum, the Liberté theater, the Zenith Oméga concert hall, le Palais Neptune.

**Sanary** : the Galli theater, the port, Portissol, beach "la Plage dorée".

**Châteauvallon** : Cultural venue ( <http://www.chateauvallon.com/>)

**La Garde** : bowling, Laserquest, swimming-pool

**La Seyne** : casino, beach « les Sablettes », Saint-Mandrier, Tamaris, swimming-pool.

**Bandol** : shops opened on sundays, casino, beaches.

**Hyères**: Villa Noailles, Magic Wold, Aqualand, Ok Corral, karting, hippodrome, casino, beaches, la réserve des Salins.

# SHOPPING CENTERS AND COMMERCIAL AREAS

## ■ GRAND VAR SHOPPING CENTER & COMMERCIAL AREA

The Grand Var et Avenue 83 shopping centers gather 250 boutiques and restaurants. You will also find movie theaters.

### MORE INFORMATION

#### Grand Var Shopping Center

RN 98 - 83160 La Valette-du-Var

<http://www.grandvar.com>

#### Avenue 83

300, avenue de l'université - 83160 la Valette-du-Var

<http://www.lavenue-83.com/avenue83/fr/plan-interactif>

## ■ DOWNTOWN TOULON & CENTRE MAYOL

The city of Toulon provides nearly 400 shops and the Centre Mayol shopping center gathers more than 100 stores and plenty restaurants.

### MORE INFORMATION

#### Stores list

<http://www.commercesdetoulon.com>

#### Mayol Shopping Center

<http://www.centremayol.com>

## ■ OLLIOULES & LA SEYNE-SUR-MER SHOPPING CENTERS

Those shopping centers gather 2 hypermarkets and sixty beauty and fashion shops.

### MORE INFORMATION

#### Auchan Shopping Center

Boulevard de l'Europe, 83500 La Seyne-sur-Mer

<http://laseyne.centrecommercial-auchan.fr/>

#### Carrefour Shopping Center

55, chemin de la Bouyère – 83190 Ollioules

[www.centrecommercial-ollioules.fr](http://www.centrecommercial-ollioules.fr)

## ■ DOWNTOWN HYERES & CENTR' AZUR SHOPPING CENTER

More than 100 boutiques, restaurants in the center of Hyères.

Centr'Azur shopping center hosts a supermarket, some restaurants, cafés, fashion, beauty and leisure theme stores.

### MORE INFORMATION

#### Downtown Hyères

<http://www.hyeres-tourisme.com>

#### Shops list

<http://www.lesvitrinesdehyeres.com/centre-ville>

#### Centr'Azur Shopping Center

Chemin du Rocher Saint Jean – 83400 HYERES

<http://www.centrazur.net/>

