

BUDDY PROGRAM



www.univ-tln.fr



buddyprogram@univ-tln.fr



[@univtoulon.dri](https://www.instagram.com/univtoulon.dri)



UNIVERSITÉ DE
TOULON

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WHAT IS THE BUDDY PROGRAM?

The Buddy Program is designed to welcome international students with open arms! The aim is to offer them friendly, practical support from the moment they arrive, to help them integrate as smoothly as possible, while encouraging cultural exchanges.

We connect:

- **A home student (the local buddy):** a guide, a friend, a link to French culture.
- **An international student (the international buddy):** curious to discover France and the University of Toulon.

Key objectives:

- Helping people to integrate
- Sharing cultures
- Creating lasting links

How it works:

1. **Registration:** Fill in the right form according to your profile, indicating your preferences and needs (languages, fields of study, campus) and send it to buddyprogram@univ-tln.fr.
2. **Buddy Match:** The Department of International Relations (DRI) does its best to find the perfect match.
3. **First encounters:** Once you've made contact, it's up to you! The first message or meeting is essential.
4. **Life of the programme:** Take part in events, talk regularly and, above all, have fun!

Programme highlights :

- Fun events: pizza evenings, cultural outings, workshops... Everything you need to create unforgettable memories.
- An international network: Ideal for discovering the world from home.

LOCAL BUDDY GUIDE

Your mission:

Being a buddy is much more than a symbolic role: it's a chance to help, share and grow.

What we expect from you (as best you can):

- **Before they arrive:**

- Contact your buddy: introduce yourself and explain how the university and student life in Toulon work. Share tips on everyday life!

- **On arrival:**

- In-person welcome: if possible, accompany them from their point of arrival (train station, airport).
- Tour the campus: show them where the main buildings are (library, secretariat, cafeteria).
- Transport: help them understand timetables and buy bus or train tickets.
- Point out the best deals in the region: student discounts, good addresses, etc.
- Tell them about the activities available at the university: sports (SUAPS), art workshops, student associations, etc.

- **Social and emotional support:**

- Check in on them! They've just arrived alone in a new country.
- Help them overcome the cultural barrier: Explain French habits that can be confusing (such as meal times or punctuality).

LOCAL BUDDY GUIDE

Ideas for activities to do with your buddy:

These are just ideas, no obligations!

- **Discover the region:**

- Local walks: show them the must-sees like Mont Faron, the beaches of Toulon or picturesque villages like Le Castellet or Bandol.
- Local markets: accompany them to a Provençal market to discover local produce.

- **Cultural outings:**

- Visit local museums (Musée d'Art de Toulon, Hôtel des Arts).
- Attend a concert, play or local event together. Watch a movie together (in the original language or French for a language exchange).

- **Culinary experiences :**

- Organise a cooking evening: learn to cook French dishes together, such as crêpes or ratatouille.
- Offer a tasting of local specialities, or show them your favourite restaurant or café.

- **Sports and leisure events:**

- Attend an RCT match (rugby) or local sporting event.
- Enjoy outdoor activities such as paddle-boarding, pétanque, hiking or even a picnic by the sea.

- **Student life and parties:**

- Invite them to student parties or organise a board game night.
- Discover the local bars.

- **Cultural and linguistic exchanges:**

- Practise their language and help them improve their French. (Don't forget the Centre de Ressources en Langues - CRL at UTLN).
- Share your local traditions and festivals and discover theirs.

LOCAL BUDDY GUIDE

Buddy Program events

Throughout the year, the DRI organises events for Buddy Program members: themed evenings, cultural visits, sports and leisure activities. These convivial moments are perfect for bonding, discovering the region and sharing unforgettable memories. Stay tuned for announcements by email and on social networks so you don't miss a thing!



LOCAL BUDDY GUIDE



Advice on how to be at the top of your game:

- Be proactive: don't leave your buddy in doubt. A simple message can change everything!
- Remain friendly: some people can be shy or lost, so be patient.
- Organise small activities: a walk in the city, an evening of board games or simply a coffee will bring them closer together!
- If you or your buddy have any questions or problems, refer your buddy to the DRI (international@univ-tln.fr)

Why is it great to be a local buddy?

- **An enriching cultural exchange:** You discover another culture while sharing your own.
- **Unforgettable memories:** There's nothing better than sharing moments of laughter and discovery.
- **Valued experience:** By taking part in the Buddy Program, you have the opportunity to obtain a bonus of up to 0.5 points on the current year's overall average, as part of the **valorisation de l'engagement étudiant ('student commitment valorisation')**. Remember to keep proof of your commitment: screenshots of messages, photos, certificates, etc. For more information, visit the [dedicated page](#) on the university website and refer to the guide on student commitment valorisation available on the Buddy Program page.

LOCAL BUDDY GUIDE

A problem with your Buddy?

- They don't respond to you
- They don't suit you for one or more reasons
- You already know them
- Your expectations of the programme have changed (you need more or less support)

Don't hesitate to contact the Buddy Program Manager
(buddyprogram@univ-tln.fr)

The Department of International Relations is counting on you to support future international students and create links that transcend borders!

For more information, please send an email to buddyprogram@univ-tln.fr

We wish you an excellent semester
and an unforgettable experience with your Buddy!



INTERNATIONAL BUDDY GUIDE



Welcome to the Buddy Program adventure!

Have you just arrived in France? That's great! But it can also be a bit stressful. Don't panic, your buddy is there to help you with the various aspects of your arrival and settling in.

What is your buddy for?

- **A practical guide:** they can help you understand how the university works.
- **A cultural link:** they can help you discover French culture: local festivals, traditions, gastronomy, funny French expressions, etc.
- **Friendly support:** they're there to answer your questions, but also to spend quality time with you.

How can your Buddy help you?

- **Before you arrive :**
 - Answer your practical questions about student life.
 - Give you tips on how to prepare for your arrival and avoid unpleasant surprises.
 - Communicate with you via email or messaging applications to start building a relationship.

Don't forget to consult the 'Preparing your arrival' page and the Welcome Book for international students, available [here](#). If you have any questions or problems, please contact the Department of International Relations (international@univ-tln.fr).

INTERNATIONAL BUDDY GUIDE

- **When you arrive**

- Getting to know the campus: your buddy can show you where the main buildings are located (library, secretariat, cafeteria).
- They can help you understand how to use the university's digital tools.
- They can tell you about the activities available at the university: sports (SUAPS), art workshops, student associations, etc.
- Accommodation: They can advise you on how to furnish your accommodation and where to buy essential items.
- Transport: They can explain how to use public transport and help you obtain a transport card.

- **Social and emotional support:**

- Learn the basics of the French language to communicate in everyday situations.
- Discover local traditions and events (markets, festivals, regional celebrations).
- Widen your social circle by meeting other students.

Questions possibles à poser / Possible questions to ask:

- Où se trouve la bibliothèque universitaire, la cafétéria ou l'arrêt de bus ? *Where is the university library, cafeteria or bus stop?*
- Comment puis-je obtenir une carte de transport ? *How can I get a travel card?*
- Quels sont les événements à ne pas manquer ? *What are the not-to-be-missed events?*
- Quelles sont les spécialités locales ? *What are local specialities?*
- Où puis-je faire du sport ? *Where can I do sports/work out?*

If you have any questions or problems, please contact the Department of International Relations (international@univ-tln.fr).

INTERNATIONAL BUDDY GUIDE



Activities to do with your Buddy:

Activities are a great way to bond with your Buddy and get to know your new surroundings. Here are a few ideas for making the most of your stay:

Discovering the region

- Explore Toulon and the surrounding area: the beaches, the town, local shops, etc.
- Visit Provençal villages to immerse yourself in the charm of Provence.
- Organise a picnic in a park or on the beach, or go for a bike ride.
- Visit nearby towns such as Marseille, Nice or Aix-en-Provence.

Cultural outings

- Visit museums and art galleries.
- Watch a film in French with subtitles to improve your understanding of the language.
- Attend local festivals, concerts or markets to discover French traditions.
- Spend an evening playing board games, watching a film or just chatting.

Culinary adventures

- Cook together to exchange traditional recipes. Learn how to make a typical Provençal dish.
- Take a tour of local flavours, with specialities such as cheeses, wines or pastries (macaroons, éclairs, etc.).
- Visit a local market to buy fresh produce and soak up the French atmosphere.

INTERNATIONAL BUDDY GUIDE

Problems with your Buddy?

- They don't respond
- They don't suit you for one or more reasons
- You already know him
- Your expectations of the programme have changed (you need more or less support)

Don't hesitate to contact the Buddy Program manager at:

buddyprogram@univ-tln.fr

A few tips to make your Buddy Program a success:

- Take the initiative: contact your Buddy to plan activities or ask questions.
- Be curious: take advantage of this opportunity to discover French culture and share your own.
- Keep an open mind: every culture has its differences, and these exchanges can be very enriching.

The Buddy Program is much more than a simple accompaniment: it's a human experience that can bring you precious memories and lasting friendships. Don't hesitate to explore, ask questions and make the most of this adventure!

We wish you an excellent stay in France
and an unforgettable experience with your Buddy!

