HUMAN CENTRIC IS THE NEW HOLISTIC
lectures, an exciting social life, all those group projects, student jobs, a wide range of activities on the campus, the whole world on your doorstep... A totally unique experience is about to begin for all you Kedgers. If you are open, motivated and determined, a broad spectrum of opportunities will present themselves to you over the coming years.

It is YOUR experience, a turning point in your life that will determine your future: the woman, the man, the decision-maker, player, citizen and manager of tomorrow that you will see yourself become.

The School has created the Wellness scheme to encourage this human and professional experience, and to help ensure its success.

The aim of all the members of the Wellness team is to help you and the other students; to inform you and make you more aware, to encourage you to question yourself about the way you behave and the steps you need to take in terms of health and well-being.

WELLNESS BY KEDGE BS
A team of volunteers are ready to help all the Kedgers. They are here to assist, support and advise you, always acting with total discretion: educational/professional questions, how to manage your budget, support if you find you are struggling, isolated or worrying, if you have a bout of the student blues or a difficult break-up...

Psychologists are available on each of the campuses, consultations are both free of charge and totally confidential.

Activities are offered throughout the year, not only to help you learn to manage your stress but also to discover yourself, to get to know yourself better (physically and mentally) and feel generally good about yourself - sophrology, yoga, meditation, sport, diet...

The Wellness team also distributes those essential items for prevention; and health information is diffused throughout the year - party packs, health brochures in the Wellness centres, Facebook page, etc.

Everything organised by the Wellness team is free of charge and available to all Kedgers.
THE WELLNESS TEAM

A touch of the blues, feeling down, difficulties...
The Wellness team is present here on the campus, ready to help you or any Kedger with a problem, whether in Bordeaux, Marseille or Toulon.

The team counsellors are members of the School staff. Keen to make a real difference to the life of the students, they have been trained by professionals to offer support and an attentive ear to Kedgers with problems or questions, whether it is just the daily hassle getting you down or something more serious, whatever the problem, school, family or home.

The Wellness scheme is also a professional service with psychologists, a social worker and a mediator all ready to help any student who asks to meet them.

Does my situation really justify help from the Wellness Team?

There are no right or wrong reasons for contacting the team, simply needing to talk and be listened to is a perfectly valid reason.

Then, if necessary, the Wellness team can suggest a competent professional within the School or outside, according to your needs. The Wellness scheme works with the support of the School’s student associations and a solid network of prevention and health partners - Espace Santé Bordeaux, Mutuelle Etudiante de Proximité (student health insurance), Avenir Santé, Sida Info Service Animation (Aids information service), ANPAA 33 (national association for the prevention of alcoholism and addiction), Centre Abadie in Bordeaux, Sainte-Marguerite Hospital in Marseille, the Points Ecoutes Jeunes, etc.

Beyond individual help and support, the team also implements a wide range of activities throughout the year that aim to improve overall student well-being and give Kedgers the necessary tools to take control of their health.
DIET, SPORT AND FEELING GOOD

How can I eat well on such a tight budget?  
Where can I get a balanced meal on-campus?  
I don’t know what to cook at home, I’m not exactly a Michelin-starred chef... where can I find some ideas?

1 CAMPUS CATERING

The different restaurants on the KEDGE BS campuses, and the choice of dishes offered, enable you to make the right decisions.

For a quick lunch: the Comptoir in Bordeaux, the Café des Sports in Marseille all offer a quick take-away menu - pasta, paninis, mixed salads, freshly-made sandwiches... Then there is the Foodtruck (for a take away) on the Marseille campus, offering external catering.

Make the most of lunch to take a real break and relax: there is a self-service restaurant on Bordeaux and Marseille campuses - starters, hot dishes, meat, fish, vegetables, a vegetarian dish, desserts...

For coffee/tea time: head for the Berk’ail, KEDGE Café, or the coffee machines...

Take your pick.

The catering offer at KEDGE BS has been planned globally to respond to everyone’s needs and tastes, and give everyone the means to have a varied, balanced diet.

2 EATING AT HOME

Fed up with eating ready-prepared meals at home, too high in fat or sugar... The School’s student associations have the answer.

For dietary advice on your own Campus meet the KEDGE BS sports coaches and physical trainers.

And for even more recipe ideas for a cheap yet well-balanced diet: www.cuisine-etudiant.fr

- Ethica and Solid’Earth offer vegetable and fruit boxes that you can collect once a week on the Bordeaux and Marseille campuses - healthy, balanced and seasonal meals that also give a helping-hand to local growers.  
  - www.facebook.com/ethicakedge/?fref=ts  
  - www.facebook.com/solidearth.kedge/?fref=ts

- The associations Cook’It and Com’ le Chef are also there to help you if you are looking for economic, balanced recipes.  
  - www.facebook.com/cookit.bem/?fref=ts  
  - www.facebook.com/comlechef/?fref=ts

A WORD FROM THE KEDGE BS CHEFS

Dears Kedgers,

Yes we may be an “institutional” catering service but we still cook! We even peel, slice, chop, mix and simmer... Re-heated industrially prepared meals have no place in our profession. And year on year we work to ensure that our kitchens and counters offer seasonal food, organic ingredients and local produce. Things are progressing. There are neither forbidden foods, nor miracle foods in what we offer. We really hope that we’ll succeed in convincing you that you want to look after yourself, thanks to our appetising, varied menus that are designed with your well-being at heart.

The Chefs at KEDGE BS

Take a look inside our kitchens! Visits and explanations are available by writing to:

- Bordeaux Campus: caroline.cobino@kedgebs.com
- Marseille Campus: alexandra.montaleytang@kedgebs.com

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And for even more recipe ideas for a cheap yet well-balanced diet: www.cuisine-etudiant.fr

- For dietary advice on your own Campus meet the KEDGE BS sports coaches and physical trainers.

The health and sport professionals are ideally placed to offer you dietary advice and suggest a typical week of balanced menus. They are on-site all week on your Campus, why not get in touch?

And if you are in Bordeaux you can also meet the Student Health Centre nutritionist, Joanna Severini. Available by appointment: joanna.severini@u-bordeaux.fr

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SPORT AT SCHOOL

With plenty of sports facilities and professional trainers on the campus, Kedgers can discover a new experience at School. Test your mental and physical capacities, push yourself to the limit and maybe a little bit further, improve your concentration and performance, train for one of the inter-school sports championships teams, or simply help yourself to relax and unwind for a better daily life balance.

AVAILABLE ON THE CAMPUSES

<table>
<thead>
<tr>
<th>INDOOR</th>
<th>BORDEAUX</th>
<th>MARSEILLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gym</td>
<td>Muscle building and follow-up, cardio-training, back to fitness (after injury), fitness check-up, adapted physical education.</td>
<td></td>
</tr>
<tr>
<td>Dance</td>
<td>Lessons in modern dance, bachata, rock, hip-hop, classic, ragga dancehall, modern jazz, zumba, combat sports, self-defence, etc.</td>
<td></td>
</tr>
<tr>
<td>Sports hall</td>
<td>Badminton, table tennis, basketball, handball, volleyball, futsal.</td>
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<tr>
<td>OUTDOOR</td>
<td>City Stadium</td>
<td>Multi-sports field</td>
</tr>
<tr>
<td>Garden</td>
<td>Basketball, football</td>
<td></td>
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<tr>
<td></td>
<td>Racket sports</td>
<td></td>
</tr>
</tbody>
</table>

CONTACTS

Sport project managers

AVAILBLE OFF-CAMPUS

Each Sports Bureau also offers a range of individual and team activities off-campus. Contact the Sport office and the Arts office on your campus to discover the full list of activities available.

COMETITION

Every year the KEDGE BS teams take part in a number of competitions: University Championship, French ESC Cup, Ecricome Challenge... perfect to set yourself a challenge and represent your School with pride.

Winner of the 2016 Trophée Sportif et Ambiance du Challenge Ecricome (The Ecricome Sporting and Ambience Challenge Trophy), the Wellness team is very proud of the School's sportsmen and women!

WHETHER FOR PLEASURE OR THE CHALLENGE OF COMPETITION, THE RANGE OF ACTIVITIES AVAILABLE MEANS YOU ARE SURE TO FIND THE ONE THAT SUITS YOU.

A WORD FROM THE TRAINERS

The main aims of any sports activity are enjoyment and the pleasure of being with others. Sport is the perfect feel-good activity: fun, enjoyable and a good way to let off steam.

As newly arrived Kedgers, you have to learn to assume your new role, your independence, your autonomy, and manage any problems or worries that arise. Being able to understand your emotions and how your body works will be a great help.

And we're here to support and assist any Kedger wanting to try out a new sporting and sensory experience.

But we don't go in for body-building, just functional training (bodyweight, combined exercises, proprioception, etc.), cardio and sports, dietary and well-being advice.

See you soon!

DID YOU KNOW?

You should drink 1.5 l water/day
BUT WHEN?
Ideally: before a meal and on waking up.
And during the evening: drink a glass of water between each glass of alcohol to avoid a hangover the next day.
SEXUALITY

And of course, Kedgers, amongst all those things that make us feel good, there is also physical pleasure. Sexuality, libido, epicureanism, intimacy, sensuality, desire, making love, sensation... A wide range of words to describe the wide range of feelings experienced by every human on the planet.

We are all looking for pleasure, including in terms of sexuality. To attain personal fulfilment, it is important to listen to your own desires, to accept them, accept what attracts you, and respect those of your partners.

In terms of sexuality, there is no “normal”, no obligation, simply a duty to respect the desires and the body of the other. And it is often when we take the trouble to listen to the other that the very best sensations occur.

So Kedgers, you’ve understood that for “foxy sex” and to experience the pleasure that you’re seeking you need to be receptive: understand and express your own desires and have a clear perception and understanding of those of your partners.

And to obtain maximum pleasure from all that, and avoid any risk to your health and that of your partner, you need to protect yourself. And for that the condom is your best friend.

WHY A CONDOM?
A condom is the best way of protecting yourself from HIV and Sexually Transmitted Diseases. It’s also one of the most accessible methods of contraception.

And today there are not only male condoms but there is also a version for women. They are still relatively little used despite a number of advantages for young women: you can fit it before going out for an evening, you can use the same condom several times with the same partner... You’ll find a broad range of different male condoms available in the shops: different sizes, extra-lubricated, extra-fun, different textures for different sensations... A wide choice to meet the needs and desires of each.

Other free distribution points include the family planning and screening centres, and the prevention services for students.

On the other hand, dear Kedgers, if you’ve found the right person, that time seems long and you feel it is the right moment to stop using a condom, it is essential to:

- take a screening test (in one the centres listed below),
- and if you are a heterosexual couple, consult a doctor or a family planning centre to obtain the right type of contraception for you.

SCREENING CENTRES

BORDEAUX
CeGIDD
Maison Départementale de la Santé
2, rue du Moulin Rouge
33200 Bordeaux
Tél. : +33 (0) 5 57 22 46 66

MARSEILLE
CeGIDD
Maison Départementale de la Solidarité
10, rue Saint Adrien
13008 Marseille
Tél. : +33 (0) 4 13 31 56 78

TOULON
CeGIDD
Hôpital Sainte Musse
54, rue Henri Sainte Claire Deville
83000 Toulon
Tél. : +33 (0) 4 94 14 50 56
Exams always seem to end up by arriving faster than you expect, Kedgers. Difficulties in revising, finding it hard to concentrate... You know that nothing beats common sense, so here's a little good advice that is always worth repeating.

1. **Choose a place that is quiet and where it is easy to concentrate.** On the KEDGE BS campus, you have a varied choice: lecture rooms, Brain Bubbles, Hub, La Ruche, and when the weather is fine... the outdoor areas.

2. Think about all the study areas available in town, local libraries, for example, are ideal places for concentrating and often offer free access. You can also settle down to study in a café, or revise at home... but remember to warn your flat-mates first! Sometimes a change of environment, away from “distractions” (TV, fridge, fellow-Kedgers, etc.), can make it easier to concentrate and study. And in the Wellness packs you’ll find ear-plugs to help you concentrate!

3. **Choose the right moment:** studying in the evening also means less time for sleeping. And, sleeping well is essential when preparing for your exams. Think strategy!

4. **If you’re worried about lacking motivation, you might be better off revising in a group, setting up a common revision plan with fixed end-targets and dates.**

5. **Un-plug!** Just for a while, disconnect from the social networks, switch off the television, turn your smartphone onto “airplane mode”... Go for total immersion.

6. And finally, take time for a break: a simple stroll, go out with friends, a bit of sport, etc. The earlier you start revising the easier it will be to alternate work and leisure. After a revision period reward yourself with a little pause!

And if you don’t think these few words of advice are for you because you always put everything off until tomorrow = you are procrastinating! Whilst everyone has their own way of organising their work, no last-minute all-night session, no magic product (medication, drink, tobacco, etc.) will ever enable you to make up for lost time.

Always plenty of time but totally stressed-out? KEDGE BS and the Bordeaux Student Health Centres offer relaxation, meditation and sophrology sessions to help you learn to manage your stress.

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**THE BEST WAY TO PREPARE FOR EXAMS**

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**YOU’D LIKE TO TRY MEDITATION?**

Contact our partner: Art de Vivre

MARSEILLE
schmittamanda@yahoo.fr

BORDEAUX
serge.michenaud@artdevivre.fr
Far from being a waste of time, sleep recharges your batteries and helps with concentration and memory. The scientists seem to agree that sleep is an essential priority for humans, even more so than eating.

Over the past few years, and notably since the development of the all-pervasive digital world, research has shown that teenagers and young adults suffer from a sleep debt.

If sleep doesn’t seem like a priority for you at the moment, you do still need to look after it. It is important to understand how sleep works and the essential benefits of its “battery recharging” mode.

The hours you spend sleeping are a real investment: memory, concentration, immunity, well-being, intellectual and physical performance.

And the habits you learn today, including your relationship with sleep and rest, how easily you fall asleep and how you manage your rhythms, will enable you to acquire a better life balance when you begin your professional career, with its intense pace and heavy work schedule.

REFRESHING, RESTORATIVE SLEEP

A FEW HINTS TO HELP IMPROVE YOUR SLEEP

- Switch off your screens 30 mins (or longer) before going to bed.
- Eat a light meal in the evening and if possible at least 2 hrs before bedtime. Body temperature needs to drop to have effective sleep, whereas digestion increases body temperature and therefore prevents you from sleeping well.
- Avoid stimulants such as fizzy drinks (especially cola), coffee and tea rich in fast-acting sugars and caffeine.
- Alcohol, tobacco and cannabis may give the impression of making it easier to fall asleep but they modify your sleep rhythm which then becomes more irregular. And they reduce your intellectual capacities the day after.
- Keep your bedroom cool: between 16 and 18°C.
- Relax and switch-off in the evening, try a few breathing exercises. Little Bamboo can help you if you’ve never done them before: www.petitbambou.com
- Clear your head... sleep brings solutions. You will find a wide range of free tools on the internet and the Wellness team also organises a number of relaxation activities during the year.
LOOKING AFTER THE EUROS AND LOOKING AFTER THE PLANET

Between course fees, rent, shopping and going out, it isn’t easy to make ends meet every month. Here are a few hints for everyday life BY Elsa Thiry, social worker at KEDGE BS.

HINT #1

ABOVE ALL, LEARN TO TELL THE DIFFERENCE BETWEEN WHAT YOU NEED AND WHAT SOCIETY IS PUSHING YOU TO GET

Something to think about: “Everyone is aware that our consumer society ceaselessly invents a multitude of artificial, exhilarating and endlessly repeated pleasures, destined to maintain a constant state of emotional alertness, which also rather “devilishly” trigger a form of thought anaesthesia.”

Matthieu Ricard,
A plea for happiness

HINT #2

KEEP A CLOSE EYE ON WHAT YOU SPEND ON FOOD

● Before you go shopping, make a list of the meals/ingredients you need to buy for the week - think about nutritional balance.
● Go shopping with a full stomach.
● Avoid “ready” meals.
● The cheapest prices are often on the bottom shelves. But pay attention to the Price/Quality ratio and read the labels to avoid ingredients that can be bad for your health (artificial colouring, preservatives, etc.).
● Prefer own brand products.
● Be wary of special offers: check the price per kg, per litre.
● Check the use-by dates and avoid wasting food and money.
● Don’t just check the prices of different products but also think to check different supermarkets.

HINT #3

SAVING MONEY AT HOME

● Keep an eye on your electricity bill:
  - Beware of leaving appliances on standby (TV, hifi, etc.) they appear to use very little power but by the end of the year will have increased your bill.
  - Unused chargers that are left plugged-in also consume electricity, remember to unplug them.
● Reduce the rest of your energy consumption:
  - Lower the temperature by one degree: 19-20°C is the ideal temperature for an apartment: both for your health and for saving energy.
  - Putting a lid on saucepans can save up to 30% of the energy used.
● For your housework, use white vinegar: cheap and efficient, it cleans everything. Bicarbonate of soda and real Marseille soap are magical ingredients that you can use every day. Ecological & Economical.
● And for clothes – why not try a “vide-dressing” (wardrobe clear-out sale).
Homesick and far from family, friends and all those places that are important to you... the good news is that you have chosen a town where life is good!

Hop on board a little Citry Therapy: districts, outings, monuments, open air parks, the coast... Whatever the type of visit, it is worth getting to know your town, its people, its history and get to see the best side of it and life.

IN BORDEAUX
You can hire a bike free of charge from the “Maison du Vélo” for 6 to 10 months. You can also subscribe to the V3 bike hire system which has bike stations throughout the town. There is even one just in front of the Campus.

IN MARSEILLE
The School will lend you an electric bike. For more information: bikeshare@kedgebs.com or contact Campus Durable.

IN TOULON
Pharmacies is an association that collects bikes that have been thrown away, repairs them and sells them at very reasonable prices to give them a second life and make it easier for people to acquire an environmentally-friendly means of transport! By joining the association, you can get your bike serviced at their workshop, benefit from the advice of the volunteer workers and use the equipment they have available.

And in Toulon you just need a little more patience whilst a team of students serviced at their workshop, benefit from the advice of the volunteer workers and all get to see the best side of it and life.

Students have picked out all the best addresses for you - bars, restaurants, shopping, leisure, fun/sports outings... and with the guide in hand you’ll even be entitled to a few price reductions.

The second piece of good news, Bordeaux, Marseille and Toulon are towns where it is easy to get around by bike.

To help you, in both Bordeaux and Marseille, there are two very good guides written by KEDGERS that are freely available on your campus: the Cannelés d’Adresses for Bordeaux and the CitaDingue for Marseille.

A FEW MISCONCEPTIONS, OR NOT...

THE BORDELAIS
Is naturally boring, doesn’t smile much and is a descendant of a wealthy wine-growing family.

They like:
- chocolate layer and canneles; that’s all,
- waiting patiently for the Vinexpo,
- climbing the Dune du Pyla every Sunday.

They don’t like:
- someone ordering a glass of Tanqueray for them,
- anyone who says that it rains all the time in Bordeaux,
- being asked “is it far to the sea”.

THE MARSEILLAIS
Is a small-time gangster, talks wiz xe accent, has a daily afternoon nap, drives with their hand on the horn, exaggerates... and sweats by the Olympique de Marseille football team.

They like:
- bouillabaisse and navettes,
- throwing their rubbish on the ground and waiting patiently for the dustmen to get around to collecting it,
- climbing up to the Berne Mère.

They don’t like:
- being asked “Where’s the Mistral neighbourhood?”
- Parisians and tourists who crow the Cassis and La Ciotat beaches in summer.

THE TOULONNAIS
Works at the Arsenal, remembers the 16 years it took to dig the tunnels that link the Marseille and Nice motorways, enjoys a Cade at the Stade Mayol whilst supporting the RCT.

They like:
- having a drink or two at the Mourillon,
- patiently waiting for summer with the Tour Royale festivals and the open-air cinema at Châteauffort,
- seeing the BPC Mistral, rooted in the past, strolling around Le Pradet and watching kite-surfing at Almanarre.

They don’t like:
- again, being asked “Why are there so many people from Brittany in Toulon?”

1. No such thing as a “pain au chocolat” (traditional French chocolate pastry) in Bordeaux! The Cannelé, a Bordeaux specialty, is a small soft moist cake with a caramelised crust and flavoured with vanilla and rum.
2. International Wines and Spirits trade fair, held every two years.
3. The Dune du Pyla is the highest sand dune in Europe, 110 metres.
4. It can be dangerous to confuse the Gironde with the Garonne; the former is the river, the latter is the sea.
5. The Mistral is the neighbourhood where the addictive French soap opera “Plus Belle la Vie” (“Life is Sweet”) is set but which in reality is located in the Belle de Mai studios.
6. Known as Socca in Nice and Cade in Toulon – this chick pea pancake is eaten caldo = warm in Italian.
7. Market, bars, terraces... a real Provençal village in the heart of the town of Toulon where the younger generation meets up to enjoy the Cado.
8. One of the four Projection and Command Vessels of the French Navy. 199m long, 22,000 tonnes, helicopter-carrier and also hospital ship, it can be visited when in port.
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13. One of the four Projection and Command Vessels of the French Navy. 199m long, 22,000 tonnes, helicopter-carrier and also hospital ship, it can be visited when in port.
14. You need to come and support the Toulon Rugby Club to understand!
15. Brest, in Brittany, and Toulon are the two main French naval bases, so there are also a lot of Toulonnais in Brest.
USEFUL NUMBERS

FOR ANY MEDICAL EMERGENCY
DIAL 15, OR 112
IF YOU ARE ABROAD, AND ASK THEIR ADVICE.

ACCIDENT/FEELING UNWELL ON THE PREMISES OF KEDGE BUSINESS SCHOOL
Immediately inform the school reception office, directly or by telephone, who will then inform the first-aid and emergency services.

Security Bordeaux
+33 (0) 5 56 84 22 36
Reception office Marseille
+33 (0) 4 91 82 78 00
Reception office Toulon
+33 (0) 4 94 22 81 00

PSYCHIATRIC EMERGENCIES

Marseille
Hôpital de la Timone (hospital):
+33 (0) 4 13 42 93 00
Toulon
Sainte Musse Hospital:
+33 (0) 4 94 14 51 60
Bordeaux
Charles Perrens Hospital:
+33 (0) 5 56 56 34 34

IN NEED OF ADVICE, A DOCTOR? DON’T FORGET THE ESPACES SANTÉ JEUNES (HEALTH CENTRES FOR YOUNG PEOPLE)

With or without an appointment, their professionals are there to help you, free of charge, whether concerning health, money, physiological or any other questions that you may have.

ESPACE SANTÉ JEUNES MARSEILLE
35, rue Estelle
13001 Marseille
Tél. : +33 (0) 4 91 13 71 87
contact@imajesante.fr
www.imajesante.fr

ESPACE SANTÉ ÉTUDIANTS BORDEAUX
22, avenue Pey-Berland
33600 Pessac
Tél. : +33 (0) 5 33 51 42 00
eze@u-bordeaux.fr
www.u-bordeaux.fr/Profils/Etudiant/Espace-sante-etudiants

ESPACE SANTÉ JEUNES TOULON
5, rue Félix Brun
83000 TOULON
Tél. : +33 (0) 4 94 22 21 20
point.jeunes.lvp@orange.fr

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