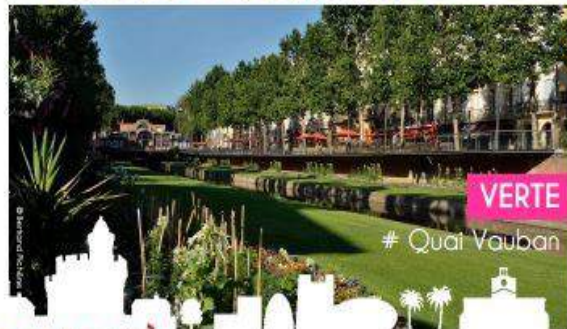


BIENVENUE A PERPIGNAN!!



ERASMUS+ internships

We have a lot of experience when it comes to ERASMUS+ and mobility internships.

Aside from having a lot of contacts with hosting organizations in Perpignan, we also have a lot of contacts in different companies across Europe.

We find the perfect internship placement for our students according to their profile and their expectations. We prepare them for the interview and we accompany him/her to the company. At the beginning of their stay we organize guided tours and cultural activities to get them acquainted with the city.

Before the student starts the internship, we provide them with all the necessary information about the company. During the internship the students can always come to ALFMED if they have any questions or problems. We provide full support during the entire mobility.

Upon the student's arrival in Perpignan we welcome them and accompany them to their accommodation. All our residences are maximum 10 minutes walk from ALFMED and from the city center.



ALFMED is involved in many European projects involving the collaboration of our ERASMUS+ partners.



ALFMED is a language school founded in 2005 and located in Perpignan in the south of France. We teach 9 languages, including French, Spanish and English. We're also an examination center for language certifications and diplomas such as TOEIC, BRIGHT and TCF.

Our administrative staff is always happy to help you experience a wonderful mobility.

Florence Delseny Sobra:

Manager and referent for the quality control and the continuing training, in charge of partners coordination,

Alexandra Deit - Brummelhuis:

Officer for inbound ERASMUS+ mobility programs. We host 250 students per year.

Anthony Paspas:

Officer for outbound ERASMUS+ mobility programs.

Melinda Chillat:

Cultural coordinator, in charge of the cultural planning activities

Pauline Abelanet:

Pedagogical coordinator, in charge of French preparation and level evaluation.

Virginie Martin:

Continuous training for French companies.

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

<http://alfmed.com/>

Perpignan (περπιηῶ) is the southernmost city of France and capital of the **Pyrénées-Orientales** county. With almost 120.000 inhabitants, Perpignan is the largest city after Montpellier and Toulouse in the Occitanie Region. .

Centuries ago, Perpignan was part of the **Catalan region**. In the 13th and the 14th century it was the continental capital of the Kingdom of Majorca. Today you can still visit the Palais des Rois de Majorque, the former castle and military base of Perpignan.

All over the year, Perpignan is visited by 4 million tourists. Being so close to the **Mediterranean Sea and the Pyrenees**, it attracts all sorts of people. The beautiful coastline and villages like **Collioure** are why so many people love the south of France. And being only **1.5 hours away from the nearest ski stations** is also very attractive.

Of course there's a lot more to see in the region from natural beaches to medieval cities, cultural sites and wine valleys. Big cities like **Montpellier and Toulouse** are easily accessible by train and definitely worth a visit. Even going across the border to **Barcelona or Figueras** is easy by train or bus.

ALFMED Erasmus+ residences in Perpignan

De Gaulle
Venise
Mathurin
Adagio

21bis, Av. Général de Gaulle
19bis, Bvd du Roussillon
15 rue Cabrit
2 Espace Méditerranée



Social life

There are a lot of typical French restaurants in the neighborhood like 'Le Tire Bouchon' on the avenue or 'Lou Grilladou' on the Place Belgique. A great tapas restaurant is Le Ben Aoui, in front of the Théâtre de l'Archipel.

The market at "Place de la République" is open from Tuesday till Sunday from 8am to 1pm. You can find local fruit and vegetables there but also roast chicken and high quality meat. Every Thursday morning you can find organic products on the farmers' market "Place Belgique".

There's a lot to do in Perpignan all year round. Live music and theater festivals, music concerts, exhibitions, cultural & gastronomic events and so much more.

Rugby is very popular in Perpignan, almost every weekend you can go to a rugby match of one of the local teams: l'USAP or Les Dragons Catalans. There are a lot of great **bars and pubs** in Perpignan like Republic café, Divine Comédie, El Boca Boca, O' Flaherty's Irish Pub, El Tio Pepe and Chez Jeannine.


Doing your mobility in Perpignan will give you the opportunity to meet new people from all over the world and make **friends for life!**




Arrival and transport in Perpignan

 **Perpignan** airport, **Girona** airport, **Barcelona** and **Toulouse** airports are the biggest and nearest airports.

Perpicat shuttle will take you from Barcelona and Girona airport to Perpignan or you can take the TGV.

 Bus companies can take you to Perpignan from cities all over the world. Most of the connections can be found online. The biggest ones are Eurolines, Flixbus and Ouibus.

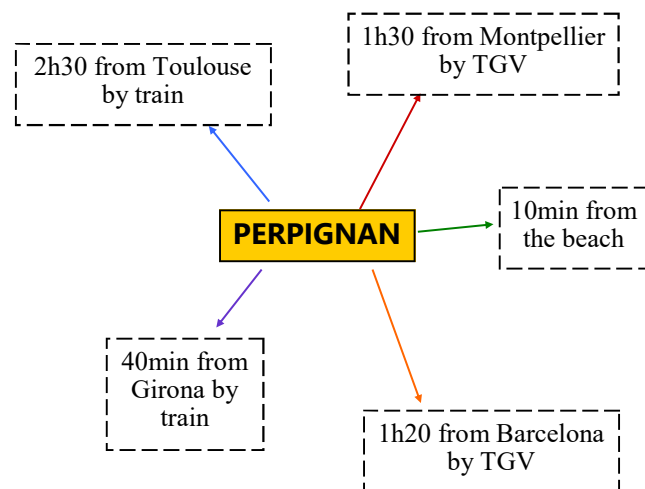
 By train from almost every trainstation in France. You can find all the connections on the website of SNCF (FR) or RENFE (ES)

Check GOEURO.COM for all possible combinations between flights bus and trains !!



If you want to explore the region, the easiest way is to do so by bus. You can take the Regional bus or train for only 1 euro throughout the entire county. You can find all the information on their website: <http://bus1euro.cd66.fr/> or <https://www.train1euro.fr/>

City bus called « CTPM » connects Perpignan districts and 25 villages around from Perpignan Metropolitan including beach resorts.



Practical information

Laundrettes

Au Lavoir Catalan, 72, Av. Julien Panchot
9h00 - 22h00 (open on Sundays!)

Laverie Wash' N Dry, 93 Rue Maréchal Foch
7h - 23h30 (open on Sundays!)

SIM cards

There are several stores in Perpignan where you can buy a French SIM card. Magasin Espace SFR on the Place de Catalogne and Quai Vauban and Boutique Orange, Bouygues and Free also at Quai Vauban.

Opening hours

Restaurants are usually open from **12h00 - 14h00** and from **19h30 - 23h30**, but there are some exceptions. Be aware; many restaurants in France are **closed on Sundays and Mondays!**

Supermarkets are open from **8h - 20h**, depending on the supermarket. Some supermarkets are also open on **Sundays until 12:30pm.**

Bakeries, in general, are open from Tuesday to Saturday and on Sunday mornings.

Emergency numbers

- **Medical emergency** 15 or 112
- **Police** 17
- **Firemen** 18
- **TAXI** 04.68.83.83.83

During your trip:

Upon emergency you can call Mrs. Florence Delseny Sobra on +33 613801608

Stay in contact with ALFMED! Get into our international community!



Like us on **alfmed perpignan Facebook** and find out about all the activities in Perpignan and who will be arriving at ALFMED!



Follow us on Instagram and see the latest pictures of the cultural outings and activities at ALFMED.

Tag us using the hashtag **#ALFMED4U** and share your stories with your fellow students !



You can always contact us by e-mail if you have any questions before your arrival.
contact@alfmed.com



Can't wait to come to Perpignan and visit ALFMED? You can take a [virtual tour](#) of the classrooms on Google Maps !

