

# WELCOME TO PERPIGNAN



**ALFMED**  
EXPERTS EN LANGUES & PROJETS EUROPÉENS



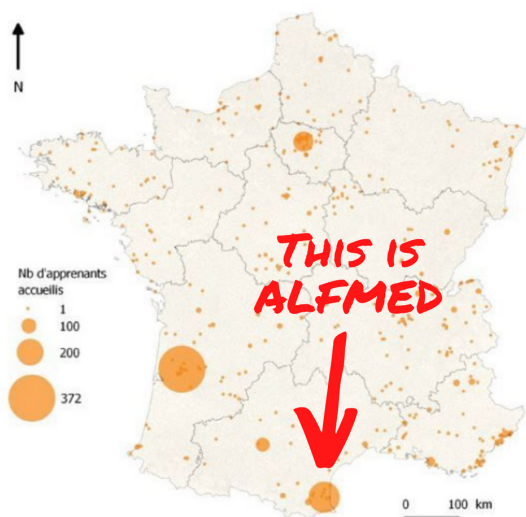
# ALFMED



**ALFMED IS HERE**

<https://www.perpignan.alfmed.com/>

**Leader for Erasmus+  
internship in France**



ALFMED is a language school founded in 2005  
in Perpignan  
We teach 9 languages, including French, Italian,  
Spanish, English & German.  
Accredited Training center for French  
companies & examination center for language  
tests  
ALFMED is involved in many European projects  
involving the collaboration of our ERASMUS+  
partners  
We host 400 Erasmus students per year. We  
speak 6 languages in our staff !



**Hello, I'm Lafayette**

## ALFMED's office staff



Florence - Manager & quality control



Erika - Inbound ERASMUS+ mobility officer



Nataliya - Outbound ERASMUS+ mobility Officer



Virginie - Training for French companies



Léa M. - Pedagogical coordinator



Léa C. - Communication officer



and language teachers



and Lafayette



# Enjoy ERASMUS in France



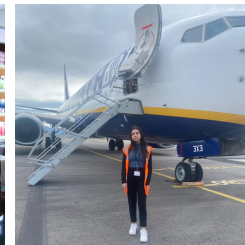
## Erasmus + internships

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

ALFMED has a large network of 700 hosting companies in Perpignan region :  
in the city and along the coast

It allows us to propose a large scope of internships in various sectors :

Tourism – Gastronomy – Agriculture –  
Handycrafts – Services – Food industry –  
Wellness – Linguistics – Business  
administration...



Our ERASMUS+ programs last between 2 weeks and 6 months

We find the perfect internship placement for our students according to their profile and their expectations



## How do we do this?

- Student profiling through online questionnaire & skype to match student expectations and HO company requests
- Preparation for the interview : oral CV workshop & briefing about the company
- Assistance for logistics
- Organized guided tours & social cultural activities... to get you acquainted with the city and our 35 nationality community of students
- French Intensive classes
- Full support during the entire programme: we speak 6 languages in our staff

# A little bit about Perpignan



PERPIGNAN (περπιγᾶ) is the southernmost city of France and capital of the **Pyrénées-Orientales** county. With 150.000 inhabitants, Perpignan is the largest city after Montpellier and Toulouse in the Occitanie Region.

Centuries ago, Perpignan was part of **Catalonia**. *In the 13th century it was the capital of the Kingdom of Majorca*. Today you can still visit the Kings of Majorca Palace, ancient walls, medieval mansions.

All over the year, the picturesque city of Perpignan is visited by 4 million tourists. Being so close to the **Mediterranean Sea and the Pyrenees with 350 sunny days per year**, it is visited by people from all over the world. Its large University -9 000 students- and French Tech start-ups attract many companies.

## ALONG THE SEA

It offers beautiful coastline, beaches and natural parks, fishermen villages like **Collioure**, charming cities like **Céret**, natural parks like **Paulilles bay** : this is the sunny south of France.



## UP ON THE MOUNTAINS

We are only **1.5 hours away from the Pyrénées mountains** : thermal baths and ski spots. Andorra treks.



## AROUND PERPIGNAN

There's a lot more to see from music festivals to medieval cities and wine valleys. Big cities like **Toulouse, Montpellier and Carcassonne, Barcelona or Figueras** are easily accessible and definitely worth a visit by train or bus.



# Residences in Perpignan city center

## Résidences

### Résidence De Gaulle

21 bis Av. Général de Gaulle

### Résidence Venise

19 bis, Bvd du Roussillon

### Résidence Mathurin

15 rue Cabrit

### Appart'hotel MER & GOLF

2 Espace Méditerranée

### Résidence Castillet

17 rue des Fabriques

### Résidence Napoléon

3 traverse de Venise

*Upon your arrival in  
Perpignan, we welcome you  
to accompany you to your  
accommodation*



# PERPIGNAN



350 days of sun/year



Laundry for our students is in Residence Napoleon

## Single, twin and triple bedrooms in our self-catering residences to enjoy Erasmus life



# Social life

There are a lot of typical French restaurants, tapas restaurants and night bars where to meet other students in Perpignan city center



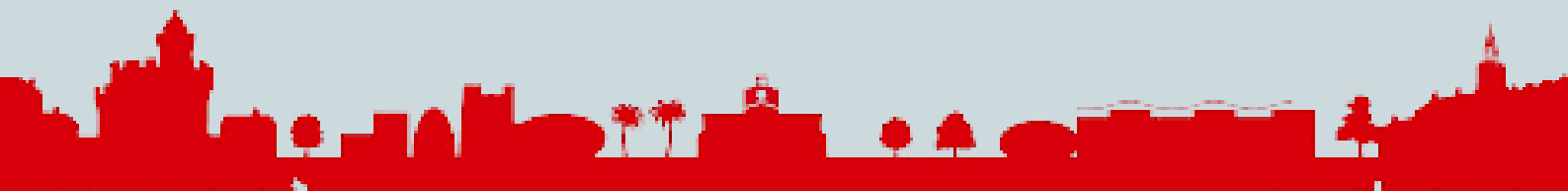
There's a lot to do in Perpignan all year round. Live music and theater festivals, music concerts, exhibitions, cultural & gastronomic events and so much more

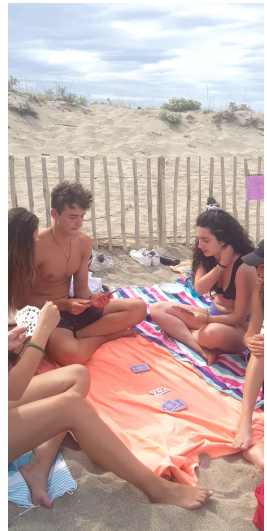


Rugby is very popular in Perpignan, almost every weekend you can go to a rugby match of one of the local teams: l'USAP or Les Dragons Catalans



From Perpignan you can travel all around with 1€ buses that take you to the beach and to the mountains





# Arrival and transport in Perpignan



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



Bus shuttles will take you from **Barcelona and Girona airport** to Perpignan or you can take the train direct speed line. 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 Blablacar-bus.



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

Check [OMIO.COM](https://www.omio.com) or [CHECKMYBUS.COM](https://www.checkmybus.com) for all possible combinations between flights bus and trains !!

If you want to explore the region, the easiest way is to do it by bus.

- Regional bus or train for only **1 euro** throughout the entire Perpignan county
- City bus called « SANKEO » connects Perpignan districts and 25 villages and beaches

## Practical information



**Laundry** > Napoleon laundry for Alfmed' students  or Laverie Wash'Dry service

### Opening hours

Restaurants are usually open from 12PM - 2PM and from 7:30PM - 11:30PM, but there are some exceptions. Be aware; many restaurants in France are closed on Sundays and Mondays!

Supermarkets are open from 8AM - 8PM, 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



10 min from the beach



1h15 from Paris



1h20 from Barcelona

**PERPIGNAN**

1h30 from the mountains 

1h30 from Montpellier

2h30 from Toulouse



You can always **contact us by e-mail** if you have any questions before your arrival  
[erasmus@alfmed.com](mailto:erasmus@alfmed.com)



During your trip: **in case of emergency** you can call or text **Florence** on **+33 613801608**

**Stay in contact with ALFMED !**

**Get into our international community right now !**



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