# Discover Poitiers !

IFMSA

International Federation of Medical Students' Associations

# Welcome to Poitiers

faculté de médecine et de pharmacie
Université de POITIERS

I am delighted to bid you all welcome in our town, Poitiers.
Poitiers is a student town (about 26,000 students), with more than 4,000 international students every year. I am very proud that the Medicine School of Poitiers also receive some students.
I hope you will enjoy your stage. Every effort will be made to ensure your proper setting in this new town, in this new country. This stage is a great opportunity for you to discover the French Hospital sector, and in return, to show your own when the French student will come.
Communicate with many French students. You can also visit the town of Poitiers which is a high historical place, and discover French culture (gastronomy +++).
The CREM, which is the association of the poitevin medecine students, is available to help you if you have any questions.
I wish you all a pleasant stay.

Ian Duvergé
President of the CREM

CREM POITIERS

# Welcome to Poitiers' teaching hospital

*CHU de Poitiers*
*2 rue de la Milétrie*
*86000 Poitiers*
*Tel : (+33) 05 49 44 44 44*

The Poitiers Hospital is both a regional and a university Hospital since February 20th, 1961. It is a public health institution with various care missions (curative and palliative), prevention, teaching and research. According to the « hospital, patient, health and territory » law of July 21th 2009 the Hospital is administrate by a directory whose president is Jean-Pierre Dewitte, and a supervision council, chaired by the member of parliament and mayor of the city Alain Claeys.

SimLife : The Med school of Poitiers discovered and patented a machine which allows students to simulate surgery in real conditions on corpses. This invention is unique in the world.

# History in brief ...

First of all it should be pointed that in Europe hospital was born and developed closely related with the Christian charity. In France, it's only in the 18th century that the transition between religious and medical care occurred. Today the Hospital is laic. It has become a place of medical high tech and is struggled by various economic and management issues. However, it still conserves in heritage of it's historical construction his double function: The Hospital remains a place of welcome and care.

The history of Poitiers Hospital began with the foundation of the chaplaincy Notre-Dame-La-Grande during the 12th century. This chaplaincy has been transformed later in Hôtel-Dieu-Notre-Dame on demand of the municipality. It is located in midtown in front of the same called church. At creation this building had only about 20 beds. Because it was too small and located in front of the market, the necessity to move it increase. Nevertheless, even if French King Louis 14th, support this project, it has never been done and the Hotel-Dieu expanded on the same place. Nowadays, those buildings still exist and the law university is there.

During the Vendée Wars (1793-1796), lots of religious buildings were confiscated, thus the Hotel Dieu was forced to move. It established in the buildings of the ancient seminar (Hôtel Pinet, where the midtown university is nowadays). This building became a civilian and military hospital with a capacity of 300 beds. This configuration remained until the 19th century.

Later, new services opened within the Hospital such as the maternity, the Med school, the pavilion of contagious people, and the sanatorium. During the 60s', the Hôtel-Dieu became both a regional and university hospital,(which corresponds to CHR for regional and CHU for university in French).

*To small for good with those new missions, the Hôtel Dieu was then moved to the Miletrie, place where it is located until today.*

*(Rq: In France The Med school depends on the national Health department and the national education department. )*

# How to move in Poitiers ?

The city of Poitiers has a large transport network. You will find a bus for every situation : buses within the city that can also take you to the neighbouring small towns, and a depermental bus network for more distant destinations.

Vitalis is the urban network of Poitiers.
The buses are circulating every day and part of the nights ! There are many buses passing by the Hospital (CHU) and the University.

*Line number one, a reflex*

The bus goes from Milétrie Rond Point to the Futuroscope, crossing the city center. The first bus starts around 6 a.m. untill 10-10:30 p.m. There is a bus every 20 minutes.

*The meshing lines' number 10, 11, 13*

Lines 10 and 13 go from the Hospital ’s neighbourhood (Milétrie, la Gibauderie) to Buxerolles. Line 11 goes from Laborit to Migné, passing pack the main avenue Jacques Coeur. Those three lines start around 6-6:30 a.m. and stop around 8:30 p.m. Their frequency is around 20 minutes.

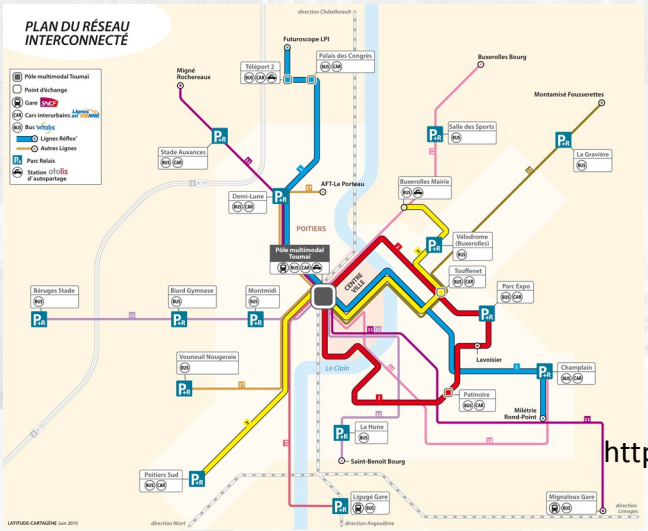
*La ligne de desserte locale N° 27*

The line connects the CHU’s neighbourhood to the south of Poitiers (Auchan Sud), passing by the polyclinic of la Gibauderie and Saint-Benoît and avoiding the city center. The first bus starts at 7a.m. and the last one is around 8 p.m. However, the frequency of the bus changes during the day :
at the rush hour there is one bus every 30 minutes, and off-peak (9-11 a.m., 2-4 p.m.), a bus every 1 or 2 hours!

*Nigth time and Sundays*

At night, the bus that passes by the CHU and its neighborhood is the bus n°2. It is a circular line (way A or way B), that takes Avenue Jacques Coeur each way. There is a bus every hour between 5 and 6:30 a.m., then between 10:30 and 3 p.m.

On Sundays, you can take the lines A, B, C. A and B. They are ciruclar lines and their course are quite alike : the buses go around Poitiers, passing by the city center. Line C goes from la Milétrie to the North-West of Poitiers, crossing also the city center. The service starts around 8-9 a.m. to 6:30 p.m., with a bus every 30-40 minutes.




*Prices*

For a last minute ticket, taken in the bus directly, the ticket is 1,40 euros. For occasionnal travelers taking a city center shuttle bus, it is 1 euro.

**« Tick Easy »** is an app with which you can buy tickets.

http://mesapplismobilesvitalis.fr/

There are many other services with Vitalis as city-center shuttle, transport on demand, bike rent, car rent (and even bus rent) and special transport for disabled people who cannot take the classic service).

You can find all the details on the website http://www.vitalis-poitiers.fr/ (rubric « Services ») or by going directly to the main information office : Espace Bus au 6, Rue du Chadron d'Or, Poitiers (StopsPôle Pétonnet Hulin or Boncenne.)

Lignes en Vienne

For far destinations across the county, the buses « Lignes en Vienne » can be taken. There are 18
lines and 10 of them passing by Poitiers. The tickets cost 2,50 euros and the annual subscription
for people under 26 is 200 euros.

For more infos, http://www.lignes-en-vienne.fr/ .

Do the right thing; if there isn't any bus at night, you may order a taxi

- By calling 118 818
- Or also 05 49 01 10 01

# What about neighbourhood's stores?

In Poitiers, like in many cities in France, most of the shops are closed on Sundays (except during Christmas period). On public holidays, the malls can be exceptionnaly open.

Moreover, some shops, especially in the city center, can be closed from 12 a.m. to 2 p.m.

*Géant Casino de Beaulieu*

The mall is open from monday to friday, 8:30 a.m. to 9 p.m.

You can find there ATM, japanese restaurants, pizzas and many other restaurants, clothing shops and pharmacy.

*Coccinelle express*

The closest shop to the CHU is in the Gibauderie's neighborhood,
*6 rue la Rochefoucault.*
*Opening hours :*
*9 a.m. to 1 p.m. - 3 p.m. to 8 p.m. from Monday to Saturday.*

*Boulangerie Pain et Compagnie*

The closest bakery is located at 100 metres of the main entry of the Medecine Faculty, on the left.
*Opening hours :*
*from Monday to Friday : 6 a.m. to 8 p.m.*
*Saturday : 6 a.m. to 7 p.m.*
*Closed on Sunday*

*France is to gastronomy what England is to rain, so even if you are students, you should try French healthy fruits and vegetables produced by our local farmers :*
*- Notre-Dame market, on Notre-Dame place, is an open-air market on tuesday, thursday, and saturday morning, from 6:00 am to 1:00 pm.*

# What about the French gastronomy ?

Food is an institution in France.

It is not just about good taste and good products, it is also a social and friendly moment of the day. French people take 3 main meals at fixed and common hours.

A meal is composed by a starter, a main course, and cheese or desert. Wine and cheese are highly appreciated in France.

*Example of a typical starter : Le foie gras*

It is a duck's liver, prepared then cooked in a bain-marie.

*Example of a typical main course : la blanquette de veau*

It is a traditionnal french meal made with veal's meat boiled, carrots and butter sauce.

*Example of a typical desert : la tarte tatin*

It is an apple pie overturned in which the apple slices are caramelized with sugar and butter.

*La baguette*

Emblem of France and its gastronomy, the baguette is loved by the French who just eat it like that or with butter and jam at breakfast but also to complete cheeses.

Morever, you can taste some specialties of our county.

*Le melon Poitevin* : juicy, perfumed and sweet, it is recognised by a protected geographical indication (Indication Géographique Protégée).

*Le farci poitevin :* it is a typical terrine of the area, composed of lard and green vegetables such as spinach and cabbage.

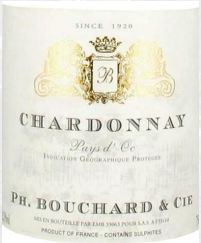
*Le chabichou :* goat cheese, you can buy it directly at a cheesemaker during the market at the Halles de Notre Dame.

*Le tourteau fromager :* this regional pastry is made of cow or goat cheese.

*Les macarons de Montmorillon : this receipe from 1920 has been invented by the famous poitevine house Rannou-Métivier.*

*Le Broyé du Poitou :* appeared in the 19th century in poitevin land, this cake is made of simple ingredients as butter, flour, sugar or eggs. But that's stile a must have of this region.

To go with those specialties and to perfect your impregnation of the french culture, you can taste wines from the Haut Poitou such as the Chardonnay, the Sauvignon, the Gamay or the Cabernet.



# Where can we eat in Poitiers ?

*Le Poitevin*

To discover thoses specialties freshened up like a Croustillant de Chèvre Fermier au Farci Poitevin or a Chevreau à la Poitevine, we suggest you to pay a visit to le Poitevin. This restaurant deteins the labal « Fait maison » (home made) and has obteined a « assiette Michelin » in 2016.

*Le Poitevin, 76, rue Sadi Carnot*

*Tel :05.49.88.35.04*

*Tuesday to Sunday, except Saturday noon, 12 a.m.-2 p.m. and 7 p.m.-10 p.m.*

*Les Archives*

To discover a modern and refined cooking in a breathtaking space, at the heart of the ancient Jésuite chappelle, you can go the Les Archives. It appears in the Big gourmand Michelin 2016.

*Les Archives, 14 rue Edouard Grimaux*

*Tel : 05 49 30 53 00*

*Monday-Tuesday-Wednesday-Thursday and Sunday : 12 a.m.–2 p.m. and 7 p.m.–10 p.m.*

*Friday and Saturday : 12 a.m.-2 p.m. and 7 p.m.-10:30 p.m.*

*Toqué!*

A Bistro cooking recognized by the Guide Michelin giving it a « Assiette Michelin 2016 », this restaurant makes the promise to surprise you.

*Toqué!, 44 rue de la Cathédrale*

*Tel: 05.49.62.19.33*

*Closed on Saturday and Sunday noon and Monday.*

*Au bureau*

It offers a Bistro cooking with local specialties in a retro anglo-saxon atmosphere, within the city center.

*Au bureau, 13 Rue Sadi Carnot*
*Monday to Friday : 10 a.m.-2 p.m.*
*Sunday : 10 a.m.-12 p.m.*
*Tel : 05 49 47 87 42*

*La serrurerie*

A trendy cooking with various influences in a retro café-bar-bistrot. The restaurant appears in the Guide Michelin and the prises are around 12-29 euros for a menu.

*La serrurerie, 28 rue des Grandes Ecoles*
*Opened every day from 7:30 a.m. to 2 a.m.*
*Tél : 05 49 41 05 14*

*Le Magenta*

It is an italien restaurant in the city-center that offers pizzas baked with traditionnal wood fire and fresh pastas. It appears in the Guide Michelin. The prices for a menue are from 9 to 26 euros.

*10 Rue de Magenta*
*Monday to Saturday : 12 a.m. - 2 p.m. and 7 p.m.-10:30 p.m. d*
*Tél : 05 49 88 07 64*

*Le Sushi-Kyo*

A japanese restaurant in the Casinon de Beaulieu ’s mall. You can eat there or order to go.

*Monday to Saturday : 12 a.m.-3 p.m. and 7 p.m.-10:30 p.m.*
*Sunday : 7 p.m.-10:30 p.m.*
*Tél : 05 49 46 41 39*

*Le Gambas Royal*

It is a large asian restaurant located next to the mall Auchan Sud (near the road nationale 10).

The prices are between 10-20 euros.

*Le Gambas Royal, 21 Rue de Chaumont*

*Opened every day from 12 a.m.-2:30 p.m. to 7 p.m.-10:30 p.m.*

*Tél : 05 49 52 76 26*

*L'instant comptoir*

It is a restaurant « bar à vin » (wine bar). The meals are prepared with season's products and local.

Prices are between 10-30 euros.

*L'instant comptoir, 22 Rue de Bignoux*

*Tuesday, Wednesday, Thursday : 12 a.m.-2 p.m. and 7 p.m.-10 p.m.*

*Friday and Saturday : 12 a.m.-2:3° p.m. and 7 p.m.-11 p.m.*

*Sunday : 7 p.m.-10 p.m.*

*Monday : 12 a.m.-2 p.m.*

*Tél : 05 49 43 22 83*

*Le comptoir à Moustache*

This restaurant freshens the traditionnal meals of the french gastronomy and burgers. It is 100% home-made with fresh products of the season.

Prices are between 8-30 euros.

*Le comptoir à Moustache, 21 Rue Sadi Carnot*

*Monday to Saturday : 11 a.m.-12 p.m.*

*Tel : 0549372951*

# Where can we have a drink in Poitiers ?

After effort comes comfort!

*Le PLB (Le palais de la Bière)*

It is a bar-restaurant close to the campus. On Tuesdays, you can play board games, and there are also concerts.

*PLB, 250 rue du Faubourg du Pont Neuf*
*Monday to Friday : 11:30 a.m.-2 p.m ; Saturday : 4:30 p.m.-2 p.m.*
*Tél : 05 49 46 28 31*

*Le Caribou café*

You can drink beers from Quebec and taste Canadian food upstairs, in a typical woody atmosphere and snowshoes on the walls.

*Le Caribou café, 7 Rue de la Regratterie*
*Monday to Saturday : 12 a.m.-2 p.m.*
*Tél : 05 49 00 43 66*

*L'Est-Ouest*

It is a karaoke bar-restaurant, close to the city-center, with a student atmosphere.

*Est Ouest, 10 Rue de l'Éperon, 86000 Poitiers*
*Monday to Saturday : 4:30 p.m.-2 p.m*
*Tel : 05 49 41 13 36*

# And about the city ?

POITIERS : N°1 of the great student cities according to the 2016 ranking of the student magazin

For life is short, you must start visiting Poitiers by having some drinks and pastries at one of the Notre-Dame Place's coffee terrace. Then, by getting inside Notre-Dame itself. Through the picturesque and charming roads, go to the Palais Comtal currently the courthouse (opening from monday to friday, 8 :30-noon to 1:30-5:00 pm). Walk down the Grand Rue, where you may appreciate rock sculpted frontage, private mansion and mediaval houses . So far, you will end up in front of Ste Radegonde's church and St Pierre's cathedral. You must visit the St Croix museum and, right by it, the St Jean baptistery.

To make it easier, the tourist office offers guided visits. It's based on 45 place Charles de Gaulle, in Poitiers.
Tel : 05 49 41 21 24

Most of the bus will take you to the city-center, for example, thee 15$^{th}$,11$^{th}$, and the 12$^{th}$

Poitiers counts numerous places of worship :

- The great mosque of Poitiers: 1 rue Guillaume VII le Troubadour
- Churches : Notre-Dame la Grande, Cathédrale St Pierre, église Ste Porchaire
- Synagogue: the Israeli Cult: 30 Boulevard Jeanne d'Arc
- Protestant: Eglise Réformée: 5 rue des Ecossais

Wishing to do some sports, We have everything you need !

*The pool*

The aquatic center : La Pépinière : 95, rue des Deux Communes, Buxerolles. Open from 10-19h30 every day except on sunday : 10-19h. Student-price ticket : 4,10 euros.

The Ganterie Pool : Centre Sportif de la Ganterie 57 rue de la Ganterie. Student-price ticket : 2,10 euros.

*Skating ring*

54 avenue Jacques Cœur. Student-price ticket : 2,90

*Canoe-kayak*

Avenue de Lorch, 86280 Saint-Benoît . Price : 5 euros/h

Base Communautaire de Moussac-sur-Vienne avec des parcours de 4 à 20 km

If you like running, playing tennis or squash : Stade Rébeilleau *54, avenue du Recteur Pineau.*

France is a country of culture and history which you can discover through its museum. In Poitiers, the Ste Croix museum. Since the end of the 19th century to the beginnig o th 20th, the museum dysplays paintings from Cézanne's disciples and works from the new generation inspired by Matisse. It opens from Tuesday to friday 10h am to 6 pm and on sunday and saturday : 1-6 pm. It's free for students.

Poitiers has numerous parks, such as « Parc de Blossac », a beautiful park built in the 18th century by the Blossac Count, 1 bis, rue Léopold Thézard ; « Le jardin des Plantes », 1, rue du jardin des plantes and many others. The Clain's banks in small boats.

Outside and near Poitiers :

*Futuroscope*, easily accessible by bus (line 1). It's a futuristic amusement park with for example « The Raving rabbits », with their machine to travel back in time or « Arthur and the Invisibles », a 4d attraction. They were both awarded « best attraction of the world ».

*A Laser Game* in Fontaine-Le-Comte : *8 rue du Vercors*

*A Game Park (Lasermax, bubble Foot, Squash) : Route de Châtellerault-RN10 Nord, in Migné-AuxanceGame Parc*

*The Drop'in water jump in Vivonne.* This aquatic park offers extreme sports activities. Price : 23 euros per adult.

*« The Giants of the sky »* ( a falconry show) and a similar attraction in the Bishop's Castle, *in Chauvigny* for 12 euro per adult.

*In Angles-sur l'Anglin* : one of the most beautiful town of France, you may admire a 20 meters prehisctoric sculpted frieze.

*« La planète des crocodiles » in Civaux*, is a park with turtles, crocodiles, piranhas and many other species.

And now, some activities submitted in Poitiers :

*Le Tap*, a national stage (*6 rue de la Marne*) and *the Confort Moderne* (*185 rue du Faubourg du Pont Neuf*) for theater, music and danse with national and international artists.

*Le Confort Moderne* schedules many concerts (including every styles of music) and contemporary art displays.

*Cinémas*

- TAP Castille,
  *24 place du Maréchal Leclerc*, in the city-center
- Méga CGR in *Buxerolles and Fontaine Le Comte*

During Summer the festival «  Poitiers, éclats d'été  » , you may enjoy free open-air concerts by international artists.

To help you make the most of it, Poitiers offers a free culture card (for 16 to 26 years old) which gives you preferential rates on numerous spectales. To get that card, you have to register on line on carteculture.org. Then to remove your card, go to the TAP, the Espace Mendès France (*1 Rue de la Cathédrale* ) or the Student House (*1 rue Neuma Fechine Borges* ) with your ID card or your student card.