



STUDENT GUIDE

INTERNATIONAL SEMINAR

WASEDA UNIVERSITY

MANAGEMENT IN A EUROPEAN CONTEXT



from
21
FEB

to **06** **MAR.**

PARIS
CAMPUS

TOULOUSE
CAMPUS





INSPIRING LIFE, INSPIRING EXPERIENCES



WELCOME MESSAGE FROM THE DIRECTOR OF INTERNATIONAL RELATIONS & ACCREDITATIONS

Firstly, I would like to say how happy we are to have you with us at TBS Education for the ***International Seminar on Management in a European Context.***

Offering cutting-edge business education to over 6,000 students, and 2,000 trainees in Executive Education across our 5 campuses, we are dedicated to providing our students – both visiting and permanent – with the analytical skills, professional network, international outlook and agility needed to adapt, innovate, and anticipate change in their future working environments.

We are very proud of our partnerships with the leading world-wide Business & Management Schools. These partnerships are extremely important to TBS Education and we look forward to continuously developing new collaborations in the future.

We hope that this academic course will provide you with the knowledge and interest you are expecting to receive.

On behalf of all of TBS Education's International Relations team, I very much hope that you enjoy your time at TBS Education – a dynamic transnational school with a bold, strategic vision.

FLORENCE RAMILLON

Director, International Relations
& Accreditations

WHAT TO EXPECT IN PARIS

ACCOMMODATION

APARTHOTEL ADAGIO PARIS CENTRE TOUR EIFFEL

Located a 15-minute walk from the Eiffel Tower and 25 minutes from the TBS campus, Aparthotel Adagio Paris Center Tour Eiffel offers a 24-hour reception, heated studios and free WiFi in all areas. Guests can enjoy access to the fitness center and indoor swimming pool according to availability during their stay. The accommodation will provide shared rooms with separated single beds.

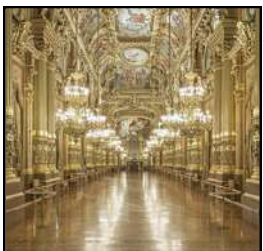


ACADEMIC



Develop a strong understanding of European and intercultural management while immersing yourself in the luxury industry in Paris. Through reflective coursework, real-world case studies, and expert talks from leading professionals, gain valuable insights into the practices, challenges, and innovations shaping this dynamic sector.

ACTIVITIES



OPERA GARNIER



MAISON FRAGONARD



BOAT PARIS TOUR



UNESCO VISIT



CHÂTEAU FONTAINEBLEAU

PARIS CAMPUS LOCATION

TBS Education is located a short **25 minute walk to the Eiffel Tower** in the **15th district**. The **closest metro stops** to the TBS Education, Paris campus is **line 8, stop "Boucicaut"** or **metro line 12, stop "Convention"**. Both stops are a few minutes walking distance.. There are **many buses** and a **public bike station** next to the campus. The campus is **open to students from 8h00 in the morning until 20h00 in the evening**.



PARIS

TOULOUSE
PARIS
BARCELONE
CASABLANCA

L'école de management triplement accréditée



TBS EDUCATION PARIS



**13-15 Rue Saint-Lambert,
75 015 Paris**
Programme Grande École,
Masters Of Science,
Formation Continue,
Mastère Spécialisé (MS),
Bachelor,
Winter School,
Salles de cours, Corner Library, etc.

Se rendre au campus :
Métro : ligne 8 – Boucicaut

Métro : ligne 12 – Convention

Tramway : lignes T2 et T3a –
Porte de Versailles

TBS EDUCATION PARIS



**13-15 Rue Saint-Lambert,
75 015 Paris**
Master in Management
Masters Of Science,
Executive Education: GEMBA,
DBA, Specialized Master (MS)
Bachelor in Management,
Winter School,
Classrooms, Corner Library, etc.

How to come :
Subway : ligne 8 – Boucicaut

Subway : ligne 12 – Convention

Tram : lines T2 and T3a –
Porte de Versailles



BOATRIDE AROUND PARIS

BATEAUX-PARISIENS CULTURAL DISCOVERY

Paris is a dynamic business, cultural and educational center at the heart of Europe. Paris is France's largest city and a megacity in Europe with just over 12 million inhabitants. It is known as the "City of Lights".

The international department has organised a fun way to visit the city. Students are encouraged to take advantage of this exclusive opportunity to discover a little bit more about one of France's most luxurious cities!

The Bateaux-Parisiens is an open excursion boat that provides students with a view of the city from along the river Seine which is centrally situated in Paris. Students will discover, the Eiffel Tower; Notre-Dame Cathedral; the Alexander III Bridge, the Pont Neuf; the Orsay Museum, and the Louvre Museum. Passengers can also see Les Invalides, Napoleon's burial site.



COMPANY VISIT

UNESCO EDUCATION, SCIENCE & CULTURAL UNITED NATIONS

UNESCO uses education, science, culture, communication and information to foster mutual understanding and respect for our planet. UNESCO has identified key challenges for the achievement of the Sustainable Development Goals and the improvement of the human condition.

UNESCO Headquarters, or Maison de l'UNESCO is located at 7 Place de Fontenoy in Paris. During the visit, students will discover how the organization works, the values it carries and how it affects the daily lives of people.

Established in 1945, the mission of UNESCO is to build peace through international cooperation. UNESCO provides global and regional leadership in education, strengthens education systems worldwide and responds to contemporary global challenges through education with gender equality as an underlying principle.





OPERA GARNIER



BELLE EPOQUE PALAIS GARNIER (OPERA HOUSE)

Almost 150 years old and classified as a historical monument since 1923, you will discover a unique and prestigious place in the heart of Paris: the Palais Garnier.

Initiated by Napoleon III after an attempted attack and inaugurated in January 1875, it was after 15 years of work carried out by Charles Garnier, an architect unknown at the time, that the Palais Garnier was born.

Today, this building, also called Opéra Garnier is one of the most emblematic monuments of the 9th arrondissement.

Spread over an area of 11,000 m², this eclectic style building will charm you with its many influences: Louvre Museum, Palace of Versailles.

Enter the largest opera house in France and enjoy its famous grand staircase, the Bassin de la Pythie or its sumptuous grand foyer and lounges.



CULTURAL VISIT



MAISON FRAGONARD

Spend a delightful day in Paris exploring the iconic Maison Fragonard, a landmark of French perfumery. Located in the heart of the city, this unique museum offers a fascinating journey into the art and history of perfume-making.

During the visit, you'll discover the secrets behind Fragonard's renowned fragrances, explore beautiful collections of vintage bottles, and learn about the techniques used in creating perfumes. The experience blends art, craftsmanship, and history, capturing the essence of Parisian elegance.



A visit to Maison Fragonard is a perfect way to immerse yourself in the world of French luxury and tradition. As you wander through the elegant rooms of the museum, you will be enchanted by the subtle aromas floating in the air, evoking memories and emotions. The passionate guides enthusiastically share their expertise, revealing the rare and precious ingredients that compose the house's iconic perfumes.



CHATEAU FONTAINEBLEAU

THE BEAUTIFUL FONTAINEBLEAU

Join us as we visit the historic town of Fontainebleau, located in the south of Paris. It is well known because of two important UNESCO attractions: the Chateau de Fontainebleau, and the Forest of Fontainebleau which surrounds the castle.

The forest is especially popular with Parisians who want to escape from the city for the day, and the castle is one of the grandest in France.

During this trip, you will have the opportunity to explore the castle through a guided audio tour in English. The tour is complimentary, allowing you to take your time while discovering each room of the château and the delightful town that boasts fantastic spots to eat, shop, and explore.

Please note, only transportation and the visit to the castle will be offered by TBS Education.

Students are responsible for meals and other related purchases during the visit.



TIME IN & AROUND THE CITY



THE EIFFEL TOWER

Eiffel tower or “Tour Eiffel” is the most visited town. This monument has come to represent an elegant contemporary Paris. Built for the world exposition in 1889, the 1063 feet tall iron tower, was such a success it became the most visited attraction today. The tower has three levels and you can get to one of the levels either by walking up the 300 steps that you will find in the two first levels or you can get the elevator to get up to the last level.

The Eiffel Tower is located on “Champs de Mars”.

Metro: line 6, Bir- Hakeim and Duplex stops; line 6 and 9, Trocadero stop; line 8, Ecole Militaire stop.



THE ARCH OF TRIUMPH

One of the most noted landmarks is the Arch of Triumph “Arc de Triomphe”, to recognize the military honors, primarily battles fought under Napoleon I. The Arc is centered in Place Charles de Gaulle head of Champs-Elysees.

Metro Charles de Gaulle Etoile, lines 1, 2, 6

CATHEDRAL DE NOTRE-DAME DE PARIS

Notre Dame Cathedral is the most popular and most visited church and monument in Paris. Located in Ile-de le Cite, Notre Dame is about 850 years old. It is also an authentic masterpiece of Gothic architecture. It reopened in December 2024 after the 2018 fire.

Metro Cite, line 4



CONCORDE SQUARE

“Place de la Concorde” is another magnificent square called Place de la Concorde for all to enjoy. It’s located at the eastern end of the Champs-Elysees and between that avenue and the Tuileries Gardens. An Obelisk that was offered by the Egyptians stands in the middle of the Square.

Metro Concorde, lines 1, 8 & 12



TIME IN & AROUND THE CITY



SACRED HEART-MONTMARTRE

With its unmistakable white dome, the sacred heart (Sacre Coeur in French) sits at the highest point of Paris on the Montmartre knoll, or butte. Montmartre, a neighborhood located at the summit of Paris, is one of the city's most poetry-drenched spots. The narrow, steep, cobblestone-paved streets, stairways, hidden gardens show that Montmartre was, until recently, a village in its own right, tucked away from the city. A lot of bars and well-known cabarets like "Le Moulin Rouge" are located around this area.

Metro : line 12 exit: Lamarck Caulincourt/ Line 2 exit : Anvers.



LE MARAIS

Romantic, lively, and trendy, Le Marais is one of the most iconic neighborhoods in central Paris. With its cobblestone streets, historic mansions, renowned museums, and vibrant art galleries, it offers a unique blend of history and contemporary culture. Often described as a "village within the city," Le Marais is equally appealing for leisurely strolls, cultural discoveries, and fashionable shopping, from vintage boutiques to high-end brands.

Metro: Filles du Calvaire(M8), Archives - Haudriettes (Ligne 75)



PÈRE LACHAISE CEMETRY

Tucked in a corner of northeastern Paris, the cemetery is affectionately called la cite des morts --the city of death--by Parisians. With its rolling hills, thousands of trees, winding paths with carefully plotted "street" names, and tombs, it's easy to see why Pere Lachaise is considered Paris' most hauntingly beautiful place of rest. And countless great figures have their resting place here, including Chopin, Proust, Colette, or Jim Morrison. Really a place to see!

Metro Pere-Lachaise (Line 2,3).

WHAT TO EXPECT IN TOULOUSE

ACCOMODATION

APPART'HÔTEL ODALYS CITY CENTRE COMPANS CAFFARELLI

Located 400 metres from TBS Education campus in Toulouse and only a 20 minnute walk to the city centre, Odalys City Center Compans Caffarelli provides rooms with a shared lounge, a garden and a 24-hour front desk for your convenience. Includes a flat-screen TV, a fully equipped kitchen with a dining area, and a private bathroom with a hairdryer. A dishwasher, a microwave and fridge are also provided, as well as a tea kettle. The accomodation offers shared rooms for 2 students.



ACADEMIC



In Toulouse, you will immerse yourself in the aerospace industry, gaining key insights from industry experts while further developing your intercultural perspective. Through reflective learning and applied experiences, you will consolidate your knowledge and conclude the program with impactful presentations.

ACTIVITIES



**TOULOUSE
WALKING TOUR**



**AIRBUS &
AEROSCOPIA VISIT**



**CHÂTEAU GUILHEM
WINERY VISIT**



**LA CITÉ MÉDIÉVALE
CARCASSONE**



**LA MAISON DE LA
VIOLETTE**

CAMPUS INFORMATION

TOULOUSE
CAMPUS

During your time at TBS Education, you will need to use the TBS Education student intranet to access academic documents and course material of the lectures.

ON-CAMPUS FACILITIES

At TBS Education you will find : computer rooms, printer/scanner room, terraces, a reception Hall with sofas, Wifi and areas to relax.

Printing Tip: printers are located throughout the school and instructions are clearly indicated. If you have any problem printing, you can always ask reception, and they will be glad to help you.



"TBS Education Go Green" Project:

In order to separate the garbage, we have three options:

- Paper container (green color, showed as "Ecologic"): Only for thin paper or cardboard.
- Plastic container (yellow lid): Only for cans, plastic bottles, plastic bags, etc.
- Residual Waste Container (black lid): Rest of the garbage.



TOULOUSE CITY TOUR

**DISCOVER TOULOUSE BY HAVING A
GUIDED STROLL AROUND THE CITY**

PLACE CAPITOLE

Toulouse is the world capital of aeronautics, it is the cradle of the industrial flagship Airbus, which it saw born more than fifty years ago. Enjoy a unique opportunity to discover the latest generation of Airbus aircraft! Presentation of the history of Toulouse aviation

SAINT-SERNIN BASILICA

The UNESCO-listed Basilica of Saint-Sernin is one of the most important and magnificent churches on the "Chemin Saint Jacques" medieval pilgrimage route to Santiago de Compostela in Spain. Built in the 11th to 13th centuries, this impressive basilica ranks as the largest Romanesque church in Europe still in existence.

LA DAURADE

La Daurade is the promenade located on the banks of the river Garonne. Enjoy the various bars and social scenery, walk along the quays and enjoy the view.



COMPANY VISIT



LA MAISON DE LA VIOLETTE

Maison de la Violette is a family business that has been located since 2000 on a barge moored on the Canal du Midi, in the heart of Toulouse.

In this workshop, everything revolves around the violet, the emblematic flower of Toulouse 🌸 : gourmet creations (both sweet and savory), perfumes, cosmetics, and home fragrances... all crafted in collaboration with around forty local artisans.

On this barge, you will discover all the secrets behind this unique production, and you'll even have the chance to taste some of the products!





COMPANY VISIT

AIRBUS

Aeronautics: a must-see in Toulouse!
Embark on a unique visit to the Airbus site.

Toulouse is synonymous with pink bricks, gastronomy and AIRBUS. The world capital of aeronautics, Toulouse is the birthplace of the Airbus company, which was founded more than 50 years ago.

The Airbus visit showcases a unique opportunity to discover the latest generation of Airbus aircraft, a presentation of the history of aviation in Toulouse, a tour of the 700 hectares of Airbus infrastructure in Toulouse where students can discover the A350XWB assembly line lookout.

France is at the core of Airbus skills, technologies, innovation and production. As one of the company's four founding countries, France hosts the company's headquarters; it has final assembly lines for all Airbus commercial aircraft families; is home to major production facilities for helicopter, space and defense activities; and includes locations for leading-edge research.

A visit to the Aéroscopia Museum is a great add-on to learn more about aviation. Visits can be combined. Opened in January 2015, this museum notably hosts two Concorde airliners and a double decker jet airliner, the A380.



CARCASSONNE & CHATEAU GUILHEM



CARCASSONNE

Carcassonne is a fortified town in the French department of Aude, in the region of Occitanie. This fortified Medieval city is unlike any other and a UNESCO World Heritage site. Carcassonne has been a settlement since the 6th century BC and was a Roman town, fortified during the later imperial period, before becoming a medieval citadel. It has examples of 1,000 years of military architecture and 2,600 years of history. You will be taken on an hour and a half guided tour around the imposing fortifications of the citadel of Carcassonne which occupy a rocky outcrop overlooking the course of the River Aude. Then you'll have free time for lunch and shops.



CHATEAU GUILHEM

Chateau Guilhem was built in 1791 by the Marquis Edmond d'Auberjeon for his son Edouard and follows 5 generations of winemakers. Since the XVth century, his family has lived in the Lauragais and has farmed the land until it's sale to a business man in Limoux, Léon Pariot, in 1878. Today, it is run by Bertrand Gourdou Guilhem, a TBS alumni. The vineyards stretch for more than 35 acres on the slopes of clay limestones exposed south and southwest within the "Malepère massif" where now grow the varieties : Merlot, Cabernet France, Cabernet Sauvignon, Malbec, Chardonnay and Sauvignon Blanc. Altitude (250 to 400 meters high), close to the Pyrenees, impacts the taste and the effect on the grapes thanks to the Atlantic and the Mediterranean influences.



TIME IN & AROUND THE CITY

QUAI DES SAVOIRS

A new center for the dissemination and sharing of scientific, technical and industrial culture, check out the agenda for events and exhibition. Here we have the Jardin des Plantes and Café des Sciences nearby, too.

39 Allée Jules Guesde, 31000 Toulouse



LES ABATTOIRS – MODERN ART MUSEUM

Events and art exhibitions as you've never seen before. For the art and history lovers, this is a must go in Toulouse.

76 allées Charles-de-Fitte, 31300 Toulouse



CATHÉDRALE SAINT-ETIENNE

Enjoy the sunset with a coffee in one of the bars near the cathedral.

Free entry to the Cathedral!

Place Saint-Etienne, 31000 Toulouse

LA PLACE SAINT PIERRE

If you were wondering about Toulouse Night Life, many student bars are located in Place Saint Pierre, open from Thursday to Sunday until 2am!

LA PRAIRIE DES FILTRES

This public park is a lovely spot. Get some super photos of the Pont Neuf bridge.

Cours Dillon, 31300 Toulouse





TIME IN & AROUND THE CITY



CANAL DU MIDI

Rent a bike and cycle along the Canal de Midi – Area declared as a World Heritage Site.

L'ENVOL CÔTÉ PLAGE

32 Avenue Jean René Lagasse, 31130 Balma

Restaurant with a bar lounge & concerts, in a beach decor theme.



LE SAINT DES SEINS

5 Place Saint-Pierre

Musical bar – Rock'n'roll vibe – Student nights.

LE PETIT TRAIN

Would you like to feel like a real tourist? The tourist train will give you a ride around Toulouse.

Take your friends to get the group discount!



LE MARCHÉ VICTOR HUGO

Victor Hugo's Market is well-known for its fresh local products. Toulouse has its own trademarked saucisse de Toulouse which has been made since the 18th century and is now protected by an AOC – appellation d'origine contrôlée (whose standards stipulate that products must come from designated geographical regions and adhere to traditional methods of production). You'll also see dishes featuring haricots blancs/ haricots Tarbais (white beans), another staple of the cuisine in South West France.

The market opens every day from 7am to 2pm (except on Monday).



TIME IN & AROUND THE CITY

Toulouse is located in the second biggest region in France, the Midi-Pyrénées. If you want to discover more interesting places around Toulouse, here are a few cities to visit:

CORDES-SUR-CIEL

Cordes-sur-Ciel is a hilltop village elected as one of the nicest villages of France. Discover the charms of this bastide - a fortified town built according to the medieval architecture

PARC DE LA RAMÉE, TOURNEFEUILLE

Near to Toulouse, this leisure area is great for a picnic or a walk around the lake. Other things include: barbecue, swimming pool and nautical activities.

ALBI

Albi has been classified as a UNESCO World Heritage Site since 2010. You can visit the Toulouse-Lautrec museum, Cathedral Sainte-Cécile, the palace Palais de la Berbie and wander in the old streets of the town.

FOIX

Foix is a charming town renowned for its impressive medieval castle overlooking the region. Its picturesque streets and authentic atmosphere make it an ideal destination for history and culture enthusiasts. Foix also serves as a gateway to the Pyrenees, offering natural landscapes perfect for hiking and outdoor activities.



IN & AROUND TOULOUSE

FOOD & DRINK WITHIN WALKING DISTANCE OF TBS EDUCATION

- **Quoi Compans:** 20 Boulevard Lascrosses
www.lequoicompans.com
- **Yoko Sushi** – Japanese Food: 8 Esplanada
Compans Caffarelli www.yokosushi.fr
- **The Botanist Pub:** 33 Bd Maréchal Leclerc
www.thebotanistpub.fr
- **Spritzza Pizzeria:** 43 Blvd Lascrosses
www.spritzza.fr
- **Sixta:** 28 rue Bayard, 31000 Toulouse
www.sixta-toulouse.fr
- **Mama Shelter:** 54 Bd Lazare Carnot
www.mamashelter.com/eat-drink/



- **L'Entrecôte (Open on Sunday):** 15 Bd de Strasbourg
- **Cosmopolitain Restaurant & Bar:** 1 Rue des Trois Journées cosmopolitain-restaurant.fr/
- **Ma Biche sur Le Toit:** 4-8 Rue du Lieutenant Colonel Pélissier
www.mabichesurletoit.com/fr/
- **Grand Café de l'Opera:** 1 Place Capitole
www.brasserieopera.com

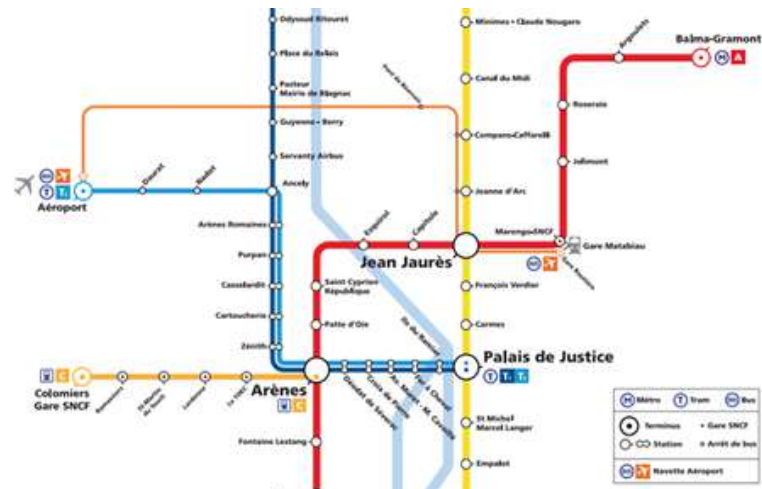


- **Maison du Cassoulet (Open on Sunday):** 3 Bd de Strasbourg
- **Bistrot Régent (Open on Sunday):** 4 Bd de Strasbourg

LOCAL SAFETY INFORMATION

LOCAL TRANSPORT

Toulouse offers several types of public transport: buses, metro (subway) and tramway. The metro system opens at 5:15am every day and closes at midnight from Sunday to Thursday and at 3:00am on Friday and Saturday nights. There are approximately 70 bus routes. The tram system has two lines – T1 and T2. Trams run from 5:45am to midnight everyday with additional trams running later on Fridays and Saturday nights. Tickets and prices are the same for both buses and metro. Tickets can be bought from automatic machines.



POLICE STATIONS

Central Toulouse Police Station
+33 (0)5 61 12 77 77

MEDICAL RECOMMENDATION

Should you need to see an English-speaking doctor/health professional while you are in Toulouse, please contact: international.tbs@tbs-education.fr and we will make an appointment for you.

- (+33) 5 61 62 38 05 | Pharmacy, there is one open 24 hours in the center of Toulouse: 76 allées Jean Jaurès
- 15 SAMU (ambulance)
- 112 European Emergency Hotline (operators that speak all european languages)
- 17 Police
- 18 Fire Department
- +33 (0)5 61 33 00 00 | SOS Medecins (on-call doctor if unable to travel to hospital)
- +33 (0)5 61 77 22 33 Purpan Hospital Emergency Room (Allée Jean Dausset).
- Rangueil Hospital Emergency Room (1 Avenue du Pr Jean Poulhes)

SAFETY & SECURITY TIPS



Be aware of your surroundings

Think before you act, you are responsible for yourself. Watch out for yourself, your possessions and your friends.



Respect others and the city

Make sure you drink with moderation, don't make any excessive noise or disturb your neighbors late at night. Respect the city's rules.



Use caution when walking home at night

Walk home in groups, avoid badly lit areas and never walk on busy roads. Use caution at all times.



Only use Uber or official licensed taxis

Use the Uber app or others, pre-reserve a licensed taxi or know the location of official taxi stations. Do not accept a lift from a stranger.



Be extra careful with money

Don't take cash out of an ATM machine alone between 10pm and 6am, don't carry large amounts of cash & keep your credit card safe.



Drink with moderation

Never leave a drink unattended or accept a drink from a stranger. You represent TBS Education: pay attention to drunk and disorderly conduct.



Make sure your accommodation is secure

Close windows and lock doors when you leave. Notify your accommodation or TBS Education staff if you notice any unusual behavior.



Keep personal details safe

Don't give your bank details, address or telephone number to a stranger. If you need assistance with personal issues, ISS is here to help.

USEFUL FRENCH

EXPRESSIONS

Hello!	Bonjour !
How are you?	Comment ça va ?
Nice to meet you.	Enchanté(e) de faire votre connaissance.
I would like...	Je voudrais..
How much does it cost?	Combien ça coûte ?
Where is the bathroom?	Où sont les toilettes ?
Can you help me, please?	Pouvez-vous m'aider, s'il vous plaît ?
I don't understand.	Je ne comprends pas
Do you speak English	Parlez-vous anglais ?
Excuse me/Sorry	Excusez-moi/Pardon.
I am lost.	Je suis perdu(e).
I would like the menu, please.	Je voudrais la carte, s'il vous plaît.
Can I have the bill, please!	L'addition, s'il vous plaît.
Where is the nearest metro station?	Où se trouve la station de métro la plus proche ?
Have a nice day!	Bonne journée !
Thank you very much!	Merci beaucoup !

TBS EDUCATION IS THE BEST!
TBS EDUCATION, C'EST LA MEILLEURE !



INSPIRING EDUCATION INSPIRING LIFE



INTERNATIONAL STUDENTS OFFICE
international.tbs@tbs-education.fr

SEE YOU SOON!

