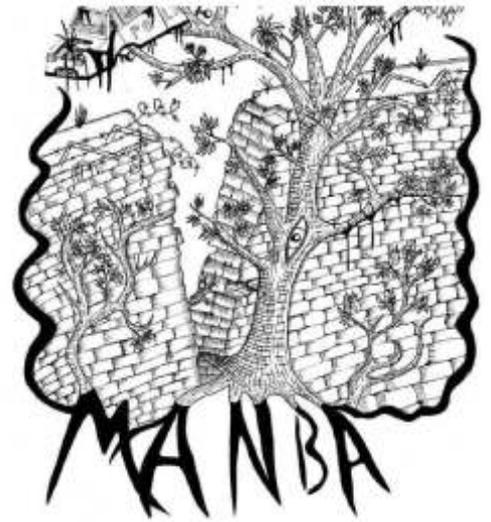


Welcome !

In this paper you find informations and the description to the places that can help you when you arrive in Marseille.



If you want to meet other migrants or people of Marseille, or if you want to find help for your administrative situation and to get informations (for your asylum application for example), if you are searching for warm clothes or if you want to learn French, come to see us in this place:

Collectif Soutien Migrants 13
Collective Supporting migrants 13
"El Manba"

8, rue Barbaroux
13001 Marseille

on Mondays 6:00 pm

We are men and women, members of the collective "supporting migrants 13" (French: "Soutien Migrants 13") "El Manba".

We are not an association, but a group that brings together people who are against the idea of borders and that disagree with the way the French state treats the migrants that arrive here.

We try to support the people who arrives to Marseille, people who want to stay here and people who want to go somewhere else.





There are welcome centers for the day
(french: "accueils de jour" or ADJ)
where you can take a rest for a while, take a shower,
drink a coffee, get listened to or get information...

ADJ MARCEAU

5A, place Marceau
13002 Marseille

Phone : 04 96 11 65 00

open 07:30 to 4:00 pm

Welcoming every day,
coffee on Saturdays
and Sundays



There are places where you can eat for free
hot food

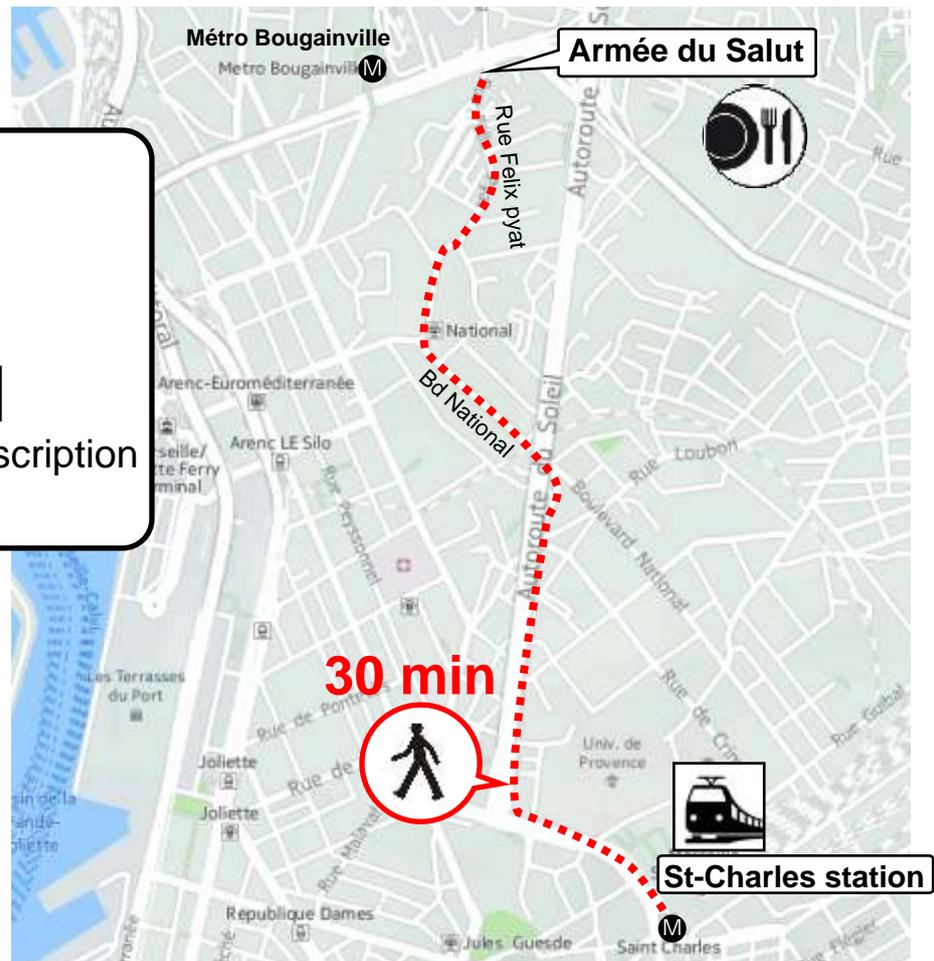
Fondation Armée du Salut

190, rue Felix Pyat
13003 Marseille

Phone : 04 91 02 49 37

every day from 11:15 to 11:45

Ask at the ADJ Marceau for inscription
(5A, place Marceau)





There are places where you can eat for free
hot food

Missionnaires de la Charité

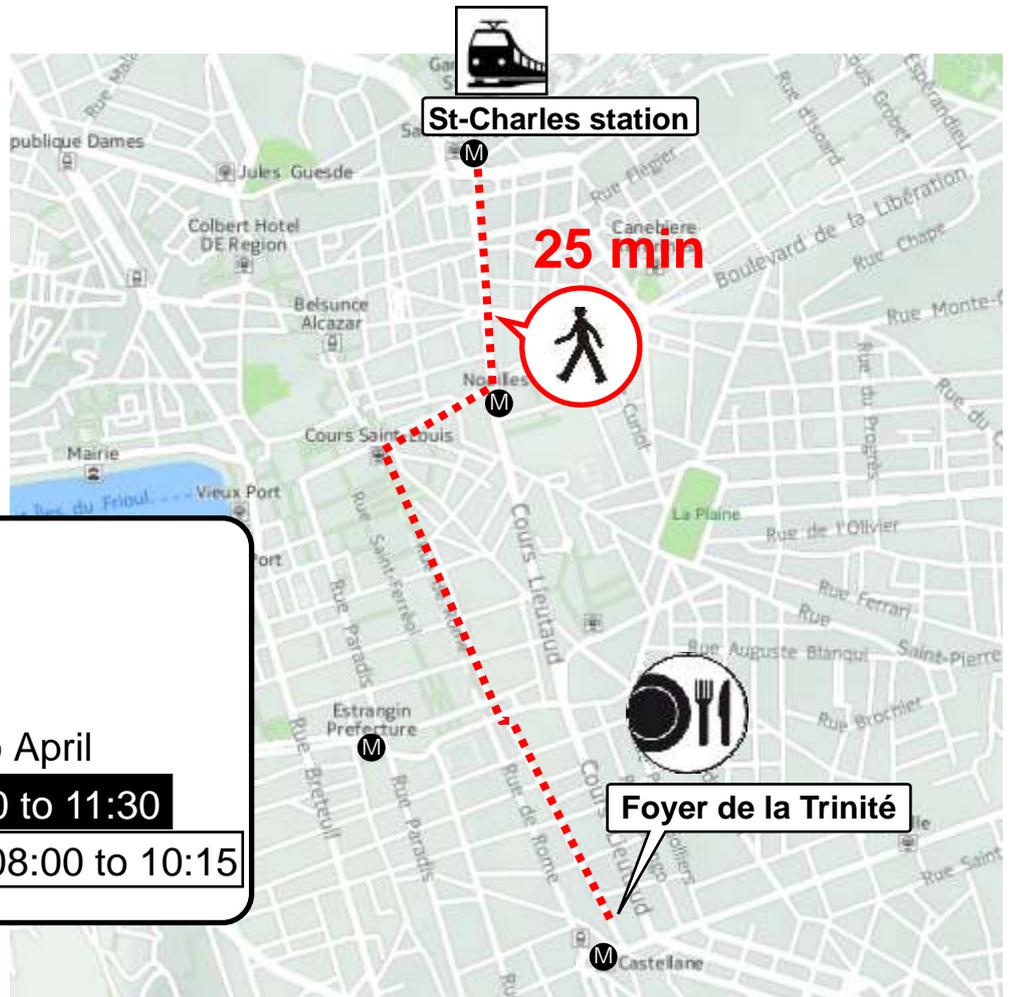
11, avenue Alphée-Cartier

13003 Marseille

Phone : 04 91 08 34 39

everyday 09:30 to 11:00

(not on Thursdays!)



Foyer de la Trinité

90, rue d'Italie

Phone : 04 91 48 72 78

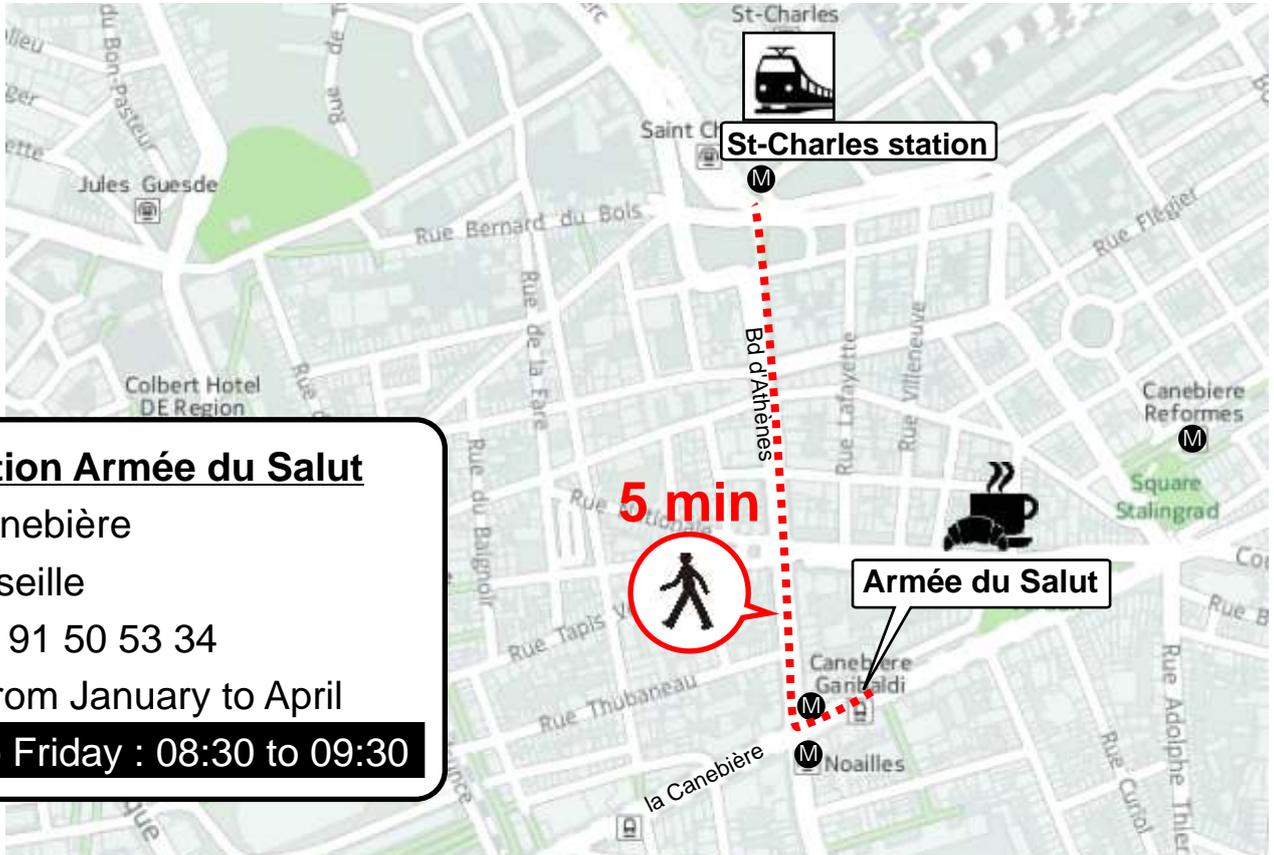
Lunch : from November to April

Monday to Saturday 10:30 to 11:30

To get a ticket for lunch : 08:00 to 10:15



There are places where you can eat for free:
breakfast, coffee...



Congregation Armée du Salut

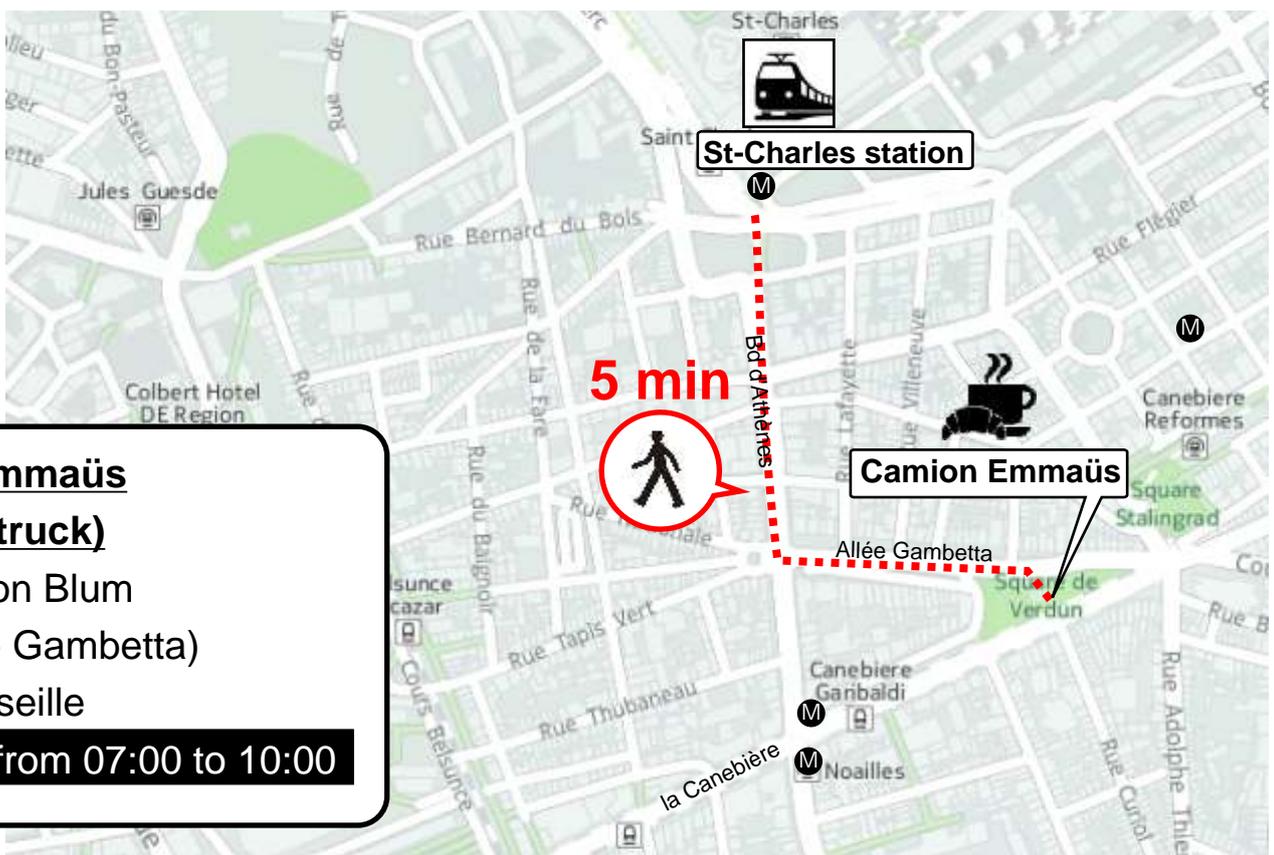
103, La Canebière

13001 Marseille

Phone : 04 91 50 53 34

breakfast from January to April

Tuesday to Friday : 08:30 to 09:30



Camion Emmaüs

(Emmaüs truck)

Square Léon Blum

(Canebière Gambetta)

13001 Marseille

Every day from 07:00 to 10:00



If you are sick or you have a health problem there are places where you can see a doctor for free, even if you do not have papers

PASS Rimbaud / Timone Hospital

(Permanence for the Access to Health Care)
(French : Hôpital de la Timone / Permanence d'Accès aux Soins de Santé)

264, rue St Pierre

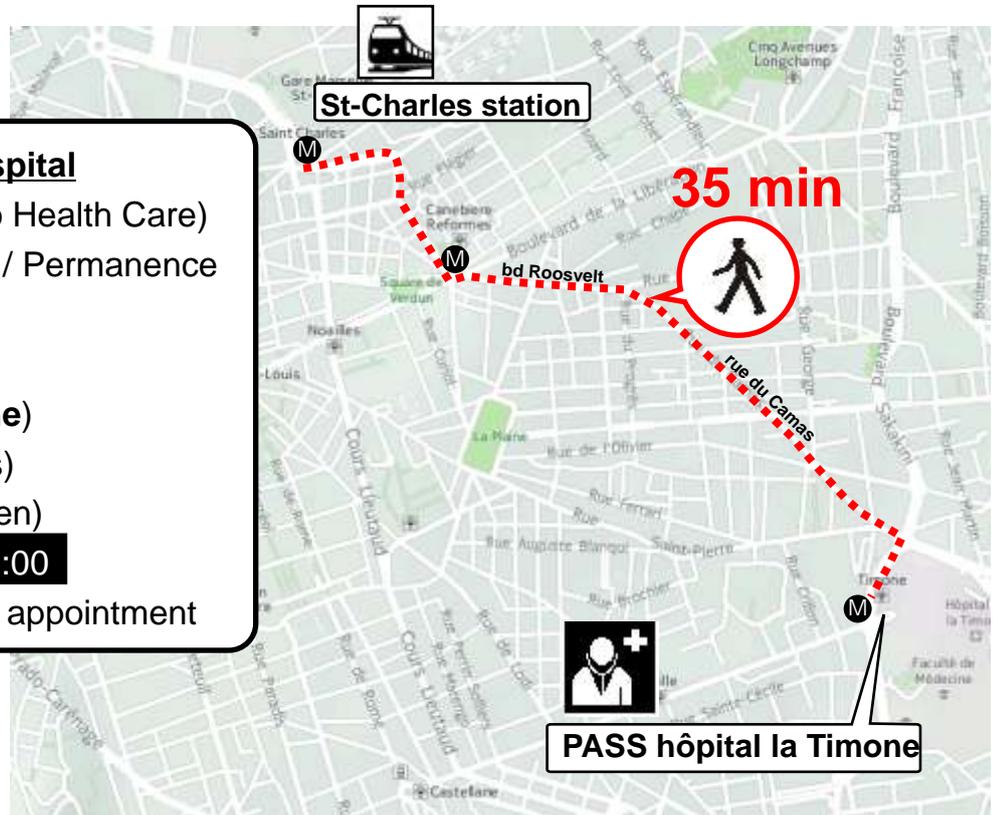
13005 Marseille (**Métro Timone**)

Phone : 04 91 38 78 79 (adults)

Phone : 04 91 96 49 58 (children)

on Thursdays from 09:00 to 12:00

on the other days you need an appointment



but if you need urgent health care call : 112 !

EMERGENCY

112

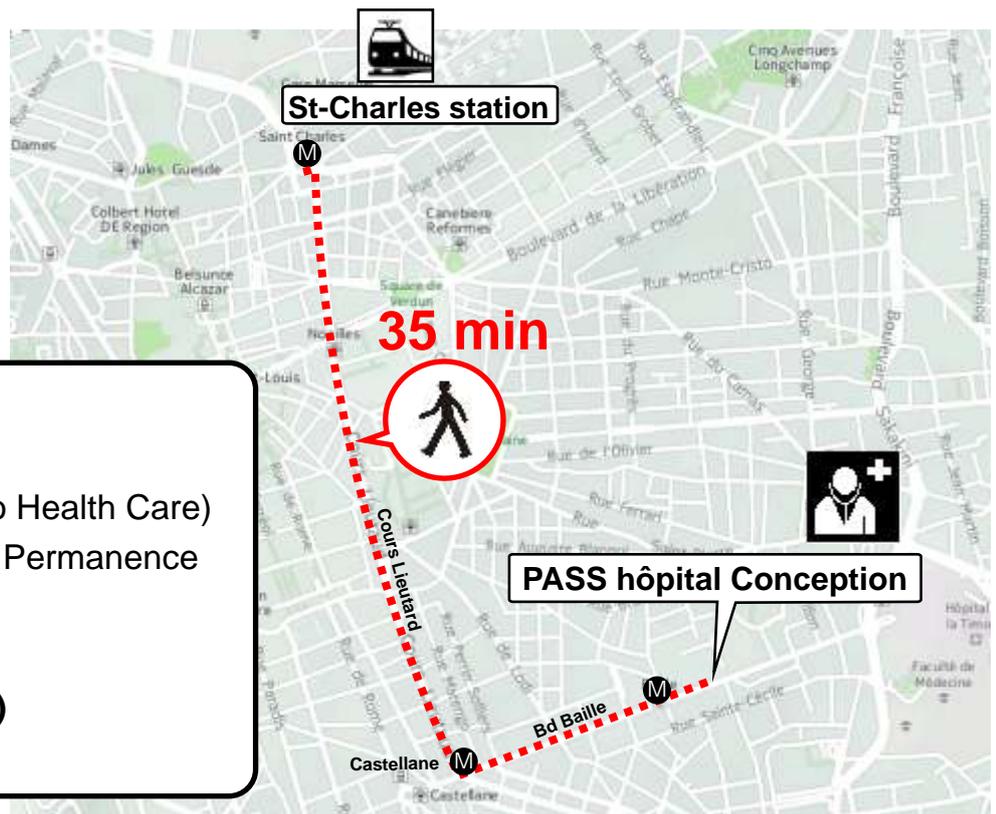
PASS Conception Hospital / motherhood, gynecology

(Permanence for the Access to Health Care)
(French : Hôpital Conception / Permanence d'Accès aux Soins de Santé)

147, bd Baille

13005 Marseille (**Métro Baille**)

Phone : 04 91 38 19 21





If you are sick or you have a health problem there are places where you can see a doctor for free, even if you do not have papers

Médecins du monde

4, avenue Rostand
13003 Marseille
Phone : 04 95 04 56 03
Mon, Wed, and Fri at 09:00

but if you need urgent health care call : 112 !

EMERGENCY
 **112**

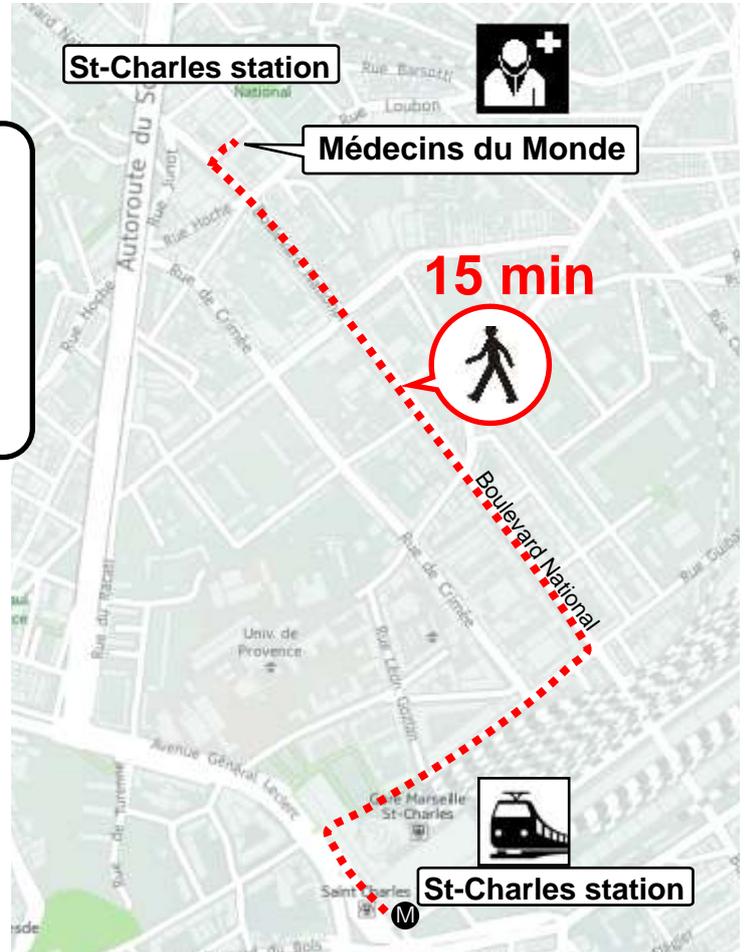
Planning familial

if you have problems or questions if you get a baby, for contraception, AIDS testing...

106, boulevard National
13003 Marseille

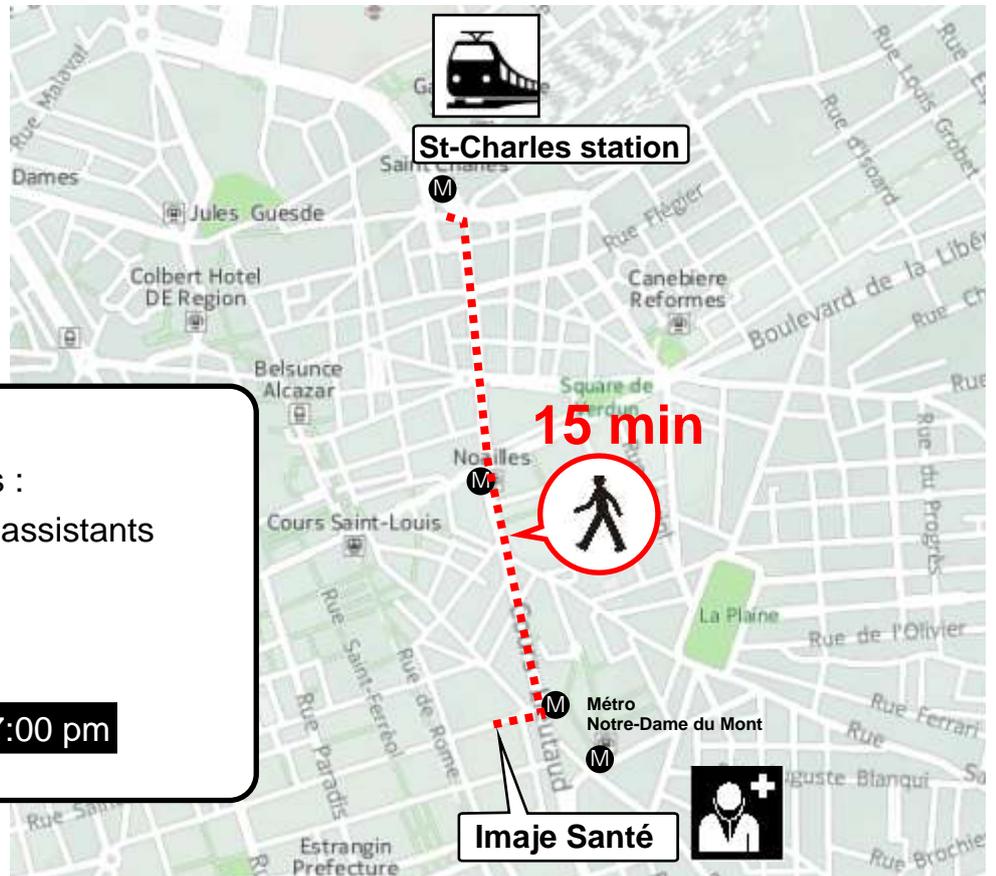
Phone : 04 91 91 09 39

on Mondays 10:00 -12:00 and 2:00 - 6:00 pm
from Tuesday to Friday 2:00 - 6:00 pm





If you are sick or you have a health problem there are places where you can see a doctor for free, even if you do not have papers



Imaje Santé

For young people 18-25 years :
doctors, psychologists, social assistants

35, rue Estelle

13001 Marseille

Phone : 04 91 13 71 87

Monday to Friday 1:00 pm - 7:00 pm

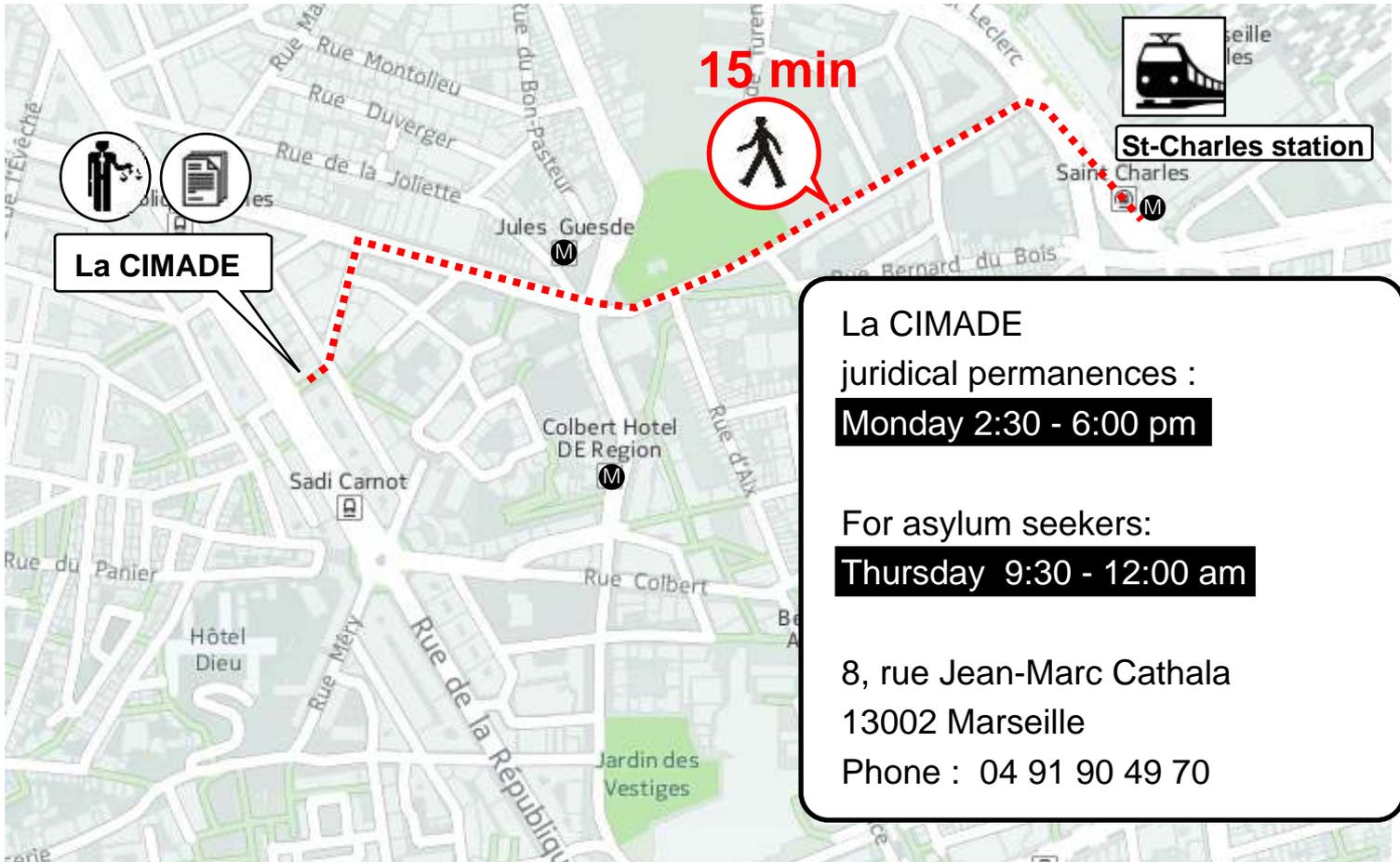


If you need a place to sleep:

Unfortunately there are not a lot of places in the centers for urgent sleeping places (Drench: foyer d'urgence) and a lot of people have to sleep in the streets. You can anyway try to call the **number 115** and a person could tell you if there is a place in a center. You can also come to see us in our local with the address 8, rue Barbaroux and we could try to help you to find a place to sleep for some time in the house of somebody.



If you need help and advices for your papers



And you can come also to see us in our place (8, rue Barbaroux)

Monday 6:00 pm for asylum-seekers

Thursday 3:00 - 6:00 pm for minors



If you have a smartphone you can flash this code to open the website of the "welcome map Marseille" to find the places more easily.

