



16–19 april 2026

#TEH101

Marseille, France

**Imagining within limits:  
Cultural centres and planetary boundaries**  
(v. 19.12.2025)

# CONTENTS



Welcome to Marseille and to **#TEH101!**

This Welcome Pack contains useful information for your visit:

## TRAVEL AND ACCOMODATION GUIDE

1. [Information about the event](#)
2. [Meet the host](#)
3. [Traveling to Marseille](#)
4. [Getting around Marseille](#)
5. [Getting to La Friche](#)
6. [Accomodation](#)
7. [Hotels](#)
8. [Community Hosting in the Friche](#)

## WELCOME GUIDE TO MARSEILLE

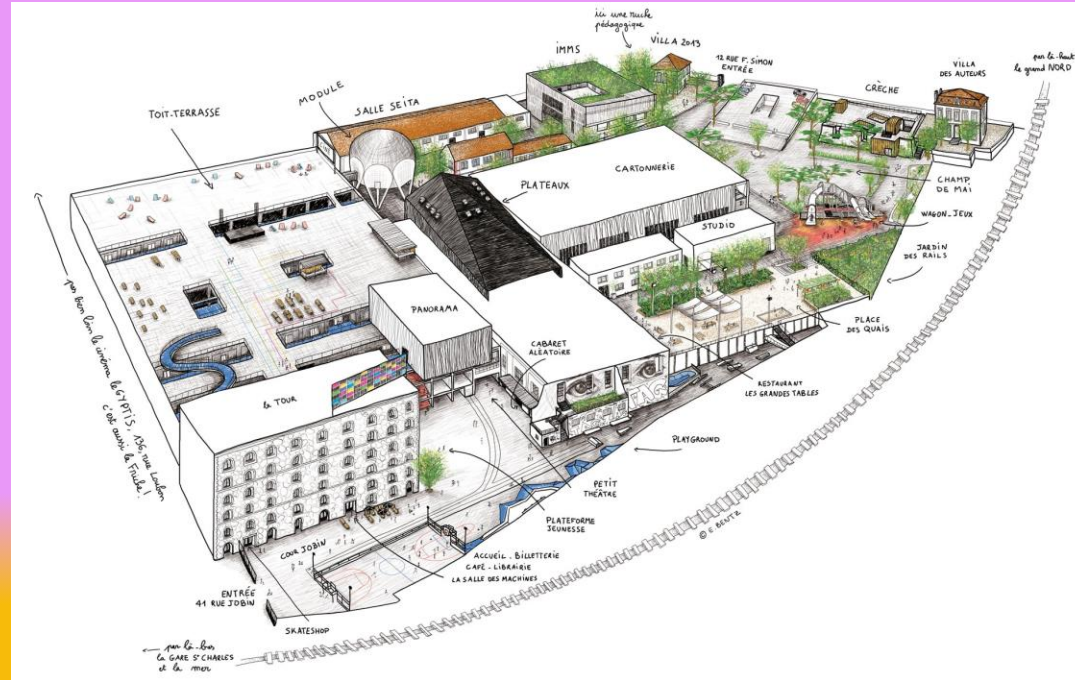
9. [Get to know the city of Marseille](#)
10. [What to do and see in Marseille?](#)
11. [Practical informations](#)
12. [Health, safety & emergencies](#)
13. [Key contacts](#)

# 1. INFORMATION ABOUT THE EVENT

**Dates:** 16 April – 19 April, 2026

**Location:** Marseille, France

**Host:** [Friche la Belle de Mai](#)



## 2. MEET THE HOST

Before La Friche became La Friche, it was one of France's largest tobacco and cigars factories, the SEITA. It employed nearly 1,000 women and men until it shut down in 1990.



Starting in 1992, a cultural project began to develop in the newly emptied buildings, at the behest of the city of Marseille alongside elected official for culture Christian Poitevin (also known by his artist pseudonym, Julien Blaine), and the director of System Friche Theater, Philippe Foulquié. In the months that followed, a number of producers, cultural operators and artistic teams joined the Friche project.

In 1995, with architect Jean Nouvel as President of the association, La Friche launched a study that would establish the ambitions and founding principles of La Friche la Belle de Mai, forging a close connection between the urban and cultural dimensions of the project.

La Friche is both a workspace for 70 resident organisations (400 artists, producers, and employees work here every day), and a cross-disciplinary venue (each year, over 600 artistic events are made available to the public). Every year, 450,000 visitors come to this 45,000 square-meter public space housing five performance spaces, a community garden, a playground and athletic space, a restaurant, bookstore, daycare, some 2,400 square meters of exhibition space, an 8,000 square-meter rooftop, 3 theater venues, 2 concert venues, and a training center.

It's not a coincidence that La Friche adopted the name of La Belle de Mai, the larger neighborhood surrounding it. Neighborhood youth feel welcome in the spaces that are open seven days a week, and the youngest Belle de Mai residents even have a daycare. La Friche opened the cinema Le Gyptis in 2014, which has since become a pillar of the neighborhood, and people from Belle de Mai and beyond feel at home in its many open spaces.

Website: <https://www.lafriche.org/>

## 2. MEET THE HOST

### ACCESSIBILITY

Because of La Friche architecture - two ground floors, three levels, multiple staircases, and its overall size - understanding the layout can be challenging for new visitors.

The “Red Path”, painted on the ground, is the main circulation route through La Friche. It connects nearly all of the open spaces.

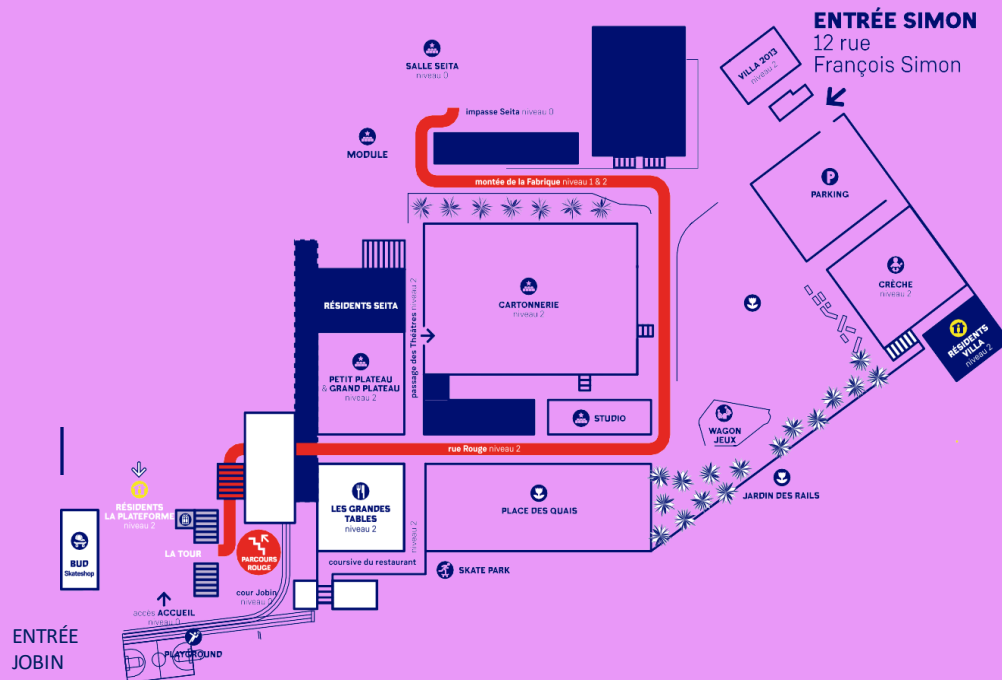
There is an elevator that covers every floor of the Friche, so every room and venues are accessible.

**Children:** Kids are welcome but must remain under parental supervision at all times.

Please note that no childcare services are provided.

**Baby changing table** is available in one of restrooms. Every room and venues are accessible. There is an elevator that covers every floor of the Friche.

Toilets will be gender-neutral in the main venue of the meeting.



If you require any additional assistance, please contact Ana at [astervinou@lafriche.org](mailto:astervinou@lafriche.org) in advance so we can support you during your visit.

### 3. TRAVELING TO MARSEILLE

#### BY PLANE



Fly into [Marseille Provence Airport](#), an important hub connected to Europe, situated in Martigues.

From there, you can take a shuttle bus that will bring you to the train station Marseille Saint-Charles, located near the city center and a 12 minutes walk from la Friche.

The bus leaves every 10 minutes. And the journey time is about 25mins.

First departure from saint-Charles train station 3.30am - Last departure from Marseille Airport 1:50am (1 :40am from november to april).

**Departure from Marseille Gare St Charles** at 3.30am, 3.45am, 4am, then every 20 minutes until 7.00am.

Every 10 minutes from 7:00 am to 8:00 pm, then every 20 minutes until 1.00p.m. Last departure at 01.15am (only from may to october)

**Departure from the Airport** at 4:05 am, 4:25 am, 4:40 am then every 20 minutes until 7:00 am

Every 10 minutes from 7:00 a.m. to 8:00 p.m. Every 20 minutes then until 1:40 am. Last departure at 1:50 am (only from may to october)

You can book your ticket online here : [https://store.marseille.aeroport.fr/fr\\_FR/reservation/navettes-bus/](https://store.marseille.aeroport.fr/fr_FR/reservation/navettes-bus/)

If you do not see a flight from your departure city, you can either check Nice's airport, then take a shuttle to Nice's train station and take a train to Marseille or a Flixbus to Marseille's train station.

Or you can check flights to Paris' airports Orly or Roissy Charles de Gaulle. There are many trains connecting those airports to Marseille's train station.

### 3. TRAVELING TO MARSEILLE



#### BY TRAIN

If you plan to come by train, Marseille is really well connected. The main train station is Gare Marseille Saint-Charles, located really close to the Friche la Belle de Mai.

To check the best routes :

- The national train company (SNCF): <https://www.sncf-connect.com/en-en>
- To compare the prices and itineraries of multiple train companies : <https://www.thetrainline.com/>

#### BY BUS

FlixBus and Blablabus are the two main bus companies getting to Marseille.

- To compare the prices and itineraries of multiple bus companies : <https://www.thetrainline.com/>
- Blablabus : <https://www.blablacar.fr/bus>
- Flixbus : <https://www.flixbus.com/bus-routes>

### 3. TRAVELING TO MARSEILLE



#### BY CAR

**Parking in Marseille:** It is famously known in Marseille to not leave your care parked in some areas, because there are many break-ins, especially in the Belle de Mai district.

There is a paying parking in the Friche la Belle de Mai, you can access it by the entrance located at the 12, rue François Simon. The first 1h30 is free, then it's 1,20€/hour. If you need to leave your car parked for multiple days, contact us to find a solution, before April 6th.

The maximum height is 2,10m.

To car share from a close-by city (or from Italy) you can check : <https://www.blablacar.fr/>  
Usually people posts their journeys a couple days before the departure.



## 4. GETTING AROUND MARSEILLE



### PUBLIC TRANSPORT FIRST

Contrary to what you would expect, the public transports are not very developed in Marseille. There are only 2 metro lines and 3 tram lines, that cover almost the same areas. The rest is covered by buses.

**Trams and metros** run from 5:30am to around midnight.

**Buses** run from 5:30am to around 9pm depending on the lines, then nightbuses cover the service from 9pm to 1am. Here is the website of the public transport company RTM: <https://www.rtm.fr/en>

Use [Google Maps](#), the [RTM app](#) or [Citymapper](#) to check the itineraries and timetables. Bear in mind that buses are almost never on time!

**Where to get tickets:** in the buses, and at almost every tram and metro stations. Contactless payment terminals are also available in all the public transports.

### Useful information:

To get in the bus, make a sign at the bus stop when it arrives to signify to the driver that you need to get in.

To get out of the bus, don't forget to press the button to tell the driver that you need the doors open at the next stop.

## 4. GETTING AROUND MARSEILLE

### ACCESSIBILITY

Majority of the city is not very accessible, the cars often park on the sidewalk, and the sidewalk are also in very bad shape.

All metro stations have escalators, and some also feature an elevator (Saint Charles, Rond-Point du Prado and Vieux-Port for example). To check if they are functioning, check out this page : <https://www.rtm.fr/escalators-et-ascenseurs>

The trams **are all wheelchair accessible**.

For buses, only some stops are wheelchair accessible, you can check on the app here: <https://www.rtm.fr/actualites/lapplication-mobile-rtm>

### TAXI

Here are some taxi companies :

- TAXIS RADIO MARSEILLE / +33 4 91 02 20 20 (24h/24-7/7) / [www.taximarseille.com](http://www.taximarseille.com)
- BLUECAB / + 33 4 91 92 92 92 (24h/24-7/7) / [www.bluecab.org](http://www.bluecab.org)

Otherwise, you can also use Uber or Bolt.



## 5. GETTING TO LA FRICHE



La Friche is open every day of the year from 7:00 AM to 11:00 PM, but the events and activities vary throughout the day, and throughout the year.

### ADDRESS & ACCESS

#### 2 possible entrances :

- JOBIN (main entrance - pedestrians only): 41, Jobin street · 13003 Marseille
- SIMON (parking): 12, François Simon street · 13003 Marseille

The meeting's headquarter will be in the venue called the **Cartonnerie**, located on the 2<sup>nd</sup> floor of the building, near the restaurant's terrace. If you get lost, you can ask for indications at the welcome desk at the entrance JOBIN, otherwise, follow the red line on the floor and the blue and yellow signs.

### TRANSPORTS

#### Bike

Bike (le Vélo) station in front of the JOBIN entrance

Bike parking inside la Friche

#### Bus – stop Belle de Mai la Friche

Line 49 – Réformés Canebière Vauban

Line 56 – Belle de Mai La Friche Gare Saint Charles (train station)

## 5. GETTING TO LA FRICHE



### **Night bus n°582**

To get back to the town centre (leaving from Canebière Bourse every hour from 8.15 pm only wards. Last bus leaves at 0:45)

### **Metro**

Lines M1 & M2 to Gare Saint-Charles (train station) or M1 to Cinq Avenues-Longchamp/ then a 15 minutes walk.

### **Tram**

Line T2 to Longchamp (runs until midnight), then a 10 minutes walk.

### **Walk**

From Marseille Saint-Charles / 12 minutes walk.

Get out of the station through the bus station and follow the Honnorat street, that transforms into the Guibal street. It's a straight road that gets you to the entrance at 41 Jobin street.

### **Car**

There is a parking in the Friche la Belle de Mai, the entrance is located at the 12, François Simon street.

The first 1h30 is free, then it's 1,20€/hour. If you need to leave your car parked for multiple days, contact us to find a solution, before April 6th.

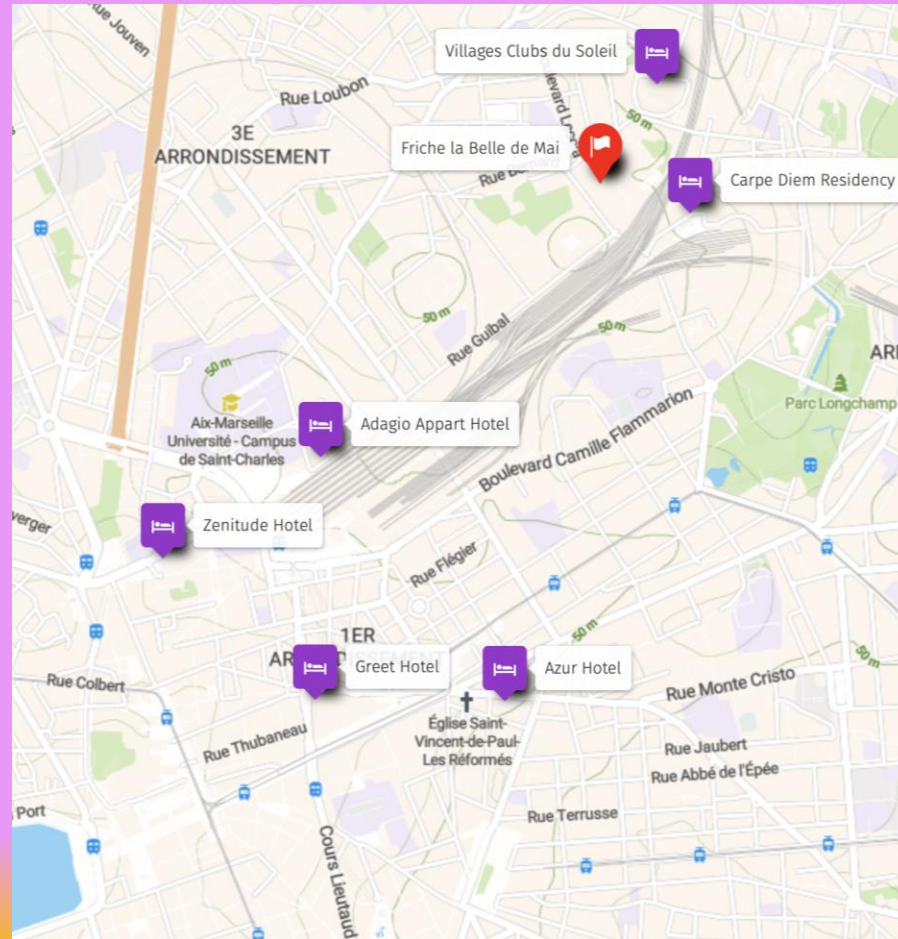
The maximum height is 2,10m.

## 6. ACCOMMODATION

Marseille is a very touristy area, especially during the school holiday, that will take place at the time of the meeting.

**Availability of the accommodation options are very limited and offered on a first-come, first-served basis, we strongly encourage early booking.**

Book directly through the partner links for the best rates, and apply the discount code.



## 6. APARTMENTS



### 1 - CARPE DIEM RESIDENCY

**Address:** 29 Pautrier Street, 13004 Marseille

**Website:** <https://www.residencemeubleemarseille.fr/fr/page/residence-carpe-diem>

**Contact info:** [forestier.guillaume@gmail.com](mailto:forestier.guillaume@gmail.com) / +33 6 64 43 14 00

**Distance from the venue:** 350m, 4 minutes walk

| Available apartments | Type            | Price        |
|----------------------|-----------------|--------------|
| 3                    | Double bed only | 50 € / night |

The 3 apartments have been pre-booked for the participants of the meeting.

To book them, you can send an email or call the number above directly and tell the person you are a part of the TEH network and will be there for the meeting in the Friche.

Airbnbs are a big issue in Marseille, it is best if you can avoid booking through that platform.

The host is still looking for other apartment options, and *the guide will be updated accordingly when the options are confirmed.*

## 7. HOTELS

### 1 - VILLAGES CLUBS DU SOLEIL

**Address:** 23 François Simon Street, 13003 Marseille

**Website:** <https://www.villagesclubsdusoleil.com/fr/nos-destinations/sejour-a-la-mer/marseille>

**Contact:** *To be confirmed*

**Discount Code:** *To be confirmed*

**Distance from the venue:** 100m, 2minutes by foot



| Type                   | Price for stays between April 15 and April 20<br>(breakfast included) |
|------------------------|---|
| Standard room (single) | 361€ (= 90€ / night)  |
| Standard room (double) | 409€ (= 102€ / night)   |

## 7. HOTELS



### 2 - APPARTHOTEL ADAGIO ACCESS - MARSEILLE SAINT-CHARLES

**Address:** 23 Honnorat Street, 13003 Marseille

**Website:** <https://www.adagio-city.com/gb/hotel-8420-aparthotel-adagio-access-marseille-saint-charles/index.shtml>

**Discount Code:** SCP539085

**Access Code :** FR298FR189

**Distance from the venue:** 950m, 13 min walk

| Type     | For stays between 1 and 2 nights<br>(breakfast included) | For stays between 3 and 7 nights<br>(breakfast included) |
|----------|--|--|
| Any room | -10% off the price on the website                        | -20% off the price on the website                        |

To apply the discount, click on «special rates» and enter the discount code and access code indicated above. It will generate the discounted price automatically.



## 7. HOTELS

### 3 - GREET HOTEL

**Address:** 4 Leon Gambetta Alley, 13001 Marseille

**Website:** <https://all.accor.com/booking/fr/accor/hotel/B675>

**Contact:** [HB675-GM@accor.com](mailto:HB675-GM@accor.com)

**Discount Code:** book by writing to [HB675-GM@accor.com](mailto:HB675-GM@accor.com) and mention the code **TEH101** to get a discount

30 rooms have been pre-booked until January 29

**Distance from the venue:** around 1,8km

Walk: 24 minutes

Public transport: bus 49 from Réformés Canebière to Belle de Mai la Friche (8min)



| Type                       | Price per night<br>(breakfast not included) | Price per night<br>(breakfast included) |
|----------------------------|---|---|
| Standard room (single bed) | 85€   | 98€                                     |
| Standard room (double bed) | 85€   | 111€                                    |

## 7. HOTELS

### 4 - AZUR HOTEL

**Address:** 24 Franklin Roosevelt Street, 13001 Marseille

**Website:** <https://www.azur-hotel.fr/en>

**Contact:** [info@azur-hotel.fr](mailto:info@azur-hotel.fr) / 04 91 42 74 38

**Discount Code:** TRANS15

**Distance from the venue:** around 1,7km

Walk: 24 minutes

Public transport: bus 49 from Réformés Canebière to Belle de Mai la Friche (8min)



| Type              | For stays between April 14 and April 21 |
|-------------------|---|
| Any room eligible | -15% off the price on the website       |

To apply the discount, click on «apply promotional code» on this reservation page <https://www.secure-hotel-booking.com/d-edge/Azur/2TNR/en-US/DateSelection> and enter the discount code **"TRANS15"**. It will generate the discounted prices automatically.

## 7. HOTELS



### 5 - ZENITUDE HOTEL

**Address:** 10 Bd Charles Nédelec, 13001 Marseille

**Website:** <https://www.zenitude-hotel-residences.com/residences/marseille-saint-charles/>

**Contact:** [msc0101@zenitude-groupe.com](mailto:msc0101@zenitude-groupe.com) / +33 (0)4 91 88 80 80

**Discount Code:** book by writing to [msc0101@zenitude-groupe.com](mailto:msc0101@zenitude-groupe.com) and mention the code **TEH101** to get a discount

10 rooms have been pre-booked until January 15th

10 rooms have been pre-booked until February 15th

10 rooms have been pre-booked until March 15th

10 rooms have been pre-booked until April 1st

**Distance from the venue:** around 1,6km

Walk : 23 minutes

Public transport : bus 56 from Gare Saint Charles to Belle de Mai la Friche (8min)

| Type            | Price per night<br>(breakfast not included) | Price per night<br>(breakfast included) |
|-----------------|---|---|
| Studio (single) | 78€ / night                                 | 90€ / night                             |
| Studio (single) | 78€ / night                                 | 102€ / night                            |

## 8. COMMUNITY HOSTING IN LA FRICHE



We have a couple rooms available in the Villa 2013, a house located in la Friche, for people who struggle with the prices of the accommodation in Marseille. It is usually the place where we welcome artists on short residencies or during festivals that take place in our venues.

It's a small house with 9 individual rooms (single or double beds available), divided in two floors with a shared bathroom and a shared toilet on each floor. Common areas are the kitchen located on the basement floor and a living room on the ground floor.

Bear in mind this place is quite old, very basic and is more similar to a hostel than a B&B/hotel/rental.

If you want more information on this accommodation, contact Ana at [astervinou@lafriche.org](mailto:astervinou@lafriche.org).

| Type                  | For stays between 1 and 3 nights | For stays between 3 and 10 nights |
|-----------------------|----------------------------------|-----------------------------------|
| Single or double room | 30€ / night (taxes included)     | 24€ / night (taxes included)      |

## 9. GET TO KNOW THE CITY

Marseille, located on France's Mediterranean coast, is the country's oldest city. It was founded around 600 BCE by Greek sailors from Phocaea, who named it Massalia. Thanks to its natural harbor, the city quickly became an important trading post connecting the Greek world with the Celtic tribes of inland Gaul.

Today, Marseille is France's second-largest city, and second most populous city in France, known for its port, its vibrant neighborhoods, and its unique Mediterranean identity blending European and North African influences.

Read a brief introduction to Marseille city [here](#).

[https://www.marseille-tourisme.com/en/Places not to be missed in Marseille](https://www.marseille-tourisme.com/en/Places%20not%20to%20be%20missed%20in%20Marseille)



# 10. WHAT TO DO AND SEE IN MARSEILLE?



Explore Marseille at your own pace with our shared maps :

[#TEH101 | Monuments and cultural venues](#)

[#TEH 101 | Food and drinks](#)

[#TEH101 | Beaches, hikes and sightseeing](#)

## MONUMENTS AND CULTURAL VENUES

Don't hesitate to download the Google Maps [#TEH101 | Monuments and cultural venues](#) with all the good tips of popular monuments and museums to visit, but also galleries, arts centers and concert bars and venues in Marseille.

Here are also a few useful links to know what happens in Marseille when you are here :

- [Vortex](#) : an agenda of the underground and alternative events and concerts
- [Konetu](#) : an instagram page that gives a selection of the cultural events taking place every week

## 10. WHAT TO DO AND SEE IN MARSEILLE?



### EAT AND DRINK

Lunch and dinners from Thursday to Saturday will take in the Friche, in collaboration with the restaurant Les Grandes Tables.

All the meals will be vegetarian, if you have any specific dietary requirements, food allergies, or any other food-related needs, please don't hesitate to contact the TEH 101 team by April 6 at [astervinou@lafriche.org](mailto:astervinou@lafriche.org)

If you are looking to explore the city outside of the Annual Meeting programme, or if you stay longer than the 4 days of the meeting, check out the maps [#TEH101 | Eat and drink](#), that will provide you a variety of bars, café and restaurants, carefully picked by the team of la Friche.

## 10. WHAT TO DO AND SEE IN MARSEILLE?



### BEACHES, HIKES, SIGHTSEEING

If you arrive a couple days earlier or leave a couple days after, you will find in this map [#TEH101 | Beaches, hikes and sightseeing](#) some recommendations of places to visit, beaches to chill and have a swim or nice viewpoints spots to grab a drink and watch the sunset.

The closest beach from the city center is the Catalans beach.

If you have one day or a half-day ahead of you, here are 3 adventure ideas :

- Go to the Frioul Islands
- Hike in the Calanques National Park and visit one of the 3 most accessible and beautiful calanques : Sugiton, Morgiou or Sormiou
- Take a trip to the Blue Coast and visit the cute village of Niolon

This is just a sample of the variety of activities you can do in the beautiful region of Marseille.



# 11. PRACTICAL INFORMATION



**Official language:** French is the official language. Brace yourselves, English is not widely understood outside touristy areas and hotels.

Some useful words :

| French          | English            | Example Sentence   |
|-----------------|--------------------|--|
| Bonjour         | Hello/Good morning | Bonjour, comment ça va ? (Hello, how are you?)                           |
| Merci           | Thank you          | Merci pour ce dj set incroyable. (Thank you for this amazing dj set)     |
| Oui             | Yes                | Oui, j'adorerais danser (Yes, I would love to dance)                     |
| Non             | No                 | Non, je n'aime pas me réveiller tôt (No, I don't like to wake up early)  |
| S'il vous plaît | Please             | Un verre de vin rouge, s'il vous plaît. (A glass of red wine, please)    |
| Excusez-moi     | Excuse me          | Excusez-moi, où sont les toilettes ? (Excuse me, where are the toilets?) |
| Enchanté(e)     | Nice to meet you   | Enchantée, je m'appelle Marcel (Nice to meet you, my name is Marcel)     |

# 11. PRACTICAL INFORMATIONS



**Currency:** Euro

**Paying:** Most shops, cafés and restaurants accept cards. Carry a small amount of cash for markets and small shops.

**Weather:** Mid-April in Marseille, the weather is usually around 10 to 20°C, don't forget to bring sunglasses as the weather is usually very sunny and a swimsuit to have a taste of the Mediterranean sea.

**Refill your bottle:** Tap water is safe to drink, helping us all cut plastic waste.

**Sort waste:** Separate bins for paper-plastic-metal, glass and general waste are common city-wide.

**Good shoes:** Bring comfortable walking shoes, Marseille is a city where we walk a lot to get around.

## 12. HEALTH, SAFETY & EMERGENCIES



### Emergency numbers:

Call **17** if you require the police.

Call **15** for emergency medical assistance or **18** if there is a fire.

You do not need to use the dialling code to ring the emergency services.

You can also call **112**, the pan-European emergency number (police, fire, or ambulance, one number for everything).

### Hospitals:

The nearest hospitals are

- Timone Hospital – 264 Saint-pierre street, 13005 Marseille
- European Hospital - 6 Désirée Clary street, 13003 Marseille

### Pharmacies:

There are a lot of pharmacies around la Friche, the closest are

- Pharmacy Belaroussi - 1 Bernard Cadenat square, 13003 Marseille
- Pharmacy Nouali - 77 National boulevard, 13003 Marseille

**Health cover:** EU/EEA visitors - bring your **EHIC** for medically necessary care. For other - we recommend carrying travel insurance.

**Everyday safety:** Marseille is generally safe but be careful with your belongings when walking around in the city centre or sitting at terraces. Generally don't leave your valuables unattended in public spaces.

**On site:** If you feel unwell or need help, please contact the event team and we'll support you right away.

## 13. KEY CONTACTS

If you need any support or help before arrival or when in Marseille, don't hesitate to contact:

**Ana Stervinou**, coordinator / [astervinou@lafriche.org](mailto:astervinou@lafriche.org)

**Alice Comte**, head of international cooperation / [acomte@lafriche.org](mailto:acomte@lafriche.org)



**LOOKING FORWARD TO SEEING YOU SOON**



**IN LA FRICHE, MARSEILLE**