

Rennes



BRETAGNE ^{BF}



Guide du **CHERCHEUR**
et du **DOCTORANT**
étrangers à **RENNES**



The International **RESEARCHER**
and PhD **STUDENT'S** Guide to **RENNES**

CENTRE DE MOBILITÉ
INTERNATIONALE
DE RENNES



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A THE CITY OF RENNES

Rennes is the tenth largest city in France with a population of almost 210,000, but the population rises to 400,000 if you include the Rennes Métropole area (Rennes and the surrounding 36 towns and villages) is included. It is however a city of a friendly size, and is a pleasant place in which to live.

The high standard of living in Rennes, its wide range of activities that take place there, its culture life, its historical and architectural heritage, and its economic and social dynamism all make it a city that is greatly appreciated both by its inhabitants and its visitors.

Rennes is one of Brittany's unmissable tourist destinations because due to its historical and cultural wealth and its status as the capital of Brittany, as well as its central position in the heart of the greater west region of France. It is only 2 hours away from Paris by TGV (high-speed train), and is not far from many internationally renowned destinations of interest, such as Saint-Malo, the bay of Mont-Saint-Michel, and the Côte d'Émeraude (the Emerald Coast – between the bays of Mont-Saint-Michel and Saint-Brieuc).

Rennes is one of Brittany's unmissable tourist destinations because of its historical and cultural wealth and its status as the capital of Brittany, as well as its central position in the heart of the greater west region of France.

It is also the city with the largest student population in the west of France. Its two universities and numerous other higher education establishments and institutes make it a major university and research centre.



La rue Saint-Sauveur



Le Palais Saint-Georges

©www.photosderennes.fr



● A bit of history

Rennes was called Condate during the Gaulish period because of its situation at the confluence of the rivers Ille and Vilaine, and later became Civitas Riedonum (the city of the Riedones) after its conquest by Julius Caesar in 57 BC. During the 3rd century AD it was nicknamed the 'red city' because of the colour of its defensive walls.

After the Roman period, Armorica became Brittany with the arrival of the 'Bretons' from what is now England, and it was to Rennes that Brittany's dukes came to be crowned. The 15th century was independent Brittany's golden age as it enjoyed peace and prosperity, in contrast to the kingdom of France, which, during the same time period, was torn apart by the Hundred Years War with England. However, the marriages of Duchess Anne of Brittany with King Charles VIII of France, and, after his death, with King Louis XII laid the foundations for Brittany's formal integration into the kingdom of France in 1532.

Armorica became Brittany with the arrival of the 'Bretons' from what is now England, and it was to Rennes that Brittany's dukes came to be crowned.

A terrible fire broke out in Rennes on 23 December 1720. This fire lasted for six days and destroyed the whole of the city centre, whose subsequent reconstruction was based on a more geometric plan. The



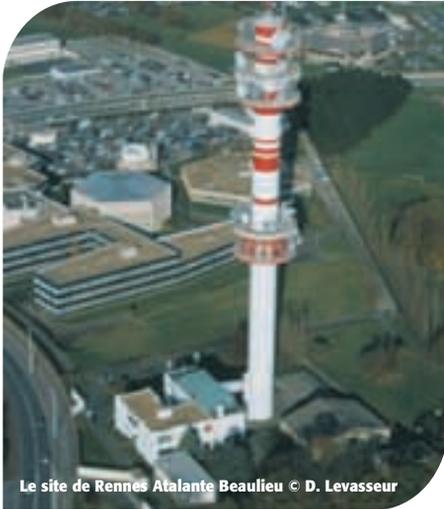
19th century industrial revolution saw the creation of two important factories, the Oberthür printing works and the Arsenal, as well as the opening of the railway in 1857. It was in Rennes that the retrial of Captain Alfred Dreyfus took place in 1899 at the Lycée Émile Zola, and where the Ouest-Eclair newspaper (which became *Ouest-France* after Rennes' liberation by the Americans in 1944) was founded.

After the Second World War, the city of Rennes took on a whole new dimension, thanks to the growth of the reconstruction-linked building industry and the establishment of the *Citroën* car factory.





Economic dynamism



Le site de Rennes Atalante Beaulieu © D. Levasseur

Rennes is a particularly attractive city in terms of both job creation and the continuing increase of its population. The Rennes region has gained 60,000 new inhabitants in 10 years; a figure which corresponds to a growth rate that is three times the national average.

The tertiary sector is by far the most dynamic since service industries represent 65% of the workforce. However, Rennes' traditional industries are by no means being outdone, with France's leading daily newspaper, Ouest-France, and the Oberthür printing works being at the forefront. Finally, the presence of the PSA Peugeot Citroën car factory makes Rennes Métropole one of the leading car manufacturing regions in France.

In addition, Brittany is also the most important food-processing region in France, and the department of Ille-et-Vilaine is France's leading dairy farming area. Four important food-processing groups, Brient, Bridel, Coralis, and Le Duff, are located in Rennes, and it is important to note that the food-processing industries within the Rennes Métropole region enjoy very strong links with higher education establishments.

The information and communication technology sector is one of the most thriving and successful as far as employment, research, and training are concerned. The Rennes Atalante science and technology park has attracted a large number of research and development centres, components manufacturers, and telecommunications companies, e.g. France Télécom R&D, Thomson,

Canon, and Texas Instruments, to Rennes. Today, Rennes Atalante is one of Europe's leading telecommunications centres thanks to the collaboration that has been developed between higher education, research laboratories, and businesses. The «images & réseaux» network is one of the nine French competition clusters with an international outlook.

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Open to Europe and the world

Rennes, the capital of Brittany, is an open-minded city, and as such is active in establishing initiatives and partnerships at both European and international levels.

It has a partnership agreement with Hué (Vietnam), and is twinned with: Exeter – UK (1957), Rochester – USA (1958), Erlangen – Germany (1964), Brno – Czech Republic (1965), Sendai – Japan (1967), Leuven (Louvain) – Belgium (1980), Setif – Algeria (1982), Cork – Ireland (1983), Almaty – Kazakhstan (1991), Poznan – Poland (1998), Sibiu – Romania (1999), and Jinan – China (2002).

In addition, the presence of many associations, such as Europe Rennes 35 and the Maison de l'Europe, provide an excellent means of increasing Rennes Métropole's citizens' awareness of Rennes' commitment not only to Europe but also to a whole range of international relations. It is the job of the Maison Internationale de Rennes (Rennes International House) to make the general public aware of what is happening in the world today and to support private individuals and associations in the carrying out of projects based on cooperation, solidarity, and cultural exchanges.

Furthermore, Rennes has first-class resource and information centres, such as the regional Chamber of Commerce's Euro-Info-Centre, and the Centre de Documentation Européenne (European Documentation Centre) at the University of Rennes 1's Faculty of Law and Political Science.

Rennes' Institut Franco-Américain, a binational linguistic and cultural information and training centre that is unique in France, was founded in 1961 by the United States Embassy and Rennes City Council.

Finally, the Breton capital is heavily involved in Europe. Rennes actively participates in many European Union programmes, organisations, and networks, such as the Council of European Municipalities and Regions, the European Cities of Culture, and the Conference of Maritime Regions of Europe. The CPMR's headquarters are in Rennes, as are those of the Conference of Atlantic Arc Cities.



Culture



La place de la République © S. Priou

The great variety of architectural styles and periods which stand together in the very heart of the city makes up the wealth of historical and architectural heritage that gives Rennes such a distinctive character.

Rennes has been officially designated a 'Métropole d'Art et d'Histoire' (City of Art and History), and has many historic buildings, such as the Parlement de Bretagne (Brittany Parliament), the Hôtel de Ville (Town Hall), the Opéra (Opera House), the Palais Saint-Georges, and the Cathédrale Saint-Pierre (St Peter's Cathedral). The great variety of architectural styles and periods which stand together in the very heart of the city make up the wealth of historical and architectural heritage that gives Rennes such a distinctive character.

This wealth of culture can also be found in Rennes' museums and art galleries, as well as in its theatres, concert halls, cinemas, and many other cultural venues. Several important annual festivals make Rennes a prominent player on both the national and international cultural scene – but with a distinctive Breton character. Such festivals include the 'Trans Musicales' (today's new music festival), 'Travelling' (film festival), 'Les Tombées de la Nuit' (a festival celebrating new sound and street theatre productions), and 'Mettre en Scène' (theatre and dance festival).

A university and research centre

Rennes has had a university since the 18th century, and has become one of the most important French university towns with almost 60,000 students at the Universities of Rennes 1 and 2, 28 *grandes écoles* (prestigious competitive-entrance higher education establishments) and other higher education institutions. Rennes is also a major centre for scientific and technological research, with 4,000 researchers working in both public and private research establishments; the main sectors being electronics, the image and communication, biotechnology, fine chemistry, health, and the environment.

5,500 foreign students come to study in Rennes every year.

Higher education in Rennes is becoming increasingly international in its outlook, and 5,500 foreign students come to study in Rennes every year. The Rennes international mobility centre, which is linked with the UEB, helps all of Rennes' universities and *grandes écoles* to promote the mobility of PhD students and researchers, to expand Rennes' academic influence abroad, and to promote the welcome of those on mobility programmes in Rennes.



Campus de Beaulieu
© D.Gouray / Rennes Métropole



B THE UNIVERSITÉ EUROPÉENNE DE BRETAGNE

The UEB brings together Brittany's universities, *grandes écoles*, teaching hospitals, and research organisations. This research and higher education pole (*pôle de recherche et d'enseignement supérieur - PRES*) promotes scientific cooperation activities on behalf of its member establishments. With 72,000 students and over 6,000 teaching and non-teaching staff, the UEB is a scientific centre of excellence that is European in scale.

The Rennes International Mobility Centre

In Rennes, the mobility centre's task is to support the international mobility of students, PhD students and researchers in Rennes' universities and *grandes écoles*.

ITS AIMS:

- ☐ To promote the welcome of mobility programme participants to the Rennes area:
 - international students - international PhD students and researchers
- ☐ To contribute to the development of Rennes student mobility:
 - awareness campaigns and information on the subject of international mobility - linguistic and cultural preparation for mobility

ITS MAIN FUNCTIONS:

- ☐ **Services include a reception service for exchange students**
 - ▶ Social evening events, assistance with residence permit applications; cultural events and excursions in Brittany, and a partnership with the CRIJ (Regional Youth Information Service) as part of the TAMTAM Welcome Festival.
- ☐ **An individual welcome for international PhD students and researchers**
 - ▶ Help in finding their feet and help with settling in, help with legal and administrative formalities, linguistic and cultural assistance, etc. during their stay.
- ☐ **Preparing Rennes students for mobility programmes**
 - ▶ Also included are cultural integration sessions, international week, organisation of IELTS English language tests with the British Council, and more...

The welcoming of international PhD students and researchers by the Brittany EURAXESS Service Centre

UEB is an official European Commission EURAXESS Service Centre. The network includes over 200 centres across 38 European countries, destined to assist researchers and their families when moving to another country.

In Rennes, these services are also provided by the Rennes International Mobility Centre. The centre offers (free) services tailored to your particular needs, and offers assistance to foreign researchers and their families when arriving and settling in Rennes.

Specific welcoming activities have also been developed for international PhD students who have come to Rennes. This new initiative forms part of the rationale behind the creation of the UEB's International Doctoral College and the activities organised by it; activities which aim to develop the attractiveness of Brittany's doctoral schools and the international mobility of young researchers.

1. Help in preparing the stay

- ☐ Before their arrival in France, international PhD students and researchers are invited to contact the Brittany EURAXESS Service Centre to receive information about their future host city.

2. A special welcome

- ☐ If they request it, PhD students and researchers can enjoy personalised attention and be assisted in finding their feet and settling down.
- ☐ Receipt of a 'welcome parcel', containing a variety of information on aspects of life in Rennes.
- ☐ An information service + help with administrative procedures such as applying for a residency permit (*carte de séjour*) (a service only available for PhD students), opening a bank account, dealing with insurance, legal help, help in finding accommodation (a service only available for researchers), and organising education for children.

3. The discovery of a new cultural environment

- ☐ Language and cultural activities are organised for researchers and their spouses so that not only can they learn French or improve their level, but they can also meet other people on mobility programmes.
- ☐ A cultural programme offering a choice of live entertainment as well as outings to places of general and industrial interest within the region is also arranged for them.

For further information

about the Brittany EURAXESS Service Centre:

Université européenne de Bretagne
Centre de mobilité internationale de Rennes
5 bd Laënnec 35000 Rennes
Tel. 02 23 23 79 50
centre-mobilite-rennes@ueb.eu
www.mobilite-rennes.ueb.eu





The above information relates to researchers and those PhD students who benefit from the scientific procedure. Other cases should refer to the 'International students' guide'.

A OBTAINING A VISA

Certain documents must be assembled together before the researcher arrives in France. The formalities involved vary according to the researcher's nationality, the length of his stay in France, and the kind of establishment in which they are going to work. There is, in fact, a difference between the right of entry into French territory, which is acquired by means of the issue of a visa, and the right to stay in French territory, which is authorised by the obtaining of a residency permit.

According to the principle of the freedom of movement of people, citizens of the European Union and the European Economic Area (the countries of the European Union, Norway, Iceland, Liechtenstein, and Switzerland) do not have to obtain a visa. Consequently, citizens of the European Union only require a passport or an identity card. The passport must be valid for at least the entire duration of the stay in France.

● Hosting agreement (*convention d'accueil*)

In order to reduce the delays in granting permission to those foreign researchers and their families, from non-EU or non-EEA countries, to state-run (or approved private) establishments to carry out research work or to teach in a university, the Law of 24 July 2006 created a new simplified procedure based on the *convention d'accueil* (reception agreement). This document is essential for the obtaining of a visa and a *carte de séjour mention 'scientifique'* (residency permit marked 'scientist'). When a researcher's stay is validated by the host establishment, this latter issues a *convention d'accueil*, which must bear the official stamps of both the prefecture and the host establishment, as well as being signed by the head of the host establishment.

The *convention d'accueil* specifies the purpose and the dates of the stay; information which will determine the period of the validity of both the visa and the *carte de séjour*. It testifies that the applicant has sufficient financial resources to cover expenses incurred during the stay in addition to those required for returning to their own country. It also enables the residency permit holder to enjoy health insurance cover, as well as insurance cover against accidents at work. The form is then sent to the researcher, who signs it and presents it to the French Consulate in their home country when applying for a visa.

● Application for a visa

European Union and European Economic Area citizens are exempt from having to obtain a visa, and so the procedures outlined below do not concern them.

For foreign researchers from other countries there are several types of visa, each of which depends on the length of stay envisaged:

- ❑ **Short-stay visa (*visa de court séjour*) – for a stay of less than three months.** It cannot be renewed or marked "*scientifique*" on presentation of the *convention d'accueil*. The holder of a short-stay visa is exempt from having to apply for a *carte de séjour* (residency permit).
- ❑ **Temporary-stay visa (*visa de séjour temporaire*) – for a stay of a maximum period of between three and six months.** This type of visa is only issued in exceptional, and therefore rather rare, circumstances.
- ❑ **Long-stay visa (*visa de long séjour*) – for a stay of more than three months.** This visa is compulsory when a foreigner wishes to live in France for a period of more than three months. It is marked 'D' and "*carte de séjour à solliciter dans les deux mois suivant l'arrivée*" (residency permit to be applied for within two months of the date of arrival). (Article CESEDA L 313-8 – law governing the entry and stay of foreign citizens in France).
- ❑ **The long stay visa that acts as a residence permit: "VLS-TS".** A new decree was made on 24 April 2009 that introduced a new long stay visa that is valid as a residence permit. A "scientific" researcher is eligible for this type of visa. Remember though that the partners of scientists are still covered by the traditional visa scheme and must apply for a residence permit upon arrival.

The visa must be applied for at the French consulate in the applicant's home country, or at the French consulate of the country where the researcher normally lives before they come to France.

● Documents required

Documents to be produced by any researcher who is not a citizen of the European Union or of the European Economic Area, who will be working in a public or approved private institution, and who wishes to apply for a visa at the French Embassy or French consulate in their country of residence are:

- ❑ A passport, together with a photocopy of it, valid for the duration of the stay in France.
- ❑ The visa application form.
- ❑ Proof of the purpose of the stay, i.e. the original and a photocopy of the *convention d'accueil* signed by the head of the host establishment and bearing the official stamp of the prefecture.
- ❑ Recent identical good-quality full-face (bareheaded) identity photographs in colour (3.5 cm x 4.5 cm).



B OBTAINING A RESIDENCY PERMIT

The requirement to obtain a residency permit mainly concerns citizens of non-European Union (EU) countries.

Since July 1 2008, citizens of the member states of the European Union do not need a residency permit (*carte de séjour*) and can work in France solely on the basis of their passport or identity card. This special system also applies to citizens of the European Economic Area, Monaco, Switzerland, and Andorra.

Only Bulgarians and Romanians remain subject to the requirement of obtaining a residency permit when they want to carry out paid work in France. This transitory mechanism is valid until 31 December 2013.

Temporary residency permit marked "scientist"

Unless a foreign researcher has a *visa de long séjour temporaire* (temporary long-stay visa), when they stay in France for three months on the basis of a *convention d'accueil* it is absolutely essential that they have a special temporary residency permit: the *carte de séjour temporaire mention 'scientifique'*.

This document is written proof that the foreign researcher's presence in France is legal, which is why French law requires the holder to always have it on them.

It generally matches the period covered by the *convention d'accueil* and can be renewed, if necessary, within the two months preceding its expiry date.

Application for this *carte de séjour temporaire* must be made at the prefecture (or at their local *mairie*) within the two months following the arrival of the researcher, and their spouse if applicable, in France.

Medical check-up

As medical fitness is an essential condition for the issuing of a *carte de séjour temporaire*, any foreign researcher who is not a citizen of the European Union or of the European Economic Area, and who is staying in France for over 3 months, has to undergo a compulsory medical check-up carried out at the regional branches of the Office Français de l'Immigration et de l'Intégration (OFII).

During their application for a residency permit, the researcher completes a form entitled *Demande de contrôle médical en vue de la première délivrance d'un titre de séjour* (Request for a medical check-up with a view to the first issue of a residency permit). The ANAEM then sends the person concerned a letter inviting him and his family, if need be, to the medical check-up. If the researcher is declared fit after the check-up, the OFII issues a medical fitness certificate, which is a necessary requirement for the obtaining of a *carte de séjour*.



Important!

A foreign researcher with a VLS/TS must, within three months of his arrival in France, take steps to validate his VLS/TS with the OFII (French Immigration & Integration Office). Without OFII approval, the long stay visa cannot be used as a residence permit.

Procedure: send a letter by recorded delivery (*lettre recommandée avec demande d'avis de réception*) to the regional OFII, containing:

- the OFII certificate request form
- photocopies of your passport: ID page and the page bearing the stamp given when entering France
- a copy of your study agreement (*convention d'accueil*).

You must attend a compulsory medical or an initial appointment. Once these steps are complete, an OFII seal will be added to your visa, which is now a valid «residence permit».

Please note that if the researcher wishes to travel before the addition of the OFII stamp to their visa:

- during their first three months in France, starting from their date of arrival, it is possible for them to leave and return to French territory (within the SCHENGEN area and between their country of origin and France) without the need for further administrative procedures. During this period, this document will serve as their visa.
- After this three month period, travel is then only possible (within SCHENGEN area and between home country and France) if you have received the «OFII certification» (letter from OFII confirming receipt of visa validation request), or if your visa has been validated (OFII seal).



The above information relates to researchers and those PhD students who benefit from the scientist's procedure. Other cases should refer to the 'International students' guide'.

A SOCIAL SECURITY AND HEALTH INSURANCE



© S. Priou

● The social security system

The French social welfare system enables all salaried employees, whether French or non-French, to benefit from the social security scheme's coverage of the cost of health care resulting from illness and accidents. The financing of these benefits is mainly provided by contributions made by both the employer and the employee.

□ **If you are a salaried employee**, you are automatically incorporated into the social security *régime général* (general scheme) and affiliated to the Caisse primaire d'assurance maladie (CPAM), the French social security office that deals with medical insurance in your place of residence. Your contributions are paid automatically. When you join the system, you will be allocated a social security number and given a *carte d'assuré social*, or *carte vitale*; a card which is given to all those paying social security contributions. These will permit the reimbursement of those health care expenses incurred both by yourself and other eligible family members, i.e. your spouse or partner, and dependent children aged under 16 years old (under 20 years old if they are students). After a month in France, all you have to do is to go to the Caisse primaire d'assurance maladie (CPAM) to provide

proof of your entitlement to social security by bringing with you evidence, such as a payslip, of having worked at least 60 hours during the month.

□ **If you are a grant-holder or if you are in receipt of benefits and allowances**, you are not considered as being a paid worker in France and so you must take out private personal insurance or else prove that you are insured in your home country. You can also ask to be voluntarily incorporated into the French social security system by applying for *Couverture Maladie Universelle* (CMU – Universal Health Coverage). (For information on the CMU, see below).

□ **PhD Students who are not paid employees** but who are continuing their studies benefit from the student social security system until the age of 28, after which they can be directly affiliated to the CMU.

● Universal Health Coverage (CMU)

Those people who, because they are not salaried employees, are not covered by the state health insurance scheme against the risk of illness have access to the CMU. The basic CMU entitles the claimant to the health insurance and maternity benefits and allowances, e.g. reimbursement of health-care treatment and medicines, of the social security general scheme (which applies to salaried employees).

The CMU's basic cover is free if the claimant's income is below an annual income limit of €8,644 per taxable household. It is open to any foreigner who has lived on a regular and uninterrupted basis in France for at least 3 months, and who is not entitled to any other form of health insurance. A *carte de séjour* or a receipt proving that a *carte de séjour* has been applied for are essential when claiming CMU. Furthermore, the applicant, and other eligible family members, must not be attached to any other social protection system, e.g. in their home country.

The claim for *CMU de base* (basic CMU), including both the researcher and eligible family members, must be made at the Caisse primaire d'assurance maladie (CPAM).

For further information:

CPAM d'Ille-et-Vilaine

(Caisse primaire d'assurance maladie)

Cours des Alliés BP 34 A - 35024 Rennes Cedex 9

Tel. 36 46

www.ameli.fr

Opening times: Monday to Friday from 8.30am to 5pm, except the first Thursday of every month (opens at 10.30am)

Telephone line open from Monday to Friday from 8 a.m. to 6 p.m.





● Supplementary health insurance

The French social security system does not generally reimburse all the costs of health care. On average about 70% of these costs are reimbursed. This is why it is strongly advised – but not compulsory – to contribute to a supplementary health insurance scheme (*assurance santé complémentaire*), which will pay the non-reimbursable part (about 30% on average).

There are many such supplementary health insurance schemes (also called *mutuelles*) which offer policy plans to cover the more or less complete reimbursement of those health care costs which are the insured person's responsibility, as well as certain treatments and appliances which are reimbursed at a very low rate, or potentially not even reimbursed at all, by the social security scheme, e.g. vaccinations, glasses, and dental prostheses. If a person has limited financial resources, they may be able to benefit from the Social Security's *Chèque Santé* (see www.ameli.fr) which helps towards the payment of supplementary health insurance.

● Civil responsibility

The law of civil responsibility makes it compulsory for you to repair damage that you cause to another person, whether it be by carelessness or breach of the law. Your responsibility can also be implicated in damage caused by people, animals, or objects for whom or for which you are responsible. In order to avoid the direct payment of compensation to the victims yourself, you must have already taken out a *garantie responsabilité civile* (civil responsibility insurance policy) with an insurance company.

It is important to note that although certain insurance policies, e.g. car and home insurance, include civil responsibility cover, this is generally somewhat limited. If you have already taken out such an insurance policy, find out exactly what it covers as you need to know whether the cover it provides is adequate. If you are not already covered, you must take out a civil responsibility insurance policy. Thoroughly check what sort of cover is offered, as well as the extent of such cover, to see if it is suitable for your needs.

Finally, as concerns professional activity, although there are professional civil responsibility insurance policies provided exclusively for practitioners such as doctors and vets, you will normally be covered by your host establishment if this is a public institution, as in France the State is "its own insurer". However, it is worth asking your host establishment to see whether you should take out a specific insurance policy, especially if you are working in a private research institution.

● Insurance at work: the ATMP

The research worker is a salaried employee:

Once the researcher has arrived in France, they spend most of their time working in a laboratory. When the researcher's stay in France is confirmed by the signing of an employment contract, they are classed as being a *chercheur salarié* (salaried research worker), and

are henceforth protected in case of industrial accident, whatever the amount of salary earned. There is no minimum salary limit. This is the *accident du travail / maladie professionnelle* (ATMP - accident at work / industrial disease) insurance cover.

The research worker is not a salaried employee:

In the absence of an employment contract, e.g. when the researcher is using his own money to finance his period of research in France, or if he receives a grant from his own country, or a European or French grant (whether paid by a public institution, a ministry, a local authority, or even a private trust or foundation), the researcher can only benefit from ATMP insurance cover if his own country has signed a bilateral social security agreement with France.

Consult the following website to see if the researcher's own country has signed this agreement: www.cleiss.fr/docs/textes/index/html.

If their own country has not signed this agreement, the researcher must go to the CPAM covering his own country and ask for the '*assurance volontaire ATMP*' form. This must be completed and returned to the CPAM 48 hours before the researcher starts work at the laboratory.

If the researcher thinks that this contribution is too high, they are advised to take out insurance with a private insurer to cover their research work within the host establishment.



For further information:

CPAM d'Ille-et-Vilaine

(Caisse primaire d'assurance maladie)

Cours des Alliés - BP 34 A - 35024 Rennes Cedex 9

Tel. 36 46

www.ameli.fr

Opening times: Monday to Friday from 8.30am to 5pm, except the first Thursday of every month (opens at 10.30am)

Telephone line open from Monday to Friday from 8am to 6pm.





Other social welfare provision

Citizens of the European Union or the European Economic Area who benefit from their own country's social welfare system can have their health-care expenses reimbursed in France. Since 1 June 2004, European citizens who move around within the European Economic Area, i.e. the countries of the European Union, Norway, Iceland, Liechtenstein, and Switzerland, for either personal or professional reasons, can benefit from a **European health insurance card** which facilitates the reimbursement of necessary medical treatment during their temporary stay. Each member state is responsible for the production and distribution of the European health insurance card on its territory. However, each country's card is identical in form and has the same technical features, and this enables the card to be immediately recognisable by the health-care providers to whom it is presented. This card is non-transferable and is valid for a year.

- ❑ Researchers who do not come from an European Union country but whose home countries are signatories of bilateral social security agreements with France, and who themselves benefit from social security cover in their home country, can have their health-care expenses reimbursed in France. Before you leave your country, ask your social welfare organisation for information to ascertain whether this agreement includes health and accident insurance. If this is the case, you will be able to obtain the reimbursement of your health-care expenses by presenting the Caisse primaire d'assurance maladie (CPAM)'s international relations service with written evidence of your affiliation to your home country's health insurance scheme along with written evidence of your expenses.
- ❑ Before their departure, the researcher can sometimes contact, in their home country, a private insurance company which will provide health insurance cover for the stay in France. In this case, bring with you written proof of this company's cover, as this will exempt you from having to take out a new health insurance policy in France.
- ❑ Several private French insurance companies offer insurance policies to people who are not legally required to contribute to the French social security scheme. In this case, it is necessary to study and compare the policies and prices offered by the different companies.

B ACCESS TO HEALTH CARE

Doctors and pharmacies

There is freedom of choice of doctor in France, but the



recent health insurance reform has made it compulsory to choose a *médecin traitant* (attending physician) who is your usual or family doctor, and whose role is to coordinate the various consultations and examinations necessary when dealing with your health. This *médecin traitant* can be a general practitioner (GP), who deals with the whole range of health problems, or a specialist dealing with specific diseases or parts of the body. It is this *médecin traitant* that you must consult first of all. According to the health problem concerned, they will be able to refer you to the health professional who is best suited to treat your condition.

Médecins non-conventionnés are doctors who have not signed an agreement (*convention*) with the state social security service, and who set their own charges (which are higher). There are very few of these *médecins non-conventionnés* in Rennes. Social security reimbursement is low, but a good supplementary health insurance may be able to refund these expenses.

In France, medicines can only be bought at a pharmacy, and pharmacists are able to give advice as to what medicines to take for a specific problem.

In the case of an emergency at night, at the weekend, and on public holidays, you can call an on call / duty doctor. (Emergency service telephone numbers are given on page 25).

For further information:

CPAM d'Ille-et-Vilaine

(Caisse primaire d'assurance maladie)
Cours des Alliés - BP 34 A - 35024 Rennes Cedex 9
Tel. 36 46

www.ameli.fr

Opening times: Monday to Friday from 8.30am to 5pm,
except the first Thursday of every month (opens at 10.30am)
Telephone line open from Monday to Friday from 8 a.m. to 6 p.m.





Hospitalisation



The French hospital system is made up of both public and private hospitals. Public hospitals are under local authority control, private for-profit hospitals are commercial businesses, and private non-profit hospitals have the status of non-profit-making associations.

The non-profit public hospital service guarantees equality of access to all medical treatment and provides continuity of services and casualty/emergency services.

The patient who has to stay over a month in a public hospital or in a private *conventionné* clinic, i.e. a private clinic that has signed an agreement with the Ministry of Social Security, receives a reimbursement of 80% of hospital expenses incurred during the first month of hospitalisation. These expenses are reimbursed at a rate of 100% after the first month.

Reimbursement of health-care expenses

Medical expenses must first be paid by the patient, who is then reimbursed within a period of 2 to 4 weeks by the health insurance scheme. The patient is asked to pay a non-reimbursable sum for each medical procedure performed. However, those patients entitled to the *Couverture Maladie Universelle* (Universal Health Coverage) are exempt from the prior payment of their medical expenses.

The basic charge for a consultation with a general practitioner is €23 (€28 for taking care of babies and infants aged 0 to 24 months with "a complete check-up, care, prescriptions, and updating of the *carte de santé* (health record)", but charges are higher if the doctor is called out to make a home visit, at night, on

Sundays, or on a public holiday.

Only medicines obtained with a doctor's prescription (the document issued by the doctor which must be given to the pharmacist) can be reimbursed. The reimbursement rate varies according to the medicines prescribed and dispensed.

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The reimbursement rate varies according to the medicines prescribed and dispensed.

The costs of inpatient hospitalisation, whether in a public hospital or registered private clinic, are partly reimbursed by the social security system at rates varying from 80% to 100%, depending on the reason for hospitalisation and the seriousness of the illness. Accommodation expenses of a fixed rate of €18 a day are reimbursed provided that the patient has contributed to certain supplementary health insurance schemes (see the article on supplementary health insurance (*assurance santé complémentaire*) on page 21). For the payment of treatment, hospitals apply the system of *tiers payant*, in which only that part of the expenses not reimbursed by the social security system, the so-called *ticket modérateur*, is billed to the patient. However, this sum is then reimbursed by the patient's supplementary health insurance, providing that such a reimbursement is covered by their contract.

For further information:

Hospitals: See addresses on page 24



Emergency doctor services in Rennes:

Cabinet médical de garde (CARL)

(consultations at the medical centre)

19A rue de Châtillon (behind the railway station)

Tel. +33 (0)2 23 30 33 33 (Open from 8 p.m. to midnight)

SOS Médecins 35 (home visits):

19 rue Leguen de Kerangal (Metro: Clémenceau)

Tel. +33 (0)2 99 53 06 06 (Open 24 hours a day)

Duty chemists/ pharmacies in Rennes:

Tel. +33 (0)2 99 23 04 04 (during the day)

Tel. +33 (0)2 99 65 00 22 (after 10 p.m. during the week, after 7 30 p.m. at weekends)

Emergency telephone numbers:

SAMU (ambulance service): 15

Police: 17

Pompiers (Fire brigade): 18

European emergency call (from a mobile phone): 112

Drugs, Alcohol, and Tobacco Information Service: 113



A FINDING SOMEWHERE TO LIVE

Given the large number of students in Rennes, it can be difficult to find accommodation in the Breton capital. For this reason, you are advised to start looking several months before arrival and, if possible, to arrive a few days early.

Get hold of a map of the city and scan the classified ads in the daily and weekly press, or online.

There are various types of accommodation in Rennes:

Year-long accommodation:

Classified ads:

- No agency fees
 - Furnished (especially studios) or unfurnished accommodation
 - www.leboncoin.fr
 - www.vivastreet.fr
 - www.petitesannonces.fr
 - www.ouestfrance-immobilier.com
- Newspapers, daily press

Rental agency ads:

- Agency fees
 - Furnished (less common) or unfurnished accommodation
 - www.logic-immobilier.com
 - www.immobretagne.fr
 - www.fnaim.fr (Fédération nationale de l'immobilier)
- Newspapers, daily press

Solicitor's ads:

- Similar to rental agencies but with lower fees.
- Maison du notariat (solicitor listings)
2 Mail Anne Catherine CS 54 337
35043 Rennes Cedex
Tel. +33 (0)2 99 65 32 65
www.chambre-ille-et-vilaine.notaires.fr

Private residences and boarding houses:

- Studios, one, two, or three bedroom apartments, this type of accommodation is generally furnished and comes with appliances
- Short or long stay (cheaper prices depending on length of stay).
- Apartments are high quality, but expensive.

Les Estudines (Brittany Student Accommodation)

23 rue de Châtillon - 35000 Rennes
Tel. +33 (0)2 99 51 54 95
www.estudines.com

Top Campus

13 rue Doyen Denis Leroy - 35000 Rennes
Tel. +33 (0)2 99 54 71 71
www.top-campus.fr

Nexity

Tel. +33 (0)2 99 85 91 11
www.nexity-studea.com

Appart City Rennes

5 allée Marie Berhault - 35000 Rennes
Tel. +33 (0)2 23 20 54 24
www.appartcity.com

EURO CIL

6 rue Adolphe Touffait - 35000 Rennes
Tel. +33 (0)2 99 65 26 26
www.eurocil.fr/rennes

La Maison de Bertrand

8 rue de Bertrand - 35000 Rennes
Tel. +33 (0)2 23 20 06 89
www.lamaisondebertrand.com

APPARTHOTEL ADAGIO

35 rue d'Antrain - 35700 Rennes
Tel. +33 (0)2 23 21 26 00
www.adagio-city.com/fr/home

Finding temporary accommodation:

Visit the Rennes Tourist Information website for information about temporary accommodation in Rennes:
www.tourisme-rennes.com

Youth Hostel

10/12 Canal St-Martin - 35700 Rennes
Tel. +33 (0)2 99 33 22 33
www.fuaj.org/Rennes

SOCIOTEL

45 bd de Solférino - 35000 Rennes
Tel. +33 (0)2 99 65 59 12
sociotel@orange.fr

Rennes Hébergement

10 rue Gaston Tardif - 35000 Rennes
Tel. +33 (0)2 99 14 49 68
www.rennes-hebergement.fr

Foyers de jeunes travailleurs (FJT)

www.fjt-as-rennes.fr/

- Temporary accommodation you can stay in and FJT for several weeks whilst looking for more permanent accommodation.
- Primarily for those aged under 30.



La place des Lices © S. Priou



Flat-sharing

- This may be a great idea for both practical and financial reasons.
www.colocation.fr
www.easycoloc.com
 Some websites require you to pay to use them

Student accommodation

CROUS

Étudiants en mobilité internationale

7, place Hoche - CS 26428

35064 RENNES Cedex.

www.crous-rennes.fr

For further information, check out your CMI student handbook.

Host institution accommodation:

Sometimes, the host institution may provide accommodation for French and foreign PhD students. For more information, contact directly the international relations department of the institution in question.

Rent controlled accommodation (HLM - habitation à loyer modéré):

- Requires residence permit for over 3 months
- Long waiting list

Ville de Rennes – Service Habitat Social

19B rue de Chatillon (centre d'affaires Sud-gare)

BP 3126 – 35031 Rennes Cedex

Tel. +33 (0)2 23 62 16 30

www.rennes-metropole.fr/logement-locatif-social,5028

Espacil Habitat – HLM for students

1 rue du Scorff – CS 54221

35042 Rennes Cedex

Tel. +33 (0)2 99 83 41 08

www.espacil.com/Louer/Residences-pour-etudiants

B PRACTICAL INFORMATION

Various types of accommodation are offered by both estate agencies and by private individuals. There are **rooms** (most often in private houses), **studios** (flats of between 20m² and 30m² in size, with a small kitchen area and a bathroom), and **T1, T2, T3**, etc. flats (otherwise called F1, F2, F3, etc.), categorised as such according to the number of rooms in addition to the kitchen or kitchenette and the bathroom.

Small ads – the most common abbreviations:

chges or ch: charges

CC: charges comprises - charges included

TTC: toutes taxes comprises - including tax

kitch: kitchenette

balc: balcon - balcony

ascen: ascenseur - lift/elevator

part: particulier - private owner (as opposed to agency)

C BEFORE MOVING IN

There are several steps you need to take before you can move in to your accommodation:

• Sign a lease:

A lease, known as a «bail» in French, is compulsory. It must be signed by the tenant (you) and the landlord (the owner, also known as a lessor, or bailleur). The lease must be for at least 3 years. The tenant may exit the contract at any time by giving 3 months' notice, which may be reduced to 1 month in special circumstances (moving for work, made redundant, etc.).

• Take an inventory:

An inventory is the detailed description of the property and any furnishings. It is used to compare the initial condition of the property with the condition it is in when you leave, and determines any repairs that must be made, and whether the owner of the tenant has to pay for them.

• **Provide co-signer (caution solidaire) and a deposit (dépôt de garantie).** See «Co-signer or deposit» section for more information.

• Take out buildings insurance (assurance habitation):

it is compulsory to insure your accommodation so that you are protected against any risks (fire, water damage, etc.). You may take out a policy with an insurance company, a bank, or a private insurer, and the policy must be provided to the owner when you move in to the accommodation. Tip: choose a «multirisques habitation» policy that includes civil liability insurance.

For more information: CDIA (Centre de documentation et d'information de l'assurance) www.ffsa.fr

• Register for electricity and gas:

<http://www.fournisseurs-electricite.com/>



D DEPOSIT AND CO-SIGNING

Guarantor:

In order to guarantee that rent is in full and on time, agencies and owners often request a «third party deposit» or «guarantor». A guarantor is a physical or legal person that co-signs the lease with the tenant. The guarantor promises to pay the rent if the tenant does not. Traditionally, a co-signer is requested when the tenant's monthly income after tax is less than 3 times the rent without charges.

Deposit:

To move into the accommodation, you will be asked to pay a sum equal to one month's rent (this can be up to two months' rent for furnished rentals). This sum will be returned to you when you leave the property, although the cost of any damages caused by you may be deducted.

• Loca-pass and Pass GRL assistance: tenant risk deposits

Organisations exist that can help you with your deposit or co-signer:

CIL Habitat Ouest

1 rue du Scorff - CS 54 221
35042 RENNES CEDEX
Tel. +33 (0)2 99 27 20 00
www.espacil.fr

ASTRIA

6 rue de l'Abbé Grégoire CS 50824
35028 Rennes Cedex 2
Tel. +33 (0)2 99 22 20 40
www.astria.com

INICIAL

19 rue de la Chalotais
35000 Rennes
Tel. +33 (0)2 99 67 30 30
www.inicial.fr

• Co-signer:

FSL: Fonds Solidarité Logement.

Agence Départementale d'Information sur le Logement (ADIL - Accommodation Information Agency)
22, rue Poullain Duparc - 35000 RENNES -
Tel. +33 (0)2 99 78 27 27
<http://www.adil35.org/>



© D. Levasseur

• Financial assistance

The French Government provides two types of financial assistance for accommodation to people on low incomes, depending on their means and the type of accommodation: the APL (Aide Personnalisée au Logement - Personalised Housing Aid), and the ALS (Allocation Logement à Caractère Sociale - Social Housing Aid)

APL : can be paid to any person, whether French or non-French, on a low income and living in a logement conventionné (usually, but not always, social housing (HLM)). (If you are renting a logement conventionné, his will be mentioned in your tenancy contract). To receive APL, you must complete an application form, which you can obtain from the CAF covering the area where you live. The benefit will be paid directly to your landlord, who will reduce the amount of rent you have to pay by an equivalent sum. Certain foyers (hostels) are also classed as conventionné, and if you live in one you can therefore be paid APL.

ALS : any tenant can receive ALS for their main home, but such financial help is means-tested. The accommodation must meet certain minimum criteria as regards comfort (drinking water, sink, toilets, means of heating) and surface area. Ask the CAF for an application form, and if you fulfil the conditions, the benefit will be paid directly into your bank account. The amount of this benefit varies according to your income, the amount of rent paid, and the place where you live.

The APL and ALS are mutually exclusive benefits. You cannot receive both at the same time. The conditions for payment of these benefits are reassessed every year.

For more information: www.caf.fr

For further information on your situation and what you may be entitled to, contact:



CAF (Caisse d'allocations familiales)
Cours des Alliés - 35028 Rennes Cedex 9
Tel. 0 810 25 35 10 - www.caf.fr

Bus: nos 3 & 18. Bus stop: Colombier. Metro: Charles de Gaulle

ADIL (Agence départementale d'information sur le logement d'Ille-et-Vilaine):
22 rue Poullain-Duparc - 35000 Rennes
Tel. 02 99 78 27 27 - www.adil.org/35



The above information relates to researchers and those PhD students who benefit from the scientific procedure. Other cases should refer to the 'International students' guide'.

A OPENING AN ACCOUNT



During your stay in France, you will most likely need to open a bank account for your international money transfers, and to receive French government benefits (family allowance, refunded medical fees, CAF, etc.) and your salary.

All foreigners living in France for a period of at least 3 months can open a resident's bank account, which will enable them to have a cheque book and a cheque card, which will be either a debit card or a card that can only be used to withdraw money from cash dispensers. You will need to have three documents with you in order to open a bank account:

- Your passport and a photocopy of it
- Proof of address (rent receipt, utility bill, etc.)
- Employment contract, study agreement, proof of scholarship.

In addition, after your account has been opened, you will be asked to deposit a minimum amount of money, which is usually about €15.

B Some useful banking terms :

Compte-chèques: current (checking) account into which you pay the money, such as salaries and grants, that you receive and which enables you to pay your everyday expenses, such as your rent, books, and those connected with leisure time activities. In France, this current (checking) account can be called a *compte*, *compte de dépôts*, *compte courant*, or *compte bancaire*.

Agios: overdraft bank charges, imposed when the overdraft limit has been exceeded.

Carte de paiement: debit card with which you can pay for goods and services and withdraw money from cash dispensers.

Carte de retrait: bank card which only allows you to withdraw money from cash dispensers.

DAB: Distributeur Automatique de Billets – cash dispenser (cashomat (U.S.)).

Endosser: to endorse a cheque, i.e. to sign your name and account number on the back of a cheque.

GAB: Guichet Automatique de Banque – cash dispenser where you can carry out a range of banking operations.

Interdit bancaire: suspension of your banking privileges; an action which is communicated to all banks.

Prélèvement automatique: standing order (GB), direct debit order (GB), automatic deduction order/checkoff (US).

RIB: relevé d'identité bancaire – bank identification form, details of one's bank account. This can easily be obtained from the bank where you have your account. Your employer will ask you for a RIB so that your salary can be paid into your bank account.

Solde: balance – the amount of money held in your account.

Virement: the transfer of money to another account.

C How to make payments :

As well as paying in cash, there are other easy-to-use methods of payment:

- Carte de paiement** (debit card): a bank card used to make payments and withdraw money. You must enter your 4 digit PIN code when paying by card, and take care that nobody can see your code. You must learn this code by heart and keep it secret.
- Chèque** Cheque(GB)/check (US): when you pay by cheque, you must not forget to date and sign it, to fill in the name of the payee, and to check that the amount shown in figures is the same as that written in letters.
- Prélèvement automatique:** You can pay your regular bills (rent, water, etc.) by authorising direct debits from your bank account.



B THE COST OF LIVING IN RENNES

Type of purchase	Average prices
Monthly rent:	
Room in a privately owned house (lodgings):	€300 to €350
Unfurnished Studio Flat:	€250 to €300
Furnished Studio Flat:	€350 to €450
T2:	€450 to €550
T4:	€600 to €700
Food: meal (in a café or brasserie):	€15
Transport (bus and metro):	
bus/metro ticket:	€1,40
Monthly bus/underground pass	
- de 27 ans	€29,10
+ de 27 ans	€42,60
Baguette of bread (250gr):	€1
Newspaper:	
regional daily (<i>Ouest-France</i>):	€0,80
national daily:	€1,40
Coffee:	€2
Council swimming pool:	€4,40
Cinema ticket (full price):	€9,70

These prices are subject to change during the year.

C INCOME TAX

The above information relates to researchers and those PhD students who benefit from the scientific procedure. Other cases should refer to the 'International students' guide'.

You may be liable to pay income tax, whatever the length of your stay and the nature of your income in France, e.g. salary or grant. Like all other French citizens, therefore, you must declare your income every year by completing:

- a pre-completed online form is available at: www.impots.gouv.fr

- a paper form to be sent to the tax office

This procedure concerns most salaried scientists..

However, an exception to this applies to non-residents, who are defined as being people who do not officially live in France, and who have kept their official place of residence in another country. For those in this category, the employer informs the *Centre des Impôts* (Tax Office) that they should benefit from a scheme called *prélèvement à la source* (deduction at source/pay as you earn (go) system). With this system, the employer deducts the sum corresponding to the income tax directly from the researcher's salary each month. Ask your employer to see if they have set up this type of deduction at source/ pay as you earn system.

Those researchers in receipt of grants, e.g. post-doctoral research fellows, are also concerned as only those

students who are holders of *bourses sociales* (those with lower household incomes) are not, under certain conditions, liable to pay income tax. Researchers whose residency permit is marked "*scientifique*" ("scientist"), "*travailleur salarié*" ("salaried worker"), or "*travailleur temporaire*" ("temporary worker") must declare their annual income.

If you are declaring your income for taxation purposes for the first time, you must ask the *Centre des Impôts* (Tax Office) or the *mairie* of your place of residence for an *imprimé de déclaration de revenus* (income tax declaration form).

For further information, contact:

Centre des Impôts de Rennes

2 boulevard Magenta - BP 37 - 35023 Rennes

Tel. 02 99 29 36 00

France has signed more than 100 bilateral taxation agreements with different countries. Some of these agreements contain specific measures which allow either the continuation of payment of income tax in a person's usual country of residence for taxation purposes and not in France, or sometimes even for the person to be completely exempt from the payment of income tax. A list of these agreements can be found at the following address:

www.impots.gouv.fr/portal/dgi/public/documentation
Then click on "international"

D RETIREMENT PENSIONS

Foreigners working in France pay social security contributions as French citizens do, and obtain the same pension eligibility. Contact your pension fund for more information.

European nationals: the French government will calculate your pension and take your career abroad into account. Quarters worked in the countries where you have lived will be included when determining your total subscription period and your pension.

Non-EU countries: you must contact the French body you subscribe to prior to leaving France. The French pension authority will calculate your pension independently of your career abroad. Quarters worked abroad will not be included when calculating your French pension. Before retiring, you must take the initial administrative steps several months in advance.

Remember: Your papers must be in order to obtain a pension.

Namely: If you have only spent a few months or years in France and you have permanently returned to your home country, then French law forbids the refund of your national insurance contributions made during your stay. However, they will not be lost: if you have paid at least one quarter of national insurance, then you will be eligible for a pension upon reaching the legal French retirement age.



The above information relates to researchers and those PhD students who benefit from the scientific procedure. Other cases should refer to the 'International students' guide'.

A ADMINISTRATIVE PROCEDURES

Your partner should request, upon presentation of your study agreement:

- a short stay C «conjoint de scientifique» visa for stays under 3 months.
- a long stay D «conjoint de scientifique» visa for stays over 3 months. This visa will state «CESEDA L313-11-5» and «carte de séjour à solliciter dans les deux mois suivant l'arrivée (request residence permit within two months of arrival)».

Remember that for the time being, your partner is not eligible for the long stay visa valid as residence permit. If your children have their own passport, you must make a request for a long-stay "visiteur" (visitor) visa. If they are still included on your passport, you must mention your children on the visa application form. The note "+2X" will appear on the visa in the case, for example, of two children.

Once in France, your partner must take their long stay visa, as well as other documents including a marriage certificate, to the prefecture in order to request a family residence permit (vie privée et familiale). This permit means that your partner can work in France without requiring a work permit. Its length of validity and renewal is the same as those on your residence permit.

In the case of children, a *carte de séjour* is not compulsory until the age of 18.

B EDUCATIONAL SYSTEM

Attendance at school in France is compulsory between the ages of 6 and 16. Education is free in state schools, but must be paid for in private schools. However, the syllabuses are the same in both state and private schools because they are established at the national level.

Most schools offer catering facilities for pupils at midday as well as, in the case of nursery and primary schools, a child-minding service both before and after school.

- ❑ **École maternelle** (nursery school – from the age of 3) is not compulsory.
- ❑ **École élémentaire** (primary school – from the age of 6) has 2 cycles: CP (*cours préparatoire*) / CE1 and CE2 (*cours élémentaires* years 1 and 2) and CM1 (*cours moyens* year 1) / CM2 (*cours moyens* year 2).
- ❑ **Collège** has 3 cycles: 6th, 5th, and 4th / 3rd.
- ❑ **Lycée** covers the 3 school years known as *seconde* (15 – 16 year olds), *première* (16 – 17 year olds), and *terminale* (up to the leaving age at 18). The *baccalauréat* is the school-leaving examination which is taken in the final year at *lycée*. Specialised *lycées professionnels* prepare students for vocationally-based *baccalauréats professionnels* and BEPs (*Brevets d'Études Professionnelles*), and *lycées techniques* prepare students for the *baccalauréats technologiques*.

To find out more about European educational systems, see:

Centre de mobilité internationale de Rennes
Université européenne de Bretagne
5, bd Laënnec 35000 Rennes
www.mobilite-rennes.ueb.eu





C SCHOOLS

Below is a list of schools which have classes that are adapted to the needs of foreign children who need to learn French:

• Specially adapted teaching for foreign children (introductory classes)

For nurseries and primary schools:

To register your child in a nursery or primary school, your family must already be in France and have a French address. Contact the DIVEL, on +33 (0)2 99 25 10 53, who will give you an appointment for a pre-registration meeting. At the end of this meeting, your children will have to take a test in their native language, or in French if they speak it.

• For secondary schools:

The education board (Inspecteur Académique) handles registration.

Pupils aged 12 are automatically entered into secondary school. Their level of French is assessed by a FLE (French as a Foreign Language) teacher.

Depending on the pupil's level of education and assessment results, they may be entered into two types of class.

• **CLA (classe d'accueil ordinaire - standard class).** This is for pupils who have received a normal education before coming to France, and their learning will be adapted depending on the results of their evaluation.

• **CLA- NSA (classe d'accueil pour l'élève non scolarisé antérieurement - class for pupils with no prior education)**

This class enables children with no or very little schooling before their arrival in France, but who are of a secondary school age, to learn French and acquire basic knowledge (CE2, CM1, and CM2 - classes aged 8-10) The pupils attend normal classes where good written French is not required (P.E, music, art, etc.)

• For students aged 16+:

All students attend a CIO (Orientation and Information Centre), where they meet with an educational psychologist. Students attending sixth-form or a vocational college are eligible for additional FLE support.

• Bilingual education

• French/English/American Course

Collège Montbarrot

Rue de Gascogne - BP 41618 - 35016 RENNES Cedex
Tel: +33 (0)2 99 59 21 33

Ecole primaire Jean Moulin

8 rue de Bourgogne - 35000 Rennes
Tel: +33 (0)2 99 54 57 04

Section internationale britannique

Lycée Victor et Hélène Basch

15 avenue Charles Tillon - B.P. 8316 - 35083 RENNES Cedex
Tel: +33 (0)2 99 54 44 43

• Bilingual classes with English (L2) and Chinese (L3 beginners)

Collège Les Ormeaux

30 rue des Ormeaux - BP 60818 35008 RENNES Cedex
Tel: +33 (0)2 99 50 51 14

Collège Anne de Bretagne

15 rue Martenot - BP 80543 35105 RENNES Cedex 3
Tel: +33 (0)2 99 63 19 45

Lycée Emile Zola

2 avenue Janvier - BP 90607 - 35006 RENNES cedex
Tel: +33 (0)2 99 79 23 00

• Chinese

Ecole La Poterie

167 rue de Vern - 35200 RENNES
Tel: +33 (0)2 99 51 97 61

• German

Section Abibac - Lycée Chateaubriant

136 Bd de Vitré BP 1113 - 35014 Rennes Cedex
Tel: +33 (0)2 99 28 76 00

D CHILDCARE FACILITIES FOR YOUNG CHILDREN

The City of Rennes offers a range of different options for looking after younger children and infants.

☐ **Crèche familiale:** (8 in Rennes) A qualified childminder: looks after children aged 8 weeks to 3 years at home. A group event is held once or twice per week for the different childminding activities and to lend toys to children.

☐ **Crèche collective:** (15) a registered *crèche* for children under 3 years old. Open every weekday.

☐ **Crèche parentale:** (8) run by parents' associations who employ a team of professionals who are specialists in the care of very young children. For children aged between 3 months and 3 years old.

☐ **Halte-garderie:** (9) day nursery where children can be left when necessary on an ad hoc basis.

☐ **Childminder:** the most expensive solution (the national minimum wage €1425 per month before tax).

☐ **Babysitting:** done by many *lycéens* and university students in the evening, is about €5 per hour.

☐ **Assistance Maternelle 35:** to find a childminder in your neighbourhood and check their availability, visit: www.assistantsmaternels35.fr

For further information:

• Ville de Rennes, Direction des Crèches

14 rue Saint-Yves - 35031 Rennes Cedex

Tel. +33 (0)2 99 67 85 68

www.rennes.fr (headings: **Éducation - enfance / Les crèches / Adresses utiles**)



CIO (Centre d'Information et d'Orientation)

CIO Rennes Nord: 1 quai Dujardin

35000 Rennes - Tel. +33 (0)2 99 25 18 30

CIO Rennes Sud: 15 rue Martenot - 35000 Rennes

Tel. +33 (0)2 99 25 18 25

Foreign student coordination:

Tel. +33 (0)2 99 25 10 53

migrants35@ac-rennes.fr



E ORGANISING WORK FOR YOUR SPOUSE

On presentation of the *convention d'accueil du scientifique*, the spouse is issued with a visa marked "CESEDA L 313-11-5°" and then, on arrival in France, a *carte de séjour "vie privée et familiale"* (private and family life residency permit). The special feature of this type of *carte de séjour* is that it authorises the holder to work in France. Scientists' spouses therefore have the right of access to the French employment market.

The legal period of the working week in France is 35 hours (or 39 hours in businesses of under 20 employees). The legal minimum wage is called the *SMIC (Salaire Minimum Interprofessionnel de Croissance)*, which is €9,40 gross an hour (before deduction of compulsory social security contributions, which amounts to about 20%).

For further information, contact:
www.pole-emploi.fr



F FAMILY ALLOWANCES/BENEFITS

A ruling by the Cour de Cassation (France's highest appeal court) on 16 April 2004 decided that "foreigners living in France on a regular basis with their dependent children enjoy full rights to family allowances/benefits". This enables researchers to have their children recognised by the *Caisse d'allocations familiales (CAF)*, and hence to receive family allowances/benefits, just like other foreigners legally living and working in France.

Until 16 April 2004 the CAF asked for the OFII medical certificate for each child living on French territory for whom family allowances were requested. Now the children of *scientifiques* (scientists) enjoy their own procedure for entry into France, and do not have to undergo this medical check-up.

Henceforth, article D 512-2, 4° of the Social Security Code allows the awarding of family benefits from the moment that the foreign national permitted entry as a *scientifique* is able to present a visa for each of the children in each one's name.



Parc du Thabor © C. Ablain / Rennes Métropole



The above information relates to researchers and those PhD students who benefit from the scientist's procedure. Other cases should refer to the 'International students' guide'.

G UNEMPLOYMENT AND THE RIGHTS OF FOREIGN NATIONALS

Unemployment

Researchers do not follow the standard procedure when entering France. Instead, they obtain a *carte de séjour mention scientifique* (a scientist's residency permit). Although this type of *carte de séjour* authorises the holder to work in France, in accordance with the legislation in force, these scientists do not have open access to the labour market as they are only entitled to perform specific work that is carried out in those establishments which have been authorised to issue *conventions d'accueil*.

So, even though they are considered as *salariés* (employees) as regards employment law, e.g. in respect of the payment of contributions, the right to social security, and the accumulation of points for a retirement pension, 'scientists' used not to be able to claim unemployment benefit, even if their *carte de séjour* was still valid for a few more months.

The *Code de Travail* (Employment Law) has been modified very recently to allow foreign nationals who are holders of a *carte de séjour mention 'scientifique'* to benefit from unemployment benefit as long as their *carte de séjour* is still valid.

N.B. These measures only apply in the case of researchers who come from countries which are not member states of the European Union. European Union nationals have free access to the French employment market, in accordance with various European regulations and directives concerning the free movement of salaried workers. Contrary to their colleagues who come from non-EU countries, citizens of the European Union member states can register as unemployed and therefore receive unemployment benefit in France.

To register as unemployed, the first thing to do is to contact a Pôle Emploi office, which is the government organisation responsible for the registration of job seekers and the payment of unemployment benefit. Contact them in order to carry out the pre-registration procedure by phoning 39 49.

If your last registration as a job seeker was less than 6 months previously, you will be re-registered by the teleadvisor without having to go to a Pôle Emploi office. When you have been registered as a job seeker, an appointment will be made for you to see an employment advisor.

For further information on the various Pôle Emploi offices in Rennes, see page 42.

Documents to be presented with your application

After the preregistration procedure by telephone, you are required to attend an interview, the date and time of which are specified in the letter that you receive by post. You must take with you to the interview the unemployment benefit application form, completed, dated, and signed, as well as several other documents. Documents required for registration as unemployed:

- valid passport or national identity card
- registration documents concerning family births, marriages, and deaths
- birth certificate
- carte de séjour* for those foreign workers who are citizens of non-European Union countries
- one or more "*attestation d'employeurs*", a yellow form which is completed by your former employer
- your social security card (*carte vitale*)

If the job seeker does not have this card they can provide an attestation issued by their local Caisse primaire d'assurance maladie as evidence of the fact that they belong to the state social security insurance scheme and thus that they have an individual identification number.

If the period covered by the *carte vitale* has expired, the application is allowable but the applicant must provide an attestation from their Caisse Primaire d'Assurance Maladie.

- a relevé d'identité bancaire / postal* (a code which transmits information regarding your personal bank details).

Pôle emploi (Job Centre), a streamlined service:

For information about finding a job and benefits, call 3949 or visit: www.pole-emploi.fr





● Pôle Emploi Service

A month after registering at the Pôle Emploi, you must attend an interview there in order to discuss your professional situation. During this interview you will prepare a *Projet Personnalisé d'Accès à l'Emploi* (PPAE – Personal Access to Work Plan) with the help of an employment advisor, and your registration as a job seeker will be validated.

Pôle Emploi in Rennes employment service

Pôle Emploi Rennes Les Gayeulles

Immeuble Antipolis 2 - 8 rue du Patis Tatelin
35700 Rennes

Pôle emploi Rennes Nord

197 avenue du Général Patton - 35700 Rennes

Pôle emploi Rennes Ouest

ZAC Atalante Champeaux
5B rue Pierre Joseph Colin - 35000 Rennes

Pôle emploi Rennes Poterie

46 D rue Louis Kérautret Botmel - 35200 Rennes

Pôle emploi Rennes Centre

22 boulevard Saint-Conwoïon - 35000 Rennes

Pôle emploi Rennes sud

38 boulevard Albert 1^{er} - 35200 Rennes

Pôle emploi Rennes Atalante

7 route de Vezin le Coquet - 35000 Rennes

Pôle emploi International Bretagne

Executive Pôle emploi Rennes

Immeuble le Crimée - 2^e étage
107 avenue Henri Fréville - 35000 Rennes
eirennnes.35092@pole-emploi.fr
www.emploi-international.org

For further information

and to consult employment offers:

www.pole-emploi.fr or 3949

● Other possibilities

- Register with *agences d'intérim* (temping agencies), which put businesses in need of temporary help in contact with job seekers.
- Check the classified ads in the Ouest-France Saturday Property supplement, and on:
www.ouestfrance-emploi.com
www.ouestjob.com
- Contact other organisations:

Action Emploi Cesson

La Touche Ablin - 35510 Cesson-Sévigné
Tel. +33 (0)2 99 83 25 96
www.bretagne-emploi.org

Apec

(managerial/executive posts)
14 rue de la Chalotais - 35000 Rennes
Tel. +33 (0)8 10 80 58 05
www.apec.asso.fr

ASCAPE Bretagne

(for managerial / executive posts)
6 cours d'Arnhem - 35000 Rennes
Tel. +33 (0)2 23 30 47 27
<http://ascap35.free.fr>

CDAPH (for disabled workers)

19B rue de Châtillon - CS 13103 - 35031 Rennes
Tel. +33 (0)8 10 01 19 19



A EATING

The French eat three times a day.

They usually have breakfast when they get up in the morning, and then two proper meals: lunch at about 12 p.m. to 1 p.m., and dinner at about 8 p.m.

You can choose to eat in a variety of ways.

❑ **If you want to do your own cooking**, you will find lots of food shops and supermarkets in Rennes and hypermarkets on the outskirts. If you are looking for fresh produce, there are open-air markets which can be found on different days in various parts of the city from 7 a.m. to 1 p.m. The biggest and best-known is the market that takes place in the Place des Lices every Saturday morning. A list of the days and times of these markets can be found in the 'Vivre à Rennes' (Living in Rennes) guide.

❑ **If you want to eat out**, you have a vast choice of cafés, brasseries, fast-food outlets, local restaurants, and gourmet restaurants. You can pay €5 for a sandwich, about €15 for a 3-courses meal (starter, main course, and dessert), and a lot more for a meal in a gourmet restaurant.

❑ **The university restaurants, commonly called the 'Restos U', offer the cheapest solution** for a full and well-balanced meal. These restaurants, run by the CROUS (Centre Régional des Oeuvres Universitaires et Scolaires), are open at lunchtime from Monday to Friday to all members of the academic community. Some are also open in the evening. You can pay for 'Resto U' meals either in cash or with a ticket that you can buy at lunchtime at the restaurants. A full meal (2011-2012 prices) costs a student €3.05. Your host establishment will inform you of the price of meal that you are entitled to, and will also tell you if there is a staff restaurant.

University restaurant addresses

CITY CENTRE CAMPUS

Le Fougères

46 rue Jean Guéhenno - 35000 Rennes

Tel. +33 (0)2 33 38 03 22

Bus nos 1,9 and 70

Open at lunchtime from Monday to Friday

Dish of the day, pizzas, grills, sandwiches

Duchesse Anne

110 boulevard de la Duchesse Anne - 35000 Rennes

Tel. +33 (0)2 99 38 70 51

Bus nos 1, 5, and 9

Open at lunchtime from Monday to Friday

Dish of the day, pasta dishes, sandwiches

Brasserie Hoche

2 rue Lesage - 35000 Rennes

Tel. +33 (0)2 99 27 20 80

Bus nos 9, 1, 5 et 8 - Metro: Sainte Anne

Open lunchtimes and evenings from Monday to Friday and Saturday lunchtime

Dish of the day, sandwiches

BEAULIEU CAMPUS

L'Étoile

37 avenue du Professeur Charles Foulon - 35700 Rennes

Tel. +33 (0)2 99 36 27 29

Bus nos 4 and 32

Disabled access

Open lunchtimes and evenings from Monday to Thursday, and on Friday lunchtime

Dish of the day, snacks, grills, pizzas, paninis

L'Astrolabe

Allée Jean d'Alembert - 35700 Rennes

Tel. +33 (0)2 99 87 07 18

Bus nos 4 and 32

Disabled access

Open at lunchtime from Monday to Friday.

Dish of the day, pizzas, pasta dishes, sandwiches, paninis

IUT (Institut Universitaire de Technologie) cafeteria

3 rue du Clos Courtel - 35000 Rennes

Tel. +33 (0)2 23 23 40 00

Bus no. 4 et 32

Open from Monday to Friday from 7.30 a.m. to 4.30 p.m.

Snacks and sandwiches

KER LANN CAMPUS

Ker Lann - 35170 Bruz

Tel. +33 (0)2 99 05 06 30

Bus no. 57

Disabled access

Open at lunchtime from Monday to Friday.

Dish of the day, pizzas, sandwiches, paninis.

VILLEJEAN CAMPUS

Le Ménélik

148 boulevard de Verdun - 35000 Rennes

Tel. +33 (0)2 99 59 50 74

Bus nos 1, 5, 8, 9 - Metro: Anatole France

Open lunchtimes only. Dish of the day, sandwiches

Le Métronome

2 avenue de la Bataille Flandre-Dunkerque - 35000 Rennes

Tel. +33 (0)2 99 59 17 82

Bus no. 4 - Metro: Villejean Université

Disabled access

Open at lunchtime from Monday to Friday. Le Glazik is open in the evening from Monday to Friday.

Dish of the day, world cuisine, pizzas, grills, sandwiches, paninis

La Harpe

36 avenue Winston Churchill - 35000 Rennes

Tel. +33 (0)2 99 59 35 63

Metro: J.F. Kennedy

Disabled access

Open at lunchtime from Monday to Friday

Dish of the day, pasta dishes, pizzas, snacks, sandwiches, paninis

Hall B cafeteria

Open at lunchtime from Monday to Friday

Snacks and sandwiches

Bus nos 4 and 30 - Metro: Villejean Université

Pôle Langues cafeteria

Open at lunchtime from Monday to Friday

Snacks and sandwiches

Bus nos 4 and 30 - Metro: Villejean Université

L'Èrève

Brasserie, brochérie (sandwiches), and coffee bar

Bus nos 4 and 30 - Metro: Villejean Université

For further information:

University restaurants: www.crous-rennes.fr

Restaurants in general: www.tourisme-rennes.com





B GETTING AROUND

By bus and metro

The STAR network

The STAR public transport network is made up of the metro line and 57 bus routes, and serves all the Rennes Métropole area. The bus routes within the city itself are organised around the metro, which crosses Rennes from north-west to south-east via the city centre. The out-of-town bus routes serve the whole of Rennes Métropole.

Timetables

The metro and the six main bus routes (1, 2, 3, 4, 5, 8, and 9) run from about 5.20am to 12.30am (Monday to Saturday), and from 8.30am to 12.30am on Sundays and public holidays. All the other routes run from about 6.30 am to 9pm. The *STAR de nuit* night-time bus service runs until 4.45 a.m from Wednesday evening to Sunday morning.

On Friday and Saturday nights, buses leave the centre of Rennes at 11pm and 12.30am to go to Rennes Métropole's towns and villages.



© C. Ablain / Rennes Métropole



© C. Ablain / Rennes Métropole

Fares

Each STAR ticket costs €1.40 for one hour's transport, and is valid throughout the whole STAR network.

A book of 10 tickets costs €12.20, and a whole-day ticket €3.70.

Every metro station has one or more automatic ticket machines.

If you regularly use the bus and metro to get around, it is cheaper to buy one of the various types of season ticket (Korriogo - annual, monthly, or weekly) from one of the STAR offices.

By train

Rennes enjoys a TGV (high speed train) service. Today 21 TGV departures a day put the city only 2 hours away from Paris.

Information – reservation – purchase of tickets

- ❑ by Internet: www.voyages-sncf.com
- ❑ by telephone: 36 35
- ❑ at the railway station (Gare SNCF - 19 place de la Gare - 35000 Rennes) ticket office and automatic ticket machines
- ❑ in SNCF 'shops' in Rue Le Bastard in the city centre, and in the Colombia, Grand Quartier, and Alma shopping centres
- ❑ by using automatic ticket machines in the Alma, Les Longs Champs, Carrefour (Cesson-Sévigné), and Opéra (Pacé) shopping centres.

To get to the railway station:

- ❑ metro: Gares.
- ❑ bus nos 1, 2, 11. Stop: Gares.

Useful addresses:

STAR

Main office: 12 rue du Pré Botté
(Bus: all central lines. Stop: République / Metro: République)
Open Monday to Friday 7 a.m to 7.30 p.m, and Saturdays 9 a.m to 6.30 p.m

Other branches: Villejean université and Henri Fréville

For further information on timetables, routes, fares, etc.:
+33 (0)9 70 82 18 00 and www.star.fr





By coach

The Illenoo public transport network covers almost 200 towns and villages throughout the department of Ille-et-Vilaine, as well as coach services to places such as Nantes, Angers, Mont-Saint-Michel, and Pontivy in the neighbouring departments.

The price of a bus ticket to anywhere in the department is a maximum of €4.30.

Coach station

16 place de la Gare

Tel. +33 (0)2 99 30 87 80

Metro: Gares

Bus nos 2, 11, 17, 41 express and 63. Stop: Gares

Opening hours: Monday to Thursday from 6 a.m. to 8 p.m., Friday from 6 a.m. to 8.15 p.m., and Saturday from 7 a.m. to 7.45 p.m.

Eurolines provides international coach services throughout Europe.

Agence Eurolines

37 avenue Janvier - 35000 Rennes

Tel. +33 (0) 892 899 091

By car

Rennes is the gateway to Brittany, and fast access is provided by a particularly well-developed road network. Toll-free dual carriageways link Rennes to Nantes, Brest, Lorient, Saint-Malo and Saint-Brieuc, while Paris is reached by motorway.

Rennes – Paris: 352 km

Rennes – Nantes: 101 km

Rennes – Brest: 242 km

You can either transfer your car from your own country (but the administrative procedures are complicated), or buy a car in France, or take advantage of the vehicles *en transit temporaire* (in temporary transit) system.



By bicycle



Vélo STAR is the self-service system of bicycle hire organised by Rennes Metropole. Most of the 83 or so collection points and 900 bicycles are located near metro stations, bus and coach stops, and the railway station. Borrow a bicycle at the collection point of your choice and leave it at any other one. It all depends on where you want to go. The first 30 minutes of any Vélo STAR ride are free.

You can subscribe for 24 hours, 7 days, or one year, according to your particular needs. If you want to take out a one - year Vélo STAR subscription, it will cost you €20 if you are already a STAR season ticket holder, or €30 if you are not. If you only want to use Vélo STAR every now and again, short term subscription is possible. This costs €1 for 24 hours and €5 for 7 days.

For further information:

Tel. +33 (0)9 69 36 50 07

www.levelostar.fr





By air

Rennes-Saint-Jacques airport is situated to the south-west of Rennes, about 15 minutes from the city centre. There are many regular flights from Rennes to other major French cities, and connections from Paris and Lyon can take the traveller all over Europe and the world.

Aéroport de Rennes

Avenue Joseph Le Brix
35136 Saint-Jacques-de-la-Lande
Tel. +33 02 99 29 60 00
www.rennes.aerport.fr

You can use either bus or taxi to get to or to leave the airport:

By bus: no. 57 from the stop 'Métro République'. Get off at the 'Air Libre Aéroport' stop, which is about 500 metres from the airport.

By taxi: the taxi fare from the centre of Rennes is about €18.

The airport is open 7 days a week from 5.15 a.m. to 11 p.m.

By taxi

Taxi Agglomération Rennaise
Tel. +33 (0)2 99 30 79 79

Allo Rennes Taxi
Tel. + 33 (0)6 63 36 62 14

Taxis de Rennes
Tel. +33 (0)2 99 36 03 03



French language-learning classes are organised for researchers and their spouses by the Rennes international mobility Centre.

For further information about these classes, contact:



Rennes international mobility Centre

5 bd Laënnec - 35000 Rennes
Tél. +33 (0)2 23 23 79 50
E-mail: centre-mobilite-rennes@ueb.eu
www.mobilite-rennes.ueb.eu

Rennes also has several schools and associations which give French lessons:

Centre international rennais d'études du français pour étrangers (CIREFE)

Université Rennes 2 - Campus Rennes 2 Villejean
Place Recteur Henri Le Moal
CS 24307 - 35043 Rennes Cedex
Bus : nos 4 and 30 - Métro : Villejean-Université
Tel. +33 (0)2 99 14 13 01
E-mail: cirefe@univ-rennes2.fr
www.univ-rennes2.fr/cirefe

Centre d'études des langues (CCI Rennes)

Faculté des Métiers - Campus de Ker Lann
Rue des frères Montgolfier - 35172 Bruz
Bus : no 57
Tel. +33 (0)2 99 05 45 05
www.rennes.cci.fr
E-mail : sjouan@fac-metires.cci.fr

Comité de liaison pour la préformation et la promotion sociale

5 rue Léon Berthault - ZI route de Lorient
BP 81649 - 35016 Rennes Cedex
Tel. +33 (0)2 99 14 50 00
rennes@clps.net

Dialangues

3 rue Marc Sangnier - 35200 Rennes
Bus: ligne 8 - Métro : arrêts Le Blossne et Triangle
Tél. +33 (0)2 99 50 32 32
www.dialangues.com

Langue et Communication

35 rue St Melaine - 35000 Rennes
Tel. +33 (0)2 99 38 12 55
E-mail : langue-et.communication@orange.fr
www.langueetcommunication.com

L'Univers des Langues

77 boulevard de la Tour d'Auvergne - 35000 Rennes
Tel. +33 02 99 67 51 67
Bus nos 5 and 9
www.univers-langues.com
rennes@univers-langues.com

C LEARNING FRENCH AND IMPROVING YOUR LEVEL



D COMMUNICATING

● Making a phone call in France

In France, telephone numbers have 10 figures, with the first 2 figures corresponding to the geographical zone phoned.

To phone abroad: [00] [international dialling code] [telephone number]

To phone France from abroad: [00] [33] [French telephone number without the first '0']

Directory enquiries: dial the numbers proposed by the different telephone directory enquiry services, e.g. 118 712 (for France Télécom), and 118 812 (for Bouygues).

• **Wifi access** is available in most of the educational establishments, as well as in many public places.

● A complete offer: internet, mobile, landline

Many offers are available, and there are a variety of operators on the market (Free, Orange, SFR, Bouygues Télécom, etc.)

Most operators suggest that you sign up to a complete package: mobile + landline with free calls to landlines in France and abroad + unlimited broadband and TV.

To subscribe, your accommodation must have an existing phone line, or you can choose your provider.

For more information:

www.free.fr

www.orange.fr

www.sfr.fr

www.bouyguestelecom.fr

You will need the following supporting documents:

- proof of address
- the name and telephone number of the previous tenant and/or the number of the France Télécom logo on the landing
- bank details (a RIB)
- a crossed check or a copie of your credit card
- piece of ID

● Mobile phones

A package with or without contract, pay as you go: there are various different options available. When subscribing, be sure to check the duration of the contract, which often lasts for 2 years. It is still possible to terminate the contract before the end of this time period, but this will entail a fee.

● Public telephones

Telephone cards for use in public telephone boxes are sold in post offices and tobacconists.



Useful addresses:

PHONE HOUSE
CC Alma
Tel. +33 (0)8 10 80 08 80

SFR
3 Rue le Bastard
Tel. +33 (0)2 99 78 86 10

ORANGE
40 place du Colombier
Tel. 10 14

BOUYGUES TELECOM
6 rue Puits Mauger
Tel. +33 (0)2 99 65 65 30





Le point information de Rennes Métropole

A WHERE TO GET INFORMATION

In this section, you will find the addresses of the main information centres, where you can find out about all the cultural, sporting, arts, tourism and other activities on offer in Rennes.

Centre d'accueil et de renseignements (CAR)

(Rennes Town Hall Reception)
Hôtel de Ville – Place de la Mairie
35000 Rennes
Tél. +33 (0) 2 23 62 10 10
www.rennes.fr

Centre régional d'information jeunesse Bretagne (CRIJB) - Le 4 Bis

(information centre for young people)
4 Bis cours des Alliés
35000 Rennes
Tél. +33 (0)2 99 31 47 48
www.crijb-bretagne.com

Rennes Métropole Information Service

4 avenue Henri Fréville
35000 Rennes
Tél. +33 (0)2 99 86 62 62
www.rennes-metropole.fr

Office des sports de Rennes

Espace Vélodrome
10 rue Alphonse Guérin
35000 Rennes
Tél. +33 (0)2 23 20 42 90
www.sports-rennes.com

Maison internationale de Rennes (MIR)

(Rennes International House)
7 Quai Châteaubriand
35000 Rennes
Tél. +33 (0)2 99 78 22 66
www.mirennes.fr

Rennes Métropole Tourist Office

11 rue Saint-Yves - 35000 Rennes
Tél. +33 (0)2 99 67 11 11
www.tourisme-rennes.com

Les Champs Libres

A citizen's space
TV channels and newspapers from around the world
10 cours des Alliés
35000 Rennes
Tél: +33 (0)2 23 40 66 00
www.leschampslibres.fr



La Mairie de Rennes © S. Priou

For further information:

Every year, at the beginning of September, the guide "ABC des Loisirs" (ABC of leisure activities) is published by the newspaper, Ouest-France, and the Centre Régional d'information jeunesse Bretagne (CRIJB – young people's information centre). This guide lists the whole range of leisure activities available in Rennes.





B MAJOR CULTURAL EVENTS AND FESTIVALS

Rennes offers a wealth of cultural activities. Here are just a few of the many events that take place throughout the year.



Les "Trans Musicales" © D. Levasseur

February

- **Travelling:** film festival and children's version Travelling Junior
- **Plumes rebelles:** book fair

March/April

- **Rennes international:** expo
- **Quartiers en scène:** theatre festival
- **Mythos:** storytelling festival

May/June

- **Rennes in bar:** concert agenda
- **Rock and Solex:** music festival and Solex racing, organised by INSA students
- **La nuit des musées:** night time visits to museums (activities...)
- **Rennes sur roulettes:** a day dedicated to rollerskating around Rennes
- **Fête du cinéma:** 3 days of reduced price film.

July/August

- **Les tombées de la nuit:** sound and theatre festival
- **Quartiers d'été:** Rennes Métropole festival for young people (concerts, films, games, activities)
- **Transat en ville:** relaxing and concerts.

September

- **Heritage days:** one-off free entry to historic monuments
- **Bol d'Eire:** Celtic culture festival
- **Le Space:** agriculture show

October

- **TAM TAM:** Rennes Métropole welcome festival, with a special welcome reserved for foreign students. An event for young people aged 15-30
- **Marmaille:** kid's festival (dance, puppets, mimes)
- **Tout Rennes court:** a day dedicated to jogging
- **Fête de la science:** a national science festival

November

- **Jazz à l'Ouest:** jazz festival (with performers from across Europe and the USA)
- **Mettre en scène:** dance and theatre festival
- **Yaouank:** Breton culture festival

December/January

- **Les Trans Musicales:** A famous music festival
- **Les rockeurs ont du cœur:** a concert based on the principle of «one toy donated = one ticket»

Learn more:

La nuit des 4 jeudis

Social events (concerts, shows, workshops, and sport) held in different locations around the city.

For further information:

www.rennes.fr

www.rennes-metropole.fr

The monthly «Agenda des Sorties» contains over 100 ideas for cultural events and outings.



La Fête de la musique © C. Ablain / Rennes Métropole



C LEISURE

Concert venues



Le Théâtre National de Bretagne © C. Ablain

Le Liberté

Esplanade Général de Gaulle -
Tél. +33 (0)2 99 85 84 84

L'UBU

1 rue Saint-Hélier - Rennes
Tél. +33 (0)2 99 31 12 10

Salle de la Cité

10 rue Saint-Louis
Tél. +33 (0)2 99 79 10 66

Le Musikhall

Parc Expo Rennes Aéroport - Bruz
Tél. +33 (0)2 99 85 84 84

L'Antipode

2 rue André Trasbot
Tél. 02 99 67 32 12

Theatres

Théâtre national de Bretagne (TNB)

A European centre of theatrical
and choreographic productions
1 rue Saint-Hélier - Rennes
Tél. +33 (0)2 99 31 55 33
www.t-n-b.fr

Théâtre du vieux Saint-Etienne

Rue de Dinan - Rennes
Tél. +33 (0)2 99 30 71 04
www.theatre-vse.rennes.fr

Théâtre de la Parcheminerie

23 rue de la Parcheminerie - Rennes
Tél. +33 (0)2 99 79 47 63

Théâtre de la Paillette

6 Rue Louis Guilloux - Rennes
Tél. +33 (0)2 99 59 88 86
www.la-paillette.net

Others

Opéra de Rennes

14 galerie du Théâtre (Place de la Mairie) - Rennes
Tél. +33 (0)2 99 78 48 78
www.opera-rennes.fr

Le Tambour (cinema and concert hall)

Service culturel - Université Rennes 2
Place du recteur Henri Le Moal - Rennes
Tél. +33 (0)2 99 14 11 55
www.univ-rennes2.fr/service-culturel/presentation-tambour

Le Triangle

3 boulevard de Yougoslavie
35 200 Rennes
Tél. +33 (0)2 99 22 27 27
www.letriangle.org

Public Libraries

Rennes has a network of 14 public libraries. The membership fee is €3 for those aged 18 to 25, €16 for those aged over 25 who are residents of Rennes or Rennes Métropole, and €39 for those aged over 18 who are non-residents. This gives access to all the 14 libraries, where you can borrow up to 8 books (of which 4 is not a book) for a period of 3 weeks. Reading, the consultation of documents, and Internet access in the libraries is free.

Rennes Métropole library

Les Champs Libres

10 cours des Alliés
Tél. +33 (0)2 23 40 67 00

Bibliothèque Lucien Rose

11 sq Lucien Rose
Tél. +33 (0)2 23 62 26 41

Bibliothèque Bourg l'Évêque

2 bd de Verdun
Tél. +33 (0)2 23 62 26 35

Bibliothèque Saint-Martin

123 bd de Verdun
Tél. +33 (0)2 23 62 26 30

Bibliothèque Maurepas

32 rue de la Marbaudais
Tél. +33 (0)2 23 62 26 38

Bibliothèque La Bellangerais

5 bis, Rue de Morbihan
Tél. +33 (0)2 23 62 26 40

Bibliothèque Longs-Champs

EPI
60 rue des Doyens Bouzat
Tél. +33 (0)2 23 62 26 36

Bibliothèque Landry

100 rue de Châteaugiron
Tél. +33 (0)2 23 62 26 39

Bibliothèque Cleunay

2 rue André Trasbot
Tél. +33 (0)2 23 62 26 70

Bibliothèque Villejean

Pôle municipal
43 cours Kennedy
Tél. +33 (0)2 23 62 26 32

Bibliothèque Carrefour 18 Centre social

7 rue d'Espagne
Tél. +33 (0)2 23 62 26 92

Bibliothèque Triangle

3 bd de Yougoslavie
Tél. +33 (0)2 23 62 26 93

Bibliothèque Champs-Manceaux

14 rue des Frères Moine
Tél. +33 (0)2 23 62 26 90

Bibliothèque Clôteaux-Bréquigny

84 rue d'Angleterre
Tél. +33 (0)2 23 62 26 91

For further information:

There are lots of other entertainment venues all over Rennes and in the surrounding towns and villages.

« Vivre à Rennes » (Living in Rennes) guide

www.rennes.fr

www.rennes-metropole.fr

☐ on Rennes' libraries:

www.bibliotheques.rennes.fr

☐ on Rennes Métropole's libraries:

www.rennes-metropole.fr





Museums

Musée des beaux-arts (art gallery)

20 quai Emile Zola - Rennes
Tel. +33 (0)2 23 62 17 45
www.mbar.org

Musée de Bretagne (Brittany Museum)

46 bd Magenta - Rennes
Tel. +33 (0)2 23 40 66 00
www.musee-bretagne.fr

La Criée contemporary art centre

Place Honoré Commeurec - 35000 Rennes
Metro : République
Tel. +33 (0)2 23 62 25 10
www.criee.org

Écomusée du Pays de Rennes

(Rennes regional rural life museum)

Ferme de la Bintinais
Route de Noyal-Châtillon-sur-Seiche
Tel. +33 (0)2 99 51 38 15
www.ecomusee-rennes-metropole.fr

Les Champs Libres

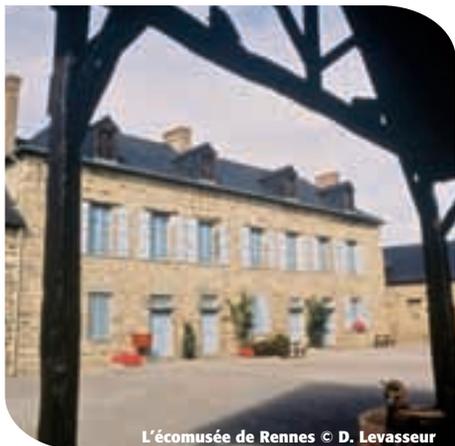
A cultural centre housing the Central Library, the Espace des Sciences (Science Centre), and the musée de Bretagne (Brittany Museum).

10 cours des Alliés - Rennes
Tel. +33 (0)2 23 40 66 00
www.leschampslibres.fr
www.espace-sciences.org
www.bibliotheque-rennesmetropole.fr

Espace Ferrié – Musée des transmissions

(Telecom Museum)

6 av de la Boulais – Cesson Sévigné
Tel. +33 (0)2 99 84 32 43
www.espaceferrie.fr



L'écomusée de Rennes © D. Levasseur



Les Champs Libres © C. Ablain / Rennes Métropole

Going to the cinema

Cinéville Colombier

26 place du Colombier - Rennes
Tel. +33 (0)2 23 44 84 00
www.cineville.fr

Cinéma Gaumont

Esplanade Charles de Gaulle - Rennes
Tel. +33 (0)8 92 69 66 96
www.cinemasgaumontpathe.com

Méga CGR (multiplex cinema just outside Rennes)

Cap Malo - route de Saint-Malo - La Mézière
Tel. +33 (0)8 92 68 85 88
www.cgrcinemas.fr/lameziere

Le Tambour - Auditorium Rennes 2

Service culturel - Université Rennes 2
Place du recteur Henri Le moal - Rennes
Tel. +33 (0)2 99 14 11 55
www.univ-rennes2.fr/culture

L'Arvor

29 rue d'Antrain - Rennes
Tel. +33 (0)8 92 68 00 39
www.cinema-arvor.fr

Ciné-TNB

1 rue Saint-Hélier - Rennes
Tel. +33 (0)2 99 31 55 33
www.t-n-b.fr/fr/cine-tnb

Cinéma Le Grand Logis

10, avenue du Général de Gaulle - Bruz
Tel. +33 (0)2 99 05 30 62
www.legrandlogis.net



● Main public parks and gardens

La Prévalaye (near Cleunay) recreation area
Bus no. 9

Beauregard - Bus no. 4

Bréquigny - rue d'Angleterre - Bus no. 5

Les Gayeulles - Bus no. 3

Maurepas - bd Paul Painlevé - Bus nos 1 and 30

Oberthür - rue de Paris - Bus no. 3

Thabor - place Saint Melaine - Bus no 3

Villejean - Metro: J.F. Kennedy



Le parc du Thabor © D. Levasseur

D SPORTING ACTIVITIES



La patinoire "Le Blizz" © El. Bourghemmi

● Sporting facilities

Throughout the year, Rennes organises lots of sporting events such as 'Tout Rennes Court' (All Rennes runs), 'Tout Rennes Nage' (All Rennes swims), and 'Rennes sur Roulettes' (Rennes on rollers), as well as cycle races.

Main city council-run sporting facilities in Rennes:

Outdoor fitness circuits: Circuits Rustiques d'Activités de Plein Air (CRAPA): Paul Lafargue, Moulin du Comte recreation area, Les Gayeulles and Villejean parks.

Swimming pools: Bréquigny, Saint-Georges, Les Gayeulles, Villejean.

Tennis courts: Les Gayeulles, Roger Sallangro, Bréquigny, Cleunay, Courtemanche.

Squash courts: Parc des Gayeulles.

Ice skating rink: 'Le Blizz', Parc des Gayeulles.

Golf course: Saint-Jacques-de-la-Lande.

Water-sports centre: Apigné.

For further information on:

• sporting facilities:

'Vivre à Rennes' (Living in Rennes) guide.

For further information on public sporting facilities, contact:



Regional department for young people, sport and social cohesion in Brittany

Les Galaxies - 4 avenue Bois Labbé - Rennes

Tel. +33 (0)2 23 48 24 00 - www.bretagne.dirjcs.gov.fr

To obtain the guide to sports in Rennes or to obtain information about the various sporting activities offered by clubs and associations in Rennes, contact:

L'Office des Sports à Rennes

Espace Vélodrome - Stade Commandant Bougouin

10 rue Alphonse Guérin - 35000 Rennes

Tel. +33 (0)2 23 20 42 90 - Fax: 02 23 20 42 91

www.sports-rennes.com

Bus: nos 4 and 6. Stop: Pont de Châteaudun

Glossaire des principaux sigles utilisés

[Glossary - main abbreviations and acronyms]

	DEFINITION	PAGE
ADIL	Agence départementale d'information sur le logement	30/31
ADSL	Internet haut débit par la ligne téléphonique	54/55
ALS	Allocation de logement à caractère social	30/31
Apec	Association pour l'emploi des cadres	44/45
APL	Aide personnalisée au logement	30/31
ASCAPE	Association des cadres pour l'emploi	44/45
ATMP	Accident du travail / maladie professionnelle	20/21
CAF	Caisse d'allocations familiales	16/17-30/31-38/39-40/41
CAR	Centre d'accueil et de renseignements	56/57
CDAPH	Commission des droits et de l'autonomie des personnes handicapées	44/45
CDIA	Centre de documentation et d'information de l'assurance	30/31
CES	Centre EURAXESS services Bretagne	12/13
CIO	Centre d'information et d'orientation	38/39
CMU	Couverture maladie universelle	18/19-24/25
CPAM	Caisse primaire d'assurance maladie	18/19-20/21-22/23-34/35
CRA	Commission de recours amiable	40/41
CRAPA	Circuit rustique d'activités physiques aménagé	60/61
CRIJB	Centre régional d'information jeunesse Bretagne	56/57
CROUS	Centre régional des œuvres universitaires et scolaires	28/29-46/47
DAB	Distributeur automatique de billets	32/33
DCEM	Document de circulation pour étranger mineur	16/17-40/41
DIVEL	Division des élèves	37
EDF	Electricité de France	28/29
FJT	Foyer de jeunes travailleurs	28/29
GAB	Guichet automatique de banque	32/33
GDF	Gaz de France	28/29
HLM	Habitation à loyer modéré	28/29
MIR	Maison internationale de Rennes	8/9-56/57
NIR	Numéro d'identification au répertoire national d'identification des personnes physiques	42/43
OFII	Office français de l'immigration et de l'intégration	16/17-40/41
PPAE	Projet personnalisé d'action à l'emploi	44/45
PRES	Pôle de recherche et d'enseignement supérieur	12/13
Resto U	Restaurant universitaire	46/47
RIB	Relevé d'identité bancaire	32/33-42/43
RMI	Revenu minimum d'insertion	30/31
SAMU	Service d'aide médicale d'urgence	24/25
SMIC	Salaire minimum interprofessionnel de croissance	40/41
STAR	Service de transports de l'agglomération rennaise	48/49
TNB	Théâtre national de Bretagne	60/61
TTC	Toutes taxes comprises	54/55

Contacts utiles à Rennes

[Useful contacts in Rennes]

Établissements membres du Centre de mobilité internationale de Rennes

[Members establishments of Rennes International Mobility Centre]

RI : Service Relations Internationales / International Office

RECH : Service Recherche / Research Department

Université de Rennes 1

RI : 02 23 23 36 02 - sai@listes.univ-rennes1.fr

RECH : 02 23 23 51 16 - sar-personnel@listes.univ-rennes1.fr

Université Rennes 2

RI : 02 99 14 10 92 - international@univ-rennes2.fr

RECH : 02 99 14 11 32 - espace.recherche@univ-rennes2.fr

SUIO (Service universitaire d'information et d'orientation)

02 99 14 13 87- r2sui@univ-rennes2.fr

Agrocampus Ouest

RI : 02 23 48 59 09 - international@agrocampus-ouest.fr

RECH : 02 23 48 56 77 - dirsci@agrocampus-ouest.fr

Ensaï (Ecole nationale des statistiques et de l'analyse de l'information)

RI : 02 99 05 32 43 - international@ensaï.fr

RECH : 02 99 05 33 15

ENSCR (Ecole nationale supérieure de chimie de Rennes)

RI : 02 23 23 80 47

relations-internationales@ensc-rennes.fr

RECH : 02 23 23 80 01- direnscr@ensc-rennes.fr

ENS (Ecole normale supérieure de Cachan - antenne de Bretagne)

RI : 02 99 05 94 20 - 02 99 05 93 00

sri@bretagne.ens-cachan.fr

RECH : 02 99 05 93 44

SciencesPo Rennes (Institut d'études politiques de Rennes)

RI : 02 99 84 39 18 - relations.internationales@sciencespo-rennes.fr

INSA (Institut national des sciences appliquées de Rennes)

RI : 02 23 23 87 21 - service-ri@insa-rennes.fr

RECH : 02 23 23 84 87 - recherche@insa-rennes.fr

Supélec (Ecole supérieure d'électricité)

RI : 02 99 84 45 20 - jeannine.hardy@supelec.fr

RECH : 02 99 84 45 22 - clairette.place@supelec.fr

Télécom Bretagne

RI : 02 29 00 15 35 - international@telecom-bretagne.eu

RECH : info-ds@telecom-bretagne.eu

EHESP (École des hautes études en santé publique)

RI : 02 99 02 26 93 - fanny.helliot@ehesp.fr

RECH : 02 99 02 26 46 sarah.kitar@ehesp.fr

Grands organismes de recherche (antennes rennaises)

[Main research establishments (in Rennes)]

Centre national de recherche scientifique (CNRS) :

02 99 28 68 68

Institut national de recherche scientifique (Inserm) :

02 23 23 38 52

Institut national de la recherche agronomique (Inra) :

02 23 48 51 00

Direction Générale de l'armement - maîtrise de l'information (DGA MI) :

02 99 42 90 11

Institut national de recherche en sciences et technologies pour l'environnement et l'agriculture (Irstea) :

02 23 48 21 21

Institut national de recherche en informatique et en automatique (INRIA) :

02 99 84 71 00

Coordinateur Centre EURAXESS Services Bretagne Site de Rennes

[Brittany Euraxess Services Centre coordinator in Rennes]

Université européenne de Bretagne

Centre de mobilité internationale de Rennes

02 23 23 79 50 - centre-mobilite-rennes@ueb.eu

Portail européen de mobilité des chercheurs

[European Researchers' Mobility Portal]

<http://ec.europa.eu/euraxess>

Acteurs locaux du développement économique

[Local economic development organisations]

Chambre de commerce et d'industrie

02 99 33 66 66 - www.rennes.cci.fr

Technopole Rennes Atalante

02 99 12 73 73 - www.rennes-atalante.fr

Guide du chercheur et du doctorant étrangers à Rennes

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Director of Rennes International Mobility Centre: Sylvie Durfort

Coordination: service communication et équipe CMI

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Membres [Members] :

Université de Rennes 1
www.univ-rennes1.fr

Université Rennes 2
www.univ-rennes2.fr

Agrocampus Ouest
www.agrocampus-ouest.fr

EHESP
www.ehesp.fr

ENS de Cachan
antenne de Bretagne
www.bretagne.ens-cachan.fr

ENSC de Rennes
www.ensc-rennes.fr

Ensaï
www.ensai.com

IEP de Rennes
www.sciencepo-rennes.fr

INSA de Rennes
www.insa-rennes.fr

Supélec
Institut supérieur d'électricité
www.supelec.fr/rennes

Télécom Bretagne
www.telecom-bretagne.eu

Communauté d'agglomération
Rennes Métropole
www.rennes-metropole.fr

Rennes



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[Find this guide online]

www.mobilite-rennes.ueb.eu

UNIVERSITÉ DE
RENNES 1



UNIVERSITÉ
RENNES 2



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