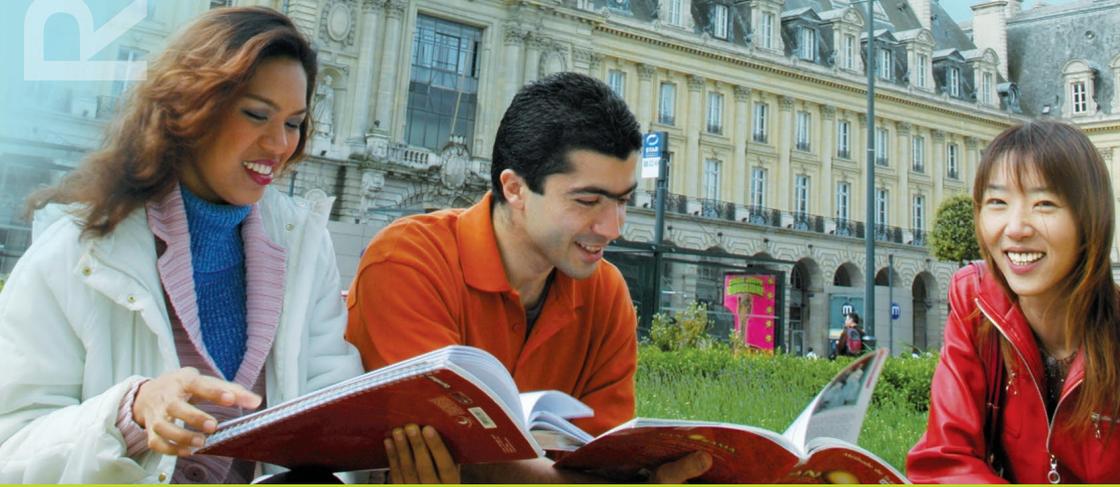


Rennes

BRETAGNE 



Guide de l'ÉTUDIANT étranger à RENNES

The International STUDENT's Guide
to RENNES



CENTRE DE MOBILITÉ
INTERNATIONALE
DE RENNES

Welcome to all of you!

The International Mobility Centre is delighted to welcome you to Rennes. With over 60,000 students, of whom more than 5,000 come from outside France, Rennes is France's eighth most important university city, and is also a very pleasant place in which to live.

Our aims are:

- to encourage and support in their educational exchanges those students, PhD students, and researchers who have come here from all over the world,
- to develop cooperation in training and research, and to strengthen these networks.

To help us to do this, we have decided to publish 'The International Student's Guide to Rennes' in order to assist you in dealing with all the necessary procedures and to make it easier for you to settle in. Information on your welcome here, general information, speaking French, accommodation, food and catering facilities, jobs, administrative procedures, health, and sport – these are just some of the topics of useful information that you will find here, and which will enable you to get the most out of your stay in addition to providing the answers to your questions about daily life here.

Coming to Rennes means that you have the prospect of experiencing a lively and dynamic culture. The opportunities here are numerous, whether they be related to clubs and societies, or scientific, academic, and sporting activities. Not to be forgotten, either, are the many events and activities which the Rennes International Mobility Centre will be organising for you throughout the year in order to help you to develop your social life in the company of students from a variety of different backgrounds. The programme includes welcome days, help desks, assistance in applying for a residency permit, cultural events, and excursions.

On behalf of the Rennes International Mobility Centre and its partners, I should therefore like to welcome you to Rennes. I hope that this guide will make it easier for you to settle in here, and will play a part in making your stay a success!

Professor Pierre Le Cloïrec
President, Rennes International Mobility Centre

Foreword





Sommaire

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Préparer son départ

Getting ready to leave





UNDERSTANDING THE FRENCH HIGHER EDUCATION SYSTEM

● General introduction

The French higher education system consists of several types of establishments, which can be public or private:

- > Universities
- > *Grandes écoles* (competitive-entrance higher education establishments) and other specialist higher education establishments
- > Higher technical education establishments for short vocational training courses: *Brevet de Technicien Supérieur* (BTS – vocational training certificate taken after the age of 18) departments in secondary schools, and *Instituts Universitaires de Technologie* (IUT – university institutes of technology) in universities.



● The Bachelor-Master-Doctorate (BMD) system (Licence-Master-Doctorat (LMD))

France, like more than 50 other European countries, is a signatory of the Declaration of Bologna (1999), which really started the construction of the European higher education area. The system is based on 3 degrees or levels: Bachelor, Master, and Doctorate.

A certain number of ECTS credits are allocated to each degree: Bachelor (6 semesters) corresponds to 180 credits, and Master (4 semesters) to 120 credits.

The BMD reform aims to promote student mobility in Europe. A Bachelor's degree, indeed even a semester, obtained in France can be validated in Germany, Italy, Poland, or in any other country in the European Union within the framework of an individual's study path in higher education.

For further information

www.onisep.fr (English and Spanish versions available)

www.egide.asso.fr (English version available)

www.campusfrance.org (available in French, English, and Spanish)



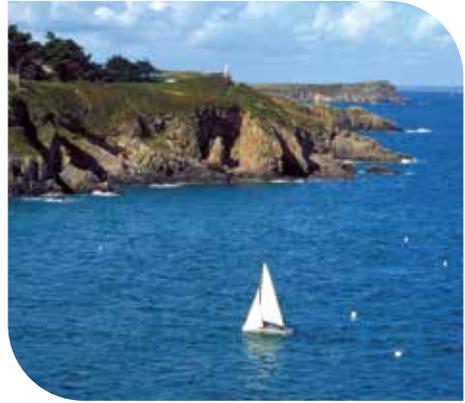


GETTING TO KNOW RENNES AND BRITTANY



● Brittany

Situated in the extreme west of the European mainland, and so enjoying 2730 km of coastline, Brittany covers 27,209 km², i.e. 5% of the surface area of France. Extending 300 km from east to west and 150 km from north to south, this point of land which projects out so distinctively into the sea is easily identifiable on a map of France. The interpenetration of land and sea gives Brittany its diverse landscapes and interplays of light. The region's climate combines the invigorating effects of the seaside and the mildness of its seasons.



With a population of over 3 million, Brittany has experienced deep-seated demographic, social, and economic changes. Although agriculture and fishing are both important activities in the Breton economy, industrial activity which has developed around food-processing, telecommunications, car manufacturing, and services has experienced significant and extremely rapid development. There are five nationally designated *pôles de compétitivité* (competitive clusters) in Brittany: the 'Image & Réseaux' (image and networks) information technology *pôle* in Brest, Rennes, and Lannion, the sea-based 'Sea-nergie' *pôle* in Brest, and the Brittany-wide Valorial food processing *pôle*. Brittany is also involved in two other important areas of economic activity, one of which is concerned with the top-of-the-range car industry, and the other with meat and meat products. These areas of economic and industrial excellence depend on collaboration between businesses, research units, and education and training establishments in order to promote innovation in the service of economic development. Tourism also has a very important place within the Breton economy. More than 12 million visitors come to discover Brittany each year, making it the second most important tourist region in France.

"Degemer mat"!

Welcome to Brittany, land of legends and traditions

For further information

www.region-bretagne.fr
www.tourismebretagne.com
www.bretagne35.com





● The city of Rennes

Rennes is the tenth largest city in France with a population of 213,000, but is a city on a human scale, and is a friendly and pleasant place to live. Rennes and the other 38 towns and villages of the Rennes Métropole area (a number which will soon swell to 43) have a total population of about 416,000.

The quality of life offered in Rennes, the wide range of activities that take place there, its cultural life, its historical and architectural heritage, and its economic and social dynamism all make it a city that is much appreciated by its residents and its visitors alike. In 2012, Rennes was awarded the title of France's pleasantest city to live in by L'Express magazine.

Rennes is one of Brittany's unmissable tourist destinations because of its historical and cultural wealth and its position as the Breton capital. It is only 2 hours away from Paris by high-speed train (TGV), and is near many internationally famous places of interest, such as Saint-Malo, the bay of Mont-Saint-Michel, the Côte d'Émeraude (the Emerald Coast – between the bays of Mont-Saint-Michel and Saint-Brieuc), and the Gulf of Morbihan - to name but a few.

Rennes is also the largest student city in western France. With its two universities and many higher education institutions, Rennes is a major university and research cluster. In 2012, Rennes was awarded the title of France's pleasantest city to live in by L'Express magazine.

For further information

www.rennes.fr

www.photosderennes.fr



● Some important dates in Rennes' history

57 B.C.: Conquest of the city by Julius Cæsar. Rennes, which was called Condate during the Gaulish period, became Civitas Riedonum (city of the Riedones).

1491: Duchess Anne of Brittany married King Charles VIII of France.

1532: The incorporation of Brittany into the kingdom of France, following the marriages of Anne of Brittany to Charles VIII and then Louis XII of France.

1720: On 22 December, a fire, which lasted for six days, destroyed all the city centre of Rennes. Almost 900 half-timbered houses were reduced to ashes and thousands of people lost their homes.

1789: In January, riots, which brought into conflict students and members of the aristocracy broke out in the Place du Parlement. These were the first signs of the French Revolution.

1899: The retrial of Captain Alfred Dreyfus, who was of Jewish origin, and who had been found guilty of spying for the Germans at a first trial in 1894. The world's press descended on Rennes to follow the trial.

1944: On 4 August, Rennes was the first major French city to be liberated by American troops, under the command of General Patton.

1994: During the night of 4 and 5 February, a fire destroyed two-thirds of the Parlement de Bretagne (Brittany Parliament). It has now been reconstructed, and is one of the most visited places in Rennes.





Connaître la Bretagne et Rennes

Getting to know Rennes and Brittany

● Economic dynamism

Rennes is a particularly attractive city in terms both of job creation and of the continuing increase of its population. The Rennes area has gained 45,000 new inhabitants in 15 years, a figure expected to rise to 60,000 by 2015. This is the third greatest population increase in western France.

The tertiary sector is by far the most dynamic, but Rennes' traditional industries are equally important, with Ouest-France, France's most widely-read daily newspaper, and the François-Charles Oberthur printing works being of particular importance. Finally, the presence of the PSA Peugeot Citroën car factory makes Rennes Métropole one of the most important car manufacturing regions in France.



In addition, Brittany is also France's leading agri-food region, with the department of Ille-et-Vilaine being the most important French dairy farming area and the home of four major food-processing groups - Brient, Bridel, Coralis, and Le Duff. It is important to note that the food-processing industries within the Rennes Métropole area enjoy very strong links with its higher education establishments.

The information and technology sector is one of the most thriving and successful in the Rennes area 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, such as Orange, R&D, Thomson, Canon, and Texas Instruments. Today, Rennes Atalante is one of Europe's leading telecommunications centres thanks to the close collaboration that has been developed since 1984 between higher education, research laboratories, and businesses. The 'Image & Networks' sector is one of nine state-designated *pôles de compétitivité*, which are competitive clusters of worldwide importance.

● Openness to Europe and the world

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

It is twinned with 12 foreign cities:

- 1957: Exeter (United Kingdom)
- 1958: Rochester (United States)
- 1964: Erlangen (Germany)
- 1965: Brno (Czech Republic)
- 1967: Sendai (Japan)
- 1980: Leuven (Belgium)
- 1982: Setif (Algeria)
- 1983: Cork (Ireland)
- 1991: Almaty (Kazakhstan)
- 1998: Poznan (Poland)
- 1999: Sibiu (Romania)
- 2002: Jinan (China)

The large number of related associations form an excellent means of increasing the awareness of Rennes Métropole's inhabitants of its commitment, not only to Europe but also to the whole range of international relations.

Rennes also has first-class resource and information centres, such as the Regional Chamber of Commerce and Industry'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, was founded in 1961 by the United States Embassy and Rennes City Council.



For further information

The Maison Internationale de Rennes (MIR)'s role is to make the general public aware of what is happening in the world today, and to support individuals and associations in the implementation of projects based on cooperation, solidarity, and cultural exchanges.

MIR

7 quai Chateaubriand - 35000 Rennes
Tel. 02 99 78 22 66
www.mirrennes.fr/





Connaître la Bretagne et Rennes

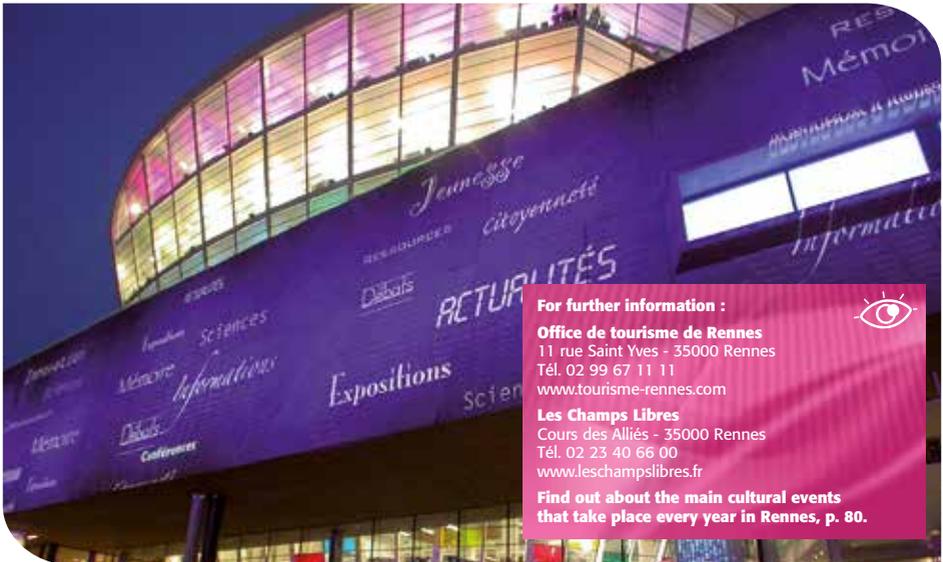
Getting to know Rennes and Brittany

● Culture

Rennes has been officially designated a 'Métropole d'Art et d'Histoire' (City and Region of Art and History), and has many historic buildings, such as the Parlement de Bretagne (Brittany Parliament), the Hôtel de Ville (town hall/city 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 right in the centre of the city makes up the wealth of historical and architectural heritage that gives Rennes its distinctive character as the capital of Brittany.

This wealth of culture can also be found in Rennes' museums and art galleries, as well as in its theatres, concert halls, cinemas, and other cultural venues. In this respect, the Champs Libres constitutes a cultural facility which is unique of its type, since it groups together Rennes Métropole's Central Library, the Brittany Museum, and a Science Centre.

Finally, several important annual festivals make Rennes a leading player on both the national and international cultural scenes – but with a distinctive Breton character. The 'Transmusicales' is a festival which celebrates the discovery of new musical talent, 'Travelling' is a film festival, and the 'Festival Mythos' centres around the spoken word and the arts, while 'Mettre en Scène' focuses on dance and theatre.



For further information :

Office de tourisme de Rennes
11 rue Saint Yves - 35000 Rennes
Tél. 02 99 67 11 11
www.tourisme-rennes.com

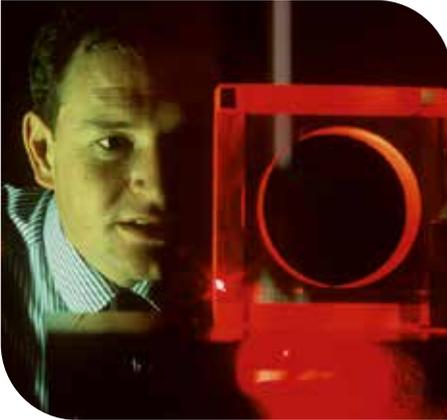
Les Champs Libres
Cours des Alliés - 35000 Rennes
Tél. 02 23 40 66 00
www.leschampslibres.fr

Find out about the main cultural events that take place every year in Rennes, p. 80.





● A major university and research cluster



Rennes has had a university since the 18th century, and has become one of the most important French university cities with more than 60,000 students at the Universities of Rennes 1 and Rennes 2, 26 *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, image and communication, biotechnology, fine chemistry, health, and the environment.

Higher education in Rennes is becoming increasingly international in outlook. More than 6000 international students come to study in Rennes every year, whilst more than 1200 Rennes-based students take part in overseas mobility programmes. The UEB-linked Rennes International Mobility Centre provides services which are shared by all Rennes' universities and *grandes écoles* in order to help them to give an even better welcome international students and researchers on mobility programmes, and to develop the international mobility of students, PhD students, and researchers.

For further information:

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



● THE UNIVERSITÉ EUROPÉENNE DE BRETAGNE

● A scientific cooperation institution for research, technology transfer and innovation, and doctoral studies in Brittany

The UEB brings together Brittany's universities, *grandes écoles*, university teaching hospitals, and research organisations. This officially-designated 'Pôle de Recherche et d'Enseignement Supérieur' (PRES – research and higher education cluster) manages 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 hub which is European in scale.

● The Rennes International Mobility Centre

The Rennes International Mobility Centre's mission is to support the international mobility of students, doctoral students, and researchers in Rennes' university and *grandes écoles*.

ITS AIMS

- ❑ To boost the welcome to Rennes of people on international mobility programmes:
 - international students
 - international PhD students and researchers
- ❑ To contribute to the development of mobility for students from Rennes:
 - awareness-raising activities and information on international mobility
 - linguistic and cultural activities in preparation for mobility.
 - educational mobility

ITS MAIN INITIATIVES

- ❑ **The welcoming of international students at the beginning of the academic year**
 - ▶ The personalised welcoming of exchange students, help in the preparation of the application for a residency permit, welcome days in partnership with TAM-TAM, a cultural programme of excursions in Brittany, etc.
- ❑ **A personal welcome for international PhD students and researchers**
 - ▶ Assistance in dealing with the first procedures in France, including legal, administrative, linguistic, and cultural help and advice, etc.
- ❑ **Helping Rennes students to prepare for mobility**
 - ▶ Preparatory linguistic and cultural sessions, country information evenings, country databases, student experiences, etc.



Se porter candidat dans un établissement

Applying to study in a higher education establishment

APPLYING TO STUDY IN A HIGHER EDUCATION ESTABLISHMENT

In order to study in France, you must start, quite a long time beforehand, to obtain all the necessary authorisation for a possible stay. To help you, this guide outlines the main procedures that you need to follow in order to apply to study in a higher education establishment.

Two steps are essential:

- > Apply for admission to the establishment(s) in which you are interested,
- > Then, if the reply is positive, apply for a student visa. (This only applies to students who are not citizens of member states of the European Economic Area).

● APPLICATION FOR ADMISSION

Applications for admission vary according to whether you intend to study within the framework of an exchange programme or whether you arrange your stay on an individual basis as a so-called 'free mover'.

ADMISSION TO UNIVERSITY FOR STUDENTS PARTICIPATING IN AN EXCHANGE PROGRAMME, E.G. ERASMUS, ISEP, CREPUQ, AND BILATERAL AGREEMENTS.

Admission to a higher education establishment takes place as follows:

- > Selection of your application by your home establishment.
- > Finalising of your study programme in consultation with the academic supervisor of your home establishment.
- > Application request made by your home establishment to the French exchange partner.
- > Registration and payment of tuition fees in your home establishment.



ADMISSION TO UNIVERSITY FOR STUDENTS ARRANGING THEIR STAY ON AN INDIVIDUAL BASIS (WHO ARE NOT PART OF AN EXCHANGE PROGRAMME)

Admission to the 1st and 2nd years of a Bachelor's degree

If you are a student from a country outside the European Economic Area:

The admissions procedure is organised on a national basis and requires a *demande d'admission préalable* (DAP – preliminary request for admission). The DAP application form must be obtained by the applicant between 1 December and 31 January of the academic year preceding that for which the application is being made:

- > directly from the French Embassy's Cultural Service in their country of origin / residence.
- > directly, in France, from the first-choice university (3 choices are possible) if the applicant has a residency permit (*titre de séjour*) of one year or more,
- > or by downloading it from the following website: www.campusfrance.org/ (Headings: *Prepare for your stay / Enrol in higher education / How?*) This last option has been made compulsory for about 30 countries listed on the CampusFrance website.

The *demande d'admission préalable* application form must be received before the 31 January before your arrival in France:

- > either at the Cultural Service of the French Embassy, if you live outside France,
- > or at your first-choice university (3 choices are possible) if you live in France and have a residency permit which is valid for one year or longer.

If you are a student from a European Economic Area country:

University admission conditions are the same as for a French student.

N.B. A French language assessment test (TCF) may be required (see p.23).

Admission for the 3rd year of a Bachelor's degree, a Master's degree, or a Doctorate

Each establishment has its own requirements for the enrolling of foreign students, and has its own specific admissions form. You must therefore contact your chosen establishment directly (see 'Useful contacts', p.96/97).

For further information: www.diplomatie.gouv.fr/en/ (heading: studying in France)

ADMISSION INTO THE GRANDES ÉCOLES

Each *grande école* has its own requirements as regards its foreign student admission policy. Here again, you have to contact the international relations service of the *grande école* in which you are interested for information (see 'Useful contacts', p.96/97).



Se porter candidat dans un établissement

Applying to study in a higher education establishment

● Language assessment tests



Your admission to a French higher education establishment finally depends, among other conditions, on the quality of your fluency in the French language.

In order to assess the level of their French, candidates who are not native French-speakers have to take a *Test de Connaissance du Français* (TCF – knowledge of French test). A charge of €60 is made for this test, which can be taken in numerous TCF-approved centres throughout the world. The list of TCF-approved centres is available on Internet: www.ciep.fr

Who has to take a language assessment test?

- > **1st and 2nd years of a Bachelor's degree:** the TCF is compulsory.
- > **3rd year of a Bachelor's degree, and Master's degree:** the TCF is not compulsory. However, so as to enable the French establishment to check the level of your French, your application form will often include a request for an attestation, such as the TCF, of your knowledge of French.

In order to know the precise language requirements of your chosen establishment, contact the International Office or the registrar's department (*scolarité*) directly. (Their addresses and telephone numbers are listed in 'Useful contacts', p.96/97).

You are exempt from taking the TCF if:

- > French is the official language in your home country.
- > You have attended a school with a bilingual French section (a school where special emphasis is given to the teaching of the French language, and in which at least one non-language subject is taught in French).
- > You are the holder of the *Diplôme Approfondi de Langue Française* (DALF).

● Request for a student visa

Only a positive response to an application for admission to a French higher education establishment entitles you to request a visa.

To do this, you must obtain the necessary information from the nearest French consulate to your place of residence.

There are several types of visa:

1. Long-stay visa constituting a residency permit (*Visa long séjour valant titre de séjour*)

This 'VLS/TS' is issued to students (except for Algerian nationals) for a stay in France of between 3 months and a year, and holders of this visa do not have to apply for a first *carte de séjour* residency permit in France. However, students must have their visa validated at the Office Français de l'Immigration et de l'Intégration (OFII) within 3 months of their arrival in France: www.ofii.fr

2. Long-stay study visa (Algerian nationals) (*Visa de long séjour pour études*)

This visa is granted to Algerian nationals who want to continue their studies in a French higher education establishment for a period of more than 6 months. It allows the student to apply for a residency permit within the 2 months following their arrival in France. This renewable one-year residency permit must be obtained from the prefecture which has jurisdiction over their place of residence.

3. Other types of visas

- > Short-stay study visa (*visa court séjour pour études*)
- > Temporary long-stay study visa (*visa de long séjour temporaire pour études*), marked "temporary approval for visa" (*dispense temporaire de titre de séjour*).

Important: these types of visa are not renewable or extendable. The full details of the procedures as well as the documents to be provided are available on the Ministry of Foreign Affairs' website:

www.diplomatie.gouv.fr or on the website of the Ministry of Higher Education and Research: www.enseignementsup-recherche.gouv.fr

The following are exempt from having to obtain a visa:

- > Citizens of the member states of the European Economic Area (the countries of the European Union + Iceland, Lichtenstein, and Norway), and of Switzerland, Andorra, Monaco, the Vatican City State, and San Marino.
- > Holders of diplomatic passports, provided that they present a letter of introduction to the French Ministry of Foreign Affairs.



WHAT YOU NEED TO KNOW BEFORE YOU ARRIVE IN FRANCE

● Think ahead about applying for accommodation in a university hall of residence

University accommodation is offered by the Centre Régional des Œuvres Universitaires et Scolaires (CROUS – deals with student accommodation, catering, etc), and, sometimes, by the host establishment. However, the number of places in such accommodation is very limited, and you should put in your application as soon as possible!

CROUS accommodation

University halls of residence are located near the Rennes campuses and university restaurants.

For whom?

- > Age limit for a first admittance: 30 years old for undergraduate and 1st year Master's degree students, 32 years old for 2nd year Master's degree students and doctoral students.
- > PhD students are not considered priority cases for CROUS accommodation in September.
- > Educational requirements. You must be registered:
 - either within the framework of an international programme or agreement (an intergovernmental programme that brings with it the awarding of a grant from either the French or a foreign government, or an inter-university programme).
 - or in a private capacity in the 2nd year of a Master's degree or as a doctoral student.

What type of accommodation?

In most cases, you will be given an individual furnished room measuring 9m² (single bed, table, chair, shelves, washbasin, and wardrobe) and also communal facilities (bathroom and toilets, kitchenette, and work room). However, in certain circumstances, furnished type T1 studio flats which have their own kitchenette, bathroom, and toilet may be offered to you. The rent of these studio flats is higher, and access to them is much more limited.

What budget?

Monthly rent in a university hall of residence: €149.50

Monthly rent in a CROUS flat: €230 for a studio flat and €280 for a one- or two-bedroom flat.

Monthly rent for a standard CROUS room (with toilet): €223



How to make your request

Students registered with an international agreement programme (an intergovernmental programme which entails the awarding of a grant by the French or any other government, or an inter-university programme), must contact the university coordinators of the agreement.

Those foreign students who are registered on an individual basis for a 2nd year Master's degree or a doctorate should make their application on-line on the CROUS website: www.crous-rennes.fr (Heading: International) before 30 April of the academic year during which they want to study.

N.B. The requirement on the part of students who come from countries outside the European Union to pay a *caution* (refundable deposit). Before being accepted, you must present a document from a financially-sound person living in one of the countries of the European Union stating that they undertake to pay one year's rent should you fail to do so. Under certain conditions, some French banks, in partnership with the student insurance companies, can offer to pay the *caution* for your accommodation.

If you are not a grant-holder, you can still make an application for university accommodation within the framework of the *Dossier Social Etudiant* (DSE). For information: www.crous.fr/_etudiant_127.htm

Accommodation provided by the host establishments

In some cases, accommodation for both French and foreign students can be provided directly by the host establishment. For further information, contact the International Office of the establishment in which you are interested.

For further information

CROUS

Etudiants en mobilité internationale
7 place Hoche, CS 26428
35064 Rennes Cedex
www.crous-rennes.fr





A savoir avant d'arriver

What you need to know before you arrive in France

● Contacts for temporary accommodation when you arrive

If you have not found any accommodation before you arrive in Rennes, it is advisable to book temporary accommodation. After a long journey, there is nothing better than a good shower and a peaceful night's sleep!

For small budgets

Youth Hostel (*auberge de jeunesse*)

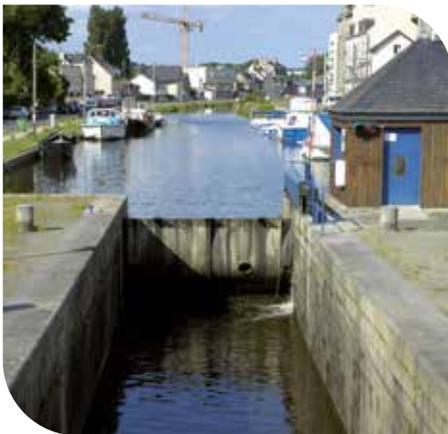
10 canal Saint-Martin - 35700 Rennes
Tel. 02 99 33 22 33 - Fax: 02 99 59 06 21
www.fuaj.org/Rennes

Rennes' youth hostel used to be a large privately-owned house, and stands on the banks of the Canal d'Ille et Rance, near the city centre. Its rooms have from 2 to 4 beds with showers and washbasins. There is also a fully-equipped kitchen, a bar, and a television room.

How to get there: Take the number 8 bus for Saint-Grégoire at the stop just down from the Mairie. Get off at the 'Auberge de Jeunesse' stop.

Prices: €21.20 a night, including breakfast if you have a United Federation of Youth Hostels (Fédération Unie des Auberges de Jeunesse) card. This card costs €11 (for those aged under 26) or €16 (for those aged 26 and over). It is valid for a year, and gives access to numerous youth hostels all over the world. Shared room, bedding and sheets provided, towels not provided.

For further information: www.fuaj.org



For larger budgets

Ask the Rennes Tourist Office for the list of the various types of temporary accommodation, e.g. hotels, camp sites, and gîtes, which are available in Rennes.

For further information:

www.tourisme-rennes.com

● Coming with your family if you are a PhD student

There is no special procedure to enable a doctoral student's family to accompany them. You must therefore wait 18 months before being able to embark upon the administrative procedure called *regroupement familial* (family reunification).

However, your spouse can make an independent request to the French consular authorities of your home country to come to join you in Rennes as a 'visiteur' to France. To get this 'visiteur' visa (then the *mention 'visiteur'* residency permit), the applicant has to promise not to work in France, and must also prove that they have sufficient financial resources for a year's stay in France.

N.B. This visa does not entitle you to the benefits of the French social security system.

Your spouse is also subject to a medical examination at the OFII (Office Française de l'Immigration et de l'Intégration) and, in every case, to the payment of an OFII tax of €241, which must be paid in the form of tax stamps. These stamps can be bought at the Trésor Public, at the Trésorerie Générale, in tobacco shops or at the prefecture. For further information, see p.37.

● Financial help

There are three types of grant for a student who wants to come to study in France:

- French government grants, which are only awarded by the French embassies' cultural and cooperation service.

For further information:

www.diplomatie.gouv.fr/en

N.B. No grant for the current academic year can be applied for once the student has arrived in France.

- Grants awarded by the government of your home country. Ask the government department responsible for the awarding of grants for information.

- Grants awarded by international institutions and non-governmental organisations (charitable trusts and non-profit-making associations).



A savoir avant d'arriver

What you need to know before you arrive in France

● Practical information

Opening hours



Shops: open between 10a.m. and 7p.m. from Monday to Saturday.

Supermarkets: open until 9p.m. from Monday to Saturday.

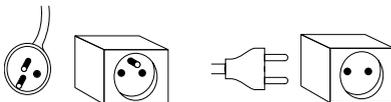
Banks: open between 9a.m. and 5p.m. (6p.m. in some cases) from Monday to Friday. Most banks which open on Saturday morning or all day Saturday are closed on Mondays.

Sundays and public holidays

Most shops and services are closed on Sundays and public holidays. For information on public holidays in France, see p.81.

Electrical appliances

The voltage in France is 220 V (volts). If this differs from the voltage in your own country, adaptors, which can be bought in supermarkets, enable you to use your electrical appliances.



LIST OF ESSENTIAL DOCUMENTS WHICH MUST NOT BE FORGOTTEN!

Students who are citizens of a non-European country:

- > Original diplomas/certificates: most recent diploma/certificate (A Levels or equivalent required for all students; certificates must be translated into French)
- > Health record or vaccinations certificate
- > Written evidence of parental financial resources
- > Currency outflow authorisation
- > Sworn translation of birth certificate (see information on which nationalities require a sworn birth certificate).
- > Passport
- > Written evidence of health insurance (if you are registered with such a scheme in your home country)
- > 10 identity photographs (we advise that you have these taken in France in accredited "Photomaton" booths)

Erasmus students who are citizens of a European Union country:

- > Student card from your home university
- > Attestation from your home teaching establishment authorising you to come and study in Rennes
- > Proof of your social security cover (form E 128, or European Health Insurance Card)
- > Identity card
- > 10 identity photographs

If you are coming with your car, 3 documents are absolutely essential:

- > driving licence, in French or officially translated (for more information, contact the Préfecture de Rennes or <http://vosdroits.service-public.fr>)
- > international insurance card
- > car registration book/papers.





GETTING TO RENNES

● By plane

Rennes Airport

Daily international flights from several cities.

www.rennes.aeroport.fr

Dinard-Pleurtuit Airport

Daily flights from London and other major cities in Great Britain.

Journey to Rennes: 45 minutes by car

www.dinard.aeroport.fr

Nantes Airport

Regular flights from London, Geneva, and Milan.

Journey to Rennes: 1 hour by car or by train

www.nantes.aeroport.fr

Paris airports:

Roissy-Charles de Gaulle and Orly

About 6 Paris-Rennes flights a day.

For information on all Paris-Rennes flights:

www.aeroportsdeparis.fr

Getting to Rennes from Roissy-Charles de Gaulle Airport

It is possible to catch a direct train from Roissy to Rennes. Roissy's railway station is near terminal 2. Tickets (about €70) can be bought at the ticket office. Do not forget to *composter* (to punch = to validate) your ticket before getting onto the train (Use the special yellow machines located near the station platforms).

If the timetables of this direct line do not suit you, take the Air France 'Roissy-Montparnasse' coach (a 45-minute journey) to the Gare Montparnasse railway station in Paris. At the Gare Montparnasse, take the high-speed train (TGV) from Paris to Rennes.

Getting to Rennes from Orly Airport

There is no direct train from Orly to Rennes. You therefore have to get to the Gare Montparnasse in Paris in order to take the TGV high-speed train to Rennes:

- > either in an Air France coach. Get off the coach in front of the railway station at the stop 'Gare Montparnasse'
- > or by travelling on the RER (*Réseau Express Régional* – rapid-transit train service between Paris and the suburbs which is both a train and a metro). In the airport, go to the 'Gare Orlyval', and then take the RER B to Denfert-Rochereau metro station (journey takes around 50 minutes, RER tickets costs €9.50 and

metro tickets €1.70). From there, you will then need to take metro line 4 (direction 'Porte de Clignancourt') or 6 (direction 'Étoile') to get to the Gare Montparnasse. For information on the metro timetables and for a map of the Paris metro, consult the website : www.ratp.fr. At the Gare Montparnasse, take the TGV high-speed train to Rennes.

> or by bus. Go to www.idbus.com

● By high-speed train (TGV)

Paris has 6 different railway stations. To travel to Rennes by train, you have to leave from the Gare Montparnasse which serves the west and south-west of France. 21 trains a day run between Paris and Rennes, with the journey taking about 2 hours 10 min. A single ticket costs from about €35 to €65.

To get to the Gare Montparnasse by metro, consult www.ratp.fr (map and timetables of all Paris' metro lines). To book a seat on a Paris-Rennes train, consult SNCF's website: www.voyages-sncf.com or www.tgv.com (website in French, English, and Spanish).

● By boat

If you are travelling from Great Britain or Ireland, you can get to Rennes via the ports of Saint-Malo and Roscoff. Between 6a.m. and 8p.m. there is a regular service of 17 trains a day from Saint-Malo to Rennes. The hour-long journey costs about €13.

● By coach

Eurolines coaches offer over 1,500 destinations all over Europe.

For information regarding fares and timetables:

www.eurolines.fr

A Romanian company, Atlassib, also provides

coach services. For fares and timetables:

www.atlassib.ro

The coaches of both these companies arrive at Rennes' coach station.

● By car

France's motorways and major trunk roads provide easy access to Rennes. These two websites can help you to plan the best route:

Mappy: www.mappy.com

Michelin: www.viamichelin.com

For further information

For information on getting around Rennes and Rennes Métropole, see page 59.





S'installer à Rennes

Settling down in Rennes





DEALING WITH ADMINISTRATIVE PROCEDURES

When you arrive in France, the following two steps must be carried out very quickly:

- > confirm your registration in your host higher education establishment,
- > validate your visa or apply for a residency permit (*titre de séjour*).

● Confirmation of your registration

All establishments have their own registration procedures, which they will inform you of before your arrival in France. This procedure generally consists of two parts, administrative and academic registration, which may take place at the same time or in two separate operations, depending on the particular establishment. Whatever the procedure involved, always pay careful attention as to the papers requested, as original documents are often required.

Administrative registration

This procedure is important for two reasons:

- > You will be asked to pay tuition fees (*droits de scolarité/frais d'inscription*), except if you are a student who is studying within the framework of an exchange programme, such as Erasmus, ISEP, or CREPUQ, and so who pays these fees in their home establishment.

A word of advice. Always ask your host establishment about their preferred method for the payment of tuition fees.

- > You will receive your student card. This document is extremely important as it is proof of your status as a student registered in a higher education establishment. It will be indispensable for you, especially for:

- taking your exams,
- having access to certain services provided by your establishment, e.g. library services, and the purchase of restaurant tickets,
- getting reductions for things like concerts, museums, and cinemas.

If, however, your card is not issued to you at the time of your administrative registration, you must ask for written evidence of registration, as you will need this in order to obtain your residency permit (see below).

A word of advice. Always keep your student card on you, and make a photocopy of it in case you lose it.

Academic registration

This second part of the registration process concerns your final choice of what subjects you wish to study, your timetable, and your registration for examinations.

N.B. Each semester in France is worth 30 ECTS credits. However, your home establishment may have different requirements.

For students on exchange programmes, the final choice of your courses in France must be validated by your academic supervisor in your home establishment.

● Validation of your visa

Students who have a long-stay visa constituting a residency permit (VLST/TS) must have their visa validated at the OFII within 3 months of arriving in France.

● Applying for a residency permit (*titre de séjour*)

Algerian nationals must apply for a residency permit (*titre de séjour*) at the prefecture if they intend to study in France for a period of over 3 months. The period and validity of this residency permit is limited to the validity of the applicant's passport, and cannot exceed the study period. The residency permit is valid for a maximum of 1 year, but can be renewed.

Students who are citizens of a European Union member state

You are exempt from having a residency permit in order to study in France.

Paid work. You are also exempted from having to obtain a residency permit if you want to get a paid job during your period of study in France, except if you are a citizen of Romania or Bulgaria.

If you are a Romanian or Bulgarian citizen and you want to be able to do paid work in France, you must apply for a European Union residency permit (*titre de séjour mention 'communauté européenne'*) at the prefecture, presenting written evidence of an offer of work when you do so.

For further information

Consult the Prefecture's website:

www.bretagne.gouv.fr

(Heading: vos démarches en ligne / Ille-et-Vilaine / étrangers en France)





● Lists of documents to provide in order to obtain a residency permit (titre de séjour) :

The validation of your long-stay visa constituting a residency permit (VLST/TS)

If you have a VLST/TS you must have your visa validated at the OFII within the 3 months following your arrival in France. To do this, as soon as you arrive in France you must complete the 'Demande d'attestation OFII' (Application for an OFII attestation) form bearing the stamp of the consulate which you were given at the same time as your visa, and post it (*lettre recommandée avec avis de réception* - recorded delivery with acknowledgement of receipt) to the appropriate Direction Territoriale (regional division) of the OFII of your department of residence. From September to November, the IMC can help you through these procedures by sending your application to the OFII for you.

On receipt of your application, the Direction Territoriale of the OFII of your department:

- > Will send you an acknowledgement of receipt of the validation request by ordinary post.
- > Will ask you to attend a medical examination.

Medical examination

On arrival in France, students who are not citizens of a European Union country and who are going to stay in France for over three months must undergo a compulsory medical examination. This is organised by the Office Français de l'Immigration et de l'Intégration (OFII). Students must pay a tax of €55, using a *timbre fiscal* (fiscal/revenue/excise stamp), when they have this medical examination, and must also provide additional documents.

The health examination consists of:

- > a general clinical examination
- > an X-ray of the lungs
- > a check of your vaccinations record

OFII

8 Rue Julien Lemordant - 35000 Rennes
Tel. 02 99 22 98 60
rennes@ofii.fr
www.ofii.fr

The residency permit application

Algerian nationals who have arrived in France over the last 3 months and minors enrolled in schools (2 months prior to their 18th birthday) must apply for a residency permit at the prefecture of their place of residence.

- > With the agreement of the prefecture, the Rennes

International Mobility Centre helps and advises students and PhD students attending member establishments to prepare their residency permit application.

The Rennes International Mobility Centre is there all year round to help students to complete their application forms.

- > When no help to prepare the application is available:
 - Students living in Rennes must go to the prefecture.
 - Students living outside Rennes must go to the 'mairie' of their place of residence.

Rennes International Mobility Centre (IMC Rennes)

The Rennes International Mobility Centre is open in September to help students (by appointment only). Undergraduate and postgraduate students can make an appointment on our website. NB: help is given to PhD students throughout the year. Please make an appointment by calling 02 23 23 79 53 or sending an email to cmirennes@ueb.eu.

5 bd Laënnec - Rennes

Tel. 02 23 23 79 50

cmirennes@ueb.eu

www.mobilite-rennes.ueb.eu

(Heading: international student / Helping international students to settle in / practical information sheets)

Metro stop: Gares, or buses numbers 4 and 6.

Bus stop: Pont de Châteaudun

IMC Rennes is open from Monday to Friday - 9a.m. to 12.30p.m., and 2p.m. to 5.30p.m.

Préfecture - Service Étrangers

contact@ille-et-vilaine.pref.gouv.fr

3 avenue de la Préfecture

35026 Rennes Cedex 9

Tel. 02 99 02 10 35

www.bretagne.pref.gouv.fr

(Heading: Vos démarches en ligne / Ille-et-Vilaine / Étrangers en France)

Number 4 bus. Bus stop: Beaugard/Préfecture.

Offices open to the public from Monday to Friday between 9a.m. and 4p.m.



Important: A fine of €180 will be issued to those wishing to obtain or renew a visa if they do so after their existing visa has expired.



BEING WELCOMED TO RENNES



Make an appointment online, as we can help you put together to make your stay a success, the Rennes International Mobility Centre and its member establishments organise a welcome programme at the start of the academic year.

● An individual welcome at the station or airport

This may be offered to you by your host establishment. (Ask them for information before you leave for France.)

In this case, a student, recruited by the Rennes International Mobility Centre, will come and meet you to take you to your accommodation.

N.B. In certain establishments, only foreign students who are registered on an exchange programme can be welcomed at the station or airport. Ask the International Office at your host establishment for information (see useful contacts, pages 96 and 97).

● A welcome on the part of your establishment

Shortly after your arrival, you will be welcomed to your establishment, and this will help you to discover your campus and assist you in taking the necessary first steps.

● Reception and residency permit help desk

For help with all the various administrative procedures, especially that of the renewal of your residency permit, go along to the IMC office. Come and meet us as soon as you arrive. Make an appointment online, as we can help you to put together your application for a residency permit (see p. 37: The residency permit application).

● Welcome events

To welcome you to the city, the Rennes IMC organises events in mid-September. On the programme are a forum for incoming students, visits to Rennes' historic centre, dinner at the university restaurant and a party with RSF (Rennes Sans Frontières). The ESN (Erasmus

Student Network) organises parties throughout the year.

● Reception at the Hôtel de Ville

A reception is organised in your honour in September. This is followed by a party night put on by RSF.

● A welcome festival

In late September, so as to welcome you and help you to find out about the city's key actors, the Rennes International Mobility Centre, Rennes Métropole district council, Rennes City Council, and the Centre Régional d'Information Jeunesse (CRIJ – regional youth information centre) invite you to come along and take part in TAM-TAM.

TAM-TAM is the biggest event for students at the beginning of the academic year. Two days of information and activities to help you to settle in and to provide the opportunity to meet young people from Rennes.

The programme for these two days:



- > a welcome forum to meet the main organisations in Rennes. These will be able to give you information on all aspects of your daily life as well as giving you some very useful advice about Rennes, including topics such as culture, leisure activities, tourism, sport, administrative procedures, health, and French classes;
- > concerts and activities to give this event a really lively, fun atmosphere, and to launch 'La Nuit des 4 Jeudis' (ND4J – Night of the 4 Thursdays), which has been launched by the CRIJ Bretagne (Brittany Regional Youth Information Centre) and Rennes City Council. The ND4Js are four social events which are organised on Thursday evenings: Dazibao night, a sports night, Discovery night, and an arts night.

N.B.

If you are a student with mobility difficulties, the Handisup-Rennes association is there to help you with a variety of services concerning, for example, housing, transport, and work.



For further information: Handisup-Rennes

9 - 11 rue de Flandre - 35000 Rennes
Tel. 02 99 14 66 35
contact@handisupbretagne.org
www.handisupbretagne.org



FINDING SOMEWHERE TO LIVE



It is sometimes difficult to find somewhere to live in Rennes because of the large number of students who live in the Breton capital. This is why you are strongly recommended to find somewhere to live before you come to France.

● Where to live?

In a university hall of residence, if you fulfill the necessary requirements. For information on CROUS accommodation, see page 25.

In a hall of residence attached to your *grande école*, if it has one. Ask the establishment that you are interested in for information. See the list of contacts on pages 96/97.

In privately-owned accommodation. Various organisations can help you in your search by providing lists of addresses.

CROUS (Free service)

7 place Hoche - Rennes
Tel. 02 99 84 31 31

Addresses are posted up in the hall or can be consulted on the CROUS website: www.crous-rennes.fr

Student insurance companies (*mutuelles étudiantes*)

La Mutuelle des Etudiants (LMDE) and the Société Mutualiste des Etudiants Bretagne Atlantique (SMEBA) make offers of accommodation available to students free of charge.

For further information: see the list of useful contacts on pages 96 and 97.

Other organisations

CRJJB (Centre Régional Information Jeunesse de Bretagne)

4 bis cours des Alliés - Rennes
Tél. 02 99 31 57 67
www.crij-bretagne.com

● How to find somewhere to live

Small ads

Le Bon Coin

www.leboncoin.fr

Lokaviz

www.lokaviz.fr

Fac-Habitat

www.fac-habitat.com

Paru Vendu (section entitled "Location")

www.paruvenu.fr

Top annonces

www.topannonces.fr

Ouest-France

Property pages every Saturday in the 'Samedi Annonces' supplement
www.ouestfrance-immo.com

La Maison du Notariat

2 mail Anne Catherine - Rennes
(near the Boulevard de la Tour d'Auvergne and the Cité Judiciaire)

Tel. 02 99 65 32 65

www.chambre-ille-et-vilaine.notaires.fr

ch35.locations@notaires.fr

Notaires are lawyers who deal, among other things, with property, and their website lists flats/apartments and houses for rent in the department of Ille-et-Vilaine.

You can, if you wish, receive this list by e-mail.

Notaires' fees are not as high as those charged by estate agents.

Estate agents

Estate agency fees have to be paid, with the amount generally corresponding to a month's rent.

Letting agencies dealing directly with private individuals

N.B.: You have to pay for the services provided by this type of agency before you are allowed to have access to the lists of property for rent offered by private individuals.

Having such an accommodation list does not guarantee that you will:

> find suitable accommodation, or

> find accommodation that is immediately available, especially if you only have a short time to look.

A word of advice. Think first of all about using the services which are free of charge.



● You have found a place to live in privately-owned accommodation

There are various steps that must be carried out before you take possession of your accommodation.

Signing the lease (*contrat de location*)

The lease (which is also called the *bail*) is a statutory document, and must be signed by the tenant (*locataire* - yourself) and the property owner / landlord (*logeur* or *bailleur*).

Drawing up an inventory of fixtures (*état des lieux*)

The *état des lieux* is a description of the state of the accommodation. It must be prepared in duplicate with the property owner/landlord as soon as take possession of the property, and should give a detailed room-by-room description, including any fittings.

Providing an engagement de caution solidaire

You may be asked to provide a document called an *engagement de caution solidaire*. This document should be completed by a financially-sound person who is a resident in France and who promises to pay the rent during the whole period of the lease if you find yourself unable to do so.

Payng a deposit (*dépôt de garantie*)

Prior to moving into the accommodation, you will be asked to pay a sum of money that is usually equivalent to one month's rent. This will be paid back to you when you leave – minus the cost of any damage to the property for which you are responsible.

Taking out a home insurance policy (*assurance habitation*)

Home insurance is compulsory as it covers you against a variety of risks, such as fire and water damage. It must take place with immediate effect as soon as you take possession of the property and a copy should be given to the property owner/landlord (*bailleur*). This insurance policy can be taken out with either a *mutuelle* (mutual benefit insurance society/friendly society/benefit society) or with a privately-owned insurance company.

A word of advice: Choose an *assurance multirisques habitation* (comprehensive home insurance policy) which includes civil responsibility insurance (see page 49).

Taking out contracts for electricity, gas, and water supplies

There are now several different electricity and gas suppliers.

To contact **EDF** (France's historic electricity supplier): Tel. 09 69 32 15 15 (connection), or 0800 123 333 (national n°)

www.particuliers.edf.com

(This website also has information in English for 'Foreign residents'. The phone number for English-speaking customers in Brittany is: 02 99 87 10 72).

To contact **GDF** (France's historic gas supplier):

Tel. 09 69 324 324

www.gdfsuez-dolcevitaf.fr

To contact the water supply company:

Compagnie Générale des Eaux

Tel. 0811 902 902

www.veoliaeau.fr

● Sharing accommodation

Joint tenancy (*colocation*) involves the rental of an apartment or house by more than one person. This situation has several advantages, mainly that of sharing the rent, but can also have disadvantages, such as if one of the joint tenants leaves. There are no particular rules and regulations which apply to sharing rented accommodation, and procedures vary from one property owner/landlord to another.

Some useful advice:

The inventory of fixtures (*état des lieux*). This must be carried out both before you move into the accommodation and when you move out. It must be prepared in duplicate and signed on the spot by the property owner and the joint tenants, who should all be present for the signing of this important document.

The lease (*bail*). All the joint tenants must sign the lease (*bail*) as they will all have the same rights and responsibilities.

It is important to note that the lease contains a joint and several liability clause (*clause de solidarité*) which legally binds the joint tenants together. The property owner/landlord has the right to ask one of the joint tenants to pay the full amount of the rent if the others do not pay their share.

Insurance of the accommodation. It is compulsory to take out home insurance to provide cover against the risks involved when renting accommodation. Written confirmation of this insurance cover has to be provided every year. Each joint tenant is advised to take out an insurance policy which provides the same cover.

For further information

If you need information about your rights as a tenant, the Agence Départementale d'Information sur le Logement is there to help you free of charge:

ADIL

22 rue Poullain-Duparc - Rennes

Tel. 02 99 78 27 27

adil35@wanadoo.fr

www.adil35.org





● Your housing budget

Moving expenses

You must reckon on:

- > estate agency or *notaire* (lawyer) fees if you use their services to find accommodation,
- > the payment of the *dépôt de garantie* (a deposit which is usually equivalent to one month's rent, excluding maintenance charges),
- > the payment of one month's rent in advance,
- > the payment of utility connection charges: electricity (€20), gas (€17), and water (€32) (indicative figures only),
- > the cost of home insurance cover.

Rent and maintenance charges

- > rent (*loyer*) is paid on a monthly basis
- > in addition to the rent, you will have to pay maintenance charges (*charges*):
 - electricity and gas (every 2 months)
 - water (every 6 months)
 - home insurance (once a year)
 - *taxe d'habitation* (council tax/local tax paid by residents – once a year). This tax is paid by the tenant who is actually living in the rented property on 1 January of each year).
 - maintenance charges associated with the block of flats/apartment building, e.g. communal lighting, cleaning, and provision for the collection of household waste
 - telephone and internet connections.

It may be possible to pay some maintenance charges on a monthly basis. Ask your landlord.

Housing benefits/allowances

Providing you fulfil certain conditions, you may be entitled to receive housing benefit/rent allowance: *Allocation de Logement Social* (ALS).

Before you apply for this benefit, you can check your situation on the Caisse d'Allocations Familiales (CAF – family benefits office/welfare center) website to see whether or not you may be entitled to ALS: www.caf.fr

You can apply for ALS

- > By Internet: www.caf.fr (All those renting CROUS accommodation must use this method). Applications made on the Internet are dealt with more quickly.
- > By using a 'paper' application form.
If your accommodation is in a university hall of residence, the CROUS international students advice centre will help you to fill in the application form.

Useful addresses:

Caisse d'Allocations Familiales (CAF)

Cours des Alliés - Rennes

Tel. 0810 25 35 10

www35.caf.fr

Centre Régional des Oeuvres Universitaires et Scolaires (CROUS)

7 place Hoche - CS 26428

35064 Rennes Cedex

Tel. 02 99 84 31 31

www.crous-rennes.fr

● Leaving your accommodation

The tenant can give notice to leave their accommodation at any moment during the period of the contract, but must fulfil certain conditions:

- > **Period of notice:** a period of three months' notice must be respected. (In the case of furnished rooms the required period of notice may be different. Read the lease contract (*bail*) very carefully as this specifies the period of notice to be given).

- > **Official procedure:** you must inform your landlord of your intention to leave by sending them a *lettre recommandée avec accusé de réception* (recorded delivery letter with acknowledgement of receipt), taking care to respect the three months' period of notice. To send this *lettre recommandée*, you will have to go to a post office, and pay a small charge for the service.

Example: If you are considering moving out of your accommodation on 30 June, you must take the necessary steps to ensure that your landlord receives the *lettre recommandée* by 30 March.

Remember to cancel the following contracts:

- > Electricity
- > Gas
- > Water
- > Telephone, Internet

A word of advice. Remember to read and make a note of the readings of the electricity, gas, and water meters when cancelling your supply contracts.





HEALTH AND SOCIAL SECURITY INSURANCE

● Student social security

In France, health insurance is compulsory for everybody, and is called *Sécurité Sociale*. Although the health insurance system is officially the responsibility of the Caisse Primaire d'Assurance Maladie (CPAM), the health insurance system for students is run by two organisations:

- > either La Mutuelle des Etudiants (LMDE),
- > or the Société Mutualiste des Etudiants Bretagne Atlantique (SMEBA). (The precise name of this second organisation varies from region to region).

Where and how to register with the student social security system

Registration with the student social security system is carried out at the same time as registration with the *Service de Scolarité* (registrar's office) or the *Service des Relations Internationales* (international office) of your particular academic establishment. Payment is required for this registration (cf. start of the academic year table, p. 50), and this is made at the same time as that of the tuition fees (*frais de scolarité*).

Students who must register with the French student social security system

All French students, as well as those who are citizens of a country other than those of the European Economic Area (Member countries of the European Economic Area: the 27 countries of the European Union as well as Norway, Iceland, and Liechtenstein), who are under 28 years old on 1 October of the current academic year and enrolled in an establishment registered to that effect by the Social Security are concerned.

Students exempt from having to register with the French student social security system

Students who are citizens of a European Economic Area member state. You must have:

- > either the European Health Insurance Card issued by the appropriate social welfare department of your home country (which must be requested before your departure),

- > or another equivalent document. Healthcare expenses will be reimbursed by the Caisse Primaire d'Assurance Maladie (CPAM) with which you have registered.

Students from Quebec. You must have form SE401Q102 Bis, or, if you are participating in an inter-university exchange, form SE401Q106. If you have neither of these forms, you must contact the student health insurance companies (*mutuelles étudiantes*) in France.

Students in receipt of a salary who fulfil the following 2 conditions:

- > Have a work contract, whether a fixed-term contract (*CDD – contrat à durée déterminée*) or permanent/open-ended contract (*CDI – contrat à durée indéterminée*), which covers the whole of the academic year (from 1 October to 30 September of the following year).
- > The number of hours worked must be a minimum of 60 hours a month or 120 hours over a 3-month period.

In this case, you are affiliated to the general social security scheme (CPAM).

Students who cannot benefit from the student social security scheme

If you are 28 years old or more, you have to take out private voluntary health insurance cover either in France or in your home country.

If your financial situation does not allow you to do this, ask the student insurance companies for information about the *Couverture Maladie Universelle* (CMU – universal sickness cover). The CMU scheme enables anybody who is legally resident in France and who does not fall into the remit of another social security scheme to benefit from health insurance payments for healthcare-related expenses.





● Supplementary health insurance (*assurance complémentaire santé*)

Registration with the French social security system permits part of the medical expenses incurred in, for example, medical consultations, obtaining prescribed medicines, and stays in hospital, to be reimbursed.

To obtain a higher reimbursement rate, you can take out a supplementary insurance policy (*mutuelle*) with one of the student health insurance companies. This is not compulsory, but it is strongly recommended as it makes up the difference between the amounts charged by the State for treatment and the amount reimbursed by the Sécurité Sociale.

Example: The reimbursement rate by the Assurance Maladie (state health insurance) of a consultation with your general practitioner/family practitioner is 70% of a set charge of €23. For this consultation, the Sécurité Sociale will reimburse you the sum of €15.10 (You will always have to pay €1 for any medical consultation).

The amount of this patient's contribution towards the cost of medical treatment (*ticket modérateur*) corresponds to the part of healthcare expenses which you as the patient have to pay after the Assurance Maladie has reimbursed its share. In the example given above, the amount that the patient has to pay is €6.90. This *ticket modérateur*, or what the patient has to pay towards the cost of medical treatment, can possibly be paid by your *mutuelle* or by your supplementary insurance. Ask the LMDE or SMEBA or any organisation of your choice for information and advice.

LMDE (La Mutuelle Des Etudiants)

43 boulevard de la tour d'Auvergne
35000 Rennes
www.lmde.com

SMEBA (Société Mutualiste des Étudiants Bretagne Atlantique)

31 - 33 quai Chateaubriand - CS 80314
35108 Rennes Cedex 03
www.smeba.fr

(Information for international students:
www.smeba.fr/foreign-students)

N.B. Remember to cancel your supplementary health insurance contract before you leave France at the end of your stay.

● Legalising your documentation

Certain official French bodies may ask you to provide a copy of your birth certificate translated in France by a sworn translator who has been approved by the Rennes Court of Appeal (cour d'appel de Rennes). Birth certificates translated outside of France may be refused.

See list of sworn translators:
www.courdecassation.fr

In accordance with international law, in the case when no convention has been signed to the contrary, foreign birth certificates must be legally approved or sworn if they are to be accepted by certain official French bodies.

See the summary table for legislation on nationalities that require legal approval (L) or sworn translations (A), as well as countries which are exempt from such requirements (Da; Db; Dc):
www.diplomatie.gouv.fr

● 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 contract. Thoroughly check what sort of cover is offered as well as the extent of such cover to see if it corresponds to your needs.

For further information:

You can get civil responsibility insurance cover from both LMDE and SMEBA.





MANAGING YOUR MONEY

● Opening a bank account

During your stay in France you will very likely need to open a bank account into which payments can be made from abroad, money can be paid, medical insurance repayments made, etc.

The Euro has been the single currency in 22 European countries since 1 January 2011.

All foreigners staying in France for at least 3 months can open a resident's bank account, which enables them to have a cheque book (which may or may not be free of charge) and a bank card (direct debit payment card or simple cash withdrawal).

Important: International students must deposit at least €615 in their French bank account every month. These deposits will be checked by the prefecture should those students wish to apply for a visa.

There are two types of bank/cheque card:

> A simple cash withdrawal card enables the card holder to withdraw money from their bank's cash dispensers 24 hours a day.

N.B. Some banks may charge for this service.

> Withdrawal and payment cards enable the holder to both withdraw money from the cash dispensers of any bank and to pay for goods and services. The cost of these cards is between €30 and €40 a year.

To open a bank account you need:

- > Proof of identity, e.g. passport, visa, residency permit.
- > Proof of address, e.g. telephone or electricity bill, rent receipt.
- > Written evidence of your registration in a higher education establishment or a student's card.
- > Written confirmation of potential income.

Finally, you will be asked to deposit a minimum amount of about €20 in your account.

A word of advice. Ask your bank at home if it is associated with a French banking network. If it is, this could make banking operations easier when you arrive.

● Managing your money

Here is an estimate of expenses which, according to your own particular situation, you will have to deal with when you arrive in France. The month at the start of the new academic year is always financially difficult. The figures below are, of course, only averages.

Ce tableau a pour but de vous aider à calculer votre budget mensuel :

The aim of this table is to help you to calculate your monthly budget:

REVENUS YOUR INCOME	CHARGES COURANTES EVERYDAY EXPENDITURE	CHARGES OCCASIONNELLES OCCASIONAL EXPENDITURE
BOURSE / GRANT	LOGEMENT / HOUSING	VÊTEMENTS / CLOTHES
AIDE FAMILIALE / FAMILY HELP	Loyer / Rent.....
ALLOCATION LOGEMENT	Electricité - Gaz / Electricity - Gas
HOUSING BENEFIT	Eau / Water.....
TRAVAIL / WORK	Taxe d'habitation (local tax)
.....	Téléphone.....
TOTAL RESSOURCES / TOTAL INCOME	Internet.....
.....	TOTAL	TOTAL
TOTAL DÉPENSES / TOTAL EXPENDITURE	ALIMENTATION / FOOD	SANTÉ / HEALTH
.....	Restaurant universitaire.....	Mutuelle (health insurance).....
Pendant l'année, vous devrez aussi payer :	Courses / Shopping.....	Consultations.....
During the year, you will also have to pay:	Restaurant.....	Médicaments / Medicines
Une fois par an / Once a year:	TOTAL	TOTAL
• Taxe d'habitation / Council tax	TRANSPORTS / TRANSPORT	CULTURE ET SPORT
• Assurance habitation / House insurance	Bus et Métro.....	Abonnements / Season tickets
Tous les 2 mois / Every 2 months:	Essence (Petrol)	Inscriptions / Licence / Membership fees.....
• Electricité/Gaz / Electricity/Gas	Other.....	Équipement / Equipment
Tous les 6 mois / Every 6 months:	TOTAL	TOTAL
• Eau / Water	ETUDES / STUDIES	DIVERS / MISCELLANEOUS
.....	Stages / Work experience.....	Cinéma
TOTAL	Livres / Books.....	Théâtre.....
.....	Papeterie / Stationery	Concert.....
.....	Photocopies	Autres / Other
.....	TOTAL	TOTAL



● Some useful banking terms

Compte chèques: current (checking) account into which you pay money that you have received, and which enables you to pay your daily expenses-different kinds and purchases rent, leisure activities and book. In France, this current (checking) account can be called a *compte, compte de dépôt, compte courant, or compte bancaire.*

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

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

Endosser: to sign and write your bank account number on the back of a cheque.

GAB: *Guichet Automatique de Banque* – cash dispenser where a wide range of banking operations can be carried out.

Interdit bancaire: suspension of your banking privileges. Your means of payment are withdrawn and your status is communicated to all banks.

Prélèvement automatique: means of payment used to pay regular bills and to help to plan the payment of your bills.

RIB: *Relevé d'Identité Bancaire* - bank identification form giving all the key details of your bank account. This can be obtained from the bank where you have your account.

Solde: balance - the amount of money held in your account. It can be in credit (positive balance) or in debit (negative balance).

Virement: the transfer of money from or to another account.



● Means of payment

How to make payments

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

> **Carte de paiement (debit card):** accepted in most shops and other businesses. In France, you have to enter your personal code on an electronic payment terminal – always out of sight of prying eyes. This 4-figure confidential code must be learned by heart, and must never be disclosed to another person.

> **Prélèvement automatique (standing order (GB), direct debit order (GB), automatic deduction order/checkoff (US)):** enables you to pay your regular bills, e.g. rent, electricity, and telephone, by authorising payment to be made directly from your bank account.

> **Chèque (cheque (GB)/check (US)):** when you pay by cheque, you must date and sign it, fill in the name of the payee (*bénéficiaire*), and check that the amount in figures is the same as that written in letters. The French use cheques a lot, although it is a service which sometimes has to be paid for. You will often be asked for proof of identity to show that you are indeed the holder of the cheque book.

N.B French shops and services very rarely accept the cheques of foreign banks.

Example of a cheque

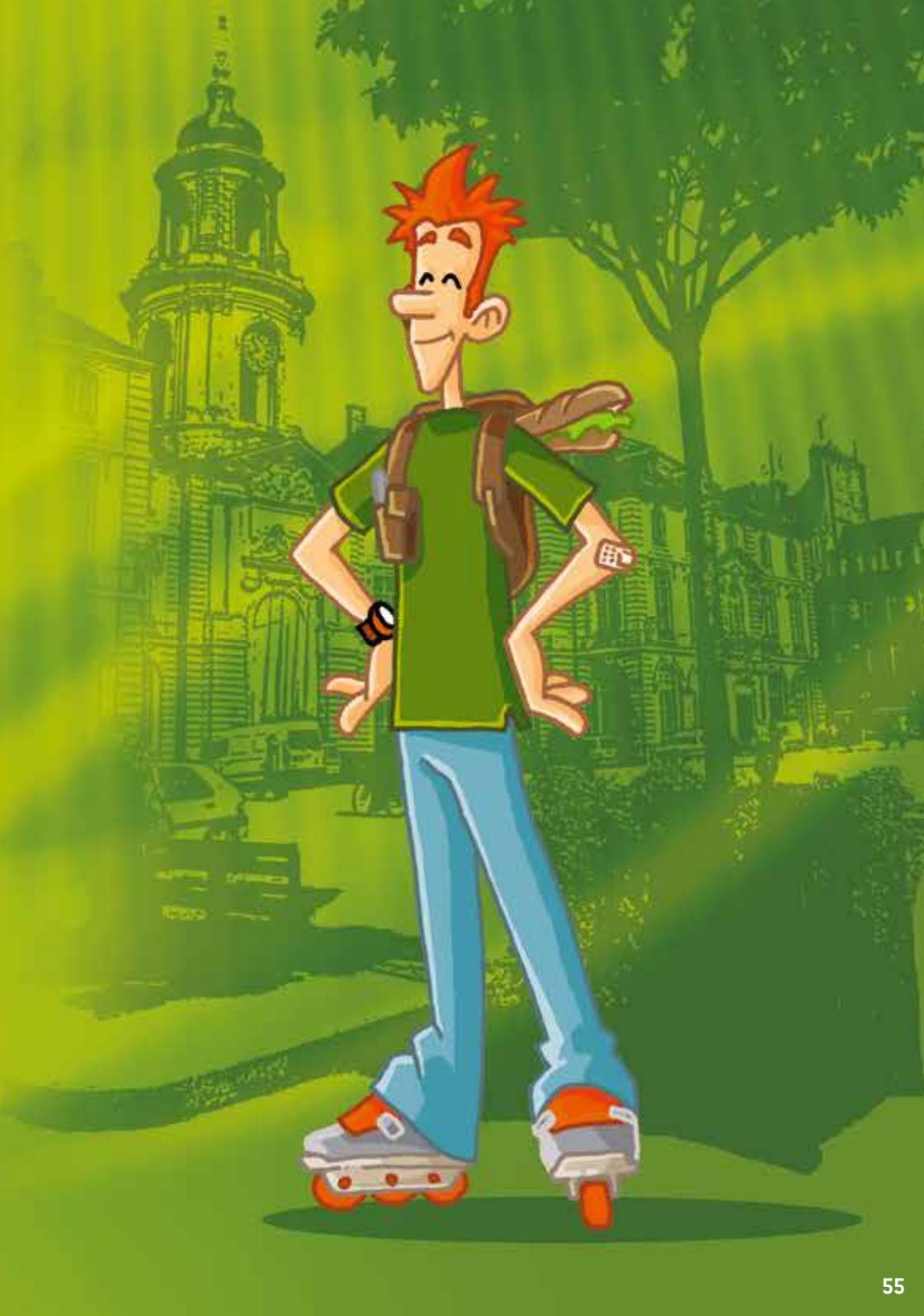


NAME OF THE BANK		
Amount in letters	_____	Amount in figures
Payable to	_____	
Bank account details	Name and address of the payer	town/city date
		<i>Signature</i>
Cheque number		



Vivre à Rennes au quotidien

Daily life in Rennes





SE NOURRIR

Les Français mangent trois fois par jour. Généralement, ils prennent un petit-déjeuner au réveil, puis deux repas : le déjeuner vers 12/13h et le dîner vers 19/20h.

Pour manger, plusieurs choix s'offrent à vous :

- > Si vous avez la possibilité de cuisiner dans votre logement, vous trouverez à Rennes de nombreux commerces d'alimentation, des hypermarchés en ville et des grandes surfaces à la périphérie. Des produits frais se trouvent, en particulier, sur les marchés en plein air qui ont lieu chaque semaine dans les différents quartiers de la ville, de 7h à 13h. Le plus grand et le plus connu est le marché de la Place des Lices, qui a lieu chaque samedi matin. Vous pouvez trouver la liste et les horaires de ces marchés dans le guide Vivre à Rennes.
- > Si vous souhaitez manger à l'extérieur, un vaste choix vous est proposé : cafés, brasseries, fast-foods, restaurants de quartier, restaurants gastronomiques, etc. Les prix pratiqués vont de 3 € pour un sandwich, à une vingtaine d'euros pour un repas complet (entrée, plat, dessert), voire beaucoup plus dans des restaurants gastronomiques.
- > La restauration universitaire, plus communément appelée "Restos U" ou "R.U.", constitue la solution la plus économique pour avoir un repas complet et équilibré. Ces restaurants, gérés par le CROUS, sont ouverts à l'ensemble des membres de la communauté universitaire, du lundi au vendredi midi, et le soir pour certains. Le paiement du repas peut se faire en espèces ou au moyen de tickets dont l'achat s'effectue à midi dans les restaurants. Prix du ticket de R.U. : 3,10 € (année 2012/2013).
- > Certains établissements (INSA de Rennes, Agrocampus Ouest) possèdent leur propre restaurant et fixent eux-mêmes le prix du repas.

LÉGENDE / KEY



Plat du jour
Dish of the day



Plat exotique
World cuisine



Grillades
Grills



Pizza



Sandwich
Sandwiches



Paninis
Paninis



Pâtes
Pasta



Snack
Snacks

● Adresses des restaurants universitaires / University restaurants - addresses

Campus du centre-ville City centre campus

Le Fougères

46 rue Jean Guéhenno - Rennes

Tél. 02 99 38 03 22

Bus : lignes 1 et 9

Ouvert à midi du lundi au vendredi

Open at lunchtime from Monday to Friday.

Duchesse Anne

110 boulevard de la Duchesse Anne - Rennes

Tél. 02 99 38 70 51

Bus : lignes 1, 5 et 9

Ouvert à midi du lundi au vendredi

Open at lunchtime from Monday to Friday

Brasserie Hoche

2 rue Lesage - Rennes

Tél. 02 99 27 20 80

Métro : Sainte-Anne

Ouvert à midi et le soir, du lundi au vendredi et le samedi à midi

Open lunchtime and evening from Monday to Friday and lunchtime on Saturday.

Campus de Beaulieu Beaulieu campus

L'Etoile

37 avenue du Prof. Charles Foulon - Rennes

Tél. 02 99 36 27 29

Bus : lignes 4, 30, 31 et 64.

Accès pour handicapés

Ouvert le midi du lundi au vendredi

Disabled access

Open lunchtime from Monday to Friday

L'Astrolabe

Allée Jean d'Alembert - Rennes

Tél. 02 99 87 07 18

Accès pour handicapés

Ouvert à midi, du lundi au vendredi

Bus : lignes 4, 30 et 32.

Disabled access

Open at lunchtime from Monday to Friday

Cafétéria de l'IUT

Ouvert du lundi au vendredi, de 7h30 à 16h30

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



Campus de Villejean

Villejean campus

Le Ménélík

148 boulevard de Verdun - Rennes
Tél. 02 99 59 50 74
Bus : lignes 2 et 31 - Métro : Anatole France
Ouvert à midi du lundi au vendredi
Open at lunchtime from Monday to Friday

Le Métronome

2 av. de la bataille Flandres-Dunkerque - Rennes
Tél. 02 99 59 17 82
Bus : ligne 4 - Métro : Villejean Université
Accès pour handicapés.
Ouvert le midi du lundi au vendredi
Disabled access
Open at lunchtime from Monday to Friday.

La Harpe

36 avenue Winston Churchill - Rennes
Tél. 02 99 59 35 63
Accès pour handicapés.
Ouvert à midi, du lundi au vendredi
Métro : JF Kennedy
Disabled access
Open at lunchtime from Monday to Friday

Cafétéria du Hall B

Ouvert à midi, du lundi au vendredi
Campus Rennes 2
Métro : Villejean Université
Open at lunchtime from Monday to Friday

L'Érève

Ouvert à midi, du lundi au vendredi
Bistro et sandwicherie ouverts toute la journée
Campus Rennes 2
Métro : Villejean Université
Open at lunchtime from Monday to Friday

Cafétéria du Pôle Langues

Ouvert à midi du lundi au vendredi
Open at lunchtime from Monday to Friday

Campus de Ker Lann (Bruz)

Ker Lann campus (Bruz)

Le Ker Lann

Campus de Ker Lann - Bruz
Tél. 02 99 05 06 30
Accès pour handicapés.
Ouvert à midi, du lundi au vendredi.
Bus : ligne 57
Disabled access
Open at lunchtime from Monday to Friday

EATING

The French eat three times a day. They usually have breakfast when they get up, and then have two full meals: lunch at about 12 or 1 o'clock, and dinner at about 7 or 8 o'clock.



You have several choices of what to do when you want to eat:

- > If you have cooking facilities where you live, you will find that Rennes has a wide choice of food shops, supermarkets, department stores, and an excellent indoor market in town, and hypermarkets on the outskirts. Fresh produce can be found especially at the outdoor markets which take place each week in different parts of the city from 7 a.m. to 1 p.m. The biggest and best-known of Rennes' markets is that of the Place des Lices, which takes place every Saturday morning. You can find the list and times of these markets in the guide, *Vivre à Rennes*.
- > If you do not want to eat at home, you have an enormous choice of places to eat, including cafés, brasseries, fast-food outlets, local restaurants, and gourmet restaurants. Prices range from €3 for a sandwich, to about €20 for a 3-course meal (starter, main course, and dessert), and lots more for a meal in a gourmet restaurant.
- > University restaurants, which are usually called 'Restos U' or 'R.U.', are the most economical solution for having a complete and well-balanced meal. These restaurants, which are run by the CROUS, are open to all members of the university community at lunchtime from Monday to Friday. Some are open in the evening. Meals can be paid for in cash or by means of tickets which can be bought in the restaurants at lunchtime. The price of an 'R.U.' ticket is €3.10 (2012/2013 academic year).
- > Some establishments, e.g. INSA, and Agrocampus Ouest, have their own restaurant and fix the prices of their meals themselves.

En savoir plus / For further information:

Sur les restaurants universitaires / On university restaurants:
www.crous-rennes.fr

Sur les restaurants "classiques" / On 'classic' restaurants:
www.tourisme-rennes.com





● Within Rennes Métropole

By bus and by metro



The STAR network

The STAR public transport network is made up of a metro line and 65 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 lines serve the whole of the rest of Rennes Métropole (36 towns and villages).

Timetables

The metro and the eight main bus routes (1, 2, 3, 4, 5, 6, 8, and 9) run between 5.30a.m. and 12.35a.m. from Monday to Friday. The buses run from 6.30a.m. on Saturdays, and from 8.30 a.m. on Sundays. All the other routes (urban and out-of-town) run from about 6.30a.m. to 8.30p.m. The 'bus de nuit' night-time bus service runs on Thursday and Friday evenings until 5.25a.m., and on Saturday evenings until about 7.40a.m. On Friday and Saturday nights, buses leave the

'République' stop in Rennes city centre at 11p.m. and 12.35a.m. to go to the towns and villages of Rennes Métropole.

Fares

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

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

Every metro station has one or more ticket machines which enable the traveller to buy all the various types of tickets and season tickets available.

If you regularly use the bus and metro for getting around, it will be worth getting one of the more economical season tickets, which you can buy in one of the STAR offices. The 'KorriGo' card is a personal smart card which can be recharged with any of the various types of ticket. For example, the 'Ganéô' formula enables the traveller to load '10 voyages' (10 journeys) onto a 'KorriGo' card for only €10.60.

Main office: 12 rue du Pré Botté

Bus stop: République

Metro station: République

Open from Monday to Friday - 7a.m. to 7.30p.m.

Open on Saturday - 9a.m. to 6.30p.m.

Henri Fréville and Villejean-Université offices

Metro stations: Henri Fréville and Villejean-Université
These offices are open at the beginning and end of each month:

Monday to Friday - 7.30a.m. to 11a.m. and 12p.m. to 2p.m.

Saturday - 9.30a.m. to 2p.m.

For further information

Tel. 09 70 821 800 (cost of a local call)

www.star.fr (timetables, routes, maps, and fares).





By bicycle

Vélos à la carte

Vélo STAR is the self-service system of bicycle hire provided by Rennes Métropole

- > Most of the 900 bicycles and 83 docking points are located near metro stations, bus and coach stops, and the railway station. Borrow a bicycle at the docking 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 a year. A year's subscription will cost you €20 if you are already a STAR season ticket-holder, and €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. 09 69 365 007 / www.levelostar.fr

● Outside Rennes

By coach

Coaches serve almost 200 towns and villages within the department of Ille-et-Vilaine, and there are also coaches which go outside Ille-et-Vilaine to places such as Nantes, Angers, Mont-Saint-Michel, and Pontivy.

Any journey by bus within the department costs a maximum of €4.70.

Coach station

16 place de la Gare - Rennes

Tel. 02 99 30 87 80

Metro station: Gares. Bus numbers: 1, 2, 11, 41 ex, 42 ex.

Opening times: Monday to Saturday from 6a.m. to 8.15p.m., and Sunday from 6.15p.m. to 9.15p.m.

Eurolines

37 avenue Jean Janvier - Rennes

Tel. 0 892 899 091

www.eurolines.fr

By train

Rennes has a TGV (high-speed train) station. About twenty trains a day put Rennes only two hours away from Paris.

Information and purchase of tickets

- > by Internet: www.voyages-sncf.com
- > by telephone: 36 35 (€0.34/min)
- > at the railway station (19 place de la Gare - Rennes): ticket office and ticket machines.

> in SNCF shops. City centre: Rue Le Bastard and Rue de Nemours - Shopping centres: Colombia, Grand Quartier, and Alma.

> by using ticket machines. Shopping centres: Alma, Les Longs Champs, Carrefour in Cesson-Sévigné, and Opéra in Pacé - Universities of Rennes 1 and Rennes 2 - Banks: Crédit Agricole, Place de la Mairie ; BNP, Place Rallier du Baty ; CMB, Quai Lamartine.

To get to the railway station

Metro station: Gares

Bus numbers: 1, 2, 11, 41 ex, 42 ex.

N.B. Rail passengers in France are required to insert their ticket into a special punching machine (*composteur*) on the platform to validate their tickets before beginning their journey. Tickets should be kept during the whole journey, and ticket inspectors may well ask to check your ticket during your journey.

By plane

Rennes-Saint-Jacques airport is situated to the south-west of Rennes, about 10 minutes from the city centre. There are many regular flights from Rennes to a hundred or so cities in France and Europe, with the most frequent flights being to Paris and Lyons.

Rennes Airport

Avenue Joseph le Brix - Saint-Jacques-de-la-Lande
Tel. 02 99 29 60 00

www.rennes.aeroport.fr

From Monday to Friday, from 5a.m. to 10.15p.m.

Saturday, from 5a.m. to 9.30p.m.

Sunday, 5.30 a.m. to 10.15p.m.

To get to and from the airport:

- > By bus: no. 57. Bus stop: 'Aire Libre Aéroport'.
- > By taxi: about €20.

For further information: www.aeroportsdeparis.fr
(national and international flights)

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 Nantes, Brest, Lorient, and Saint-Brieuc to Rennes, which is itself linked by motorway to Paris.

Rennes - Paris: 352 km

Rennes - Nantes: 101 km

Rennes - Brest: 242 km



HEALTH CARE

● Access to health care

Doctors

There is freedom of choice of doctor in France, but recent health insurance reform has made it compulsory to choose a *médecin traitant*, who is your usual or family doctor, and whose role is to coordinate the various consultations and examinations necessary when dealing with your health. The *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 with specific parts of the body. It is this *médecin traitant* that you must consult first of all. According to the particular health problem concerned, he or she 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 system, and who set their own charges (which are higher). There are very few of these *médecins non-conventionnés* in Rennes.

How to choose your *médecin traitant*

You have to get a form from your *mutuelle étudiante* or from the Caisse Primaire d'Assurance Maladie (in the case of students from the European Union and Quebec). This form should be completed and signed by the chosen doctor before being returned to the organisation that you got it from.

N.B. You must always go to see your *médecin traitant* before considering going to see a specialist. If you do not choose a *médecin traitant* or if you do not go through them to consult a specialist, the social security reimbursement rate will be reduced.

Pharmacies

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.

Emergency telephone numbers

European Emergency Number, priority number to be dialled first: 112

SAMU: (ambulance) 15

Police: 17

Fire service: 18

Drugs Information Service: 0 800 23 13 13

Alcohol Information Service: 0 811 91 30 30

Tobacco Information Service: 39 89 (€0.15 / min)

SOS Médecins 35: 19 rue Leguen de Kerangal
Metro: Clémenceau

Home visits 24 hours a day, but priority is given to emergency cases. A duty doctor is available for consultation from 6p.m. to midnight.

Tel. 02 99 53 06 06 or 36 24 (€0.12 / min)

Poisons unit: 02 99 59 22 22

Duty pharmacists/chemists: 32 37 (€0.34 / mn)

Duty dentists: 02 99 38 84 22

Hospitalisation

If hospital treatment is required, the cost of a day's stay in hospital varies according to the type of treatment and the hospital department in which the patient is being cared for.

List of public hospitals in Rennes

Hôpital de Pontchaillou

2 rue Henri Le Guilloux - Rennes

Tel. 02 99 28 43 21

Tel. 02 99 28 37 02 (Accident & Emergency number)

www.chu-rennes.fr

Metro: Pontchaillou

Hôtel Dieu

2 rue de l'Hôtel Dieu - Rennes

Tel. 02 99 28 43 21

02 99 87 30 23 (Accident and Emergency number)

Bus nos 1, 5, 8, 9, and 31, bus stop: Hôtel Dieu

Hôpital Sud

16 bd de Bulgarie - Rennes

Tel. 02 99 28 43 21

Bus nos. 8 and 33. Bus stop: Hôpital Sud

Metro: Blosne

Centre hospitalier spécialisé Guillaume Régnier

(psychiatric hospital)

108 avenue du Général Leclerc - Rennes

Tel. 02 99 33 39 00

www.ch-guillaumeregnyer.fr

Bus no. 67 - Bus stop: Hôpital Régnier





REIMBURSEMENT OF HEALTHCARE EXPENSES



● At the doctor's

You pay the cost of the consultation (€23), and then you are reimbursed by the Social Security and your *mutuelle*. To do this you can either go to the offices of your insurance company, i.e. LMDE or SMEBA in person, or you can post your reimbursement application to them.

A word of advice. For the first reimbursement payment, it is recommended that you actually go in person to the appropriate office in order to get written confirmation of your Social Security registration. If you have a European Health Insurance Card or a similar form from Quebec, you have to go to the CPAM office in the Cours des Alliés, Rennes for the first reimbursement.

Doctors have been equipped with Carte Vitale readers since 2000. The Carte Vitale is a smart card which is given free of charge to everybody who is insured in the French social security system, and enables doctors to forward requests for reimbursement electronically to the Social Security. This obviously reduces the time taken for reimbursements to be made.

N.B.

- > You must consult the *médecin traitant* that you chose when you arrived in France so as not to have a reduction in the amount of the reimbursement paid by the Social Security and your *mutuelle*. (See page 63)
- > If you are planning to travel abroad, ask your Social Security office for information before you leave.

● At the pharmacy/chemist's

You should in theory only pay for that part of the cost which is not reimbursed by the Social Security and by your supplementary insurance company, if you have one.

Useful addresses

CPAM (Caisse Primaire d'Assurance Maladie)

d'Ille-et-Vilaine

7 cours des Alliés

35024 Rennes Cedex 9

Tel. 36 46, Monday to Friday - 8.30a.m. to 5p.m.
(opens at 10.30a.m. on the first Thursday of every month)

English language helpline - 0811 36 36 46

www.ameli.fr

LMDE (La Mutuelle Des Etudiants)

Remboursement direct

TSA 91 972 - 91 097 Evry Cedex

Tel. 0 969 369 601

Reception :

43 boulevard de la Tour d'Auvergne

35000 Rennes

www.lmde.com

SMEBA (Société Mutualiste des Etudiants Bretagne Atlantique)

31 - 33 quai Châteaubriand - CS 80314

35108 Rennes Cedex 03

Tel. 02 99 78 33 66

www.smeba.fr

There are LMDE and SMEBA offices at the University of Rennes 2 in the ÉREVE building (Villejean campus).





STUDENT SOCIAL WELFARE AND HEALTH

● Finding help

Student social welfare services are available in various places in Rennes' universities. These professionals:

- > listen to you,
- > give you information,
- > help you to deal with the various aspects of everyday life, e.g. money and budgeting, housing, and access to student rights and entitlements, in association with all student-related services,
- > give you advice on administrative and social service-related procedures,
- > point you towards the appropriate services for your needs, e.g. CROUS, student health insurance companies (*mutuelles étudiantes*), and the CAF (*Caisse d'Allocations Familiales*),
- > help you to deal with personal, social, and family problems, while respecting professional confidentiality.

If you need any information, contact the following organisations:

CROUS

Service Social

7 place Hoche
Tel. 02 99 84 31 69

SIMPPS - Pôle Santé et Social

(student health centre)

On the Beaulieu campus

University of Rennes 1
Beaulieu campus - Building 21

Tel. 02 23 23 55 05

On the Villejean campus

University of Rennes 2
ÉREVE Building - 2nd floor

Tel. 02 99 14 14 60

simpps@univ-rennes1.fr

INSA

Espace Santé Prévention Handicap

Tel. 02 23 23 86 60

BAPU

(Bureau d'Aide Psychologique Universitaire)

(university psychological help service)

2nd floor

11 boulevard de la Liberté

Tel. 02 99 30 81 24

Open Monday to Friday - 9a.m. to 7p.m.

Open Saturday - 9a.m. to 12 noon

(closed Wednesday afternoon).

● Pôle Santé et Social - SIMPPS

The SIMPPS is the 'Service Interuniversitaire de Médecine Préventive et de Promotion de la Santé' (inter-university preventative medicine and health promotion service). It is made up of a team of doctors, nurses, social workers, psychologists, psychiatrists, dieticians, and secretaries. These latter arrange appointments and advise students as regards the service's various healthcare professionals.

The student health centre provides the following services free of charge:

- > carrying out the medical check-up that is compulsory during the Bachelor's degree course. (Make an appointment with one of the secretaries),
- > issuing of any medical certificate which you might need, e.g. for sporting activities, to certify you as non-infectious, or if your study plans need adjusting because of illness,
- > consultations on a particular health issue: contraception and follow-up care, a personal discussion with a psychologist or a psychiatrist, advice on stopping smoking, advice on diet and nutrition, sophrology and relaxation techniques, First Aid training.
- > nursing care
- > emergency treatment.

Prevention and information days

Throughout the year, prevention and information days are organised:

- > 'Health, sport, and culture day' - the first Thursday in October on the various university campuses.
- > 'Contraception week' - third week of October.
- > 'Contraception and the prevention of AIDS' - early December.
- > And also - a health forum, 'stop smoking' days, and alcohol awareness days.

● Le Säs drop-in centre for young people

CRIJ Bretagne / le 4 bis

4 bis cours des Alliés - Rennes

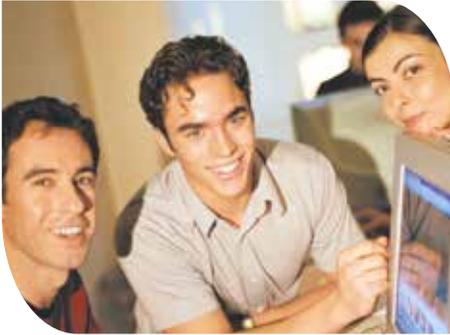
www.crij-bretagne.com

(Heading: le 4 Bis / le Säs)



COMMUNICATING

● Telephone (international cards and mobiles / cellphones)



How to make a telephone call

French telephone numbers have ten figures.

- > To phone abroad: [00] [international dialling code of country] [telephone number without the first '0'].
- > To phone France from abroad (in most cases): [00] [33] [telephone number without the first '0']. An example of one exception: from the USA and Canada dial [011] [33] [telephone number without the first '0'].

To contact directory enquiries, dial a six-figure number beginning with '118', e.g. 118 712 (Orange), or 118 008 (operator - Pages Jaunes (Yellow Pages)). For a complete list of '118' numbers and their prices, see www.appel118.fr

Public telephone

There are telephone boxes/kiosks throughout the city and on the campuses. International €7.50 and €15 phone cards are on sale in post offices, tobacconists, small grocery shops (especially near the station), and newsagents.

A word of advice. Before buying an international card, tell the sales person which country you want to phone as special reduced rates apply according to the country that you want to phone.

Examples of international phone cards: Euro-latina (Europe and Latin America), Asiatel (Asia), Nostalgie Africa (Africa), and Continental (Europe and North America).

Mobile phone / cellphone

There are several mobile phone operators, e.g. Orange, SFR, and Bouygues, which propose a whole variety of subscription offers and rates. When you want to take out a subscription, compare the various offers and pay particular attention to the subscription period, often 2 years, of the contract you sign. Nevertheless, it is possible to cancel the contract after one year in return for a penalty payment.

Prepaid Nomad (Bouygues Telecom), Mobicarte (Orange) and Carte SFR (SFR) cards are available if you prefer to pay as you phone.

Sample rates: €10 card (20 minutes of local communication, valid for 2 weeks), €25 card (55 minutes of local communication, valid for 2 months).

These cards are sold in telephone operators' shops and in newsagents.

A word of advice. Certain telephone operators have partnerships with foreign operators. Ask your operator in your home country for information. Check that your telephone battery charger can be adapted for a current of 220 V (volts).

Bouygues Telecom

9 rue Le Bastard - Rennes
Tel. 02 99 78 38 33

SFR

3 rue Le Bastard - Rennes
Tel. 02 99 78 86 10

Orange

Place de la République - Rennes
Free green number (*numéro vert*): 10 14





● Internet



In town

You can use internet in some post offices, in the main Orange shop (Metro: République), in the city's libraries, and in the internet cafés in the city centre.

In your host establishment

After you have registered, you will be given a free e-mail address and password by your host establishment to enable you to access their computer network.

Computers giving access to e-mail and internet, and thus to information circulated by your host establishment, are usually made available within the host establishment itself.

N.B. The internet access code is not normally given to you until you have been given your student card.

At home

You must have a land line if you want to install internet at home. There are lots of internet providers who offer a wide variety of subscription plans. Most Internet providers offer you a broad

band connection (*connexion haut débit*), either by cable (only available in cities), or by ADSL (broadband connection by telephone line), which is the most widespread technology, with 90% of the population now having access to it. You may also be offered all-inclusive 'Internet + telephone + television' packages.

In order to make your choice of Internet provider, compare the monthly subscription rates, taking into account not only the price, but also the bandwidth and the other services offered. Pay particular attention to incidental expenses, which can increase the amount of the final bill. These include box rental, installation expenses, the length of the minimum commitment period, and the conditions applying to a change of Internet provider.

● Post Office

The Post Office's main role is to collect and deliver mail, but it also sells postage stamps and phone cards, sends parcels, and provides a full range of banking services, such as its own current account and chequebook. Internet services are also provided in some post offices.

Examples of prices: price of a stamp for a letter weighing 20 grams or less: €0.63 to a destination in France, and €0.80 to a destination in the European Economic Area. Prices for other countries are fixed according to zone.

Good to know:

When you change addresses, it is a good idea to notify the Post Office. That way your mail will be forwarded to your new address. There is a charge for this service, but it ensures that you do not lose any important documents that might be sent to you.





GETTING INFO

● Information centres in Rennes

Information centres provide you with details of Rennes' cultural, sporting, and tourist activities, as well as about the city's clubs and societies.

Centre d'Accueil et de Renseignements (CAR)

(Rennes town hall reception)
Hôtel de Ville - Place de la Mairie - Rennes
Tel. 02 99 28 40 67
www.rennes.fr

Point information de Rennes Métropole

4 avenue Henri-Fréville - Rennes
Tel. 02 99 86 62 62
www.rennes-metropole.fr

Centre Régional Information Jeunesse Bretagne (CRIJB / Le 4 bis)

(information centre for young people)
4 bis cours des Alliés - Rennes
Tel. 02 99 31 47 48
www.crijb-bretagne.com

Les Champs Libres

Citizens' life area
Free access to newspapers and television from around the world
10 cours des Alliés - Rennes
Tel. 02 23 40 66 00
www.leschampslibres.fr

Office des Sports de Rennes

Espace Vélodrome
10 rue Alphonse Guérin - Rennes
Tel. 02 23 20 42 90

Maison Internationale de Rennes (MIR)

(Rennes International House)
7 quai Chateaubriand - Rennes
Tel. 02 99 78 22 66
www.mirennes.fr

Rennes Métropole Tourist Office

11 rue St Yves - Rennes
Tel. 02 99 67 11 11
www.tourisme-rennes.com

For further information

Get a copy of the 'ABC des Loisirs' (ABC of Leisure) guide, which is published by the Ouest-France newspaper. This guide is free, and lists the whole range of leisure activities in Rennes. It is available from the CRIJB / Le 4 bis and during the TAM-TAM welcome days by the end of September.

● The local media

Written press: newspapers and magazines

Ouest-France: regional daily newspaper (€0.85, on sale at newsagents). International, national, regional, and local news.
www.ouest-france.com

Méto, 20minutes, Direct Matin: free daily paper distributed at certain metro stations. National and local news.

Les Rennais: free-fortnightly. Rennes City Council news.
www.ville-rennes.fr

Rennes Métropole magazine: free-fortnightly. Rennes Métropole news.
www.rennes-metropole.fr

L'agenda des sorties dans Rennes Métropole: free-monthly. Published by Ouest-France in association with Rennes Métropole. A 'What's on' of cultural events in the Rennes Métropole area.

Nous Vous Ille: free-quarterly. Department of Ille-et-Vilaine news.

Le ZAP: free-fortnightly magazine. Free expression from Rennes' young people.
www.zaprennes.org

Radio stations

Inter-university radio

Radio Campus Rennes:
88.4

Public service radio

France Culture: 98.3
France Info: 105.5
France Inter: 93.5
France Musique: 89.9
Le Mouv': 107.3

Commercial radio

Hit West: 99.2
Radio Caroline: 90.8
Chérie FM: 106.8
Europe 1: 104.7
Virgin Radio Rennes: 102
Fun Radio: 94.5
Nostalgie: 97.6
NRJ Rennes: 103.9

Local public service radio

France Bleu Armorique:
103.1

Local non-profit-making radio stations

Canal B: 94.0
Radio Rennes: 100.8
RCF Alpha: 96.3

Radio classique: 92.3

RFM: 96.9

RMC Info: 106.0

RTL: 104.3

RTL 2: 92.7

Sky Rock Bretagne: 88.9

Rire et chansons: 89.5

MFM: 94.9

Television: local and regional channels

TV Rennes 35 (TVR): local television featuring Rennes and the Rennes area

France 3 Ouest: Brittany / Pays de la Loire regional edition from 12p.m. to 2p.m.

TV Breizh: Brittany-based cable channel



IMPROVING YOUR FRENCH

● Lessons organised by the CIREFE (Centre International Rennais d'Études de Français pour Étrangers)

Exchange programme students

French language lessons

After a preliminary assessment, students are grouped according to their level of French.

Classes are organised on a semester basis:

- > Semester 1: from October to December
- > Semester 2: from February to May

One semester = 4 hours a week for 11 weeks.

ECTS credits are awarded for attendance at these language-learning sessions: 5 ECTS credits a semester.

Some higher education establishments finance one semester of French language classes for foreign students who are participating in exchange programmes. For information on registration procedures and prices, contact your host establishment's International Office.

Individual mobility students

There are two types of language learning

- > French language classes: 4 hours a week for 11 weeks, together with a course leading to an academic qualification.
- > Full-time semester-long course: 15 hours a week for 11 weeks. Advanced French classes which cannot be taken at the same time as a course leading to an academic qualification.

For further information

CIREFE

University of Rennes 2 - Villejean campus,
building E
Place du Recteur Henri Le Moal - CS 24307
35043 Rennes Cedex
Tel. 02 99 14 13 11

E-mail: cirefe@univ-rennes2.fr
www.sites.univ-rennes2.fr/cirefe

● Other possibilities

Centre d'Études des Langues (CCI Rennes)

Faculté des Métiers - Campus de Ker Lann
Rue des Frères Montgolfier - 35172 Bruz
Tel. 02 99 05 45 05

www.ccifformation-rennesbretagne.fr

Dialangues

Centre d'Affaires d'Armorique
3 rue Marc Sangnier - 35200 Rennes
Tel. 02 99 50 32 32

www.dialangues.net

Langue et Communication

35 rue Saint Melaine - Rennes
Tel. 02 99 38 12 55

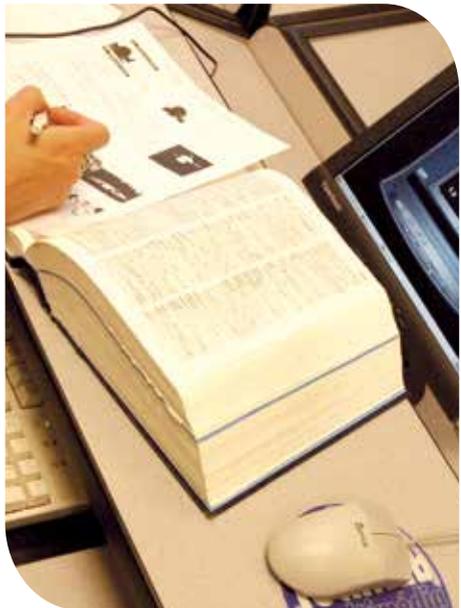
E-mail: langue-et.communication@orange.fr

www.langueetcommunication.com

L'Univers des Langues

77 bd de la Tour d'Auvergne - Rennes
Tel. 02 99 67 51 67

www.univers-langues.com





FINDING A JOB

● What you need to know before finding a job



Non-French students are allowed to work part-time during their studies.

An international student may be employed upon presentation of a valid temporary *carte de séjour* (residency permit) marked *'étudiant'*, or else upon presentation of an acknowledgement of receipt showing they have requested to have their residency permit renewed.

Exception: In order to work, Algerian students must ask for an Autorisation Provisoire de Travail (APT) from DIRECCTE Bretagne (Direction régionale des entreprises, de la concurrence, de la consommation, du travail et de l'emploi de Bretagne).

Furthermore, international students are allowed to work a maximum of 964 hours per year, i.e. 60% of the legal number of hours that can be worked in a year.

Be careful not to exceed this number of hours, otherwise the temporary residency permit could well be invalidated by the prefecture!

Note: PhD students who must work for more than 964 hours over the year as part of their research must request authorisation from DIRECCTE.

For further information:

Direction régionale des entreprises, de la concurrence, de la consommation, du travail et de l'emploi de Bretagne (DIRECCTE)

Immeuble Le Newton

3 bis av. de Belle Fontaine - TSA 71723

35517 Cesson-Sévigné Cedex

Tel. 02 99 12 58 58

www.direccte.gouv.fr/-ille-et-vilaine-.html



● The student residency permit (*titre de séjour mention 'étudiant'*)

> Students who are not concerned

These already have right of residence and do not have to have residency permit:

- students from an EU member state,
- students who are citizens of a member state of the European Economic Area,
- Swiss students.

> Students concerned

The student residency permit mainly concerns students who are citizens of countries which are not member states of the European Union.

However, a European Community residency permit is also necessary for Bulgarian and Romanian students who want to do paid work during their period of study.





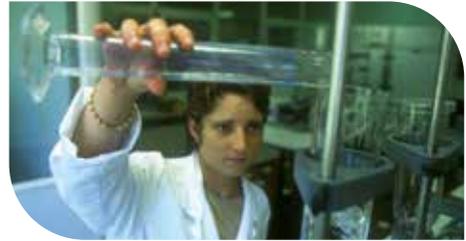
● Procedures to be followed by the employer

Any employer who wishes to employ a non-French student must first declare this to the prefecture that issued the student's temporary residency permit. This declaration must be sent at least 2 working days before the student starts work.

● The employer's declaration

> This must contain:

- the employer's corporate name or their family name and first names, their address, the business registry system identification number, or, failing that, the number under which social security contributions are paid
- the employee's family name, first names, nationality, and date and place of birth
- the nature and length of the contract, and the annual number of hours of work



- the non-French student's temporary residency permit's number
- **a copy of both sides of the student's temporary residency permit**

> How to send the declaration to the prefecture

- either by email:
employeurs-etrangers@ille-et-vilaine.gouv.fr
- or by fax: 02 99 02 14 09
- or by recorded delivery letter with acknowledgement of receipt

Note

The declaration also formally constitutes a request by the employer to the prefecture to check that the non-French student's temporary residency permit really does exist. This is so that the employer can make sure that the document presented to them by the student is genuine. This declaration does not concern any current employment contracts that a non-French student may have.



For further information

The Prefecture's website:
www.bretagne.pref.gouv.fr

Heading: vos démarches en ligne / Ille-et-Vilaine / étrangers en France / séjour et travail des étudiants et stagiaires.



TAKING IT EASY AND GOING OUT

● Some dates to remember



September

> **Journées du Patrimoine** (historical and architectural heritage days): a large number and wide variety of historic sites and buildings are open to the public free of charge.

October

- > **Marmaille:** children's festival with dances, puppets, and miming.
- > **Le Grand Soufflet:** accordion festival.
- > **Tout Rennes Court:** running.
- > **Fête de la Science:** a national celebration of science in all its forms.

November

- > **1 November:** All Saints' Day, religious festival (public holiday).
- > **11 November:** Armistice 1918 (public holiday).
- > **Yaouank:** festival of Breton culture.
- > **Mettre en Scène:** drama and dance festival.
- > **Jazz à l'Ouest:** jazz festival with both a European and American programme.

December - January

- > **25 December:** Christmas, religious festival (public holiday).
- > **1 January:** New Year's Day (public holiday).
- > **Les Transmusicales:** famous festival which focuses on the discovery of today's new music.

March - April

- > **Easter:** Sunday and Monday, religious festival (public holiday, dates vary each year).
- > **Travelling:** film festival with competitions for feature-length and short films, as well as Travelling Junior for children.
- > **Foire Internationale de Rennes:** Rennes' international fair with hundreds of exhibitors.
- > **Les Tabléés du Rheu:** food and wine fair in the village of Le Rheu.
- > **Mythos:** festival of the arts of the spoken word.

May - June

- > **1 May:** May Day - Labour day (public holiday).
- > **8 May:** Victory 1945 (public holiday).
- > **Ascension Day:** Thursday, religious festival (public holiday, date varies each year).
- > **Rock'n Solex:** music festival and Solex (moped) races, organised by the students of INSA.
- > **La Nuit des Musées:** discovery of Rennes' museums by night.
- > **Rennes sur Roulettes:** roller-blading and roller skating weekend.
- > **Fête du Cinéma:** 3 days of reduced-price admission to the cinema.

July - August

- > **14 July:** national holiday - Bastille Day (public holiday).
- > **15 August:** Assumption Day, religious festival (public holiday).
- > **Les Tombées de la Nuit:** Rennes' main arts festival.
- > **Quartiers d'Été:** Rennes Métropole youth festival, with concerts, films, games, and other activities.
- > **Transat en Ville (Deckchairs in the city):** enjoy lazing about and evening concerts.

University vacations

Each establishment determines its own vacations. Nevertheless, the Christmas vacations are the same for everybody and begin in late December. For information on the exact dates of your academic calendar, consult your host establishment.

For further information

Rennes City Council & Rennes Métropole website:
metropole.rennes.fr





● Main entertainment venues

The city of Rennes is a major cultural centre, with a whole host of theatres, museums, concert halls, multimedia libraries, and cinemas.

Live entertainment venues

L'Antipode

2 rue André Trasbot
Tél. 02 99 67 32 12

Le Diapason

University of Rennes 1
(sport and live entertainment)
Service culturel
263 avenue du Général Leclerc - Rennes
Tel. 02 23 23 55 68

Le Tambour

University of Rennes 2
(cinema and concert hall)
Place du Recteur Henri Le Moal - Rennes
Tel. 02 99 14 11 55

Opéra de Rennes

14 galerie du Théâtre (Place de la Mairie) - Rennes
Tel. 02 23 62 28 00

Le Triangle

1 boulevard de Yougoslavie - Rennes
Tel. 02 99 22 27 27

La Péniche Spectacle (show barge)

30 quai Saint-Cyr - Rennes
Tel. 02 99 59 35 38

Le Liberté

1 Esplanade Général de Gaulle
Tel. 02 99 85 84 84

Le Musikhall

Parc Expo Rennes Aéroport
Bruz
Tel. 02 99 85 84 84

L'UBU

1 rue Saint Héliér - Rennes
Tel. 02 99 31 12 10

A word of advice. You can buy your concert tickets at FNAC (Colombia shopping centre), at the Supermarché (E.Leclerc, Carrefour...).

Theatres

Théâtre National de Bretagne (TNB)

European drama and choreography centre
1 rue Saint-Héliér - Rennes
Rennes
Tel. 02 99 31 12 31
www.t-n-b.fr

La Paillette théâtre

6 rue Louis Guilloux
Tél. 02 99 59 88 86

Théâtre de la Parcheminerie

23 rue de la Parcheminerie - Rennes
Tel. 02 99 79 47 63

Art-house cinemas

(films screened in the original language)

Le Tambour

Cultural Service - University of Rennes 2
Place du Recteur Henri Le Moal - Rennes
Tel. 02 99 14 11 51

Arvor

29 rue d'Antrain - Rennes
Tel. 02 99 38 72 40

Ciné-TNB

1 rue Saint-Héliér - Rennes
Tel. 02 99 31 12 31

Reduced price admission to events with the IMC

The IMC, in partnership with the TNB, Le Triangle, the Opéra de Rennes, and the Théâtre de la Paillette, offers international students a reduced-rate ticket of €6 for a selection of dance, theatre, and opera events. Vouchers can be bought at the IMC office (on presentation of a student card).

UEB / CMI Rennes

5 bd Laënnec
cmirennnes@ueb.eu
Tél. 02 23 23 79 50

Programme on the IMC's website

www.mobilite-rennes.ueb.eu

(Heading: foreign student / events and visits)

For further information :

For information, consult the *Vivre à Rennes* (Living in Rennes) guide, free for all new residents in the city. To get a copy, go to the Hôtel de Ville reception with your ID and proof of residence. The guide is also given out in goodie bags during the TAM-TAM festival.

There are many other live entertainment venues in Rennes, both in the various parts of the city and in the surrounding towns and villages. For information, consult the *Vivre à Rennes* (Living in Rennes) guide.

Rennes' public libraries:
www.bibliotheques.rennes.fr
Public libraries in Rennes Métropole:
www.rennes-metropole.fr





● Other cultural and entertainment venues

Museums

Les Champs Libres

New cultural facility bringing together Rennes Métropole's Central Library, the Science Centre, and the Brittany Museum.

10 cours des Alliés - Rennes

Tel. 02 23 40 66 00

www.leschampslibres.fr

Musée des Beaux-Arts (city art gallery)

20 quai Émile Zola - Rennes

Tel. 02 23 62 17 45

www.mbar.org

La Criée (contemporary art centre)

Place Honoré Commeurec - Rennes

Tél. 02 23 62 25 10

www.criee.org

Ecomusée du Pays de Rennes

(museum of rural life)

Ferme de la Bintinais

Route de Noyal-Châtillon-sur-Seiche

Tel. 02 99 51 38 15

www.ecomusee-rennes-metropole.fr

Cinemas

Gaumont

Esplanade Charles de Gaulle - Rennes

Tel. 0 892 696 696

Cinéville Rennes Colombier

26 place du Colombier - Rennes

Tel. 02 23 44 84 00 or 0 892 680 666

Cinéma Arvor-TNB

29 rue Antrain - Rennes

Tel. 02 99 38 72 40

Méga CGR cinema complex

(multiplex cinema just outside Rennes)

Cap Malo - Route de Saint-Malo

35520 La Mézière

Tel. 0 892 688 588

Public libraries

Rennes has 14 public libraries. Reading, the consultation of documents, and Internet access are all free, but the borrowing conditions regarding documents vary according to your subscription. Rennes Métropole's libraries operate as a network. Registration in a local branch library gives you access to all of Rennes' libraries, except that of the Champs Libres. An extra subscription has to be paid at the central library at the Champs Libres for the borrowing of books, DVDs, and CDs.



Central Library: Les Champs Libres

Cours des Alliés - Rennes

Tel. 02 23 40 66 00

For information on central library charges and borrowing conditions, consult the following website:

www.leschampslibres.fr

Heading: 'Infos pratiques/Tarifs'.

Branch libraries

Maurepas, La Bellangerais, Bourg-l'Évesque, Villejean, Nord-Saint-Martin, Cleunay, Champs-Manceaux, Clôteaux-Bréquigny, Carrefour 18, Bréquigny, Landry, Triangle.

The university libraries on the various university campuses have documents and materials which are particularly useful for your studies.

Main parks and public gardens

Prévalaye recreation area

Route de Sainte-Foix (Cleunay)

Beauregard

at the corner of Rue Fernand Robert and Avenue du Bois Labbé

Bréquigny

Rue d'Angleterre

Les Gayeulles

Avenue des Gayeulles

Maurepas

15 boulevard Paul Painlevé

Oberthur

82 rue de Paris

Thabor

Place Saint-Melaine

Villejean



PLAYING SPORT

- **The Service Interuniversitaire d'Activités Physiques et Sportives (SIUAPS)**
(inter-university physical and sporting activities service)



For further information

Beaulieu:

Secrétariat du SIUAPS
Gymnase universitaire
Avenue du Professeur Charles Foulon - Rennes
Tel. 02 23 23 63 87

Villejean:

Secrétariat du SIUAPS
Université de Rennes 2 - Hall B
Place du Recteur Henri Le Moal - Rennes
Tel. 02 99 14 14 70

- **Main council-run sporting facilities**

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

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

Tennis courts: Les Gayeulles, Roger-Salengro, Bréquigny, Cleunay-Lesseps, Courtemanche

Squash courts: Les Gayeulles

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

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

Water-sports centre: Étangs d'Apigné

> If you are a student at the universities of Rennes 1 or Rennes 2, SIUAPS offers you training in various physical and sporting activities. Above all, it gives you the opportunity to choose those activities which are best suited to your requirements. It also shows that you have participated in sporting activities during your degree course, and gives you the chance to participate in university sporting competitions.

Every year an inter-university sports day, involving activities on both university campuses, brings together students from Rennes 1 and Rennes 2.

> If you are a student in a *grande école*, sporting activities will be available. Ask your *grande école's* sports association for information.

N.B. No matter what kind of sport you want to play, you need to have a *certificat médical d'aptitude à la pratique sportive* (medical certificate confirming your fitness to play sport). This will be issued to you during a medical visit in France.

For further information:

- on sporting facilities: see the *Vivre à Rennes* (Living in Rennes) guide.

- on sporting activities organised by Rennes' sports clubs and associations, contact:

Office des Sports

Espace Vélodrome - 10 rue Alphonse Guérin - Rennes
Tel. 02 23 20 42 90
contact@sports-rennes.com
www.sports-rennes.com

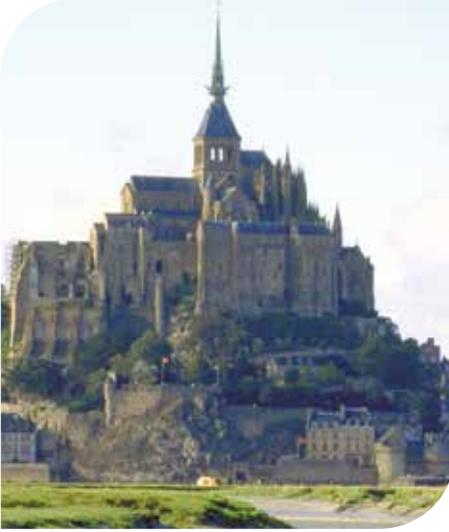




Découvrir Rennes, la Bretagne, Paris

Discovering Rennes, Brittany, and Paris

DISCOVERING RENNES, BRITTANY, AND PARIS



Do you want to get out and about? Rennes is ideally situated for discovering Brittany and France's capital, Paris. Here are a few ideas for some trips.

● A day trip

Mont-Saint-Michel

A UNESCO World Heritage Site.

To see: the abbey, the town, and the bay
Journey: 90 km - 1 hr 20 min. (by coach)

www.ter-sncf.com

Tel. 0 800 880 562 - Leave from Rennes coach station
(gare routière)

Tourist Office: www.ot-montsaintmichel.com

Saint-Malo

The corsair town beside the sea. (A corsair was a licensed pirate).

To see: Saint-Malo Intra Muros (the old town within the ramparts), the beaches, and the aquarium.

Journey: 70 km - 50 min. (by TGV high-speed train or local TER train).

By coach (illenoo):

www.illenoo.fr

Tel. 0 810 35 10 35 Leave from Rennes coach station.

Tourist Office:

www.saint-malo-tourisme.com

Brocéliande

The forest of legends, in which Merlin the magician, Viviane the fairy, the Knights of the Round Table, and King Arthur have all left their traces.

To see: the Val sans Retour (valley of no-return), with the Étang du Miroir-aux-Fées (fairies' mirror pool), Merlin's Seat, the Moulin de la Vallée (mill of the valley), the Arbre d'Or (golden tree), and Merlin's Tomb.

www.broceliande-pays.com

Tréhouretec Tourist Office:

www.valsansretour.com

Other ideas

Combours, Dinan, and Vitré - to name but a few.

Comité Départemental du Tourisme Haute-Bretagne Ille-et-Vilaine: www.bretagne35.com

● Getting away for a weekend or a few days

Discovering Brittany

To give you some ideas for trips and short stays, consult the www.tourisembretagne.com website.

Suggested trips around the Côte d'Émeraude (Emerald Coast), the Côte Sauvage (Wild Coast), the Côte de Granit Rose (Pink Granite Coast), and the Côte des Légendes (Coast of Legends) will help you to discover the magic of your host region.

Paris

Discover the attractions of the capital of France.

To see: historical monuments, e.g. the Eiffel Tower and the Champs Élysées, museums, e.g. the Louvre, and the Georges Pompidou Centre, Notre-Dame cathedral, and walks on the banks of the River Seine.

Travel to Paris by train: TGV high-speed train from Rennes to Paris Montparnasse:

www.voyages-sncf.com

Journey: 350 km - 2 hr 5 min. (by TGV)

Paris Tourist Office: www.parisinfo.com

One Saturday a month, the IMC organises an outing to help you to discover Brittany.



Each full-day excursion costs €10, and can be booked at the IMC office (on presentation of a student card).

UEB / CMI Rennes

5 bd Laënnec

cmirennes@ueb.eu

Tel. 02 23 23 79 50

The excursion programme can be found on the IMC's website (Heading: foreign student / events and visits)



Garder le contact avec la France

Keeping in contact with France





KEEPING IN CONTACT WITH FRANCE

Your stay in France is a special time for making contacts and developing a network of relationships which will be useful to you in the future. This stay gives you the opportunity to discover a new country, a different language, and another culture. To make the most of this experience when you get home, take great care of your address book where all your 'French' contacts, personal and professional, are listed.

Here are a few tips for maintaining and developing your network of contacts after you leave France:

- Make contact with:
 - > The cooperation and cultural activities network, e.g. the Alliance Française, French cultural centres and institutes, research institutes, and cooperation and cultural activity services. Consult the Ministry of Foreign Affairs website: www.diplomatie.gouv.fr
 - > French-speaking clubs and societies (150 throughout the world).
- Maintain and develop your linguistic skills in French by regular attendance at the network of Alliances Françaises, which can be found in a hundred or so countries, and which offer French lessons as well as a whole range of other cultural and social activities.



- Take part in the festivities: events such as the Semaine de la Langue Française et de la Francophonie (French language and the French-speaking world week), French film festivals, and the French national holiday on 14 July.

For further information: www.alliancefr.org

- Keep in touch by regularly going to the multimedia libraries at French cultural centres and institutes.

● On a daily basis

- Listen to Radio-France Internationale (RFI) on the radio.
For information on radio frequencies and the times of broadcasts for each continent, consult the website: www.rfi.fr

- Watch French language television programmes on the Canal France International (CFI) channel or on TV5, whose network covers Europe, Asia, Africa, and America.

For further information: www.cfi.fr, www.tv5.org
www.france24.com

- Read newspapers and weekly and specialist monthly magazines, like the weekly edition of Le Monde (which is published especially for foreign readers and for French people who live abroad) or the magazine, Label France, (which is distributed by French embassies and the cultural network, and which can be read on the website: www.diplomatie.gouv.fr).

On the Ministry of Foreign Affairs website you can also find articles on all kinds of topics related to French news and current affairs:

www.diplomatie.gouv.fr

● Understanding acronyms and initials



ADIL: Agence Départementale pour l'Information sur le Logement (housing advice centre)

ADSL: broadband (Internet)

ALS: Allocation de Logement à caractère Social (housing benefit)

APT: Autorisation Provisoire de Travail (temporary work permit)

ATER: Attaché Temporaire d'Enseignement et de Recherche (graduate teaching assistant)

BAPU: Bureau d'Aide Psychologique Universitaire (university psychological help centre)

BTS: Brevet de Technicien Supérieur (post-18-years-old vocational qualification)

CAF: Caisse d'Allocations Familiales (family benefit office/welfare center)

CAR: Centre d'Accueil et de Renseignements (town hall/city hall reception)

CFI: Canal France International (television)

CIREFE: Centre International Rennais d'Etudes de Français pour Etrangers (university teaching of French as a foreign language centre)

CMI Rennes: Centre de mobilité internationale de Rennes (Rennes International Mobility Centre - IMC)

CMU: Couverture Maladie Universelle (universal health cover)

CPAM: Caisse Primaire d'Assurance Maladie (state health insurance office)

CRUIB: Centre Régional Information Jeunesse de Bretagne (youth information centre)

CREPUQ: Conférence des Recteurs et des Principaux des Universités du Québec

CROUS: Centre Régional des Œuvres Universitaires et Scolaires (university catering and accommodation service)

DAB: Distributeur Automatique de Billets (cash dispenser)

DALF: Diplôme Approfondi de Langue Française (Diploma of Advanced French Language Studies)

DAP: Demande d'Admission Préalable (preliminary request for admission)

DIRECCTE: Direction Régionale des Entreprises, de la Concurrence, de la Consommation, du Travail et de l'Emploi de Bretagne

DSE: Dossier Social Etudiant

ECTS: European Credit Transfer System

EDF: Electricité de France (electricity and gas supplier)

GDF: Gaz de France (electricity and gas supplier)

EEE: Espace Economique Européen (European Economic Area)

GAB: Guichet Automatique de Banque (cash dispenser/ATM)

ISEP: International Student Exchange Program

IUT: Institut Universitaire de Technologie (university institute of technology)

LMD: Licence Master Doctorat (Bachelor's / Master's / Doctorate)

LMDE: La Mutuelle Des Etudiants (student supplementary health insurance company)

MIR: Maison Internationale de Rennes (Rennes International House)

OFII: Office Français de l'Immigration et de l'Intégration (French immigration and integration service)

ONISEP: Office National d'Information sur les Enseignements et les Professions

RATP: Régie Autonome des Transports Parisiens (Paris city transport authority)

R&D: Research and Development

RER: Réseau Express Régional (rapid-transit train service between Paris and the suburbs)

RFI: Radio-France Internationale

RIB: Relevé d'Identité Bancaire (bank account details)

RU: Restaurant Universitaire (university restaurant)

SAMU: Service d'Aide Médicale d'Urgence (emergency ambulance service)

SIMPPS: Service Inter-Universitaire de Médecine Préventive et de Promotion de la Santé (university medical service)

SIUAPS: Service Inter-Universitaire des Activités Physiques et Sportives (inter-university physical and sporting activities service)

SMEBA: Société Mutualiste des Etudiants Bretagne Atlantique (student supplementary health insurance company)

SNCF: Société Nationale des Chemins de Fer Français (French national railway company)

STAR: Service de Transport de l'Agglomération Rennaise (Rennes Métropole public transport system)

TCF: Test de Connaissance de Français (French language test)

TER: Train Express Régional (local train)

TGV: Train à Grande Vitesse (high-speed train)

TNB: Théâtre National de Bretagne

UEB: Université européenne de Bretagne

UNESCO: United Nations Educational, Scientific, and Cultural Organization



CONTACTS UTILES USEFUL CONTACTS

UEB / Centre de mobilité internationale de Rennes
5 boulevard Laënnec - 35000 Rennes
Tél. + 33 (0)2 23 23 79 50
cmirennnes@ueb.eu
www.mobilite-rennes.ueb.eu

**Etablissements membres du Centre de
mobilité internationale de Rennes
(services des relations internationales)**
Member establishments of the Rennes
International Mobility Centre
(International Offices)

Université de Rennes 1
44 boulevard de Sévigné - 35700 Rennes
Tél. + 33 (0)2 23 23 36 02
sai@listes.univ-rennes1.fr
www.univ-rennes1.fr

Université Rennes 2
Place du Recteur Henri Le Moal
CS 24307 - 35043 Rennes
Tél. + 33 (0)2 99 14 10 92
international@univ-rennes2.fr
www.univ-rennes2.fr

Agrocampus Ouest
65 rue de Saint Briec
CS 84215 - 35042 Rennes Cedex
Tél. + 33 (0)2 23 48 59 09
student.mobility@agrocampus-ouest.fr
<http://www.agrocampus-ouest.fr>

**ENSAI
(Ecole Nationale de la Statistique et de
l'Analyse de l'Information)**
Campus de Ker-Lann
Rue Blaise Pascal - BP 37203
35172 Bruz Cedex
Tél. +33 (0)2 99 05 32 43
international@ensai.fr
www.ensai.com

**ENSC Rennes
(Ecole Nationale Supérieure de Chimie)**
Campus de Baulieu
Avenue du Général Lederc
35700 Rennes
Tél. + 33 (0)2 23 23 80 47
relations-internationales@ensc-rennes.fr
www.ensc-rennes.fr

**Ecole Normale Supérieure de Cachan
(Antenne de Bretagne)**
Campus de Ker Lann
Avenue Robert Schumann
35170 Bruz
Tél. + 33 (0)2 99 05 94 20
contact@bretagne.ens-cachan.fr
www.bretagne.ens-cachan.fr

**EHESP
(Ecole des Hautes Etudes en Santé Publique)**
Avenue du Professeur Léon Bernard
CS 74312 - 35043 Rennes Cedex
Tél. + 33 (0)2 99 02 26 93
contact@ehesp.fr
www.ehesp.fr

**INSA de Rennes
(Institut National des Sciences Appliquées)**
20 avenue des Buttes de Coësmes
CS 14315 - 35043 Rennes Cedex
Tél. + 33 (0)2 23 23 87 21
international@insa-rennes.fr
www.insa-rennes.fr

Sciences Po Rennes
104 boulevard de la Duchesse Anne
35700 Rennes
Tél. + 33 (0)2 99 84 39 18
relations.internationales@sciencespo-rennes.fr
www.sciencespo-rennes.fr

Supélec - Campus de Rennes
Avenue de la Boulaie
CS 47601 - Cesson-Sévigné Cedex
Tél. + 33 (0)2 99 84 45 00
communication@supelec.fr
www.supelec.fr

Télécom Bretagne - Campus de Rennes
2 rue de la Châtaigneraie
CS 17607 - 35576 Cesson Sévigné Cedex
Tél. + 33 (0)2 99 12 70 09
international-adm@telecom-bretagne.eu
www.telecom-bretagne.eu

**Numéros d'urgence
Emergency numbers**

**Appel d'urgence européen, numéro à effectuer
en priorité : 112**

SAMU (Service d'Aide Médicale d'Urgence) : 15

Police : 17

Pompiers : 18

Drogues Info Service : 0 800 23 13 13

Alcool Info Service : 0 811 91 30 30

Tabac Info Service : 39 89 (0,15 € / min)

Centre anti-poison : 02 99 59 22 22

Services de garde

On call/duty doctor, pharmacist,
and dentist services

SOS Médecins : 02 99 53 06 06 ou 36 24

Pharmaciens de garde : 02 23 45 04 04

Dentistes de garde : 02 99 38 84 22

Dépannages

Emergency /utility repair services

Véolia : 02 23 48 00 01

GDF Suez - Dolce Vita : 0 969 324 324

EDF : 09 69 32 15 15

Plombier (plumber) de garde : 02 99 63 01 02

Administration

Préfecture de l'Ille-et-Vilaine (Beauregard)

3 avenue de la Préfecture - 35026 Rennes
Transport : bus n° 4, arrêt Beauregard / Préfecture
Tél. 02 99 02 10 35

prefecture@ille-et-vilaine.gouv.fr

www.bretagne.pref.gouv.fr

Horaires : ouvert du lundi au vendredi de 9h à midi.
open Monday to Friday, 9a.m - 12 noon

Assurances

Health insurance

LMDE (La Mutuelle Des Etudiants)

43 bd de la Tour d'Auvergne - 35000 Rennes
www.lmde.com

SMEBA (Société Mutualiste des Etudiants Bretagne Atlantique)

31 - 33 quai Châteaubriand - CS 80314
35108 Rennes Cedex 03
www.smeba.fr

OFII (Office Français de l'Immigration et de l'Intégration)

8 Rue Julien Lemordant - 35000 Rennes
Tél. 02 99 22 98 60
rennes@ofii.fr
www.ofii.fr

Vie quotidienne

Daily life

Centre Régional des Oeuvres Universitaires et Scolaires (CROUS)

7 place Hoche - CS 26428
35064 Rennes Cedex
Tél. 02 99 84 31 31
www.crous-rennes.fr

SIMPSS (Service Interuniversitaire de Médecine Préventive et de Promotion de la Santé)

Campus de Beaulieu

263 av. du Gal Leclerc
Tél. 02 23 23 55 05

Campus Villejean

Bâtiment ÈRÈVE
Tél. 02 99 14 14 60

Centre Régional Information

Jeunesse de Bretagne (CRIJB - Le 4 bis)

4 bis cours des Alliés - 35000 Rennes
Tél. 02 99 31 47 48

www.crijb-bretagne.com

Maison Internationale de Rennes (MIR)

7 quai Châteaubriand - 35000 Rennes
Tél. 02 99 78 22 66

www.mirennnes.fr

Office de Tourisme

11 rue Saint Yves - 35000 Rennes
Tél. 02 99 67 11 11

www.tourisme-rennes.com

Adresses Internet utiles / Useful websites Vos études en France / Your studies in France

Office National d'Information sur les Enseignements et les Professions (ONISEP)

www.onisep.fr

Egide (Centre français pour l'accueil et les échanges internationaux)

www.egide.asso.fr

Campus France

www.campusfrance.org

Actualités rennaises

Rennes news and current affairs

Informations de la Ville de Rennes et de Rennes Métropole :

metropole.rennes.fr

PRATIQUER UNE RELIGION

Il est possible de pratiquer, à Rennes, différents cultes : catholique, protestant, orthodoxe, évangélique, israélite, musulman et bouddhique. Pour connaître les localisations des lieux de culte, veuillez consulter le guide *Vivre à Rennes*, à la rubrique "cultes".

RELIGIOUS OBSERVANCE

In Rennes it is possible to attend different places of worship: Roman Catholic, Protestant, Orthodox, Evangelical, Jewish, Muslim, and Buddhist. For information on where to find these places of worship, consult the *Vivre à Rennes* guide under the heading "Cultes".

NOTES

Guide de l'étudiant étranger à Rennes

The International Student's Guide to Rennes

La première édition du guide a été réalisée par l'Europôle universitaire de Rennes, avec le concours de ses établissements membres (2006). Cette cinquième édition, mise à jour, a été effectuée par l'équipe du Centre de mobilité internationale de Rennes / UEB (2013).

The first edition of this guide (2006) was produced by the Europôle Universitaire de Rennes, with the assistance of its member establishments. This updated 5th edition has been produced by the Rennes International Mobility Centre / UEB (2013).

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Les principaux **CAMPUS** à Rennes Métropole

Campus de **VILLEJEAN**

UNIVERSITÉ RENNES 1
Faculté de Médecine
Faculté de Pharmacie
Faculté d'Odontologie

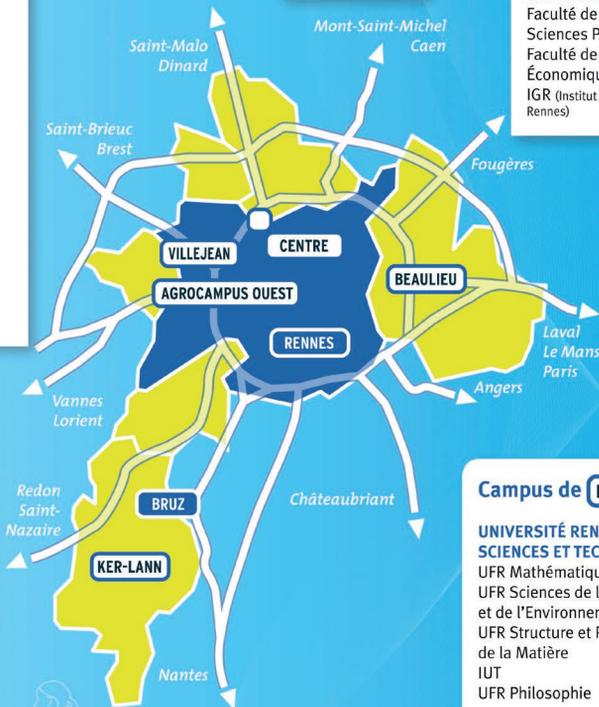
UNIVERSITÉ RENNES 2
UFR Langues
UFR Sciences sociales
UFR Sciences humaines
UFR Arts-Lettres
et Communication
UFR Activités Physiques
et Sportives

GRANDES ÉCOLES
EHESP (École Nationale
de la Santé Publique)

ESC Rennes
(École Supérieure de
Commerce de Rennes)

Campus **CENTRE**

UNIVERSITÉ RENNES 1
Faculté de Droit et
Sciences Politiques
Faculté de Sciences
Économiques
IGR (Institut de Gestion de
Rennes)



AGROCAMPIUS OUEST

Formations
supérieures
agronomiques
et agro-alimentaires

Campus de **BEAULIEU**

UNIVERSITÉ RENNES 1
SCIENCES ET TECHNOLOGIES
UFR Mathématiques
UFR Sciences de la Vie
et de l'Environnement
UFR Structure et Propriétés
de la Matière
IUT
UFR Philosophie

GRANDES ÉCOLES

SUPELEC (École Supérieure d'Électricité)
Telecom Bretagne (École Nationale
Supérieure des Télécommunications
de Bretagne)
INSA (Institut National
des Sciences Appliquées)
ENSCR (École Nationale Supérieure
de Chimie de Rennes)
ESAT (École Supérieure
et d'Application des Transmissions)
ESRI (École Supérieure d'Ingénieurs de
Rennes (Université de Rennes 1))

Campus de **KER-LANN**

ENS Cachan (École Normale Supérieure de Cachan)
antenne de Bretagne
ENSAI (École Nationale de la Statistique
et de l'analyse de l'Information)
École d'Ingénieurs Louis de Broglie
EME (École des Métiers de l'Environnement)

VIE ÉTUDIANTE



Universités et Grandes Écoles

(Membres de la Conférence des Grandes Écoles de Bretagne)

Quelques chiffres-clés :

→ 60 000 étudiants → plus de 4 000 nouveaux étudiants étrangers par an → 2 universités → 26 écoles et instituts
→ plus de 90 laboratoires de recherche → des **grands organismes de recherche** : CNRS, INSERM, INRIA, INRA, Cemagref

Partenaires [Partners] :

Université de Rennes 1
www.univ-rennes1.fr

Université Rennes 2
www.univ-rennes2.fr

Agrocampus Ouest
www.agrocampus-ouest.fr

ENSAI
www.ensai.com

ENSC de Rennes
www.ensc-rennes.fr

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

EHESP
www.ehesp.fr

INSA de Rennes
www.insa-rennes.fr

Sciences Po Rennes
www.sciencepo-rennes.fr

Supélec
Campus de Rennes
www.supelec.fr

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



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M : cmirennes@ueb.eu
www.mobilite-rennes.ueb.eu