

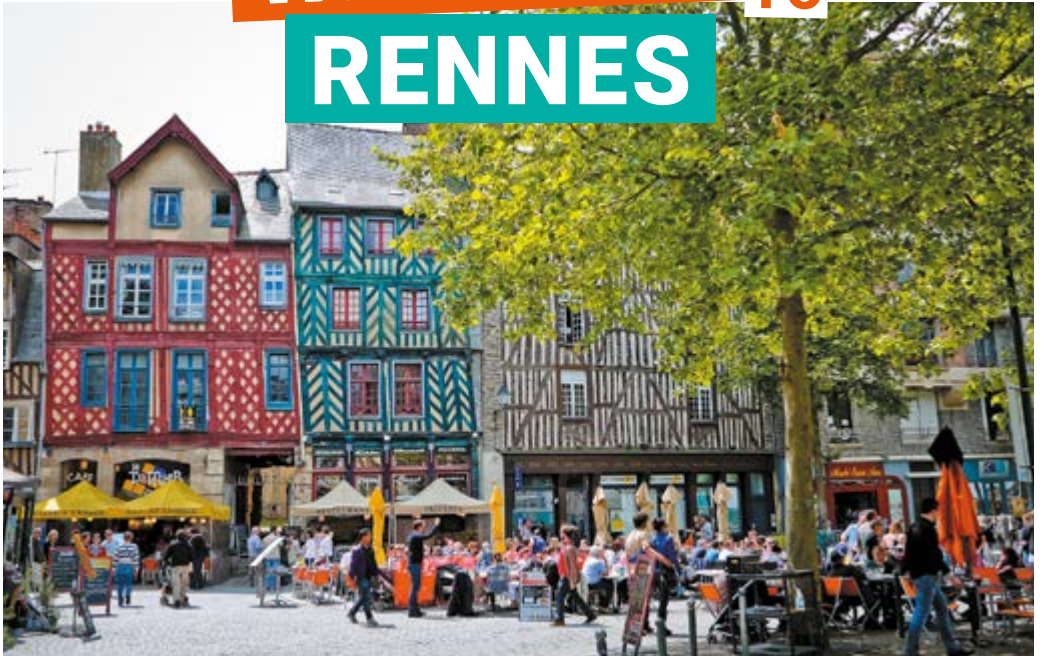


DISCOVER YOUR CITY



Campus France will guide you through your first steps in France and **exploring Rennes, your new home.**

WELCOME TO RENNES



YOUR ARRIVAL IN RENNES /

- ◆ The Center for International Mobility, an important and centralized international welcome service

In Rennes, 13 higher education institutions, 6 national research institutes and the Rennes Métropole metropolitan authority have come together to create the Centre de mobilité internationale (CMI Rennes - International Mobility Centre) which offers its services to international students, doctoral students and researchers.

You can use these services if you are registered with one of the member institutions of the Centre de Mobilité Internationale: Université Rennes 1, Université Rennes 2, Institut Agro Rennes Angers, EHESP, Centrale Supélec, ENSAI, Ecole nationale supérieure de Chimie de Rennes, ENS Rennes, IMT Atlantique, INSA, Sciences Po Rennes, Unilasalle Rennes, Ecole nationale d'architecture de Bretagne, as well as the CNRS, the INSERM, the INRIA, the INRAE, the CHU and the ANSES.

The CMI Rennes is a one-stop information service which provides you with:

- assistance with all administrative procedures;
- support in putting together an application for a residence permit;
- advice and hot tips (accommodation, healthcare, work, catering, transport...);
- the Euraxess service, which is specifically targeted at doctoral students and researchers.

Address: Cité Internationale Paul Ricoeur, 1 place Paul Ricoeur, 35000 Rennes.
Hours: Monday, Tuesday, Thursday, and Friday, 9am to 12:30pm and 1:30pm to 5pm.
Access: 3 bus lines and a metro line enable you to get to the CMI.
Contacts: 02 22 51 44 20 or cmi@univ-rennes2.fr

Learn more:

- please refer to the website: cmi.univ-rennes.fr and the Université's Facebook, Instagram and Twitter accounts;
- download the CMI Rennes Welcome Guide (bilingual French-English): <https://cmi.univ-rennes.fr/fr/etudiants/guide>



Making you feel at home is a major concern for all French higher education institutions! The **Welcome to France label** is awarded to institutions that fulfil exacting criteria in the way they take care of their international students.

ACCOMMODATION

Finding somewhere to live is not always easy.

Rents are often high, and landlords require financial guarantees (such as a deposit). Nevertheless, there is a wide range of accommodation on offer: halls of residence that are exclusively reserved for students and managed by the CROUS, student halls and private lodgings, rooms in private homes, flatshares...

◆ Welcome and orientation for researchers and doctoral students

The Rennes CMI is also the one stop for all procedures (residence permits, housing, banking, insurance, CAF, CPAM). Visit the dedicated page: <https://cmi.univ-rennes.fr/fr/doctorants-chercheurs>

◆ Buddy System

You can be assisted by a local student in Rennes! Thanks to the ESN (Erasmus Student Network) association, you can be greeted when you arrive on the Rennes campus. ESN and its mentors are here to simplify your student and campus life integration. To find out more: <https://cmi.univ-rennes.fr/fr/etudiants/esn-rennes> and on social media.

◆ Welcome and Orientation in other Institutions

Regardless of your institution, please consult the Campus France website for orientation. The site presents a series of Information Sheets covering the different higher learning institutions in France: <https://www.campusfrance.org> > Students > Documentary resources > Practical information for students and researchers > Reception arrangements in institutions

If you cannot find your school in this list, then go directly to their website.

◆ National Services

- students: www.etudiant.gouv.fr
- doctoral students, researchers: <http://www.euraxess.fr/fr>

The main thing is to start preparing for this as early as possible, before leaving your home country.

- The Rennes CMI also offers numerous solutions on its website depending on the type of housing wanted: <https://cmi.univ-rennes.fr/fr/etudiants/logement>
> étudiants internationaux > votre séjour à Rennes > se loger à Rennes
- The CRIJ de Bretagne (Centre Régional d'Information Jeunesse), the regional youth information center also has pages dedicated to housing: <https://crij.bzh/sinformer/se-loger/> > S'informer > Logement, transport, vie pratique

A FEW TIPS

◆ Short-term housing:

- The Youth Hostel, near the city center. Address: 10 canal Saint-Martin, 35000 Rennes. Contact: 02 99 33 22 33. Site: <https://www.hifrance.org>
- Other types of residences with hotel services: See the Rennes Tourist Office website: <https://www.tourisme-rennes.com> > organiser mon séjour > où dormir

◆ Long-term housing

- The Rennes Bretagne CROUS (Centre Régional des Œuvres Universitaires - Regional Center for University Services) for student housing. Address: CROUS, 7 place Hoche, 35000 Rennes. Hours: Monday to Friday, 8:30am to 4:00pm. Contact: 02 30 30 09 30. Site: <http://www.crous-rennes.fr> > Logements
The website *Trouver un logement*: <https://trouverunlogement.lescrous.fr/>
- Private Housing Platforms:
Several Rennes establishments are members of Studapart, a platform specialized in private housing for students: <https://www.studapart.com/fr>
Other student residences, managed by private companies, are also available in Rennes. Try these sites:
 - <https://www.adele.org>
 - <https://www.immojeune.com>
 - <https://www.location-etudiant.fr>
 - <https://housinganywhere.com/fr>
- There is also a site managed by the CROUS, Lokaviz, which includes a listing of student accommodations in private homes: <https://www.lokaviz.fr/>
- Shared Leases: consult *La Carte des Colocs*, a national site for shared leases that's free and simple to use: <https://www.lacartedescolocs.fr/>

• Other solutions available on the Campus France site: www.campusfrance.org > Getting Organized > Accommodation

◆ If you need a guarantor to secure your lodging

Visale is a new and free guarantor system: www.visale.fr

◆ If you want to file an application for APL funds (Aide Personnalisée au Logement, or personalized housing aid)

CAF (Caisse des Allocations Familiales) can check your eligibility: 32 30 or www.caf.fr

◆ For accommodation adapted to your special needs

Contact the CROUS Service Social which will work with your host institution. Some institutions have specialized services for special-needs students (housing assistance and also transportation and tuition).

GETTING AROUND RENNES

✈ If you arrive at the Rennes Bretagne airport, you can take the 57 bus which goes downtown (Republic stop). The ride is 20 minutes and the bus runs every day of the week: <https://www.rennes.aeroport.fr/acces-parkings/bus>

🚆 To get to Rennes by train from Paris, take the high-speed TGV at Montparnasse station: <https://www.oui.sncf/>

🚊 In Rennes, use the Star public transportation network and the KorriGo card, a single transportation ticket valid for all your trips (bus, metro, train) and even bike rentals: <https://www.star.fr> > titres et tarifs > carte KorriGo
There are regional trains, Breizhgo TERs, for getting around the region: www.ter.sncf.com/bretagne
Buses are also an option for low-cost travel: <https://fr.ouibus.com/> or <https://www.flixbus.fr/>

🚗 For ride-sharing, refer to the collaborative websites:
- local: <https://www.ouestgo.fr/>
- national: <https://www.blablacar.fr>

🚲 For more independence, rent a bike (traditional or electric) with Vélostar: <https://www.star.fr> > star, le vélo

Learn more: <http://www.crous-rennes.fr>
> logement > nos résidences > logements adaptés

The CROUS, at your service everywhere

Do you need any help and/or advice, somewhere to eat or to live, a job - or do you just want to find out all there is to know about student life? Then the CROUS is what you need!



The CROUS (Centre Régional des Œuvres Universitaires et Scolaires - Regional Centre of University and School Services) has branches in all major French university towns.

It manages university halls of residence and canteens, allows you to meet social workers, and offers cultural activities and job opportunities.



FIRST THINGS FIRST /

ENROLLMENT IN YOUR INSTITUTION

◆ CVEC

Before you can enroll in your institution, you must download proof of payment of the Contribution Vie Etudiante et de Campus (CVEC) – the student and campus life contribution fee.

- Connect to <https://cvec.etudiant.gouv.fr/>

- For additional information and special cases:

<https://www.campusfrance.org> > Getting Organized > CVEC

◆ Confirm Registration

Take note! Even if you have a pre-registration letter, you are not officially enrolled. You must confirm your enrollment with the institution's Service de la Scolarité (Admissions) as soon as you arrive.

RESIDENCE PERMITS

WHAT YOU NEED TO KNOW

• If you have just arrived in France on a long-term VLS-TS student visa: you must **validate it online as soon as you arrive in France**, on the ANEF (Administration numérique pour les Etrangers en France - Digital Administration for Foreigners in France) website. This validation must be carried out within the three months following your arrival: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

• If you have Algerian citizenship or you are a student holding a “concours” visa or a visa bearing the mention “carte à solliciter dans les deux mois” (“card to be requested within two months”): your request for a residence permit must be carried out at the Préfecture.

• If you hold a “mineur scolarisé” (“minor in education”) visa and you have since attained your majority, you must request a residence permit directly on the ANEF website or at the *préfecture* of your place of residence within the two months following your attaining the age of legal majority: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

Please note: if you wish to renew your residence permit or VLS-TS, you must make your request during the third month preceding the date of end of validity of your current residence permit, on the following website: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

Please refer to the following tutorial for help with this procedure: https://www.youtube.com/watch?v=-iGha_yqN04

• Your institution's student support services can assist you in case of any difficulties.

To find out more about your rights and obligations: <https://www.service-public.fr/particuliers/vosdroits/N110>



PRACTICAL INFORMATION /

OPENING A BANK ACCOUNT

If you stay in France for more than 3 months, it will be much easier day-to-day if you open a bank account, **online or in one of the bank agencies located in Rennes.**

In France, opening a bank account is a right: www.service-public.fr > Argent > Comptes bancaires > Droit au compte

ACCESSING HEALTHCARE

Accessing healthcare in France is almost free, but you must be insured. **You must therefore be registered with the national health insurance programme.**

Please go to the <https://etudiant-etranger.ameli.fr> website to register, understand your rights and to carry out the requisite procedures.

Learn more:

<https://www.campusfrance.org> > Getting Organized > Health

As a student, you can also take advantage of the university medical services. In these health centers where consultations are free, you will be greeted by a team of doctors and nurses who can give personalized advice about health and prevention.

That's the case in Rennes where the two universities and Grandes Écoles joined up to offer a Service Santé des Etudiants (SSE - Student Healthcare Service).

This service has two branch offices depending on your host institution.

- Beaulieu Campus branch office

Université Rennes 1, Building 21, avenue du Général Leclerc, 35000 Rennes.

Hours and phone: Monday to Friday, 8:30am to 5pm, 02 23 23 55 05.

- Villejean Campus branch office

Université Rennes 2, Pôle santé social, Building Eveve R, place du Recteur Henri Le Moal, 35000 Rennes.

Hours and phone: Monday to Friday, 8:30am to 5pm, 02 23 23 70 85.

Learn more: <https://simpps.univ-rennes.eu/>

TAKING OUT COMPLEMENTARY HEALTH INSURANCE (“MUTUELLE”)

We recommend you take out complementary health insurance in order to cover the totality of your healthcare costs, which are not all covered by the compulsory and free national health insurance programme.

Please note: options and levels of insurance vary from one insurer to another. In order to choose the complementary insurance that is best adapted to your situation and your budget, you can access more information on a student “mutuelles” price comparison website.

HOUSING INSURANCE

In France, housing insurance is mandatory.

The “garantie risques locatifs” - rental risk guarantee - is housing insurance which you can subscribe with your bank or a private insurance company. Online subscription is also often possible.

EMERGENCY NUMBERS

SAMU: Call 15 Emergency Medical Services

Police emergency: Call 17 in the event of violence, theft, robbery.

Fire Department: Call 18 in the event of fire, gas leak, water damage, natural catastrophe, or traffic accident.

Call 112: European emergency services number that's accessible from anywhere in the European Union in addition to the French numbers above.

LEARNING FRENCH

Learning French is an opportunity that's not to be missed! Find what works best for you:

- by consulting the Campus France site or the Français Langue Etrangère (FLE) - French as a foreign language - centers and universities which offer courses at all levels year-round:

<http://ecolesdete.campusfrance.org>

- by asking in your institution, at city hall, or in your host city's Maison des Associations - community centers.

FINDING A JOB OR WORK EXPERIENCE PLACEMENT

It is important that you have sufficient financial resources to come and study in France.

Working in France as a foreign student is possible within limits, namely for a maximum duration of 964 hours per year. This can therefore only be a way of earning **supplementary funds.**

Please note: to work in France, if you are not a citizen of the European Union, you must hold a valid **student residence permit.**

To help you find a job or work experience placement, 2 addresses:

- **The Bretagne CRIJ** (Centre Régional d'Information Jeunesse), the regional youth information center, has several leads for jobs and internships: <https://crij.bzh/> > S 'informer > Emplois, jobs, stages
- **the Jobaviz website, run by the CROUS** can help you find a student job compatible with your studies: <https://www.jobaviz.fr>

THINGS TO DO IN RENNES /

TAKE UP A SPORT

- **In your school**, contact the Service des Sports for free access to sports facilities. The Both Rennes universities created Service Interuniversitaire des Activités Physiques et Sportives, or inter-university service for physical and sports activities (SIUPS) which offers around fifty activities: <https://siuaps.univ-rennes.fr/>
- **In Rennes**, you can also find a sport from among the 110 locally-managed sports facilities by consulting the Rennes Métropole site: <https://metropole.rennes.fr/le-sport-rennes>

BE ACTIVE

Attend cultural and sporting events, or join a social or community group, through one of the numerous local or national student clubs and associations. To learn more, check with your school (Service de la vie étudiante, Student Services) or visit the following sites: www.animafac.net or www.letudiant.fr

In Rennes, the ESN association, a welcoming association for international students, presents numerous activities and publishes a guide for foreign students (see page 2).

Website: <https://rennes.esnfrance.org/>

CULTURE AND NIGHTLIFE

Rennes offers many ways to cultivate yourself or party. Movie theaters, concerts, theaters, operas, museums, exhibitions, and festivals are on the program and most of the time, at reduced cost for students: <https://metropole.rennes.fr> > sport, culture

Rennes Métropole offers a free card, the **Carte Sortir** which makes it possible to see performances or to practise activities at preferential rates: <https://metropole.rennes.fr> > sport, culture > tout savoir sur la carte Sortir!

For entertainment or to pick up some culture, in Rennes, there are:

- 4 large movie theaters with multiple screens (student rates, rewards program) including 1 art-house theater, the Arvor.
- 9 major museums including the Fine Arts Museum which is located in the former university building (reduced student rates): <https://mba.rennes.fr/fr>
- 30 performance centers
- around twenty book shops including an institution, Librairie Le Failler, in Rennes since 1925 (with a foreign languages department) and a used book shop to buy and sell, the Bouquinerie du Centre.
- an important network of 11 libraries and multi-media libraries specifically Les Champs Libres, a large cultural and leisure space: <https://www.lesmediatheques-rennesmetropole.fr/>

In Rennes, for going out or staying abreast of events, read **the leading regional daily paper, Ouest-France**, available in newsstands or on the Internet: www.ouest-france.fr

You can also check out the agenda on the Tourist Office site: <https://www.tourisme-rennes.com>

MUST-SEE PLACES /

In 1986, Rennes was awarded the label "Ville d'art et d'histoire", a city of art and history.

- The Parlement de Bretagne, the most famous of Rennes monuments, a symbol of Brittany.
- Rennes old town, part of the old city with many houses from the 15th and 16th centuries.
- La place des Lices, the former medieval enclosed fields, one of the largest market squares in France
- Hôtel de Ville or City Hall square, the central hub in Rennes with the Opera House and Commerce Building.
- The Portes Mordelaises gates and ramparts, a testimony to Breton history.
- Saint-Pierre Cathedral, where important moments in French and Breton history took place.
- Les Champs Libres, an innovative cultural venue at the heart of Rennes with the Museum of Brittany, the Science Space, and the Metropolitan area library.
- Thabor gardens, 10 hectares of French-style gardens and an English-style park with an exceptional rose garden.

Learn (and see) more: <https://www.tourisme-rennes.com/>

IMPORTANT ANNUAL EVENTS /

APRIL

- Mythos, the festival for the spoken arts (storytellers, singers) in Thabor Park
- Rennes Urban Trail, an atypical sports challenge, a race through the city's monuments, gardens, and symbolic venues.

MAY

- Fête de la Bretagne, over 230 events throughout the region (concerts, exhibitions, traditional festivals, markets, and more).
- European Museum Night, with free admission to museums from 8pm to midnight.

JUNE

- Fête de la Musique: Music everywhere in town (free concerts).

JULY - AUGUST

- Les Tombées de la Nuit, a street arts festival with free events all summer long.

SEPTEMBER

- **International Student Day**, organized by the Rennes CMI in partnership with CROUS, a big day to welcome international students.
- **European Researchers Night**: Researchers meet the general public.
- Les Journées du Patrimoine (heritage days), free visits of cultural venues.

OCTOBER

- **World Football Championship**, organized by Rennes CMI in partnership with the SIUAPS and the Rennes soccer team, Stade Rennais F.C.,
- **Students of the World Night**, an essential event at the start of the school year for international students organized by the Erasmus Student Network (ESN France).
- **Tam-Tam Festival**, the best deals festival for young people in Rennes, organized by the Bretagne CRIJ and other partners.
- **Fête de la Science** in the University laboratories.

NOVEMBER

- Yaouank, the must-attend festival for contemporary Breton music and the largest fest-noz (night party) in Bretagne (preferential rates with the Sortir Card).

DECEMBER

- Rennes Trans Musicales, a key event in contemporary music and the musical trends of tomorrow (student rates)



To stay informed and attuned to others and the world, to share and dialogue with students, follow **social media** where Campus France has an especially strong presence!

Remember to sign up on the **France Alumni** network to take part in discussion groups on various subjects, take advantage of cultural outings, and consult job and internship offers.



THINGS TO KNOW

Rennes Métropole:

457,000 residents

City of Rennes:

220,000 residents

RENNES,

ADMINISTRATIVE
CAPITAL OF THE
ILLE-ET-VILAINE
DEPARTMENT AND
CAPITAL OF THE
BRETAGNE REGION,
3 MILLION RESIDENTS

**BRETAGNE
REGION,
9th FRENCH
REGION**

in terms of hosting
foreign students (over
13,000 international
students)



Rennes:

69,000

students

including **10%**
international students



9th UNIVERSITY CITY IN FRANCE

RENNES RANKED 2nd (OUT OF 44) FOR FRENCH UNIVERSITY TOWNS WHERE IT'S GOOD TO LIVE AND STUDY (awarded by L'Étudiant magazine) **WITH GOOD MARKS FOR THE QUALITY OF ITS EDUCATIONAL PROGRAMS**

Most of the information presented in the Campus France City Information Sheets concerns all international students regardless of their institution.

In France, in each of the host cities, most foreign students study at universities. Accordingly, the City Information Sheets attach great importance to them without overlooking the other higher education institutions even if it is not possible to list them all here with their specific information.

For more information on the institutions' welcomes and orientations:
<https://www.campusfrance.org/fr/recherche/categorie/bretagne-418>

CAMPUS FRANCE

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