



DISCOVER
YOUR CITY



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

WELCOME TO
RENNES



CAMPUS
FRANCE
campusfrance.org





YOUR ARRIVAL IN RENNES /

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

In Rennes, 12 higher-learning institutions and Rennes Métropole joined together to create the Center for Internationality Mobility (Rennes CMI) which offers services to international students, doctoral students, and researchers. You can take advantage of its services if you are enrolled in an institution which is a member of the International Mobility Center: Université Rennes 1, Université Rennes 2, AgroCampus, Centrale Supélec, ENSAI, Ecole nationale supérieure de Chimie, ENS Rennes, IMT Atlantique, INSA, Sciences Po Rennes and Unilasalle Rennes.

The Rennes CMI is a one-stop information desk which makes available:

- assistance for administrative procedures
- support in putting together the application file for a residence permit with the presence of Prefecture staff on site (during the first semester and occasionally throughout the rest of the year).
- advice and good deals (housing, health, work, food service, transportation, and more.)
- Euraxess researchers service.

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:

- see the site: cmi.univ-rennes.fr and on Facebook: <https://www.facebook.com/CMI Rennes/>
- download the CMI Rennes Welcome Guide (bilingual French-English): <https://cmi.univ-rennes.fr/fr/etudiants/guide>



- ◆ **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://cmirennes.u-bretagne.fr/fr/doctorants-chercheurs/rendez-vous>

- ◆ **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.

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

Contact: esn.rennes@gmail.com

- ◆ **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>



HOUSING IN RENNES /

There are numerous solutions for housing in Rennes: Student-only accommodation managed by CROUS, student and private residences, and rooms in private homes.

What's most important is to take care of this as early as possible, before your arrival.

- **The Rennes CMI** also offers numerous solutions on its website depending on the type of housing wanted: <https://cmirennes.u-bretagne.fr>
> 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/> > 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/>

On campus, the CROUS also manages all low-cost food services (university restaurants, cafeterias, food-trucks, etc.).

• 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: 08.10.29.29.29 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).

Learn more: <http://www.crous-rennes.fr>

> logement > nos résidences > logements adaptés



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



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 PERMIT (TITRE DE SÉJOUR)

◆ Information

• **The Rennes CMI, at the Welcome and Administrative Procedures Desk.**

- **September to December**, Prefecture agents are present on site to process residence permit applications or renewals for international students in **CMI member establishments**.

To learn about the procedures depending on your situation, consult the Rennes CMI site:

<https://cmirennes.u-bretagne.fr> > étudiants internationaux > dispositif d'accueil

- **End May to early July, a desk for summer acknowledgements (récépissés d'été)** is also available to extend the validity of your residence permit through the start of classes in the fall.

Address: CMI, Cité Internationale Paul Ricoeur, 1 place Paul Ricoeur, 35000 Rennes.

Contact: 02 22 51 44 20 or cmi@univ-rennes2.fr

• **The Ille-et-Vilaine (Rennes) Prefecture, for students enrolled in institutions not a member of the CMI** (by appointment only).

Learn more: <http://www.ille-et-vilaine.gouv.fr>

> démarches administratives > accueil étrangers

Address: Préfecture Rennes,

3 avenue de la Préfecture, 35000 Rennes.

Contact: 08.21.80.30.35 (vocal server).

• **Learn more about your rights and obligations:**

www.service-public.fr > Etranger > Titre de séjour et document de circulation

GOOD TO KNOW

• **If you arrive in France with a VLS-TS long-term student visa:** You must validate it online within three months of arrival:
<https://administration-etrangers-en-france.interieur.gouv.fr>

• **If you are an Algerian national or a student with a "concours" (tests) visa or a "mineur scolarisé" (enrolled minor) visa or a visa with the indication "carte à solliciter dans les deux mois" (residence permit to be requested within 2 months of entry):** Depending on your campus, your residence permit application is made at the Préfecture or with the Service des Relations Internationales at your campus.

Take note: To renew your residence permit, you must apply within two months prior to its expiration date.



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 145 bank agencies located in Rennes.

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

HEALTHCARE

In France, receiving medical treatment is **practically free** but you must be insured. **Accordingly, signing up for medical insurance is mandatory.**

Connect to the

<https://etudiant-etranger.ameli.fr> site to register, to understand your rights, and to take the necessary steps.

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 Interuniversitaire de Médecine Préventive et de Promotion de la Santé, or inter-university preventive health and health promotion service (SIMPPS).**

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 Ereve 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/>

ADDITIONAL HEALTH INSURANCE

You can also sign up for **top-up insurance** which will cover all health expenses not covered by the **free and compulsory health insurance.**

Take note: The plans and coverage levels differ from one company to another. To choose a **top-up insurance policy** which meets your needs and your budget, **you can compare student health insurance plans** on the Internet.

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 AN INTERNSHIP

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 'informe > 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.

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

GAINING CULTURE AND PARTYING

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)



& SHARE PARTICIPATE

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:

439,000 residents

City of Rennes:

215,000 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
(12,000 international
students)



Rennes:

67,000

students

including **7,000**
foreign students



9th UNIVERSITY CITY IN FRANCE

RENNES RANKED 4th (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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