



## Mixing the cultural, social and international

### Discover Rennes with Friends

These institutions propose a number of activities that are particularly targeted for international students and teachers/researchers.

#### The CMI and the CIREFE

Every year, both the International Mobility Centre (CMI) and the CIREFE organize tours to famous sites in the surrounding areas (i.e. visits to Mont St. Michel, Saint Malo, Chateaux de la Loire, Nantes, etc.).

They also propose guided visits of sites within the city of Rennes (Opera, National Theatre...), and can help with getting tickets to upcoming festivals, concerts and sporting events (subject to availability).

For more information on some of the events happening on-campus, check the cultural agenda on the [CMI Rennes website](#) or on the [CIREFE website](#).

The **CMI** additionally offers bike tours, international student days and tournaments among others activities.

### ESN Rennes and the Buddy System

Studying abroad can be quite stressful for a lot of students. Going to another country, possibly for the first time, arriving in a city where you know no one, having to learn or deepen your understanding of another language(s), and carrying out administrative tasks (like finding housing) in a new context can all be challenging.

But, don't worry, [ESN Rennes](#), member of the [Erasmus Student Network](#), is here to help you. ESN Rennes is a student organization that helps welcome international students to the city and to the university. **All year long, we organize activities to help you get to know people, discover the country, and enjoy your life here. Whether you're a participant in an exchange program such as Erasmus, or you're here as an individual student, don't hesitate to join us!**

Because we know it can be hard for international students to meet local students, we use the [Buddy System](#) platform. It's a mentor/mentee system. To subscribe as an international student, just complete the form, and we'll find you the best buddy we know! And you know what? It's completely free.



### Buddy System

#### What do buddies do together?

- Get to know the BEST places in the city
- Understand how the university works and where to find the best places to grab lunch
- Practice languages
- Give advice on the different options available when looking for housing
- Meet their friends/ and introduce yours
- Eat some "galettes" together. Because "galettes" should be on your "to-eat-list".
- Everything you want to do together

That being said, mentors do not work in any formal capacity for the administration. If you encounter any difficulties during your stay, you should contact officials working for the university or the [CMI](#), as they are best placed to answer your questions.

Before anything else, your mentor is a buddy.

So, what are you waiting for?

If you have any questions, please send them to [buddycoordinator.esnrennes \[at\] gmail.com](mailto:buddycoordinator.esnrennes[at]gmail.com).

### Tourism Offices - Rennes and Brittany

Finally, if you want even more choices or ideas for outings, activities, or weekend getaways be sure to check out **the tourism websites of [Brittany's Office of Tourism](#) and [Destination Rennes](#)**.



Fichiers associés

[Read the Buddy System Charter by ESN Rennes](#)