

## Mixing the cultural, social and international

More opportunities for cultural and social interaction can also be found through the French foreign-language Centre (CIREFE) and the International Centre for Mobility (CMI).

### 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

The [Erasmus Student Network](#), (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!**

#### The Rennes 2 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.

Because we know it can be hard for international students to meet local students, we have created a specific Rennes 2 Buddy System program. It's a mentor/mentee system. To subscribe as an international student, you should fill out the bilingual form [available on this webpage](#).

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.

**Learn more about the Buddy system (video at the bottom of the page)**

#### 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**.



#### Transcription of the video

Gabriel:

I want to mention the fact that the buddy system is still relatively new. We are still building it but you can already start by following us on Instagram.

Have you ever heard of the buddy system? It is a system that was set up by the Rennes 2 student life service and it consists of supporting international students. The objective is to provide them with personalized support as soon as they arrive in Rennes. Throughout the year we organize outings and events with the buddy system where you and your buddy are invited. This year, for example, we have already organized two outings to the ice rink, a laser game outing, a karaoke outing, a Breton

dance workshop to discover Brittany a little better, but also a picnic.

Catherine:

When I arrived in Rennes, I didn't know many people and I found it interesting to find someone inside the university who could guide me and explain to me a little how grades work, how it had to find the information. We met again I think at university before going to the meeting day. It was a kind of picnic. He explained to me a little about his life, what he did, his studies and we started talking, it went so well.

I think it's a good way to get to know other people, to discover other foreigners who have arrived and the locals who explain to you how the city works, who can already tell you about the things they like here, already Brittany. They introduce you to it because it's mainly what I talked about with my buddy. It made me really like college more. It's free plus we have a group so they share the activities you just have to register. As I really liked the experience, I would like to be able to do the same thing but, conversely, be able to help a foreign student next year in my 2nd year of my master's degree.

Sarah:

I decided to participate in the buddy system already because I speak several languages, I wanted to put them into practice and then to be able to help. I know what it's like to arrive in a country and not necessarily know a little about the culture or even the administrative system and to just be able to accompany someone and make them have a good time and a good year for me something special.

We received an email with the other person's contact details and I sent them a message directly on their Instagram. In fact we saw each other two days later, we went for a drink because the feeling went really well. We saw each other several times, we participated in I think all the activities or events that were offered. I do figure skating and it was her dream to do it one day. I simply took her skating and she discovered a passion and I met her again several times even taking her Italian and even international friends there so for me it's an accomplishment to have shared my passion with someone who had never done one. I think it's a good way to expand your circle of acquaintances and friends and at the same time to practice a language. It's true that even events beyond just your buddy you meet lots

of other people and you can even speak other languages. For me it's just an experience that promotes understanding beyond the language barrier.

Gabriel:

So if you are a French student who knows the city or campus well, I encourage you to sign up for the buddy system.