

## CMI Rennes: Upcoming HelpDesk Day for new international students and staff



The CMI helps with the day-to-day formalities involved in settling and living in France (**residence permits, accommodation, transport, health, banking, telephone services, etc.**).

**On Thursday 8 February, the CMI Rennes and its partners are organising a [one-day meeting to help you settle in France!](#)**

Have you just arrived in France? Come and ask your questions and complete your application.  
Do you already have an application in process with one of our partners? A follow-up service will be available.  
If your situation has changed or you have general questions about our partners' services, this is also your chance!

### Our partners

#### Health Insurance (CPAM)

Health insurance covers healthcare costs and guarantees access to healthcare. It helps to regulate the French healthcare system. When you register with the CPAM, you will receive your *carte vitale*, which will allow you to be reimbursed for medical appointments.

#### The Caisse d'allocation familiale (CAF - *family allowance fund*)

Its mission is to reduce inequalities between families in terms of standard of living. As a student, the CAF will particularly help you with the housing allowance (APL). If you have come to France with your spouse and children, the CAF can also advise you on the family benefits to which you may be entitled, depending on your income.

#### CROUS

The CROUS is responsible for managing public student housing, but that's not the only service they provide! Do you know what other services the CROUS Bretagne offers? The CROUS also runs the university canteens (and offers 1€ meals to the most financially disadvantaged students). The CROUS is also involved in student cultural life and hires social workers who can advise you if you have any difficulties during your stay.

### Registration

**Registration is strongly recommended: only book an appointment if you are sure you can make it!**

If you come without an appointment, you will only be seen if the counsellor's schedule allows it.

I would like to make an appointment with [l'Assurance maladie \(CPAM\)](#)

I would like to make an appointment with [la CAF](#)

I would like to make an appointment with [le CROUS](#)

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