



The Buddy System

The Buddy System is a mentoring program designed to enhance the welcome and integration of international students on individual mobility – meaning outside of exchange programs like Erasmus+ – by pairing them with local students.

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 the Rennes 2 Buddy System: a mentoring program designed to enhance the welcome and integration of international students by pairing them with local students. A project labeled “Bienvenue en France” with over 200 registrations in 2024-25!

To register for the Buddy System as an individual international student: once you arrive at Rennes 2, you can register by consulting the student portal (you will receive access with your student identification). Look under the menu for “Vie étudiante and then “Bénéficiaire d'aides”.

Note: Exchange students will automatically be assigned a Buddy at the beginning of the year. Contact the [International Office](#) for more information.

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.

Why become a Buddy?

- Personal enrichment: discover new cultures and perspectives
- Skills development: improve intercultural communication skills
- Valuing commitment: possibility of recognition under the Validation of Student Commitment (VEE) scheme

A few figures:

- In 2022, the project is attached to the Student Life Department
- 2023-24: 72 international students and 130 local students = 58 permanent pairs
- In 2024, a predefined message on the Etudes en France platform will double the number of international students. Creation of an Instagram account : [@buddies.r2](#)
- 2024-25: 165 internationals and 139 locals = 107 permanent pairs
- 2 student coordinators each year and 6 VEEs in 2024-25
- 4,000 euros CVEC budget per year for all the activities on offer: picnics, bowling, lasergame, padel, badminton, karaoke, escape game, Christmas market, funfair, ice rink, cultural visits, creative workshops, etc.

[Find out more by following us on Instagram.](#)

Feedback from a student

Swane, local student in VEE (Validation of Student Commitment):

This comprehensive and hands-on experience allowed me to meet new people, engage in cross-cultural exchanges and share enjoyable moments while helping others and feeling useful.

Transcription of video (text)

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.

Contact

Student Life Department – Buddy System

sve-buddysystem [at] univ-rennes2.fr

International Office

international [at] univ-rennes2.fr

À voir aussi

- [Mixing the cultural, social and international](#)
- [Student Organizations](#)
- [Other Resources for International Students](#)