

International Student guide



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Dear International Students,

On behalf of UniLaSalle, I would like to extend a warm welcome to all of you!

We are delighted that you have chosen to study on one of our 4 UniLaSalle campuses. International students are essential to our institution: you will be part of the prominent Lasallian network.

We will do our best to make your stay at UniLaSalle and in France an exciting and valuable experience. Indeed, living with people from all over the world offers many new and rewarding opportunities.

At UniLaSalle, you are going to experience high-quality academic teaching, enjoy a wide range of student facilities and exciting events organized by the various student organizations.

We know you will enjoy exploring your new surroundings, experiencing our culture and traditions. We hope you will take full advantage of this experience of studying abroad, be it in the classroom or outside, discovering French gastronomy and admiring beautiful French landscapes.

The student life department, the staff and the French students will be a great source of information. Just feel free to contact them!

This guide is designed to help you prepare for life as an international student. It contains practical information about the university, student life, and the rules and regulations that apply to you.

We hope that you are already off to a great start. Good luck with your studies!

Philippe CHOQUET
UniLaSalle CEO



Geoffroy BELHENNICHE
UnilaSalle Rennes - Dean



Presentation of UniLaSalle

This Private graduate school, called ISAB (Institut Supérieur Agricole de Beauvais), was created in 1854 by the Christian Brothers with a speciality in Agriculture.

In 2006, more than 150 years later, the school merged with the Geological Institute, IGAL, and has been called Institut Polytechnique LaSalle Beauvais until 2016.

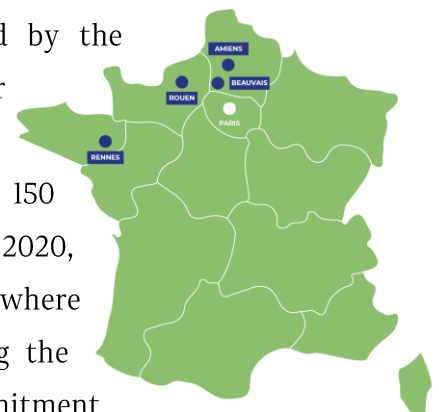
In 2016, Institut Polytechnique LaSalle Beauvais merged with the school Esitpa Rouen, then in 2018 with EME Rennes and eventually with ESIEE-Amiens in 2020. It is now called Institut Polytechnique UniLaSalle.

UniLaSalle is a center for higher education in earth, life, environmental and digital sciences that is recognized for its excellence in France and around the world. Under the aegis of Ministry of Agriculture and Ministry of Education, UniLaSalle is a member of Conférence des Grandes Ecoles, FESIC and Institut Catholique de Paris.

The La Salle Association has been given the responsibility by the Congregation of Christian Brothers to supervise our institution in terms of curriculum and teaching methods, pastoral activities and links with other schools. It ensures that the commitment to the Lasallian mission is maintained. Worldwide information, see: <https://www.lasalle.org/en/>

The school wishes to encourage values such as respect, sense of commitment and voluntary work, belief in equality and equal opportunities for the poor and underprivileged. Proof of this commitment can be found in the personal supervision students receive from faculty members, the promotion of extra-curricular activities in the academic programme and the comprehensive education offered by campus life and its vibrant community life.

Indeed, campus life offers an exceptional experience of collective living calling upon a sense of responsibility to serve others and resulting in lifelong friendships. All of the above is the foundation of the school's spirit and strength that is shared by the hundreds of thousands educated every year in LaSallian institutions around the world. UniLaSalle has 4 050 students with 22 000 alumni. It has 520 employees including 150 dedicated to research and 40 doctoral students. In January 2020, UniLaSalle has been ranked 3rd among 200 Engineering schools where students feel happy by a HappyAtSchool® classification. Among the criteria for satisfying students, we can highlight: the school's commitment to a responsible environmental approach for 84.5% of students, the facilities / environment for 86.1% of them, student life for 92.3% of students and education for 81.4 %.



UniLaSalle Rennes

UniLaSalle Rennes was founded in 1992 under the name Ecole des Métiers de l'Environnement (EME). It is part of the Ker Lann Campus, 6 kilometers south of Rennes. It is a private school of higher learning specialized in Environmental Engineering. Our mission is to develop knowledge and environmental engineering skills and prepare our students to respond to ever changing environmental issues and help them shape a sustainable future. Through classroom studies and practical work experience, our students learn to communicate effectively and cope with practical situations.

Through studies and internships abroad, UniLaSalle Rennes gets students ready to work in an international context. Our school was awarded an Erasmus Extended Charter and we are actively working on developing our international network of partner universities.

The professional orientation of our engineering program gives students various opportunities to conduct case studies, visit firms and gain hands-on experience through internships and professional missions. Our graduates can hold positions in environmental domains such as:

Waste Treatment,

Water Treatment,

Environmental Management,

Renewable Energy,

Energy Efficiency

Circular Economy

Please visit UniLaSalle Rennes' website



How to get to UniLaSalle Rennes

Students are advised not to travel on Sundays or bank holidays in France. For example, August 15 is a bank holiday and the train and bus services are very limited.

By Plane – Rennes airport (Rennes-Saint Jacques) is about halfway between Rennes and the Ker Lann Campus. It is 5 kilometers away from the campus and 8 kilometers away from downtown Rennes. The airport offers daily flights to major French cities such as Paris, Strasbourg, Lyon, Marseille, Bordeaux, Toulouse, Nice and Corsican cities such as Bastia, Ajaccio, Calvi and Figari. But you can take advantage of your stay in France to travel around Europe. You also have international direct flights.

For more information on flight bookings and destinations to and from Rennes: <https://www.rennes.aeroport.fr/en>.

From Rennes airport (Rennes – Saint Jacques), you can get a taxi downtown which will cost you about 30 €. The cheapest way to go downtown is to take the city bus number **C6** or to the campus number **C6, then C7**. It takes 5 minutes to walk to the nearest bus stop from the airport. The bus ticket costs 1.50 € (you can pay with your credit card). There is a bus every 10 minutes on weekdays and every 30 minutes on Saturdays from 6 am to 1 am, and 40 minutes on Sundays from 8 am to midnight.

Compare flights on **skyscanner** to get cheaper deals, from Rennes St Jacques, Paris Charles de Gaulle or Orly:

Ryanair

Easyjet

By Train – The French railway network is very good. It is not only possible to travel to a lot of cities in France but also to international cities like London (**Eurostar**), Brussels and Amsterdam (**Thalys**), etc. Nevertheless, you must get to Paris to travel with these companies.

The French Railway company (**OULSNCF**) has set up low cost fast train journeys from and to main cities like Paris, Aéroport Roissy Charles de Gaulle, Marne la Vallée (Disneyland Paris), Massy TGV, Aix en Provence, Amiens, Angoulême, Angers, Avignon, Bordeaux, Colmar, Laval, Le Mans, Lyon, Marseille, Metz, Montpellier, Nancy, Nantes, Nîmes, Poitiers, Reims, Rennes, Strasbourg, Tourcoing, Tours, Valence). The fares start from 10 € onwards.

For more information, visit their **website**.

Rennes train station is located in the south of downtown Rennes. From 6 am to 9 pm, you can book French high-speed trains - TGV – which run at hourly intervals. There are 3 to 4 trains per

day going from Rennes to Paris Charles de Gaulle airport. It takes about 1 hour and a half to go from Rennes to Paris.

Please remember that, when you book your train ticket in advance, it takes a lot of time to pick up luggage at the airport and to get from one terminal to another, especially in Paris Charles de Gaulle.

Finally, you can go to all major Breton cities by train (Brest, Vannes, Lorient, Saint-Malo, Redon, etc.) with **Ter BreizhGo**.

Locally, there is a train stop on the campus, about 600 meters away from our school. The train takes about 8 minutes to get from Rennes to Ker Lann, but run at irregular intervals.

For more information, visit their website: **Ter BreizhGo / Rennes Redon Nantes**.

You must buy tickets before getting on the train, either at the counters or interactive terminals in train stations. But you can also visit their website for better deals: <https://www.sncf-connect.com/en-en/>. All tickets must be stamped in the ticket control machines (yellow boxes) located at the beginning of the platform. You must be aware that tickets bought on the train are more expensive than tickets bought at the counter or from interactive terminals. If you do not have time to buy your ticket before getting onto the train, make sure you find the control officer immediately upon boarding and do not wait until he or she comes to check the tickets. Fines can be expensive!

For students under 27, it is possible to **buy a Carte Jeune SNCF** which can result to up to 30% discounts on some national trains and on some international destinations. You can buy the card at the train stations or on the internet. You need to take it with you every time you travel by train because you will have to hand it to the controller along with your ticket.

Trains normally leave on time so be careful to give yourself enough time to find your way around the station, like in most big cities, the stations are huge and complicated.

To get from Rennes train station to the campus, the easiest way is to use the underground in the direction of “Saint-Jacques Gaité” and get off at the last stop. Then take bus number C7 or C7 Express. The “Campus de Ker Lann” bus stop is just opposite the school. Bus/metro tickets can be bought at each metro station and at newsagent’s (tobacco stands and some bars). You can also pay for single tickets directly on the bus with your credit card.

For public transportation in Rennes and suburbs, visit: <https://www.star.fr/#>

Maps of public transportation in Rennes and suburbs

Public transportation schedule.

By Car – To come to Rennes and Bruz by car, we recommend you to use one of the many route planners available on the internet like **Google maps** or **Mappy**. If you have your own car, please note that parking on the campus is free, contrary to Rennes where it is pay parking. However, there are **eight parking lots** next to subway stations on the outskirts of Rennes where you can park your car for free providing you use the subway or the bus on the same day.

By Bus – Buses or coaches services cover domestic and international cities like **Flixbus**, **BlaBlaBus**, **Eurolines**, etc. It is a cheap way to travel around Europe: **checkmybus**.

Tour operators, travel agencies and SNCF also offer bus services to visit most tourist sites.

By ferry – Students who live in England or Ireland can come by ferry. The nearest ports to Rennes are Saint Malo, Cherbourg, Caen and Roscoff. To discover all the different crossings and companies, try the website: **<https://www-ferries-fr>**

From Saint-Malo, the main companies are:

- **Brittany Ferries** – **<https://www.brittany-ferries.fr/>**
- **Condor ferries** – **<https://www-condorferries-fr>**
- **P&O** – **<http://www.poferries.com/en/portal>**

Pick-up service – You can ask your buddies to pick you up at the train station or the airport if they are available. Please let them know the date and exact time of your arrival.

Carpooling – Carpooling has become very common in France. You can book a ride via the website BlaBlaCar where daily offers are updated. The drivers are registered and you can find out how they are evaluated by previous passengers. Your request must be validated by the driver and you pay online: **BlaBlaCar**

The Campus

The Ker Lann campus was founded about 20 years ago and covers 165 hectares. It is located in Bruz which is 10km away from Rennes. The campus is green, with a lot of trees, ponds and cycle paths. The different buildings are spread out, which creates a peaceful atmosphere. There are many schools on the campus (UNILASALLE RENNES, ECAM, ENSAI, ENS Rennes, Faculté des Métiers, etc), sport and student residences. There is a university restaurant, called “RU” in French and also a restaurant.



For more information, you can take a look at the **Ker Lann Campus website**

Accommodation

UniLaSalle Rennes does not have its private residence hall and therefore all students registered must rent private accommodation. The International Office can help you find accommodation on the campus or in the vicinity, or possibly try and find a French roommate. You should let the school know your accommodation preferences when you apply. The International Office will help you find one and only one appropriate accommodation. If you do not accept this accommodation you will have to find one by yourself.

Accommodation on the Ker Lann campus, and especially in Rennes, needs planning and booking in advance, since Rennes is a university city with over 69,000 French and international students. Rent in downtown Rennes can vary from 250 to 500 or more Euros per month depending on the landlord, location, services or equipment. Students are therefore strongly encouraged to reserve their accommodation as soon as possible after having been accepted.

Students who only stay for one semester should expect to pay higher rents in private residences (prices decrease the longer you stay) and also in flat-share accommodation. Landlords may ask students to pay a minimum of 5 month rent even if they are staying only for 4 or 4½ months.

Students are strongly advised to finalize their accommodation before arriving rather than looking for suitable housing once in Rennes as the choice of flats available in August/September is limited.

The rent of a student dormitory on the Ker Lann campus ranges from 350€ to 500€ per month, depending on the size and the location of the accommodation. There is always a month deposit when you rent housing. It means that on your first month you will pay 2 times the price of one-month rent. Of course, your deposit will be given back if the housing is returned in good condition. In some cases, Unilasalle Rennes has a deposit arrangement with Ker Lann Campus rental agencies.

Unilasalle Rennes works with two University residences on the campus:

- **Résidence ARPEJ**

The person to contact is Mr CABIOCH: jean-mathieu.cabioch@arpej.fr

- **Résidence Louis de Broglie – ECAM**

The person to contact is Mrs Jean: sabrina.jean@ecam-rennes.fr

You can check on the **CMI website**.

If you'd rather stay in Rennes, which would be much livelier, we recommend you to **look on this website**.

You have to create a profile to access the data.

Many students find accommodation on the website **LE BON COIN**, because they don't have to pay for agency fees. However, you would probably need to communicate in French and you could be the victim of scams. Indeed, the flat advertisements are not checked.

Settling into your new home

Depending on your type of rental, you may have to call the Gas and/or Electric companies in order to have access to gas and/or electricity. They will ask for your address and your name. You will have to give them your “relevé de compteur” (gas & electricity meter reading). Therefore, think of finding and checking the meter before calling.

The main companies are: **EDF (Electricity and gas) / Engie (Electricity and gas)**

- **Landlines / internet**

Many internet operators such as **Free, Bouygues, SFR, Orange** operate in Rennes.

Please see their websites for more information

○ Cell Phones

Companies such as **SFR, Bouygues Telecom, Orange, free**, etc. provide cell phone services. Rates vary widely depending on how and how much you use your smart phone or cell phone. You'll want to compare.

○ Water

You might have to call **Eau du Bassin Rennais**. They will ask you for the "relevé de compteur" (water meter): white numbers on a black background.

Phone: 0033 2 23 22 00 00

Administrative procedures

The **Centre de Mobilité Internationale de Rennes (CMI)** provides services for international students, PhD students, and researchers who are participating in international mobility programmes on the Rennes site. Its objective is to enhance the welcome of incoming mobility students and to contribute to the development of the mobility of Rennes students. Unilasalle Rennes is a partner of Rennes CMI. Therefore, we advise you to consult the **Guide for International Students in Rennes** online and to get in touch with them for any of the following administrative procedures :

- before you arrive (understanding the French Higher Education system, getting to know Rennes and Brittany, applying for a place in a Higher Education institution, what you need to know before you arrive, getting to Rennes), *
- settling in (getting through the red tape, being welcomed on arrival, finding accommodation, getting insurance, money matters),
- helping you with your everyday life in Rennes (eating, transport, health care, communications, keeping up to date, perfecting your French, finding a student job, having fun, sports, discovering Rennes, Brittany, Paris...).

Before departure:

STUDENT VISA « LONG SEJOUR » Non-European Union students

If you are not part of the Schengen area, you will find a lot of information on the **Campus France website**.

Campus France is the national agency promoting French higher education abroad and helping international students and researchers (welcome, accommodation, visa delivery, etc.)

To study in France, depending on your nationality, you must apply for a student visa in your country of residence. This visa allows students to stay in France for four months to a year in order to pursue higher studies.

Check if you need to have a visa and what you need to do on **France-Visa** the official visa website for France.

Please note that it is YOUR RESPONSIBILITY TO CHECK THE INFORMATION ON YOUR VISA and to follow the procedure corresponding to your situation.

Visa gives the right to:

- Travel freely in all countries of the Schengen area.
- Work 964 hours a year (20 hours a week) to supplement one's resources.
- Benefit from VISALE, the free student rental deposit,
- Receive a housing allowance from CAF,
- Extend your stay beyond the period of validity of the residence permit issued.

Within 2 months before the visa deadline expires, you will need to apply for a residence permit to stay in France. As an international student enrolled at UniLaSalle you will get the support of the student life department for the administrative process.

There are 2 types of visas: for short stay (3 months maximum) or long stay (more than 3 months):

More details on this website.

Good to know: if you miss the deadline, you'll have to pay a fine of € 180.

Office of immigration (Ofii) formalities

If you have to do an internship or to study outside France during your studies, it is possible to apply for a special type of visa marked “**Student-Mobility**” (**Visa programme de mobilité**), a long-stay visa serving as a residence permit (VLS-TS) to be validated within three months of arriving in France. If your mobility programme or agreement is less than 2 years, the residence card student mobility programme is valid for 1 year. It is renewable.

Upon arrival:

o Visa

As soon as you arrive in France, you must validate your visa. The process is entirely digital: you can do everything remotely, at home, on your computer. You must validate your visa within 3 months of arriving in France at the very latest. To do so, visit the following **website**.

Warning: If you have a « LONG SÉJOUR TEMPORAIRE - DISPENSE TEMPORAIRE DE CARTE DE SÉJOUR » then you have nothing to do BUT you are NOT eligible to apply for CAF.

○ **Carte étudiant /mail étudiant ULS**

At your arrival at Unilasalle Rennes, you will be given a Student Card.

Keep in mind that your Student Card is also a discount card for shopping, museums, cinema, restaurants, travelling, etc.

○ **E-mail address and free Internet access:**

All students enrolled at UniLaSalle will get an email address: *FirstName.Name@etu.unilasalle.fr* with ID and password which allow you to access to Academic platforms.

○ **CVEC**

According to the French law 'Orientation et Réussite des Etudiants', a contribution called 'Contribution Vie Etudiante et de Campus' (CVEC) is compulsory. For the academic year 2023-2024, it will cost 95 euros: more information on the **Campus France website**.

○ **Social security and health insurance**

French social security is mandatory and is called Sécurité Sociale. Your registration with the French social security system reimburses part of the medical expenses: 70% of medical consultations, obtaining prescribed medicines, and stays in hospital.

As an example, a standard consultation with a general practitioner is 25 €. You have to ask the physician to be your "médecin traitant" by filling a special form and send it to the Sécurité Sociale. In that case the Social security will refund 70% (17,50 €).

You will find more information on the **Ameli website** and you can **register directly online**. You will have to pay directly to the doctor, and then you will be reimbursed by bank transfer. Be careful and check on the **Doctolib website** or apps or on **Ameli.fr** when you book your appointment that the practitioner rate is the "normal" 25 €.

("honoraires sans dépassement" or "conventionné secteur 1").

Consultation with a specialist (dentist, gynecologist, ophthalmologist...) will be 30€. Many specialists are applying extra fees ("dépassement d'honoraires", check **Doctolib** or **Ameli.fr**).

To obtain a higher reimbursement rate you have to apply to a private health insurance. It makes up the difference between the amounts charged by the State for treatment and the amount reimbursed by the Sécurité Sociale.

You can choose one from your home country or one of the Mutuelles for students (for example: **SMENO, HEYME, LMDE**).

For short stays (less than 4 months), an adequate and valid travel insurance covering any costs of repatriation for medical reasons, medical care emergency and / or emergency hospital care is mandatory.

This insurance must be valid throughout the territory of the Member States of the Schengen area which fully apply the provisions of the Schengen acquis and throughout the duration of your stay. It must allow the recovery of benefits in a Schengen State. If it is a stay in an overseas department or territory, this must be valid for the destination territory. This insurance must guarantee up to a minimum of 30,000 € for any repatriation costs for medical reasons and emergency medical or hospital care.

○ **Civil liability**

The law of civil responsibility makes it mandatory for you to repair damage that you cause to another person, whether it is by carelessness or breach of the law. Your responsibility can also be implicated in damage caused by people, animals, or objects whom or which you are responsible for. In order to avoid the direct payment of compensation to the victims yourself, you must have already subscribed to a civil responsibility insurance policy (“garantie responsabilité civile”) with an insurance company (SMENO, HEYME, etc.)

NB: this civil liability is included with the housing insurance you must get for your own accommodation - it is compulsory in France! If you have contracted a private insurance contract valid in France, it may be included.

○ **Housing insurance**

Housing insurance covers your house from the multiple risks and sinisters a rental can be subject to (flooding, fire, electrical damage). This insurance covers the building and apartment itself but also the furniture, the occupants at the time of the sinister, and their civil liability.

The tenant is held responsible by law for any damage he may cause to the property, as well as to those of the neighbors.

This is why the tenant must subscribe to housing insurance to ensure her/himself and the landlord have some legal protection in case of an incident.

○ **How can housing insurance be useful?**

First of all, it covers the building itself against fire, water damage, earthquakes (any sinister from natural causes).

If something happens to the rental, you will be responsible for the property and your housing insurance will cover the damage.

If any damage has been caused to a third party, your housing insurance will act as your legal liability and will cover some of the costs, French law also dictates any damage caused unintentionally to other people must be compensated by the one who committed it.

○ **APL**

You can apply to APL which is an accommodation allowance. It will help you with the rent by giving you an amount of money every month based on **your status**.

You will have to register first on the website caf.fr and then you will be able to apply for APL, please find **this link** where you will get all the information required to apply:

After your online application, you may have some documents to be signed by your landlord or the person in charge of the residence.

Please note that you will receive several letters from CAF, one with your CAF registration number and another one with your secret code. You will need this information to finalize your file online. While filling in the form, please write your address properly otherwise, you will have difficulties to receive your letters.

If you need more information about CAF or your file, please see directly the Centre de Mobilité International de Rennes.

○ **Opening a bank account (free of charge)**

is mandatory for non-European students and strongly recommended for European students. It will help you receive your reimbursements from your medical insurance.

Documents to be provided:

- Enrolment Certificate / Letter of Admission
- Photocopy of passport and visa
- Proof of address (residence halls certificate or rent receipt). If you rent a place from a private owner, you need to provide a document from this person certifying the rent and precising the address and the dates. The owner needs to give you a copy of her/his identity papers and a copy of a bill where her/his address is mentioned (electricity or water bills, etc.)

If you are underage in your country, you will need to bring extra papers with you:

- The copy of the passport of one of your parents
- One proof of address of your parents (a bill with your parents' names and present address on it no older than 6 months)

Students are free to choose their bank.

Cash money: withdrawals from automated teller machine (ATM) = You should check where the nearest ATM is and do not hesitate to bring cash for the first days before you open a bank account.

During the stay:

- Visa renewal if needed: you can book an appointment directly **on the prefecture website**.
- The Centre de Mobilité International (CMI) in Rennes can help you with **Visa Renewal**

Prior departure:

Mandatory process: end all of your administrative formalities before leaving.

- At the International Department: ask for an appointment with the incoming student coordinator to check everything and get the certificates you could need.

- Outside of UniLaSalle: close your Bank account, cancel your cell phone contract, health insurance, CAF...

Study

Course Offer:



**DEGREE PROGRAMMES
TAUGHT IN ENGLISH**





Master of Science Sustainable Management and Eco Innovation

Language of instruction

English

Campus

Rennes

Content & Goals

Our programme focuses on creating value for all company stakeholders by preserving and enhancing the ecosystem, balancing financial performance and responsibility, and by using eco-design and other sustainable approaches to transform current management practices..

Internship

Yes

Pre-requisites

Bachelor

TOEIC > 750 or IELTS > 6.5

The admission to MSc programme is subject to an application review and an interview

Duration

16 months

Start

September

Study credits

120 ECTS

Double degree possibility

With Rennes School of Business

Fees

€18,000

Merit-based and need-based grants available

MORE INFORMATION ON:





DEGREE PROGRAMMES TAUGHT IN FRENCH





Bachelor en sciences et ingénierie Environnement et Développement Durable

Language of instruction

French

Campus

Rennes

Presentation

The rising environmental concerns in society induce profound changes in companies and local authorities. These changes are accompanied by the changing needs in terms of skills by companies to achieve ecological, economic and digital transitions.

The bachelor's graduates in Environment and Sustainable Development have knowledge in the fields of Corporate Social Responsibility (CSR), Quality Health Safety Environment (QHSE), water, ecology, resources (recovery, recycling), circular economy, sustainable tourism and more generally sustainable development.

Conditions of admission

Recruitment Baccalauréat (French or Foreign)

Duration

3 years

Start

September

Internship

65 weeks (study/work alternance in 2nd and 3rd year)

Double degree possibility

No

Study credits

180 ECTS

Fees

€ 7,000 for the 1st year,
then study/work alternance in 2nd and 3rd year

PLUS D'INFORMATIONS :





Ingénieur en Génie de l'environnement

Language of instruction

French

Campus

Rennes

Presentation

- The main objective of environmental engineers consists in improving and optimizing the environmental performance of the organization from a comprehensive environmental assessment.
- The professional fields of application targeted converge towards respecting resources, through assessment, prevention and treatment of environmental impacts.
- The titre d'ingénieur diplômé awarded by an institution authorized to do so by the State after evaluation by the Commission des titres d'ingénieurs (CTI).
- Training also possible through apprenticeship.

Conditions of admission

Recruitment from undergraduate/graduate level
Equivalent to the following French High school diplomas :
Section S, ES Spé maths, STAV, STL, STI2D
A minimum B1 level in English for entrance into third year

Duration

5 years for the Master degree

Start

September

Internship

Yes (job shadowing and end-of-course internship)

Double degree possibility

Ms and MSc. Unilasalle, partner institutions and as free movers

Study credits

300 ECTS (60 per year)

Fees

€6,600 per year (1st to 3rd year)

€7,500 per year (4th to 5th year)

PLUS D'INFORMATIONS :





Mastère Spécialisé Économie Circulaire

Language of instruction

French

Campus

Rennes

Presentation

- This Specialized Master aims at training specialists capable of responding to environmental challenges faced by businesses and industries on a regional scale, thanks to their knowledge and expertise in the field of eco-innovation.
- Modality: Study/work alternance (professionalisation contract)
- A CGE-labelled programme (Conférence des Grandes Ecoles)

Conditions of admission

High school diploma plus five years of studies or more

Start

October

Duration

12 to 18 months

Study/work alternance

4 to 6 months in a professional situation

Study credits

60 ECTS

Double degree possibility

No

Fees

On an individual basis : €7,500

On a company basis : €9,500

PLUS D'INFORMATIONS :



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Application process for degree programmes

Online on our website : www.unilasalle.fr/en

For the emPLANT+ application process please check www.emplant-master.eu

TWO-STEP PROCEDURE

online application followed by an interview

1st session: November 30 (i-SAFE)

2nd session: February 15

3rd session: March 30

4th session: June 1 (Masters of Science and i-SAFE)

Students who reside in one of the countries affected by the «Etudes en France» (Studying in France) procedure must make a specific request for enrolment in an institute of higher education
Free application fees until 15th February

DOCUMENTS

- ID or passport and digital photo
- English proficiency: Equivalent B2 - Minimum TOEFL 80 - TOEIC 600 - IELTS 6.0 - Cambridge FCE. If you do not provide them, you will be required to carry out an interview in English
- Resume
- 2 letters of recommendation (professional or academic) + if you apply for the Undergraduate level
- Transcripts of the last two years (and if available high school certificate) + if you apply for the Master level:
- Academics records and certificates from Higher Education

INTERVIEW

You will have an online interview with the head of the programme and a second person from UniLaSalle

ADMISSION

The jury will evaluate (documents + interview) and give an answer within 2 weeks

DEPOSIT

In order to confirm that you will attend the class, a deposit of €4,000 is required. This €4,000

are part of your tuition fees. This amount is refundable in a case of Visa Refusal

PAYMENT METHODS & FUNDINGS

Deposit: 4000€ before the beginning of the program (refundable under personal or visa circumstances)
We offer the possibility to pay in a single payment or in instalments, maximum of 10 instalments.
Payment of a single fee at the moment of registration on Campus: deposit + 1 instalment
Payment in instalments: deposit + 2 to 10 instalments and 60€ of administration

SCHOLARSHIP

Apply after admission to our scholarship from 10% to 75%. Honor Loan at 0% rate. Students can also apply to external scholarships from Campus France, Foundations, and Companies, etc.

ADMISSION DEPARTMENT

Campus de ROUEN

3 rue du Tronquet
CS 40118 76130 Mont-Saint-Aignan
Céline Jacquemoire 02 32 82 91 47
admissions.rouen@unilasalle.fr

Campus de RENNES (UniLaSalle-EME)

Campus de Ker Lann
Avenue Robert Schuman - 35170 Bruz
Adélaïde Dolbeau 02 99 05 88 00
admissions.rennes@unilasalle.fr

Campus de BEAUVAIS

19 rue Pierre Waguet
BP 30313 60026 Beauvais Cedex
Élodie Bazantay et Régine Breemeersch
03 44 06 76 02 • 03 44 06 93 46
admissions.beauvais@unilasalle.fr

Campus d'AMIENS

14 quai de la Somme
BP 10100 80082 AMIENS
Pauline Bouthors 03 22 66 20 21
information@esiee-amiens.fr

Nomination & Application process for exchange students

STEP 1

Nominations must be sent by our partner institutions by email incoming@unilasalle.fr with the information about their students (Family name, first name, gender, date of birth, E-mail, Nationality, Study programme chosen).

STEP 2

The international office will get in touch with the nominated students to explain the procedure on how to apply. Several documents will be required:

- Curriculum Vitae
- Application form with cover letter explaining the motivation to join the relevant programme

- Transcript of records of the last 3 years from the home university (translated in English or French)
- Language requirement: Official certificate of English B2 (TOEIC/IELTS/TOEFL) AND/OR French B1 or B2 (Delf) depending on the chosen programme
- One recent portrait photo
- Copy of valid passport

STEP 3

Admission

The jury will evaluate the applications (documents + interview if necessary) and give an answer within 2 weeks after the official application deadline.

Tuition

Tuition fees are waived for exchange students from partner universities

EXCHANGES IN FRENCH ARE POSSIBLE IN ALL FRENCH DEGREE PROGRAMMES IN 2nd, 3rd, 4th AND 5th YEAR.

NOMINATION AND APPLICATIONS DEADLINES		
TERM	NOMINATION DEADLINES	APPLICATION DEADLINES
Fall	May 1 st	June 1 st
Spring	September 10 th	October 10 th
Summer	January 15 th	February 15 th

Exams, ECTS

For all exams, you can use a French language paper dictionary (provide your own) for students attending classes taught in French in the “Diplôme d’Ingénieur” programs coming from non-Francophile countries.

All courses have written and oral exams, tests, personal and group work.

In order to get ECTS credits, you must complete courses successfully with a minimum result of 10/20 or a grade between A and E.

If the result is less than 10 points out of 20, it means that the exam is failed (grade F) and no credits will be obtained.

Absences: If you are sick or if you can’t follow courses because of an important appointment (medical examination or Prefecture for example) you have to justify your absence by an official document to turn in to the administrative student office within 48h after the absence.

Justified absence during an exam: a retake exam will be scheduled.

At the end of the term, the academic committee checks and validates your results according to the grades system for a study period with a recognized degree (French « diplôme d’Ingénieur » or double-degree) as follows:

Grade A From the first 10% of the graduating class

Grade B From the next 25%

Grade C From the next 30%

Grade D From the next 25%

Grade E From the last 10%

Grade F (Fail) result < 10 – no validation

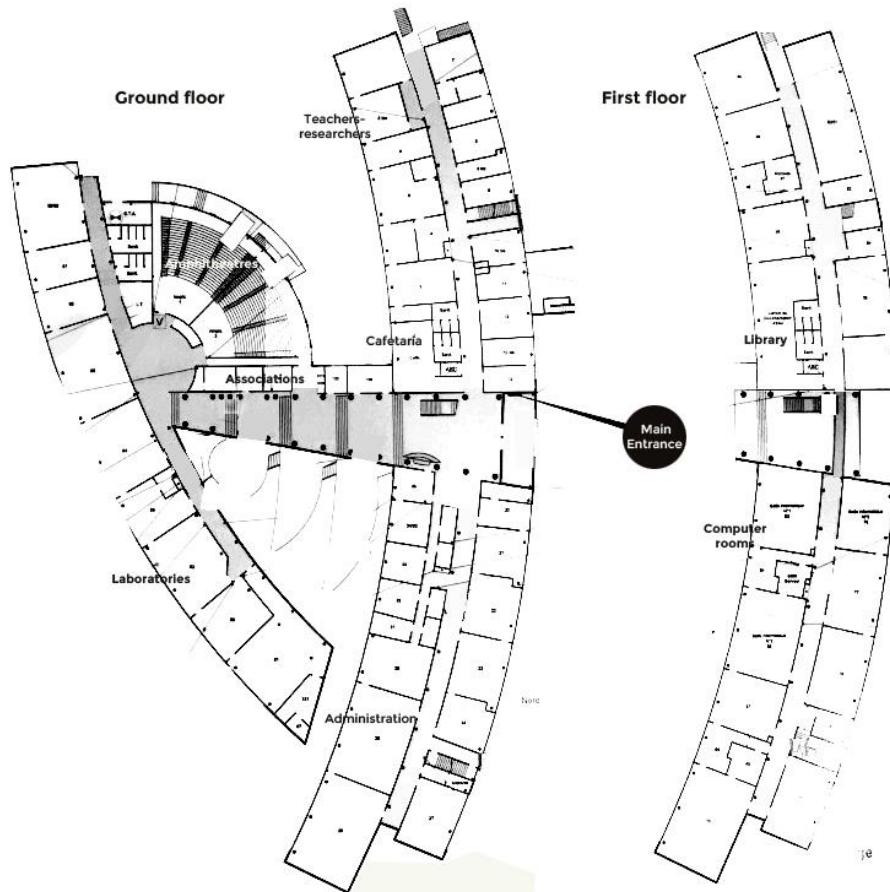
Re-take exams

- For degree-seeking students: mandatory, check with the Academic Dean.
- For non-degree seeking students: according to your date of departure and modalities of the teacher concerned.

Extra-academic / extracurricular events: because learning can also be outside of the academic context the four campuses offer different types of extracurricular events such as TEDx, seminars, conferences. It will not give you any extra ECTS but will be good for your personal knowledge. You will have the information (date and topic) by email.

The school plan:

Academic buildings are open from 8:00 am to 6:30 pm.



Places to study:

Library:

At your disposal: books, magazines, foreign language periodicals, DVD, newspapers and also computers. Students can borrow books or magazines free of charge. The library material covers pure and applied sciences: all the topics taught.

Being a full member of UniLaSalle Rennes, you have access to and can borrow books from the school library, called 'CDI'. It is located on the first floor of our building, on the left side of the stairway. You will find a lot of books, newspapers, articles, regulations and norms dealing with environment like waste management, water treatment, eco-management, renewable energy, eco-construction and air quality. There are also many electronic resources available online. For more information you can ask Ms. Diane BOULOY; she will be happy to help you (probably in French). The CDI opening hours are posted on the door (hours may change through the year). The CDI is closed on weekends.

Diane BOULOY: 02.99.05.88.00 – diane.bouloy@unilasalle.fr

Computer rooms and Internet:

There are 3 computer rooms available for students at UniLaSalle Rennes. You can have access to the computers with your ID and password which will be given to you at the beginning of the semester. You can have access to the Internet on all the computers and also to software related to your studies. You can print for free. You can get access to wireless connection.

If you need help, you can contact the IT administrator Mr Pascal Chopin: pascal.chopin@unilasalle.fr.

Software:

Full suite of Office 365 software, business software specialized in environmental sciences such as Simapro, Kugis, etc. are available.



Self-access computers and printers: 3 rooms on the 1st floor

Contacts:



Geoffroy Belhenniche,
Dean



Emmanuelle Chateau,
Executive assistant



Magali Gautier,
Financial &
administrative manager



Gaëlle Macé,
Accounting assistant



Thomas Hull,
International deputy
director



Marie-Anne Hairan,
International assistant



Stéphanie Davy,
English teacher,
Head of languages



Jeffrey Livingston,
English teacher,
MSc SMEI Training manager



Emmanuelle Châtillon,
International training
programmes



Pascal Chopin,
Head of Information Sys-
tems and Processes



Gilles Moigne,
Computer engineer



Florian Angoujard,
Computer technician



Elodie Thebault,
Student & community life



Lucille Ligny,
Promotions &
Admissions officer



Eva Crombez,
Promotion manager



Adélaïde Dolbeau,
Communication officer



Emilie Gardin,
Upstream promotion &
Business relations officer



Katia Piederrière,
Communication officer



Iris Bouchonnet.
Project manager for eco-
logical and social transfor-
mation



Caroline Le Moulec,
Sustainable development
&CSR project manager



Julia Jouan,
Teacher-researcher in
OSR and management



Ivane Lelièvre,
Laboratory technician



Clarisse Roig.
Lab and Research tehni-
cian



Diane Bouloy.
Librarian



Laurence Thenaisy,
Educational engineering



Evelyne Blot,
Planning officer



Claire Pomier,
Planning officer



Sophie Binois
Internship manager



Ghislaine Benarba,
Education secretary



Marie Leroux,
Reception officer



Ingrid Maslot,
Reception officer &
Purchasing officer



Jocelyne Godet,
Service agent



Fatoumata Diarra,
Service agent



Sébastien Cherraud,
Building maintenance agent



Sébastien Gelot,
Building technician



Christiane Zoghbi,
Teacher-researcher in water and hydraulic and aeraulic networks



Catherine Ricordel,
Director of Education and Trainings



Angélique Mahieu
Head of programmes & Director of studies



Dany Hulot,
Learning manager



Thibaud Niel,
Career Center Consultant & Teacher in Water Management



Abdoulaye Kane,
Teacher-researcher & Research Director



Hayet Djelal,
Teacher-researcher & accredited research director



Lucie Domingo,
Teacher-researcher in eco-design



Messika Revel,
Teacher-researcher in ecotoxicology



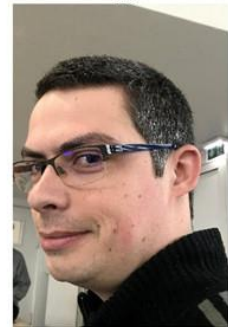
Mathilde Mercier,
Teacher-researcher & Expert referent in energy



Romain Ligny,
Teacher-researcher in chemistry for the environment



Lise Swertvaeger,
Teacher in waste management



David Leroy
Teacher in QSE



Jean-Marie Cariolet,
Teacher-researcher in
geography



Frédéric Ebner,
Teacher-researcher in
ecology



Reynald Lherbier,
Teacher and Environmen-
tal assessment project
manager, LCA



Wilfried Do Paco,
Mathematics and statis-
tics teacher



Anne-Bérengrère Siroën,
Project officer &
Entrepreneurship



Lydia Fryda,
Research officer



Marwa Ellouza,
Research officer

Being a student:

Registration Procedures:

All students are required to participate in the essential and practical procedures that include:

- The student card
- Access to computers
- Payment of semester fee
- Financial contribution to improve students' lives and the development of Campuses (CVEC):

Before enrolling in higher education establishments, students must pay for the CVEC (Financial contribution to improve students' lives and the development of Campuses) on **this platform**. The requested contribution amounts to approximately 95 €. Once paid, you must download the certificate of payment in PDF format and print one copy for Mrs. Benarba.

It's great to be an international student! Making friends, going out, but you shouldn't forget that you are here to study. It is important that you are aware of the following:

Economic Support – Grants – Scholarships:

There are no grants from UniLaSalle Rennes or local grants for students staying one year or less. Please enquire with your school's administration about financial assistance.

Disability and Special Needs:

UniLaSalle Rennes strives to provide all the students with equal opportunities. Assistance is given to students who require special assistance, adjustments or equipment during their studies or exams. Remember to communicate your needs early enough and provide medical documentation.

Academic conduct:

Students are personally responsible for keeping themselves informed about exam regulations, instructions and changes in exam dates, time and place. Exam dates will be announced on your schedule on **Scola**. Please note that:

- Students must be present in the exam room at least 10 minutes before the exam starts. Bags and other items must be placed in designated areas in the room.
- Documents that are not allowed or contain notes, etc. will be confiscated. Any items discovered after the start of the exam will be considered as an attempt at cheating.
- Candidates who are ill and unable to attend the exam must submit a medical certificate.

- Plagiarism is considered intellectual theft in France and whenever you use other people's work preparing a project, or writing an essay, be loyal to the sources you use and list them. Include all references in your bibliography and check whether the information is correct. Ask your supervisor which quotation style should be used and is consistent.

School Regulations:

UniLaSalle Rennes internal school regulations will be given to you shortly after you arrive.

Academic calendar:

The exact dates of the academic calendar will be sent with the letter of Admission:

Third and fourth year:

- Fall semester from early September to late January
- Spring semester from Early February to late June

Fifth year:

- Fall semester from early September to mid-February
- Spring semester from mid-February to late June

Orientation days:

One or two orientation sessions will take place the week prior to the start of class. One is organized by the CMI – Centre de Mobilité Internationale de Rennes - at the beginning of September **The International Students Day**.

After having a snack, you will be able to take part in a competition where you can win gift cards, trips around Brittany, etc. Then, you will be presented with important information about accommodation, health, work, residence permit, catering, transports, and any question will be answered about your stay in France. Guided tours of Rennes will follow and at 7 pm, a free dinner will be offered at one of the university restaurants. To top it off, an International student party is usually organized from 10 pm onwards in a pub.

Buddy Program:

UniLaSalle Rennes has developed a buddy program for international students. A buddy is a French student who is assigned as your contact person and will assist you in getting settled during your first couple of weeks in Rennes. Being a buddy is voluntary, so they are not paid for that. If you want a buddy to contact you before your arrival, you must check the box on the Acceptance and Arrival Form you will receive with your Letter of Admission.

Language:

The official language in France is French. You will find that most French people manage to speak English either "just a little" or sort of fluently but are often rather shy about speaking a foreign

language. Many French people also speak German, Spanish or Italian as a third language. In Brittany, there are also two regional languages that have no official status. They are Breton, a Celtic language related to Welsh, and Gallo, one of the Oil languages, which is spoken in the East. Although not the main languages spoken, several schools in Rennes and in Brittany teach both. However, few people speak Breton and you have little chance of hearing it.

While staying here, you should take the opportunity to improve your French and acquire knowledge about the French language. To know more, visit the **Cirefe** website.

If you want to take lessons by yourself, you can find information on these websites:

- www.univers-langues.com
- <https://sites-formations.univ-rennes2.fr/cirefe/en/language-support-redirection/>
- **French classes on Campus on cooperation with ENSAI – Contact Emily Burmeister**

It is also possible that you will find French students who would like to exchange French and English conversation classes, since a score of 785 on the TOEIC test is a Unilasalle Rennes graduation requirement.

Campus life

The Ker Lann campus covers 165 hectares. It is located in Bruz which is 10km away from Rennes. The campus is green, with a lot of trees, ponds and cycle paths. The different buildings are spread out, which creates a peaceful atmosphere. There are many schools on the campus (UniLaSalle Rennes, ECAM, ENSAI, ENS Rennes, Faculté des Métiers, etc.), and companies.

Food:

For lunch, you have a few possibilities:

- **The University restaurant (RU in French)** is open from Monday to Friday from 11.30 am until 2 pm
A meal costs around € 3.30 for a traditional 3-course meal (15 points): starter, main course with meat/fish and vegetables, cheese or desert.
You can buy snacks from the CAFET' (ground floor) from 11.30 am to 3 pm, save for Fridays to 2 pm
You need your student card to buy restaurant tickets.
- A restaurant called 'Le Ti'Miam' serves snacks (sandwiches, pizzas, etc.) as well as proper meals (first floor)
- Take-away dishes from 'Cuisine et Vous' at La Maison du Campus

- Food trucks in some places on different days

Sports:

You can access sport facilities on the campus:

- two tennis courts,
- a football field,
- a sports hall,
- two gymnasiums,
- etc.

Childcare:

If you are coming to Rennes with your child/children and need someone to take care of them during class there are different solutions. Depending on the age of your children you may enroll them in a crèche or kindergarten where they can stay the whole day. Places are limited in these institutions and you must enroll your child as soon as possible. Other solutions are day mothers, child minders and babysitters. Day mothers and child minders have to be legally registered. For more information you can go to: <http://www.chez-vous.com/rennes>.

Health

General tips:

Health Insurance:

Before you leave your country, make sure that you have taken out travel insurance with repatriation in case of serious health problems, accident, etc. However, it is compulsory for all students to have student health insurance in France. It is possible that students who apply for visas will be asked to take out repatriation insurance (including health insurance) by the French Embassy.

All students must have valid health insurance during their studies in France.

- For non EU/EEA students: the compulsory Student French Health insurance (HEYME or LMDE)
- For EU/EEA students: a valid European Health Insurance Card or the French Student Health insurance.

For more information: **AMELI – LMDE – HEYME**

Information on the French health care on the **Cleiss** website:

No vaccinations are required to travel to France, but the World Health Organization (WHO) recommends that all travellers be covered for diphtheria, tetanus, measles, mumps, rubella and polio, regardless of their destination.

Look at the **World Health Organization** website before you leave to check for any special recommendation.

- Bring your medications in their original, clearly labelled, containers. A signed and dated letter from your physician describing your medical conditions and medications, including generic names (French medicine names are often completely different from those in other countries), is also a good idea.
- Dental care in France is usually good; however, it makes sense to have a dental check-up before a long trip.
- Be careful, in some areas it is quite difficult to quickly get an appointment, do not wait to take care of a medical issue. For some physicians you can use the **Doctolib website** or App to book an appointment.
- You will have a list of partner physicians. Some of them do not speak fluent English in that case be prepared to be able to explain in French. Check the health vocabulary at the end of the guide.

When you are ill and your symptoms do not require an emergency consultation, you can consult a general doctor.

General Practitioners in Bruz:

- Cabinet Médical du Vert Buisson: **13 mail Île Aux Moines - Bruz** – Tél: 0033 2 23 50 32 90
- Dr Jean-Charles LE DU: **29 rue Touiller - Bruz** – Tél: 0033 2 99 05 80 53
- Cabinet Médical Becel Joubreil Guesnon Riaux Raguenes Poince: **10 avenue Jules Tricault - Bruz** – Tél: 0033 2 99 52 61 01
- Dr Tanguy Louër: **54 avenue Alphonse Legault - Bruz** – Tél: 0033 2 99 52 65 25
- Dr Eve Boennec: **14 place Vert Buisson - Bruz** – Tél: 0033 2 99 57 97 30
- Dr Nadine LE BARS: **20 rue Châteaubriand - Bruz** – Tél: 0033 2 99 57 93 16

Dentists in Bruz:

- Cabinet de dentistes: **10 Place du Vert Buisson - Bruz** – Tél: 0033 2 99 52 60 96
- Dr Yann Le Gall: **18 avenue Joseph Jan - Bruz** – Tél: 0033 2 99 05 98 00
- Dr Bernard Floret: **1 rue Ajoncs - Bruz** – Tél: 0033 2 99 52 92 93
- Dr Henri Duret: **1 Rue Duguesclin - Bruz** – Tél: 0033 2 30 96 46 00
- Cabinet de dentistes: **14 square Daniel Balavoine - Bruz** – Tél: 0033 2 99 52 69 28
- Cabinet de dentistes: **15 place Marcel Pagnol - Bruz** – Tél: 0033 2 99 52 09 09

- Dr Christine Beaudor-Hamon: **7 rue Jean Mermoz - Bruz** – Tél: 0033 2 99 57 13 88
- Dr Michel Kharitonoff: **8 place Marcel Pagnol - Bruz** – Tél: 0033 2 99 52 61 61
- Dental emergencies in Rennes: **17-21, rue du Puits Mauget - Rennes** - Tél. 0033 2 30 96 10 00

If you are sick and think that you need to see a doctor, please bear in mind that in France some doctors no longer take new patients so our advice is to:

- Get in touch with your buddy, so he/she can get in touch with HIS/HER doctor in Bruz or Rennes and will easily get an appointment. He/She must help you to call the doctor for you, especially if you do not speak French! You can ask him/her if he/she is available to drive you if possible.
- You can also try to book an appointment with a doctor or a specialist via the **website** - Please note that even if you have insurance you will probably need to advance the medical fees and then you will be reimbursed by your insurance so do not forget to ask the doctor for a bill.
- In case of serious illness/hospitalisation, please do not forget to inform the International Relations Office. Always keep your medical insurance with you.

Nearest Hospital:

Centre Hospitalier Universitaire de Rennes

Hôpital Pontchaillou

2, rue Henri Le Guilloux

35200 Rennes Tel: 02 99 28 43 21 (24h/24 & 7/7)

Emergency numbers:

SOS Médecins Rennes: 106 Rue Eugène Pottier - Rennes - Tél: 02 99 53 06 06

Emergency Doctor (SAMU): dial 115

For deaf people and/or hearing-impaired people: 114

European emergency call / Appel d'urgence Européen: 112

Late-night pharmacy:

What is a late-night pharmacy? If you need medication quickly, outside the opening hours of your usual pharmacy, you can go to an on-call pharmacy. This ensures that everyone who needs medication has access to it at night, on Sundays and public holidays.

This service is organized to respond to urgent requests, in particular following prescriptions from the doctor on duty or from an emergency hospital service.

Where can I find a late-night pharmacy? Call 3237

Centre antipoison / poison control centre: dial 0033 2 99 59 22 22

Students Psychological Help:

Le [SäS] - Point Accueil Ecoute Jeunes

Anonymous, confidential and free sessions (possibly in English at all times) -

Tuesdays to Fridays, from 2 pm to 6 pm

Specific sessions:

On Wednesdays, from 2 pm to 6 pm and Thursdays, from 2 pm to 4 pm: Consultations for young consumers (alcohol, drugs...)

On Thursdays, from 4 pm to 6 pm: Consultations for young consumers (emotional and sexual lives issues – Planning familial)

Accessible to people with reduced mobility

Access: By Subway Charles de Gaulle station

Le [SäS]

Le 4 Bis, Cours des Alliés - 35000 Rennes

0033 2.99.31.87.35

sas@le4bis-ij.com

Covid-19 recommendations:

Despite the coronavirus pandemic, France continues to welcome international students and researchers. Depending on the country and the vaccination status, the procedures required to enter French territory vary...

Means of transport

The campus is accessible via public transport: by bus or by train.

By bus:

Bus lines C7 and C7 Express run from St Jacques Gaité metro station to Ker Lann Campus and Bruz.

- **Bus C7** runs every day, every 20 mn from Monday to Saturday, and hourly on Sundays.

First departure from the campus to Rennes is at 5.10 am (8.55 am on Sundays)

Last bus from Rennes – St Jacques Gaité to the campus leaves at 1.44 am.

The trip lasts approximately 25 to 30 minutes.

- **C7 Express** runs from Monday to Friday (except for holidays)

There are 7 departures in the mornings from St Jacques Gaité to the campus between 7 and 9 am and 10 departures from the campus to Rennes – St Jacques Gaité between 4 and 7 pm. The C7

Express bus runs non-stop to St Jacques Gaité which makes the trip a little shorter: approximately 20 minutes. A bus fare is 1.50€ when bought on the bus.

It is cheaper to buy 10 tickets at one go.

The schedules and prices are available on Le Star website

You can charge various types of fares on the KorriGo card (transport card) for the bus, the metro and STAR bicycles (Vélo Star). You can also charge fares for local trains TER Bretagne or BreizhGo. This is a personal card with your name on it which allows you to benefit from customer advantages with the network partners of Le Star.

By train:

Ker Lann campus is only 7 minutes away from Rennes by train!

It is accessible via the rail line Rennes-Redon with a railway stop on the campus next to the university residences (around 3 €)

The schedules and prices are available on <https://m.ter.sncf.com>

By taxi:

If you want to book a taxi, here are a few contacts:

- Allo Taxi Bruz, 6 Place Marcel Pagnol – Bruz – Tél: 0033 6 67 52 36 37
- Taxi du Golf, 1 Avenue de la Chaise – Bruz – Tél: 0033 6 07 03 81 82

You need to know that taxis are quite expensive in France, ask the driver how much it might cost from one destination to another and on which day and time.

You can book a UBER on their **website**.

By bike:

If you wish to use self-service bikes to commute to school every day and travel, you can go to **la Maison du Vélo** in Rennes:

Rendez-vous to La Maison du Vélo, located at **15 bis Place de la Gare 35000 Rennes**.

It is open every day from 9 am to 7.30 pm from April 15 to October 15 (even on Sundays and bank holidays) and from 10 am to 6 pm from October 16 to April 14.

*Don't forget to check the General Terms and Conditions

Finances

Living costs:

Bear in mind that the below mentioned costs may change significantly from one city to another. Moreover, budget is personal and adapted to each individual (according to housing, needs and way of living). Nevertheless, we advise you to have 750 € monthly for sustainable living conditions.

- Housing:

if you live in a university residence on the campus, you will pay between 380 € to 420 € per month including charges such as cold and hot water, electricity, heating, internet access and maintenance of the residence).

In Rennes, costs can be higher, from 550 € and more.

In some case you will have to pay utility costs such as electricity, water, internet access...

- For daily meals you can eat at the university restaurant. Prices at the "resto-u" (resto-u stands for **restaurant universitaire**) are unbeatable: You get a complete meal for about 3,30€.
- With your student card, you can benefit from student discounts on meals in some restaurants. When entering a restaurant, feel free to ask if they provide student discounts.
- Good to know: Be prepared to spend between € 200 and € 300 per month for your meals.
- Good to know: taxis are very expensive in France!
- Communication costs (Mobile Phones and Internet service): telephone subscription and internet access costs around € 30 / month. It may be more expensive depending on the services and the company you choose. Social life costs: It is also important to include these costs in your budget. Here are some typical prices:

Cinema ticket: 11 €

Haircut: 30 - 40 €

Restaurant lunch: 10-20 €

Dining out: 15-30 €

Bread: 1,5 € / 500 g

Sandwich: 3-6 €

Rice (1kg): 1,4 €

Coffee: 2,5 €

Beer (pint): 7 €

Wine (bottle): 6 €

1 load of wash in a laundromat 4-5 €

Train ticket Rennes-Paris from 16 €
with Ouigo to over 100€

Single room middle class hotel 41 €

Remember to have enough money available for your arrival in Rennes as it can take up to three weeks to obtain a check book and credit card when you open a bank account in France.

Credit cards:

MasterCard and Visa credit cards are accepted almost everywhere in France. For other credit cards, please check with your bank.

Bank accounts:

It is highly advisable for all foreign students to open a bank account in France, even if they are only staying for 1 semester. A French bank account is essential because all health insurance reimbursements and housing allowances are done by bank transfers and not by check. It is also possible to organize automatic bank transfers to pay rent. Nowadays most shops do not accept checks.

Western Union

It is possible to receive or send cash through the Western Union system. In France, the main post offices can offer this service. In Rennes, you can go to the “Republique” Post office.

Arnaque Warning: Western Union is very efficient, but they do not check if the receiver of the money is a temporary account.

The Post

The French mail company is called “La Poste”. To send letters or parcels to your home country, you have different possibilities. You can put letters with stamps into the yellow mail boxes on the streets. There are always two slots, one for mail to Brittany (Ille et Vilaine, Côtes d’Armor, Finistère and Morbihan), and the other one for “Autres destinations” (other destinations).

If you do not have stamps, or do not know how much you need to pay for the mail or if you want to send parcels, you can go to any post office and ask for help. Post offices are open from Monday to Saturday midday. The opening times vary depending on the post office.

On the Ker Lann campus there is a yellow letter box just in front of the student dining hall (RU), across the street. There is a post office in Bruz, next to the bus stop “Bruz centre”. There are many post offices in Rennes; the easiest to find is the main one at “Republique”.

Working:

NB: please note that students enrolled in a degree have a very busy schedule.

General information on **Work in France**.

International students have the right to work while studying in France as long as they are enrolled in an institution that participates in the national student health-care plan.

Students who are not nationals of EU member countries must also hold a valid residency permit.

The right to work applies to all students, including those who are in France for the first time, those who are enrolled in the first year of a university program, and those who are enrolled full-time in a language school.

Day to day life in France and useful tips:

Climate, food:

There are four seasons in France, but the climate is different according to the region. For example, the south-east has a Mediterranean climate with a hot summer, warm winter and dry weather. Weather online: www.meteofrance.com

- Time: GMT/UTC + 1 hour = when it is 2 pm in Paris, it is 1 pm in London and 7 am in New York
- Electricity: 220V, 50Hz / bring your plug adaptor/converter
- Weights & measures: Metric
 - 1 centimeter (cm) = 0.39 inch and 1 inch (in) = 2.54 cm
 - 1 meter (m) = 3.28 feet and 1 foot (ft) = 30.48 cm
 - 1 kilometer (km) = 0.625 mile and 1 mile (ml) = 1.6 km
 - 1 gramme (g) = 0,0353 ounce and 1 ounce (oz) = 28,349g
 - 1 kilogramme (kg) = 2,204 pounds and 1 pound (lb) = 0,453 kg
 - 0 degree centigrade (0°C) = 32 Degrees Farenheit and 50°F = 10°C
- The main religion is Catholicism but France is known for its liberty of religious expression.
- The following European countries have adopted the Euro: Austria, Belgium, Cyprus, France, Finland, Germany, Greece, Ireland, Italy, Luxemburg, Malta, Netherlands, Portugal, Slovakia, Slovenia and Spain. In order to calculate the conversion rate, you can consult the following website: <http://www.xe.com/ucc>
- 1 euro is made up of 100 cents. There are 1, 2, 5, 10, 20 and 50 cent coins as well as 1 and 2-euro coins. All coins have national motifs on one side and a common design for all the countries on the other side. Bank notes come in 5, 10, 20, 50, 100, 200, and 500-euro denominations. In contrast to the coins, the banknotes do not have national motifs and are common to all countries.
- MasterCard and Visa credit cards are accepted almost everywhere in France.
For other credit cards, please check with your bank.
- The French mail company is called “La Poste”. To send letters or parcels to your home country, you have different possibilities. You can put letters with stamps into the yellow mail boxes on the streets. There are always two slots, one for mail to the region, and the

other one for “Autres destinations” (other destinations). If you do not have stamps, or do not know how much you need to pay for the mail or if you want to send parcels, you can go to any post office and ask for help. Post offices are open from Monday to Saturday midday. The opening times vary depending on the post office.

You can buy prepaid sim cards there.

French customs :

- Food and groceries: In France, the world capital of gourmet dining, most people eat three meals a day: breakfast in the morning, lunch at around 12, and dinner at around 7pm. Lunch and dinner are full meals.
- Most offices are open from Monday to Friday from 8am to 6pm. Government offices such as the Prefecture or Social Security are open from 8am to 4pm. Shops are open from 9 or 10am to 7 or 8 pm sometimes closing between midday and 2 pm. Please note that some shops are closed on Mondays in the morning or all day and banks are often closed on Saturday (or Mondays).
- In general shops are open Monday to Saturday (sometimes closed on Monday mornings) from 9 or 10 am to 7 or 8 pm. You will find all sorts of shops in Rennes. In the town center, there are many clothing and shoe boutiques, as well as specialized shops (bookshops, music). In the centre, there are several shopping malls and department stores.
- It is useful to know that you can buy many useful items from a “Bureau de Tabac” (newsagent). Apart from cigarettes, and magazines, you can usually buy stamps, bus tickets.
- In France, it is important to be aware of the following order:
Date/Month/Year e.g. 20 August 2020 is 20/08/20
- In the French number system, a comma replaces the decimal point.
For example: 3.5 is written as 3,5 in French.
- In France, in most places, tips are included in the price. A tip may be left, and would be a small token amount.

(Source: <https://theculturetrip.com/europe/france/articles/17-france-travel-tips-that-might-save-your-life/>)

Mobile, telecommunications:

Cell Phones:

Companies such as **SFR**, **Bouygues Telecom**, **B&You** (Bouygues), **Orange**, **Sosh**, **Free**, **La Poste**, etc. provide cell phone services. Rates vary widely depending on how and how much you use your smart phone or cell phone. You'll want to compare and check on their websites for more details. We would advise a non-binding subscription (“forfait sans engagement”).

General security

Crime remains relatively low in France but you should take sensible precautions when you are travelling or in a city:

- Don't carry your credit card, travel tickets and money together - leave spare cash and valuables in a safe place.
- You may be subject to identity checks when you're in France. You must carry your passport/ ID document (or a photocopy) at all times.

Keep photocopies or digital copies of the following documents, in case of loss or seizure: the identification page of your passport, your birth certificate, your driver's licence. Keep originals and copies in separate safe locations.

- Never leave baggage unattended and keep a close eye on your personal belongings and hold on to them in public places such as internet cafes, airports or train/bus stations. All luggage must be labelled.
- In museums, monuments and shopping malls, bags are routinely checked on entry
- Avoid showing large sums of money in public and don't use ATMs after dark, especially if you are alone. Check no one has followed you after conducting your business.
- Avoid areas where demonstrations and large gatherings are taking place. Follow the instructions of local authorities and monitor local media for the latest information.
- France's hunting season is September to February: if you see signs reading "chasseurs" or "chasse gardée" tacked to trees, do not enter the area.
- If you are travelling for leisure make sure one of your fellow student knows where you are going, where you will be staying and how to reach you.

Plan Vigipirate:

Following the tightening up of security in France, the national security program **Plan Vigipirate** was increased a few notches. Handbags and shopping bags are checked at the entrance of public venues and shops, and visitors must carry with them one form of picture ID at all times. Cooperation and patience during these checks is key for security personnel to be able to conduct their duties effectively. People are also asked to report immediately any unattended bag or object spotted in a public space.

Pickpockets:

As in any big city, crowded tourist venues are a magnet for opportunists. Underestimating their ability would be a mistake. They are very quick-fingered and disappear as if by magic. Whether in

the Louvre, Versailles, or any other museum, restaurant, the Métro or market, always take the usual precautions to avoid becoming an easy target. Keep your valuables tucked away safely, your bag in front of you, swing your backpack around if needed, and don't carry your wallet in your back pocket. If a 'kind' stranger calls your attention to something you just dropped, beware, and give a wide berth to any scuffle, pushing, or rushing the door.

It stands for any country really, so be careful if you are travelling abroad for leisure.

On the road:

If you want to drive in France you have to possess a European driver's licence or a valid driving license translated in French.

When driving, a visibility vest and a warning triangle are required equipment in every vehicle.

French people drive on the right and steering wheels are on the left.

- You will need an international European driver's license: **Driving in France with a foreigner licence**
- The speed limits (in dry weather conditions) in France are as follows:
- Motorways 130 km/hour
- Highways/ dual carriage ways with a central reservation 110 km/hour
- Other roads 80 km/hour
- Towns and built-up areas 50km/hour

There are more and more automatic speed checks as well as spot checks (police officers in unmarked cars with cameras and radars). In contrast, radar detector devices used to spot mobile speed traps are illegal in France. Use of any mobile phone when driving, even with a bluetooth headset, is strictly forbidden.

- Crazy right of way rule:

This may sound obvious but in France vehicles circulate on the right, and roundabouts flow anti-clockwise. It isn't unheard of for drivers arriving from a left-hand driving country to get distracted and momentarily swerve into the wrong lane. There is also a lesser-known rule that startles newcomers and that's the right-hand priority rule or *priorité à droite*. It's a carry over from an outdated custom but still applies in some cases like car parks and unmarked junctions, or those marked with a red triangle with a black X, and whenever traffic lights are out of order or flashing. When in doubt, yield to oncoming vehicles approaching from your right.

- France is very strict on its drinking (also drugs) and driving laws.

The maximum blood alcohol limit is 0.50 mg of alcohol in 100 ml of blood (approximately 2 glasses) and if you get involved in an accident (even it is not your fault), you can lose your license. Concerning drugs, even “soft” drugs are not tolerated and it is illegal to consume drugs and drive.

Regulation on the French roads.

Illegal drugs:

Illegal drug use (no matter what the drug) carries stiff penalties. If you are found in possession of illegal drugs or smuggled goods, you can be held in pre-trial detention for the period of the investigation (which can last for several months or even years). If your vehicle was carrying illegal drugs or smuggled goods, French Customs can impound it for the investigation period.

Do not accept any drinks, cigarette or pill from stranger. When at a party always keep your glass with you.

If you have been drugged: call a close friend, do not stay alone. Contact your emergency campus contact + Call the police to have a drug test within 6 hours and press charge.

Hitch-hiking:

Hitching is never entirely safe in any country in the world, and we don't recommend it. Travellers who decide to hitch should understand that they are taking a small but potentially serious risk. Remember that it's safer to travel in pairs and be sure to inform someone of your intended destination. Hitching is not really part of French culture.

Hitching from city centers is pretty much hopeless, so your best bet is to take public transport to the outskirts. It is illegal to hitch on autoroutes, but you can stand near an entrance ramp as long as you don't block traffic. If your itinerary includes a ferry crossing, it's worth trying to score a ride before the ferry since vehicle tickets usually include a number of passengers free of charge. At dusk, give up and think about finding somewhere to stay.

You can also choose carpooling: you can book (and pay for) your ride on <https://www.blablacar.fr/>.

Checklist and documents to have with you

Important documents (ID, passport, driver's licence...) + a hard copy + a copy on a hard drive or/and a cloud platform.

- Bring your medications in their original, clearly labelled, containers.
- A signed and dated letter from your physician describing your medical conditions and medications, including generic names (French medicine names are often completely different from those in other countries), is also a good idea.

- Dental care in France is usually good; however, it is sensible to have a dental check-up before a long trip.

Things to do well in advance before leaving:

- Read the information in this International Student Guide carefully
- Accommodation search
- Make your travel arrangements in time
- Check your email for updated information about your arrival

Essential items to bring to France with you:

- Valid passport (or ID card for citizens from EU countries)
 - Copy of passport
 - Passport photos
 - Ticket / travel documents
 - Cash, preferably in Euros (€)
 - Phone numbers and email addresses of emergency contacts at home
 - Valid Visa (if necessary)
 - Your letter of Admission from Unilasalle
 - Original diplomas and transcripts of previous education, including English translation (Erasmus students are exempted)
 - Citizens from EU/EEA countries must bring valid insurance or forms E-111/E-128 or European Health Insurance Card
 - Citizens from non EU/EAA countries must bring proof of insurance
- Citizens from non EU/EAA countries under 21, to open a bank account :
- The copy of the passport of one of your parents
 - One proof of address of your parents (a bill with your parents' names and present address on it no older than 6 months)
 - An English translation of your medical history and documents/prescriptions
 - Prescriptions for medications you take and a fresh supply of prescribed medication.
- Please note that the exact prescription may not be available for you in France

Other items to pack:

- Bed linen and towels if you cannot or do not want to rent them
- Clothes and shoes suitable for rainy weather, and cold weather in the winter.
- Adapters for electrical appliances – in France the standard is 220V

Also keep in mind that you will have to carry your luggage, try to travel light.

Emergency numbers

Police: dial 17

Police station: If you lose your passport, identity card, credit card or if you are the victim of a robbery, please report at the following police station: 8, avenue du Général de Gaulle – Bruz / Tel: 0033 2 99 52 61 06

Fire Brigade: dial 18

IMPORTANT ITEMS TO SPECIFY ON THE PHONE: your identity (surname, first name, victim or witness), why you are calling (specify the reasons for your call) and your address (where the services must intervene).

Useful information for International Students can be found in **the CMI GUIDE** (Centre de Mobilité Internationale de Rennes).

Rennes

Rennes is the capital of Brittany with more than 220,000 inhabitants of which about 40% are students.

Indeed, many universities and Grandes Ecoles (prestigious higher education schools) are situated in the city and on the Ker-Lann campus, 10km from downtown



Img1©Rafael Perez_Kamaleon-Destination Rennes



Img2/3/4©Franck Hamon-Destination Rennes



Img2/3/4©Franck Hamon-Destination Rennes

Rennes. Rennes is one of the top ten cities in France where French people prefer to live and work. The main industries in Rennes (automobile and automotive industries, agribusiness, tourism, telecommunications, engineering companies, and service industries) attract workers from different sectors who can practice many cultural activities and enjoy a classified city of art and history. In the historical center, you will find many medieval houses.

For more information, visit: [Wikipedia page](#), [Rennes Métropole website](#)



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Restaurants:

There are many very good restaurants in Rennes like **Le café Breton**, **Le café du port**, including typical French “brasseries” such as **La Taverne de la Marine**, as well as typical Breton creperies such as **Ouzh-Taol**, etc. You can also find nice **organic restaurants**.

Sports and Leisure:

It is possible to practice sports at Unilasalle Rennes, in Rennes and in Bruz. Please do not hesitate to contact the school BDS (sport organization at school). The Campus Sports facilities include tennis courts, a football field, a track, and an indoor multisport facility.



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There are four swimming pools in Rennes including one Olympic Pool. There are also skating rinks, golf courses, tennis clubs, sailing, horse riding, football, cricket... **The Roof**, La maison de l'escalade à Rennes, is unique in its kind. It brings together a bouldering room, a wellness studio and a bistro-microbrewery.



©Thomas Crabot-Destination Rennes



©Franck Hamon-Destination Rennes

During the year there are many sporting events such as the **Triathlon**, **“Tout Rennes Nage”** (a 24h swimming event), **“Tout Rennes Court”** (a 24-hour running event), with events for everyone!

Culture and Entertainment:

There are many social and cultural activities in Rennes. Some examples are:

- Many theatres, (with films in different languages), museums, etc.
- A multi-cultural center: **les Champs Libres**
- Concert halls for modern and classical music, groups and pop stars (**Le Liberté, L'étage and Le Muzikhall, 1988 Live Club, Le MeM, l'UBU, l'Antipode, Jardin Moderne**, etc.
- Numerous festivals during the year, including nationally renowned festivals **“les Transmusicales”** in December and **“Les Tombées de la Nuit”** in July and **“Mythos”** in March / April.

To see what's going on in Rennes, check out: <https://www.tourisme-rennes.com>

To find out about the dates and buy tickets, you can go to the ticket services of most of the shopping malls (**E.Leclerc, Carrefour, Fnac**, etc.) or on various web sites (**See tickets, France billet, Ticket master**, etc.).

You can buy tickets for football matches directly from **the local stadium**.



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Museums:

Les Champs Libres is a modern multi-cultural center open since March 2006. It consists of a library, museums, and science and culture areas. For a virtual visit, click on: www.leschampslibres.com, Cours des Alliés, Rennes (Subway stop: Charles de Gaulle):



©Franck Hamon-Destination Rennes

Le Couvent des Jacobins is a congress center where some exhibitions can take place, for example contemporary art, or concerts:



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Le Musée des Beaux-Arts (Museum of Fine Arts) – Art Gallery – 20 quai Emile Zola, Rennes:



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Phakt is a cultural center in Rennes town centre :



Le FRAC are public collections of contemporary art:



La Criée is a contemporary art center in Rennes town centre :



Night life & Music:



There are numerous student bars and Irish pubs in Rennes. The main student “area” in Rennes is near the *place des Lices* and the *Rue Saint Michel*. There is a new place worth visiting **Le MeM** where concerts take place and Guinguette. Whatever kind of music you like, you can probably enjoy it in Rennes. Here are some of the places you might want to go to: **le Triangle**, **le Théâtre National de Bretagne (TNB)**, **Le Liberté/L'Etage**, **l'Ubu**, **la Salle de la Cité**, **la Trinquette**, **l'Antipode**, **Le Diapason**, **Jardin Moderne**.

Theatre & Opera:

If you like to go to the theatre and the opera, you will find many possibilities in Rennes. The TNB (Théâtre National de Bretagne) is the major theatre venue in Rennes. There are also smaller venues where you can find interesting cultural events. L'Opéra de Rennes is downtown, opposite the City Hall (la Mairie). L'Orchestre de Bretagne often plays there. The BDA (Bureau des Arts), Unilasalle Rennes' student organization can give you more information.

<https://www.t-n-b.fr/>

<http://www.opera-rennes.com/>



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Movies:

There are 5 movie theaters in and close to Rennes showing films in French and in original versions (V.O.). With your student card, you can buy reduced price tickets.

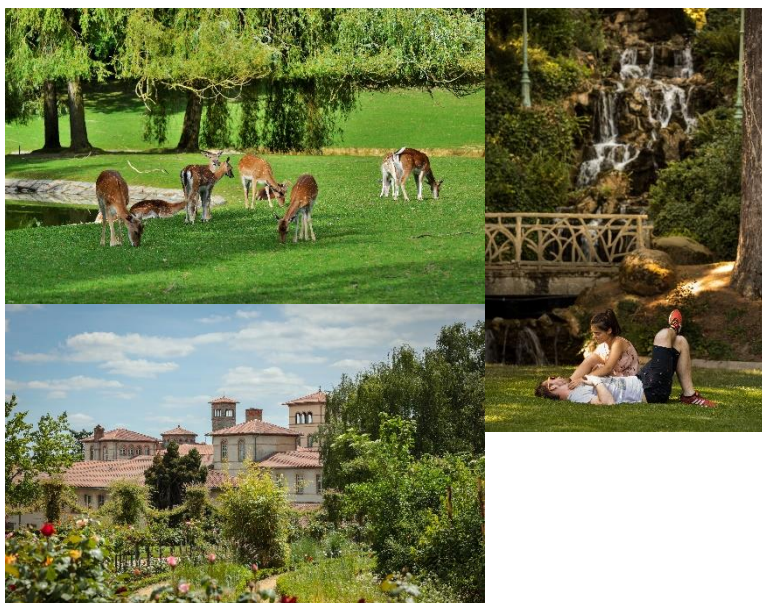
- **Gaumont Rennes**, (14 theaters) Esplanade Charles de Gaulle –Rennes

The Gaumont, gives member cards for free, and allows many discounts. (Subway: Charles de Gaulle)

- **Cinema Arvor**, 11 rue de Chatillon - Rennes
- **Ciné TNB**, (1 theater) 1 rue St. Hélier - Rennes
- **Cinéville de Bruz**, 15 Avenue de Cezembre, Bruz

Parks and gardens:

Do you want to relax and take a break? Enjoy the bucolic charm of the countryside in the city thanks to the many parks and gardens in Rennes. The climate helps, and nature takes advantage to weave among the cobblestones. Rennes is one of the greenest cities in France and naturally pesticide-free: Thabor Park, Oberthür Park, Tanneurs Park, the Saint-Martin prairies, Gayeulles Park, etc.



Img1©Franck Hamon-Destination Rennes / Img2©Julien Mignot-Destination Rennes / Img3©Bruno Mazodier -Destination Rennes

Thabor Park is the green lung of the city and very popular among the people of Rennes. And there's a reason for this, as it is **one of the biggest in France!** Formerly the garden of the monks at the Saint-Melaine Benedictine abbey, it was extended and remodelled by the famous 19th-century landscaper, Denis Bühler. With **10 hectares of greenery in the city centre**, this park contains **magnificent formal French gardens and English gardens**, a cavern, a cascade, a bandstand, an aviary and a **superb rose garden with over 2,000 varieties!** Here you can contemplate the **many tree species**, like sequoias, Lebanese cedars, tricolour beches, tulip trees, magnolias, ginkos, etc.

Business hours:

Most offices are open from Monday to Friday from 8am to 6pm. Government offices such as the Prefecture or Social Security are open from 8am to 4pm. Shops are open from 9 or 10am to 7 or 8 pm sometimes closing between midday and 2 pm. Please note that some shops are closed on Mondays in the morning or all day and banks are often closed on Saturday (or Mondays).

Safety:

Rennes is a human-size city in France and is considered as a safe place to live. However, crimes happen and students are asked to be careful and pay attention when in public places such as markets or buses for pickpockets. In addition, as in all cities, you must be careful at night and use your common sense. When visiting Paris (and other large cities in France and abroad), we ask you to be particularly careful of pickpockets.

Shops:

In general shops are open Monday to Saturday (sometimes closed on Monday mornings) from 9 or 10 am to 7 or 8 pm. You will find all sorts of shops in Rennes. In the town center, there are many clothing and shoe boutiques, as well as specialized shops (bookshops, music). In the centre, there are several shopping malls and department stores - **Centre Commercial Colombia, La Visitation, Les Galeries Lafayette**.

There are also several gift shops selling typical Brittany souvenirs such as Ty Breiz (2 rue Hoche – near the Parliament) or Cap Breiz (26 rue de Janvier – near the railway station).

Food markets:

For food and general shopping, the following shops can be found in Rennes (check websites for their addresses):

Supermarkets:

- Intermarché**
- Carrefour market**
- Monoprix**

Hypermarkets:

- Carrefour**
- Leclerc**

Low-cost supermarkets:

- Lidl**
- Netto**
- Aldi**

Organic stores:

- Biocoop Scarabée**
- La Vie Claire**
- Naturalia**

Open – air markets:

France is renowned for its open-air markets and Rennes has the second biggest food and flower market in France. It takes place every Saturday mornings (except bank holidays) on the “**Place des Lices**”. Otherwise, there are several other open-air markets in Rennes. You will find high quality food and a wide variety of vegetables, fruits, fish, seafood, meat, organic food, bread, coffee, pastries, ethnic food, cheese, cider, flowers, etc.

Brittany

Brittany is a multi-faced region where the land and sea meet. It is ranked as the most popular area to live in France! There are many interesting cultural sites to be visited in Brittany, such as the seaside resorts of Dinard and Saint Malo or the medieval town of Dinan. The “magic” forest of Brocéliande near Rennes is also a wonderful tourist attraction as well as the famous Mont Saint Michel. From Saint Malo, you can visit the islands of Guernsey and Jersey by ferry (about a 1-hour crossing). In Carnac for example, you will find famous megalith monuments.

Brittany is also known for its culinary diversity; “galettes” or “crêpes” (thin pancakes of buckwheat flour for savory dishes and wheat flour for desert), seafood (especially oysters, scallops, fish) and typical deserts such as “Far Breton” and “Kouign Amann”. Cider and traditional beer are very popular but you have to try some “chouchen” (a drink made from honey).

For more information visit:

<http://www.brittanytourism.com/>

<http://carnetsdunebretonne.fr/>

<http://evandebretagne.fr/>

<https://www.tourisme-rennes.com/en/>

France

France is situated west of Europe and is surrounded by the Atlantic Ocean, the Mediterranean and the English Channel. Countries bordering France are Belgium, Luxemburg, Germany, Switzerland, Italy, Monaco, Andorra and Spain. It covers a surface area of 543,965 km² and has more than 60 million inhabitants. The capital of France is Paris with nearly 10 million inhabitants. It is divided into 96 “départements” and 22 regions.

[Explore France website here](#)

Paris / Versailles

Paris is the French capital. It is also known as the city of lights, city of lovers, city of fashion and some people will even say it is the most beautiful city in the world. So maybe you should go and see by yourself...?

The main attractions are: the Eiffel tower, the Louvres museum (and the pyramid), the Orsay museum, Notre-Dame cathedral, the Champs Elysées, Montmartre and the Sacré Coeur, Versailles Castle.

You will have to use the Métro or Bus (**RATP website here**) and you can also enjoy a cruise on the Seine river on the “Bateaux Mouches”.

[Paris Tourist Office website here](#)

Bordeaux

Bordeaux is well known as a Wine but it is also one beautiful city where you can enjoy culture, gastronomy and oenology.

The famous “Wine city” is one of the best museum in the world according to National geographic.

Near the Garonne river you can visit the Darwin ecosystem: a place dedicated to sustainability (urban farm), art, sports, food and of course wine.

Other places: the water mirror, the Grand Théâtre, quartier Saint Pierre...

It is also possible to have a cruise on the river, or maybe rent a bike or a car and visit vineyards around, or go to the Dune du Pilat?

[Bordeaux Tourist Office website here](#)

Mont Saint-Michel Bay

Another famous French figure, the Mont Saint Michel is located on the west coast at the frontier between Normandy and Brittany.

Be prepared: it is as beautiful as crowded!

Nearby: Avranches, Granville (Christian Dior Museum)

[Mont Saint Michel tourist office website here](#)

Normandy / Omaha beach

Normandy has plenty of charming places to discover such as: Honfleur, Deauville, Etretat, Cabourg on the coast or Giverny (Claude Monet house and gardens), Rouen, Alençon...

But the coast is also the place where D Day happened. There are several museums and cemeteries full of history to visit - [Normandy tourist office website here](#)

Vallée de la Loire / Loire Valley

If you have a soft spot for history you will like the Loire valley also known as the castles of the Loire area.

Main castles to visit: Chambord, Chenonceau, Blois, Cheverny, le chateau du Clos Lucé...

As a matter of fact this area is also famous for its wines! - [Loire Valley website here](#)

Provence-Côte d'azur / French Riviera

Azure sky, azure sea, this is the perfect area if you seek sun bathing or search for the perfect secret beach.

But you can also discover charming villages in the countryside such as Borme-les-mimosas, Grasse, Menton, Saint Paul de Vence. Or famous cities: Cannes, Saint-Tropez, Nice, Monaco -

[Cote d'azur website here](#)

The French alps

Hiking, biking, canyoning, paragliding... Enjoy all the mountains activities in beautiful regional nature reserves!

Main places to visit: Annecy the city and its lake, l'Aiguille du Midi (access via cable car), Evian-les-bains, Grenoble, Chambéry - [Pure Alps website here](#)

Christmas markets in Alsace (Strasbourg, Colmar...)

Christmas market in the east part of France are very famous. Be careful there are really crowded! The most famous are in Colmar, Kaysersberg, Strasbourg (one of the biggest and oldest, it is called Christkindelsmärik), Ribeauvillé (medieval themed market)...

[Christmas markets website here](#)

[More ideas on the Lonely Planet website here](#)

Europe

If you wish to travel to a country other than France, you can visit the sites of the Ministry of Europe and Foreign Affairs: <https://www.diplomatie.gouv.fr/fr/>. You will find essential information, such as a map listing all the countries of the world by colour code according to the situation, as well as embassy contacts.

Less than 2h30 flight from London, Munich, Roma, Madrid, Amsterdam, Bruxelles, Lisbon, Vienna, Dubrovnik ... And so many more possibilities!

Roissy Charles de Gaulle airport website: <https://easycdg.com/>

Orly airport website: <https://www.orly-aeroport.fr/paris-orly-airport/>

Beauvais airport website: <https://www.aeroportparisbeauvais.com/en/passengers/>

Lonely Planet website here