

Student Guide Rouen Campus

Academic Year
2023/2024

<https://www.unilasalle.fr/en>



STUDENT GUIDE 2023-2024

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The Dean's welcome address

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 Chief Officer

Presentation of UniLaSalle

- Presentation

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, in 2018 with EME Rennes, then in 2020 with ESIEE Amiens. Welcome to Institut Polytechnique UniLaSalle.

UniLaSalle is a center for higher education in earth, life and environmental 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: www.lasalle.org ; for France, see: www.lasalle-fec.org

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 approx. 500 students graduating each year, 509 employees with professors, assistant professors and more than 300 part-time lecturers from companies and partner universities, not to mention 22,000 alumni.

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 %.

- Location of UniLaSalle 4 campuses



How to get to UniLaSalle Rouen campus

If you're flying into Roissy-Charles de Gaulle airport, the Roissy bus shuttle service stops near the Opera station in Paris, within easy reach of Gare Saint-Lazare.

The Paris underground can be used to get to Gare Saint-Lazare. Various lines stop there (3, 9, 12, 13 and 14).

Trains to Rouen leave from the Gare Saint-Lazare station in Paris:

<https://www.sncf-connect.com/>

The trip between Paris and Rouen lasts about 1.30.

To get from Rouen railway station to UniLaSalle Campus, take Bus F2 and get off at the "INSPE/UniLaSalle" stop. It takes around 15 minutes to reach the campus from the railway station. The UniLaSalle Rouen campus is served by the F2 and T1 bus lines.

Good to know: Each time you drop on the bus, do not forget to scan your ticket/card, otherwise you may get a fine. Your trip ticket is valid for 1 hour, but you must validate each time you get on.

Rouen Campus

Our institution is located in the district of Mont-Saint-Aignan, 30 minutes by bus from the historic center of Rouen, city of Joan of Arc, on the banks of the Seine and set within forest estates, Mont-Saint-Aignan offers a high quality living environment.

Our strategic location 1 hour 30 from Paris, 45 minutes from the sea, and 3 hours from London or Brussels, making UniLaSalle, an exceptional place to live and study.

Rouen, head of the department of Seine-Maritime, one the 5 departments of the Normandy Region of which Rouen is the capital city: 110.000 inhabitants including 44.000 students including 10.000 international students.



Accommodation

The most important is to take care of your accommodation as early as possible, before your arrival. We assist all international students coming to study at UniLaSalle, and hope that you will find the type of housing that suits you best: in Rouen, there are numerous solutions for finding accommodation: either the Crous housing in residence halls located at a walking distance from our campus or private student residences or housing in private homes, thanks to our housing partnership Studapart.

When you rent an accommodation, a guarantor is compulsory: In case you have no European « garant », UniLaSalle advises you – only if you are under 29 – to register to Visale which is free and will get a guarantor within 72 hours (30 year old maximum) more info <https://www.visale.fr/visale-pour-les-locataires/avantages/>

Amongst a few others, you are free to select Studely

<https://www.studely.com/article/logement-en-france-tout-savoir-sur-le-bail-etudiant/>

or Garantme, check out <https://garantme.fr/fr> (Pay attention: not eligible for Crous accommodation).

They offer a simple and smooth process so you can get a guarantor within a few hours and will be accepted in most of the rental processes in France.

Crous Residence Halls

As an international student you can apply for accommodation in residence halls run by Crous (public service) through UniLaSalle thanks to an agreement with the Crous (bedroom or flat or flatsharing). These residence halls are conveniently located close to the school, allow you to meet other students and make new friends more easily and are cheaper. As soon as your tuition fees are paid, you will be sent the Crous housing procedure by the Student Life Department.

If this kind of accommodation doesn't suit you, you are free to find a flat by yourself; there are plenty of solutions for you:

Private student residence or private housing

If you prefer to find and book your own accommodation, UniLaSalle's housing partner Studapart will assist you in your search. Good to know: In some of these residence, you can enjoy some discount (free or half price off the admin fees).

You can create your account from now on to find your own place

<https://www.studapart.com/en/student-accommodation-rouen>

with the partnership code HOUSINGUNI

Host Families

Living with a host family is a great opportunity to improve your French language skills, and to have a privileged look at French culture by sharing the daily life of a French family. Select families living in Mont-Saint-Aignan and the Rouen areas offer various housing options, ranging from "full" service (accommodation + breakfast + dinner) to simple accommodation. Prices vary from € 450 to € 600 per month. Contact: www.accueilalacarte.com

And also, for a few nights, **hostels** can accommodate you at unbeatable prices and where you will be able to discuss, share, and create incredible memories by meeting the travellers of the world in Auberge de jeunesse de Rouen: www.hihostels.com

- Info resto U (horaires, tarifs) si autres possibilités de restauration sur place

With your student card, you can have access to all the Crous university restaurants at unbeatable prices. More info on <https://www.crous-normandie.fr/se-restaurer/>

List of university restaurants on the Mont-Saint-Aignan campus :

Resto'U Panorama - Boulevard Siegfried

Brasserie la Boiserie - 33 rue du Maréchal Juin

Cafétéria CESI - 1 rue Marconi

Cafétéria L'Express Cafet' - Rue Lavoisier

Cafétéria du Panorapide - Boulevard Siegfried

Brasserie et cafeteria Lavoisier/ take away - Rue Lavoisier

Brasserie de l'INSPE - 2, Rue du Tronquet

And of course, you can also enjoy all the restaurants and brasseries of your choice in Rouen and Mont-Saint-Aignan. France, the land of gastronomy, can also be discovered by eating!

- Holiday calendar

UniLaSalle Rouen students' Holidays

October 30th to November 6th (All Saints holidays) – November 1st is bank holiday

December 23rd to January 8th 2023 (Christmas holidays)

March 31st to April 1st (bank holiday Easter Monday)

April 20th to 28th

Days off May 1st

May 8th > UniLaSalle closed from May 8th to 10th (extended weekend)

May 20th

UniLaSalle is closed for Summer break from August 1st – reopening on August 16th

From mid-June to end of August Summer vacation (according to each program)

Good to know: Most of the time, during summer vacation, students will have to do an internship.

- Buddy programme

In order to make your settle in Rouen smoother, you will get a buddy's support!

As an international student, a special link will be created between a UniLaSalle student who can help you on your arrival in all your procedures related to your installation and who will make your integration smoother. Do not hesitate! Send an email to

incoming@asso.rouen.unilasalle.fr so that you can be introduced to your buddy.

Administrative procedures

Before departure from your home country

- Student Visa « long séjour » Non-European Union students

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](#)

Visa gives the right to:

- Travel freely in all countries of the Schengen area
- Work 964 hours a year, or 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

With one exception, the new VLS-TS visa (VLS-TS = Visa Long Séjour - Titre de Séjour) applies to all international students wishing to enrol in a French institution of higher education. The exception is Algerian nationals, who are subject to other provisions.

In most cases, the extended-stay visa with residence permit (VLS-TS) are valid for 1 year, "except in circumstances calling for the issuance of a visa with a shorter period of validity, as in the case (...) of some students."

- Visa formalities via ANEF platform

Within 3 months after your arrival in France you must have your Visa validated! If you do not go through this process, you will no longer be staying legally in France nor in the Schengen area! The process is dematerialized via the following weblink:

<https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

Required datas to register/upload:

- Your visa
- Your date of entry in France
- Your home address in France
- Your IBAN to pay online the fees (€ 50 in 2023) for issuing a residence permit

<https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/vls-ts/demarches/etape/numero-visa>

Good to know: the medical check mentioned on page 2 will be scheduled by UniLaSalle Student Life Department and you will be informed in due time,

If you are under 18 years old when you get your visa, DO NOT validate your visa via ANEF, you have to apply within 2 months after your 18th birthday.

- CVEC

According to the French law « orientation et réussite des étudiants », a compulsory contribution should be paid see « Contribution Vie Etudiante et de Campus » (CVEC), € 100 for the academic year 2023-24.

The CVEC is the Student and Campus Life Contribution. Each student enrolled at a higher education institution must register online <https://cvec.etudiant.gouv.fr/>. The objective of the CVEC is to improve the living conditions of students on campuses (access to healthcare, development of sports facilities, financing of student associations, etc.)

Good to know: This contribution does not apply for exchange students.

Upon arrival

- Student card

When you arrive on the campus, you will be given your “multipass” card you can use as:

- Student Card
- Photocopy Card
- Payment card at the “Restaurant Universitaire” or “RU”
- Resource Library Card
- Access card to the building UniLaSalle

Keep in mind that your student card is also a discount card for shopping, museum, cinema, restaurants, travelling, etc... It can be money uploaded by credit card via www.lzly.fr

- Student e-mail address

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

- Health insurance (Assurance maladie) + Complementary insurance (mutuelle or complémentaire santé)

French social security is mandatory and is called Assurance maladie (or Sécurité Sociale).

Your registration with the French health insurance 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.fr website](#) and you need to register online: <https://etudiant-etranger.ameli.fr/#/>

Apply to the Complementary Santé Solidaire via

<https://www.ameli.fr/rouen-elbeuf-dieppe-seine-maritime/assure/droits-demarches/difficultes-acces-droits-soins/complementaire-sante/complementaire-sante-solidaire>

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 apply extra fees (“dépassement d’honoraires”) check Doctolib or Ameli.fr.

- Médecine Préventive

For all students registered at UniLaSalle, a multidisciplinary medical team is available at the Maison de l'Université, Médecine Préventive or SUMPPS (Services Universitaires de médecine préventive et de promotion de la santé des étudiants): this service is FREE, so you must have your student card with you at each appointment. You will find medical consultation, emergency cases, vaccinations, nutritional advice, support for contraception, addiction, etc... The premises of the <http://sante-social.univ-rouen.fr> are located at

Maison de l'Université (1st floor), Rue Lavoisier in Mont-Saint-Aignan a few minutes walk from UniLaSalle (02 32 76 92 92).

- 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. NB: this civil liability is included with the housing insurance. If you decide to live off-campus, you must get your own accommodation and liability insurance as it is compulsory in France!

- Accommodation insurance

Housing insurance is mandatory and 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. 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.

You are free to choose any housing insurance company but we particularly recommend our partners: either SMENO www.smeno.fr or HEYME www.heyme.care/fr code 76ULS-10

- Housing Financial Support (APL/APS) CAF de Rouen

If your accommodation is in Crous-run residence hall, all international students are entitled to an accommodation allowance (APL/ALS) from the French government via Caisse d’Allocations Familiales – except student visa with “dispense de titre de séjour”. The amount varies according to the rent paid. You will register online in the following weeks of your arrival: a collective appointment will be scheduled to help you. Before starting entitlement, a French

bank account is required.

- Opening a bank account

Free of charge and mandatory for non-European students and strongly recommended for European students. It will help you to charge your student card, receive your reimbursements from your medical insurance, get student discounts.

Documents to be provided:

- Enrolment Certificate / Letter of Admission
- Photocopy of passport and visa
- Housing Certificate / Attestation de residence (residence halls certificate or rent receipt)
- Multiservice card (student card)

Cash money: withdrawals from automated teller machine ATM

Good to know: Students are free to choose their bank, but we are partnered with the bank SG (Societe Generale), to enjoy many advantages:

- € 80 offered at the opening of the bank account
- Bank services at € 1 per year (payment card, management fees ...)

During the stay

- Renewal of student visa “long séjour” for students registered at UniLaSalle

To stay in France legally, as an international student registered at UniLaSalle Rouen Campus, you have to apply for a renewal of your residence permit online via the link

<https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>.

This application must be filed online with ANEF (Administration Numérique des Etrangers en France) within 4 months before the expiry of the residence permit. *Example: if the residence permit expires on 13/09/2023 => filing between 16/05/2023 and 15/07/2023!*

If you miss the deadline for the renewal procedure, you will have to pay €180.

Good to know: you will not have to queue at the prefecture to collect your residence permit, once you receive a confirmation from the prefecture you will be able to set up an appointment.

Prior departure from UniLaSalle and/or France

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

- At 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 but not before the last wire transfer from Caf or Ameli, cancel your cell phone contract, health insurance, ...

Study

Contacts at UniLaSalle

The opening hours of UniLaSalle are from Monday till Friday 07:45 to 20:30.

The reception desk is open from 07:45 to 17:00.

UniLaSalle phone number is +33.(0)232.82.92.00

- [Admission, Registration](#)

Anthony Voisine, Academic Promotion abroad Manager

Anthony.Voisine@unilasalle.fr

Caroline Guerbois, in Charge of Orientation and Admissions

Caroline.Guerbois@unilasalle.fr

- [International Relations Office](#)

Natalia NEAU, Head of International Relations Office

Natalia.Neau@unilasalle.fr

- [Academic programs](#)

Marc Legras, Director of programs

Marc.Legras@unilasalle.fr

Christophe Gangneux (French engineering program), Director of studies

Christophe.Gangneux@unilasalle.fr

Marjorie Bazin (i-SAFE program), program coordinator

Marjorie.Bazin@unilasalle.fr

Jerome Dantan (MSc Food Data management), program manager

Jerome.Dantan@unilasalle.fr

Marie Asma Ben Othmen (MSc Urban Agriculture and green cities), program manager

Marie-Asma.BenOthmen@unilasalle.fr

Tarek Abid (Master Mcipa, Marketing, Communication and Agrifood Engineering), program manager

Tarek.Abid@unilasalle.fr

Richard Gattin (MSc Ecobiovalo), program manager

Richard.Gattin@unilasalle.fr

- [Student Life Department](#)

The student life advises you and helps you for all your steps related to housing, visa, bank account, health,...

Emmanuelle GALENNE-MILHOUD, Student life assistant

Emmanuelle.Galenne-Milhoud@unilasalle.fr

Grégoire BOCA Student Life manager

Gregoire.Boca@unilasalle.fr

- Programmes

<https://www.unilasalle.fr/en>

- Timetable, exams, ECTS

Study regulations will be given at the beginning of the academic year by the Studies Direction.

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

In order to get ECTS credits / US credits you must complete them successfully with a minimum result of 10/20 or a grade between A to 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 48h maximum 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.

French as a Foreign Language (FLE): In order to make life easier, and according to your request, you can attend courses of French at UniLaSalle.

Extra-academic / extracurricular events: because learning can also be outside of the academic context the three 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 get the information (date and topic) by e-mail. Example of event: Biweekly seminar organized by students of i-SAFE programme presenting various topics such as "Connect. Nourish. Grow", "Sustainability in agriculture and food system, a solution to a global crisis", "The lasallian network, a collective potential", ...

- Working areas

· Resource library Mon-Tue-Thu 8:30-19:00 Wed 8:30-12:30/13:30-19:00 Fri 8:30-17:00

· 5 IT classrooms (1st floor E1-014, E1-015, E1-016, E1-017 and E1-018) access from 8:00 to 19:00 and according to the general academic schedule.

- Contacts

For any information you may need, the opening hours are from Monday till Friday 8:00-12:00 / 13:00-21:00. For any other serious problem (personal, psychological, academic), please contact both the Student Life Coordinators and the International Relations Office to help to face your problem.

UniLaSalle Rouen campus reception +33(0)2.32.82.92.00

Natalia NEAU, Head of International Relations Office +33(0)7.62.46.22.91

Grégoire BOCA, Head of Student Life Department +33(0)6.99.83.81.02

- Softwares (Moodle, Claroline...)

You will check your weekly schedule (EdT which stands for Emploi du Temps) via WebAurion. Moodle is the studies platform for all UniLaSalle students.

Campus life

- Sports, student associations

Student associations are run by and for students. Take a look at 'Forum BDE' (Bureau des Etudiants) via <https://www.facebook.com/BDEunilasalle> or Instagram

All events of student associations on Vibly (see QR code on posters)

And you will discover the BDS (Bureau des Sports) thanks to which you can sign in for any sport you fancy: rugby, crossfit, swimming, climbing, diving, kickboxing, yoga, cheerleader, horse riding, handball, football, ...

And also many clubs: Musik, Bricolage, Make it green, Club international, Uni'Vert , Wine tasting, Beer making and tasting, Cheese tasting, Theatre, Break'eat, Bee keeping, Boc' , Uni'Agri, Zoom, ...

You will join special events like Unilympiades including UniLaSalle campuses Beauvais and Rennes et Rouen, Christmas dinner, ski trip, European capital trip, Alumni Day, ...

Alumni UniLaSalle [Association des Anciens élèves](#): network of 20,000 graduated students.

- Student Life Department support

All students registered at UniLaSalle can get an attentive and caring listening from the team of Student Life Department. Moreover, a multidisciplinary medical team is available at the Maison de l'Université, Médecine Préventive (Services Universitaires de médecine préventive et de promotion de la santé des étudiants): this service is free where you will find medical consultation, emergency cases, vaccinations, nutritional advice, support for contraception, addiction, etc... The premises of the Medicine Preventive are located at the Maison de l'Université (1st floor) - Rue Lavoisier in Mont-Saint-Aignan a few minutes walk from UniLaSalle (+33(0)2 32 76 92 92).

- Important events

International Fair

In November, the International Relations Office invites you to the « International Week »: you will present your University and reply to the UniLaSalle students who would like to study abroad, you can also introduce the French students and staff members to your country and its traditions.

Associations and clubs fair

In September, Student Life and the associations and clubs on the Rouen campus present the activities available to all students.

Open Days (JPO = Journées Porte Ouverte)

From January to March, 3 open days: you can spend one these days to present your University, country and traditions!

Nuit des Etudiants du Monde

You will be invited to attend this national event organised by the Town Hall in October dedicated to the international students of Rouen to meet each other and receive useful information to spend an unforgettable academic and touristic semester/year in Normandy!

[Normandy Welcome Day \(NWD\)](#) is organised by Région Normandie, CESAR and the Higher Education Institutions for all International Students in February.

Kick Off is an annual tournament of football with masculine AND feminine teams.

‘Les Zazimuts’ is a programme of culture and sport free animations, best way to discover Rouen city <https://www.facebook.com/zazimuts>

- Handicap

At UniLaSalle, the Student Life Department Mr. Grégoire Boca will help you to find a solution and support you to arrange all you need for your studies and exams. You can also contact the special department [Espace Handicap](#) located at the Maison de l’Université.

The Crous Student Life Department will help all handicapped students (even in a temporary situation): support for studies arrangements, personal advice and adapted accommodation. Partnership with the University, Medecine Preventive, specialized facilities. See www.crous-rouen.fr/ section « logement » ou « aides sociales ».

[HANDISUP](#) advises students and Alumni during and after their training curriculum for a full success in their research according to their skills.

[MDPH](#) (Maison d’Accueil pour les Personnes Handicapées) and [ONISEP](#) are resources centres concerning the French Higher Education system to be adapted to the handicapped students.

[CRIJ Normandie Rouen](#) is another resources centre where handicapped students will be informed on many subjects related to their training curriculum, including internship <http://www.crijnormandie.fr/index.php/-Stages-et-handicap.html>

Access to public transportation within the Métropole Rouen Normandie, thanks to ‘Handistuce’:

- Bus: on request at getting in the bus (special button) a platform will be able to lift a wheelchair.
- Tube: 31 stations adapted to handicapped people (lifts, platforms, infos for visually and hearing handicap).
- TEOR (bus on its own way): all buses have special platforms for wheel chairs.

Upload the « Guide de l'accessibilité pour tous »

<https://reseau-astuce.fr/fr/accessibilite-du-reseau/93/guide-de-laccessibilite/185>

Sport and handicap

The ressources centre of Normandy "Sport & Handicap" of the French Ministry of Youth and Sports aims are:

- Foster sport access to handicapped people
- Promote places dedicated to handicapped people

See French Ministry of Youth and Sports <http://normandie.drdjcs.gov.fr/spip.php?rubrique488>
<https://www.handiguide.sports.gouv.fr/recherche-structure>

Culture and handicap

ARTEOZ is an association which proposes a cultural agenda for audience who look for adapted outings www.artez.net/ or www.facebook.com/artezcontact/?ref=site

- Sustainability state of mind

Several student associations are committed to the issues of sustainable development and ecological transition on UniLaSalle Group.

In Rouen, the association *Make it Green* aims to make all students aware of the issues of sustainable development and ecological transition:

- Organisation of the Sustainable Development Month in March: conference, stands of local actors, zero-waste and Do It Yourself workshops, plant sales, yoga classes, coming of a local food truck and vegan
- Garbage collection during raids in forest
- Co-organisation of a climate fresco
- Actions around selective sorting
- Distribution of ecological goodies at student events
- Organisation of field visits to remarkable sites that have implemented principles contributing to sustainable development in Normandy
- Management of the blood donation campaign

Make It Green communicates via its Facebook page (its website is under creation):

<https://www.facebook.com/pages/category/Environmental-Conservation-Organization/Unidurable-2402440726468476/>

The commitment to association and citizenship is valued and framed by the 'ESS programme' which stands for 'Engagement de Solidarité et de Service, meaning Solidarity and Service Commitment. This commitment is part of the integral formation of the Lasallian educational project. Each student from the 1st to the 4th year must spend 20 hours in the service of an association or a civic. In reality, the number of hours completed is generally much higher than

the minimum 20 hours required by law. These 20 hours can be done within a student association on campus or within an external association or organisation (e.g. Secours Populaire, Red Cross, Order of Malta, scouting...).

Everyone can act for the planet

- Domestic waste

SMEDAR collects, separate, process and recycle the household waste of the inhabitants of Rouen. Schedule of collection days and info on collection points on www.smedar.fr

- Bulky items

Moving out? How to get rid of objects or electronic devices or household appliances?

See www.smedar.fr clic on Infos pratiques for places and working hours. If you cannot bring the lot there call 0800 021 021 for a free collection.

Another contact “Résistes” <http://resistes.org/>

- Get rid of what became useless

- Donnons.org and Recupe.net, rubrique 76
- Secours populaire 76
- Armée du Salut 76
- Emmaüs/réseau Envie (domestic devices)
- www.ecosystemes.fr

- Batteries collection, bulbs, cans, plastic caps and lids

You will find containers at UniLaSalle - Contact the Bureau des Etudiants (BDE) and also in city halls, shops, websites

- Bouchons 276 www.bouchons276.com
- Passe ta canette <https://fr-fr.facebook.com/passetacanette>

- Recycle your clothes

Many operators: Le Relais, Conteneurs de la Métropole, Croix-Rouge Française, Solidarité textiles. Collection Points www.lafibredutri.fr/

- Eco-events and eco-cups

Métropole Rouen Normandie promotes eco-friendly behaviours! Simple and practical advice will help you to contribute to a greener planet, take a look into the weblink

www.metropole-rouen-normandie.fr/ecomanifestations

- Urban travel

Either thanks to Higher Education Institutions policy to share trips between home-work-studies called “Plans de Déplacements Inter-Entreprises” (PDIE) or “Plans de déplacement campus” (PDC).

Or else:

- Support to buy electrically assisted cycles <http://www.metropole-rouen-normandie.fr> section « Au service des habitants » and « Les modes de transport alternatifs »
- Renting (Cy’clic) see voir section « Move around Rouen » on the previous page
- Car sharing see voir section « Move around Rouen » on the previous page

Health

- General tips :

[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 is sensible to have a dental check-up before a long trip.
- Be careful, in some areas it is quite difficult to 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.

- Health contacts

If you are facing a health problem, you can also make an appointment with a general practitioner. The consultation costs 25 € and this amount must be paid directly during your medical visit.

In France, all international students benefit from health insurance by registering on <https://etudiantetranger.ameli.fr/#/> This health insurance is free and compulsory. Nevertheless, the Health Insurance (securite sociale) does not reimburse the full amount of health expenses in case of illness or hospitalization. For a simple consultation with a doctor, it reimburses about 70% of your expenses. More information <https://www.securite-sociale.fr/la-secu-et-vous/international>

Furthermore, a doctor is available for all students enrolled at UniLaSalle on our Campus (in the Maison de l'Université: Médecine Préventive - Place Emile Blondel - Mont-Saint-Aignan). This service is FREE, so you must have your student card with you at each appointment. You will find there medical consultation, emergency cases, vaccination, nutrition counselling, contraception support, addiction, etc...

For emergencies, go to the nearest hospital CHU Charles Nicolle or dial 15 (the equivalent of 911) if you cannot move from where you are.

Centre hospitalier universitaire de Rouen (CHU) - 37 Boulevard Gambetta, 76000 Rouen
02 32 88 89 90

- Complementary health insurance (Mutuelle étudiante)

Health insurance does not reimburse the full cost of health care in the event of illness or hospitalization, we strongly recommend that you take out a mutual health insurance policy, especially for specialized consultations (dentist, optician, gynecologist...). Indeed, the mutual health insurance, also called complementary health insurance, is an insurance contract that will complement the reimbursements of the Health Insurance in order to reduce the rest to be paid by the insured (in case of overpayment of fees, dental or optical expenses, etc.).

To obtain a higher reimbursement rate, you can take out a supplementary insurance policy with one of the student health insurance companies. This is not mandatory, but it is strongly recommended as it makes up the difference between the amounts charged by the State for treatment and the amount reimbursed by the health insurance (Securite Sociale).

According to your status, you can apply for <https://www.ameli.fr/rouen-elbeuf-dieppe-seine-maritime/assure/droits-demarches/difficultes-acces-droits-soins/complementaire-sante/complementaire-sante-solidaire-qui-peut-en-beneficier-et-comment> you will get a form to fill in and submit online, then CPAM will contact you for an interview, then you will be registered.

You are free to choose your 'mutuelle étudiante'. We particularly recommend our partners:

- SMENO: Smeno offers you many solutions that allow you to adapt your complementary to your needs (for example, taking into account optical or dental expenses...). It also offers you many insurance contracts adapted to student budgets (housing, car...). More info on www.smeno.fr
You can also meet them in their offices located at 123 rue du Général Leclerc in Rouen, Station: Theatre des Arts (Metro, bus or TEOR T1, T2, T3)
- HEYME: Heyme offers you solutions to ensure your health and your daily life, adapted to your needs and your lifestyle. Digital, intuitive, connected and simplified, its all-terrain offer responds to new uses and new codes. HEYME is also a key player in the field of prevention and health promotion. It is an active scout who accompanies and advises students in their life paths www.heyme.care/fr code 76ULS-10

- Pharmacies

In France, if your doctor has prescribed medication for you, you will buy it in a pharmacy. Several pharmacies are available in Mont-Saint-Aignan:

- Pharmacie Kervella - 52 Avenue du Mont aux Malades (at the traffic lights near the school). Opening hours:
Monday - Friday: 9:00-12:30 / 14:30-19:30
Saturday: 9:00-12 :30 / 14 :30-18 :00
Sunday: closed
- Pharmacie des Coquets - Centre Cial des Coquets - Place des Coquets - Opening hours:

Monday: 9:00-12:15 / 14:00-19:00
Tuesday - Friday: 9:00-12:30 / 14:00-19:30
Saturday 9:15-12:30 / 14:30-18:30
Sunday: closed

- Pharmacie Guy Taurin, Place Colbert - Opening hours:
Monday - Friday: 9:15-12:30 / 14:30-19:30
Saturday 9:15-12:30 / 14:30-18:30
Sunday: closed
- Pharmacie dans le centre commercial "La Vatine"
Opening hours: Monday – Saturday: 9:30-20:30, Sunday: closed

Info Pharma on call is an emergency service <https://www.ouipharma.fr/pharmacie-de-garde>
An on-call pharmacy provides service related to an urgent need outside of opening hours.
In case of emergency you can go to a hospital or call 15.

Means of transport

- Public transportation in Rouen

Reseau Astuce (TCAR = Transports en Commun de l'Agglomération de Rouen) Ticket fare 1.70€ to be bought online or from automatic ticket machine. You can travel by bus and tube with the same ticket which is available for 1 hour. As you get aboard, you have to scan your ticket on the ticket machine (yellow). Automatic selling ticket machines are available nearby tube stations or in ASTUCE agencies located in the railway station (Gare SNCF, Place Bernard Tissot, Station Gare/rue Verte (métro ou bus ligne 13) or near the Opera (Théâtre des Arts, 9 rue Jeanne d'Arc, Station Théâtre des Arts métro ou TEOR T1, T2 ou T3). Students under the age of 26 benefit from a reduced rate for the purchase of a monthly/annual subscription. More information <https://reseau-astuce.fr/en>

- Bike ride

If you want to be eco responsible, you can rent a bike in Rouen

<https://en.rouentourisme.com/bicycle/>

See also <http://cyclic.rouen.fr/Abonnement-et-ticket> to have a general overview in real time.

Guidoline is an association (compulsory subscription) will help you to fix an old bike or to find yours at the cheapest price. This workshop for cycles is also a cultural café where you will be advised and provided with specialized tools for fixing your bike yourself.

- Car sharing

Using a single car for a 4 or 5 persons who share the same travel, which makes it cheaper and the traffic jam is less massive. Regional car sharing <http://www.covoiturage76.net>

ou www.covoiturage27.net
<https://www.blablacar.co.uk>
<https://www.klaxit.com/>

- Taxi

French taxis are quite expensive: you'd better ask the fare before leaving! Example: from Campus UniLaSalle Rouen to downtown railway station = approx. € 11 (15-20 minutes). However, you have at your disposal:

Taxis Jaunes : 02 35 88 50 50 <https://taxisjaunes.fr/reservez-un-taxi/>

Uber, via its app bring users into contact with drivers performing transportation services
<https://www.uber.com/fr/fr/ride/>

- Coach

<https://fr.ouibus.com/>

<https://www.flixbus.fr/>

- Train

From Paris to Rouen the railway station is located in Rouen Place Bernard Tissot - Stop "gare rue Verte" (bus and tube). Thanks to the regional train (TER), you can travel throughout Normandy, at cheap student fares see annual subscription HN'GO

<https://www.ter.sncf.com/normandie>

- Plane

Paris airports [Aéroport d'Orly](#) or [Aéroport Roissy-Charles-de-Gaulle \(CDG\)](#)

You can schedule your trip by bus, by tube around Paris see <http://www.ratp.fr>

[Rouen-Vallée de Seine airport](#) is located in the commune of Boos, 10 kilometres east of Rouen, and provides seasonal connections to various European cities.

Beauvais is an ideal base for exploring Europe thanks to Paris Beauvais International Airport (5 minutes from the UniLaSalle campus) which serves 17 countries! Information and timetables on www.aeroportbeauvais.com and www.ryanair.com

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 € 700 monthly for sustainable living conditions.

- **Housing:** if you live in a student hall, you will pay between € 150 and 350 depending on the surface and on the locality. If you live in a furnished studio flat, you will pay from € 300 to more than € 500.
In some case you will have to pay utility costs such as electricity (around € 30), water, internet access...
- **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 1 pm, and dinner at around 8 pm. Lunch and dinner are full meals.
For daily meals you can eat at the university restaurant, 10 minutes walk from UniLaSalle. Prices at the "restau-u" (restau-u stands for restaurant universitaire) are unbeatable: You get a complete meal for about € 3.
Anyone holding a student card has free access to the entire network of restaurants in France. Some are open at night and on weekends.
Good to know: Be prepared to spend between € 200 and € 300 per month for your meals.
- **Transportation costs:** The public transport network of Rouen, Carte ASTUCE - Réseau Astuce efficient and well developed, is very extensive. Many lines serve the various points of the city of Rouen with regular frequency and various routes. It will cost you € 1.70 for a single trip and € 20.87 a month thanks to the annual subscription, which allows you to move around the entire network.
Good to know: taxi is very expensive in France!
- **Communication costs (Mobile Phones and Internet service):** a telephone subscription and internet access costs around € 30. It may be more expensive depending on the services and the company you choose.
Social life costs: It is also important to include costs of your social life in your budget.
<https://www.campusfrance.org/en/preparing-budget-student-France>

○ Working in France during your studies

Please note that students enrolled in a degree have a very busy schedule
General information on <http://travail-emploi.gouv.fr/>

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.

The law allows students to work 964 hours in a given year, which corresponds to 60% of full-time employment for the year. Remember that you can't expect to meet all of your expenses by working part-time, so you must have other means of support.

France has a national minimum hourly wage, known as the SMIC. The SMIC presently stands at € 9.88 gross per hour worked, before mandatory withholding for social benefits. Withholding reduces the worker's net wage by about 20%. You are no longer required to obtain temporary employment authorization (APT, Autorisation Provisoire de Travail) in order to work part-time while enrolled. Exception: Algerian students are still covered by the Franco-Algerian agreement of December 27, 1968.

How to find a job?

The Career Centre is at your disposal: supportive team to build your professional project. Both within your training programme at UniLaSalle. Please contact Mrs Jessica CAUMONT – direct line +33(0)2.32.82.91.79. On the platform JobTeaser, you can access to job offers, details on various companies, positions, videos, etc...

Facebook group “Jobs Services - UniLaSalle”: job offers for UniLaSalle students.

CRIJ thanks to which you can find any student job www.facebook.com/crijnormandie

CAP EMPLOI for any support handicapped people may need www.capemploi.net

AGEFIPH for financial support for transportation, housing, internships abroad for handicapped people <https://www.agefiph.fr/normandie>

Day to day life in France and useful tips

- Weather, 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 (mi) = 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 Fahrenheit and 50°F = 10°C
- French people drive on the right and steering wheels are on the left. You will need an international European driver's license. France is very strict on its drinking (also drugs) and driving laws. The maximum blood alcohol limit is 0.5g/L (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. 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).
- The main religion is Catholic 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. 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.

- French way of life

Most offices are open from Monday to Friday from 8 am to 6 pm. Government offices such as the Prefecture or Social Security are open from 8 am to 4 pm. Shops are open from 9 or 10 am 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 Rouen. 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”. Apart from cigarettes, and magazines, you can buy stamps, bus tickets (you can also recharge your transport card).

The French are renowned for their food and gastronomic restaurants. In general, there are 3 meals a day: breakfast in the morning, lunch between midday and 1 pm, and dinner in the evening at about 8 pm.

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.

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

- Cell Phones

Companies such as SFR, BouyguesTelecom, Orange, Free Mobile, Lebara Mobile, Lyca Mobile, 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.

General security

Crime remains relatively low in France but you should take sensible precautions:

- 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.
- At 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 dark and unlit streets and stairways, arrange to be picked up or dropped off as close to your hotel or apartment entrance as possible
- Sporadic train strikes and striking taxi drivers can disrupt travel
- 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.

- 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.

Web site (in French): <https://www.gouvernement.fr/vigipirate>

- 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.

- On the road

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

Speed limits:

The set speed limits for rural and populated areas do not always feature in repeated signage, so if the driver is not paying attention they may drive past the first sign and be unaware that the speed limit has changed. As a rule of thumb, urban area limit is 50km/h, reduced to 30km/h near schools and pedestrian centres. Unless otherwise marked, limits on roads are 80km/h while motorways are 130km/h or 110km/h when wet.

Crazy right of way rule:

This may sound obvious but in France vehicles circulate on the right, and roundabouts flow anti-clockwise. It is not 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.

- 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.

- 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 centres 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. Hitching in remote rural areas is better, but once you get off the routes nationales, traffic can be light and local. 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.

Or carpool: you can book (and pay for) your ride on <https://www.blablacar.fr/>

Check-list and documents to have in your suitcase

Hard drive and/or copy on a cloud platform of important documents

Hard copy of important documents

Important documents (including 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)).

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
 - 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 or see more on UniLaSalle x MondoPal to equip your student accommodation <https://mondopal.com/pages/unilasalle-rouen> with the code UNILASALLEROUEN10
 - 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

EMS: 15 Emergency Medical Assistance Service.

Police rescue: 17 in case of violence, theft, robbery.

Fire department: 18 in case of fire, gas leak, water damage, natural disaster, road accident.

The 112 number for emergencies in Europe, free of charge

ANNEXE

Rouen City

- Culture, museums, theaters, cinemas...

Rouen city presentation

Rouen, city of art and history, covers an area of 21.38 km² for 106,560 inhabitants and is characterized by an oceanic climate with a temperate summer.

Rouen, capital of Normandy, a region in northern France, is a port city on the Seine. Important city in Roman times or in the Middle Ages, it has Gothic churches, such as Saint-Maclou and Saint-Ouen, as well as a pedestrian center with cobbled streets, with medieval half-timbered houses. The skyline is dominated by the spiers of Notre-Dame cathedral, many times represented by the impressionist painter Claude Monet.

Rouen is not only the City of a Hundred Spiers. Its heritage is important and its history is as rich as it is fascinating. A city and a life to discover during a walk in the gardens and parks, during a visit to Rouen museums or to the rhythm of events.

To guide you in your visit of Rouen and its surroundings: <https://www.rouentourisme.com/>



Culture and leisure in Rouen

Notre Dame Cathedral: In the heart of the historic city, the cathedral has been the epitome of the development of Gothic art, since the start of its construction in the 12th century on the foundations of a 4th century basilica and an 11th century Romanesque edifice. Destroyed during the Viking invasions in 841 and, partially, in 1944, by allied bombardments, the cathedral is a living structure, perpetually evolving. Its 19th century cast iron spire rises to a height of 151 meters (the highest in France). Considered "the most human of cathedrals" due to the lack of symmetry of its western façade, it is known worldwide, particularly through the 30 paintings of the Rouen Cathedrals series, painted by Claude Monet.

Good to know: Every evening, from July to September, you will be able to admire a free sound and light show of Illuminations of the Cathedral of Rouen. Two shows will follow each other: First Impression at the Normandy Impressionist Festival and Jeanne(s). Timetable: From July 4th to 31st at 11 pm ; From August 1st to 15th - 10:30 pm ; From August 16 to 31 at 10 pm ; In September at 9:30 pm

Le palais de justice de Rouen has been built for the most part between 1499 and 1507 to house the Parlor aux Bourgeois and the former Exchequer of Normandy. It became the Parliament of Normandy under the reign of François I in 1515, before becoming a courthouse from the French Revolution onwards. By the scale and richness of its design, it bears witness first of all to the renewed prosperity of the city of Rouen at the end of the fifteenth century. Ravaged on 19 April 1944 during the bombardment preceding the liberation of the city, which caused the most damage, almost radically destroying the central Louis XII-style main building, the building then had to be partially rebuilt. The almost complete completion of this meticulous restoration will confirm the classification of the building as a historic monument in 1977 followed by its definitive inscription in 1979. The courthouse is one of the only examples of late medieval Gothic civil architecture in France. Typical of this Louis XII style architecture, the widening of the building's windows conveys a notion of luxury while their abundance contributes to the enchantment of the castle.

Gros Horloge: The Big Clock is one of the emblematic monuments of the city of Rouen. The building, attached to a belfry, consists of a Renaissance arch spanning the rue du Gros-Horloge and surmounted by a fourteenth-century astronomical clock. The Gros-Horloge is included in the 1862 list of historical monuments.

The Museum of Fine Arts: The Museum of Fine Arts or Musée des Beaux-Arts, boasts one of the most prestigious collections in France. Paintings, sculptures, drawings and objects of art produced by all schools, ranging from 15th century to the present are on display.

Good to know: Free exhibitions and workshops organized by « La Réunion des Musées Métropolitains » gathering 8 museums of Rouen and its metropolitan area on subjects such as: geology, zoology, paintings, drawings, photographs, decorative arts, archeology, industrial history, etc... see <https://musees-rouen-normandie.fr/en>

Eglise Sainte Jeanne d'Arc and the halles: this church with its daring architecture allows you to admire the stained glass windows in the choir of the former church of Saint-Vincent, once located at the bottom of rue Jeanne d'Arc and destroyed in 1944. Its appearance evokes both a Viking ship and a fish. The architect was Louis Arretche, chief architect of civil buildings and national palaces. It was consecrated on 29 April 1979 and inaugurated on 27 May 1979 by Valéry Giscard d'Estaing, President of the Republic. The church has been listed as a historic monument since 30 October 2002.

The Joan of Arc Historial: It is the largest site dedicated to the memory of Joan of Arc, is set in the heart of the Archbishop's Palace of Rouen. Closely linked to Joan of Arc's destiny, this site of exceptional architectural quality houses the remains of the room known as l'Officialité, the 'Official Room', where her sentence was pronounced in 1431, and where her rehabilitation trial took place in 1456.

The botanical garden is a beautiful and restful place to discover. Walk or jog surrounded by trees, plants and flowers. Rouen botanic garden has also a scientific aim by offering a varied display of fauna and flora (most important collection of fuschias in France, seeds bank).

Opera, theaters and Arts halls

Rouen has many cultural facilities that can accommodate all kinds of shows. The Zénith de Rouen, with its 8,000 seats, offers large-scale shows, the 106 with a varied ant up to date music, while the Opéra de Rouen is the place dedicated to classical music, lyric singing, contemporary dance, and of course opera. Many unusual places such as the magnificent Corneille Chapel, the Cirque-Théâtre d'Elbeuf or the Saint-Louis Chapel host performances of high standards, not to mention the CDN Center, the Charles-Dullin Theater, the Theater Rive Gauche...

Opéra de Rouen: www.operaderouen.fr

Le Zénith: www.zenith-de-rouen.com

Le 106: www.le106.com

Le Kalif : www.lekalif.com

Cinema

Mainly there are two types of cinema theatres in Rouen: If you prefer noncommercial cinema the Omnia cinema is just for you Omnia: www.omnia-cinemas.com

The most popular movies can be seen at Kinopolis Cinema www.kinopolis.fr and Pathé Dock 76: www.cinemaspathegaumont.com

Good to know: Most foreign films are dubbed in French, but some of them are shown in their original version with French subtitles. A ticket is approximately € 10, however you can get students fare thanks to your student card. All programs and schedules on the website: www.allocine.fr

Pubs

Rouen is full of lovely places to spend on evenings. All night you can stroll from bar to bar tasting different kinds of drinks, listening to different kinds of music, meeting your friends or even playing table football.

- Shopping / supermarchés / marchés

Supermarkets are open all week and usually from 9 am to 8 pm approximately, except on Sundays only in the morning. Most common supermarkets: Carrefour, Super U, Monoprix, Simply Market, Lidl... The nearest shopping centre and supermarkets to UniLaSalle and residence halls are: Carrefour: Mont- Saint-Aignan Centre Commercial La Vatine, Monday - Saturday: 9:00 am-9:00 pm Super U: Centre Commercial des Coquets, Mont-Saint-Aignan, Monday - Saturday: 9:00 am-8:00 pm and Sunday 9:00 am-12:30 pm

Shopping malls are open all week (except on Sundays) and usually from 9 am until 9 pm approximately. They offer a wide range of products (clothes, shoes, cosmetics, home equipment, books etc.) and services (banks, bars, restaurants, laundry, cinema, etc.) For more information www.docks76.com or www.rouenstsever.com

Enjoy free time in Rouen

Your international mobility leads you to discover history, leisure, culture of your receiving country. Thanks to 18 theatres, 1 opera, many popular museums, over 10 cinemas, Academy of music/dance/theatre, many art galleries, festivals, school of architecture, school of art, your every life as a student in Rouen will become extraordinary! Here are a few examples:

<http://mdu.univ-rouen.fr/>
www.metropole-rouen-normandie.fr/index.php
www.rouentourisme.com/agenda/
<https://www.rouen.fr/rouenmag>
<http://rouen.by-night.fr/>
<https://76.agendaculturel.fr/agenda-culturel/rouen/>
<http://www.radio-r2r.fr>
<http://radiocampusrouen.fr/>
<http://lesrencardsetudiants.wixsite.com/rouen>
<https://actu.fr/76actu/loisirs-culture/>
<http://www.tendanceouest.com/>
<http://www.normandie-web.com/agenda>
<https://www.le-viking.com/>
<https://www.le-viking.com/la-carte-viking/>

Normandy tourism area

HANDYTOWN APP is handy, helpful and free to discover Rouen <https://ary.travel/en/app>



Moreover, the [Tourism Office](#) located on the Cathedral place will give you all details to travel throughout Normandy. The most famous places in Normandy are: Giverny, Honfleur, Etretat, Deauville, D-Day landing beaches, Mont-Saint-Michel, and many more ...

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 Louvre 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](#)

Mont-Saint-Michel Bay

Another famous French place-to-be, 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](#)

Bordeaux

Bordeaux is as 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](#)

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, 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 seach 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 really 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](#)

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!

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

Another UniLaSalle partnership is called READY TO GO, the free community guide to well prepare your travel anywhere in the world: How and when to leave? All the information you need to prepare your stay like formalities, accommodation, cost of living, hotel, insurance, internships, studies, flights, advice & good tips... Prepare for the unexpected! Thanks to your personal space, you can organize your travel project, exchange, testify, share your advices and experiences... <https://www.readytogo.fr/recherche/france>

Emergency numbers

EMS: 15 Emergency Medical Assistance Service.

Police rescue: 17 in case of violence, theft, robbery.

Fire department: 18 in case of fire, gas leak, water damage, natural disaster, road accident.

The 112 number for emergencies in Europe, free of charge

Nearest hospital: CHU Charles Nicolle 02 32 88 89 90

Address: 37 boulevard Gambetta, 76000 Rouen

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