

# Student Guide Rennes Campus

Academic Year  
2022/2023



# International Student Guide



**September 2021**

## **TABLE OF CONTENTS**

Presentation of UniLaSalle .....	3
How to get to UniLaSalle Rennes .....	6
The Campus.....	10
Administrative procedures.....	13
Before departure.....	13
Upon arrival.....	14
During the stay .....	18
Prior departure .....	18
Study.....	19
Campus life.....	29
Health .....	30
Means of transport .....	34
Finances .....	35
Day to day life in France and useful tips .....	38
General security .....	40
Plan Vigipirate .....	41
Pickpockets.....	41
On the road .....	41
Illegal drugs.....	42
Hitch-hiking .....	42
Check-list and documents to have in your suitcase .....	43
Emergency phone numbers .....	44

Rennes.....	45
Brittany.....	53
France.....	54
Paris / Versailles.....	54
Bordeaux .....	54
Mont Saint-Michel Bay.....	55
Normandy / Omaha beach.....	55
Vallée de la Loire / Loire Valley.....	55
Provence-Côte d’azur / French Riviera .....	55
The French Alps .....	55
Christmas markets in Alsace (Strasbourg, Colmar, etc.).....	56
Europe .....	56

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 3 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 is now called 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](http://www.lasalle.org) ; for France, see: [www.lasalle-fec.org](http://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 2 500 students with approx. 450 students graduating each year, 250 employees with 105 professors, assistant professors and more than 300 part-time lecturers from companies and partner universities.



In January 2020, UniLaSalle has been ranked 3<sup>rd</sup> 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-EME

UniLaSalle Rennes-EME was founded in 1992. 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-EME 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-EME's website](https://www.unilasalle-rennes-eme.fr/)



# 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 to Geneva, Southampton, Exeter, London, Manchester, Dublin, Cork, Amsterdam, Frankfurt, Barcelona and Madrid.

For more information on flight bookings and destinations to and from Rennes:

<http://www.airfrance.fr/>

<https://www.aerlingus.com/html/fr-FR/home.html>

<http://www.chalair.eu/index.php/>

<https://www.vueling.com/fr>

<http://www.volotea.com/fr/>

<https://www.iberiaexpress.com/fr>

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

<https://www.easyjet.com/fr>

<https://www.lufthansa.com/hr/fr/homepage>

From Rennes airport (Rennes – Saint Jacques), you can get a taxi downtown which will cost you about 30€. The cheapest way to go downtown or to the campus is to take the city bus number 57. It takes 5 minutes to walk to the nearest bus stop from the airport. The bus ticket costs 1.50€. There is a bus every 20 minutes on weekdays and every 30 minutes on Saturdays from 6 am to midnight, and every hour on Sundays from 10 am to midnight.

Low-cost companies (check the list of all the European low cost airlines):

<http://www.discountairfares.com/lcosteur.htm>

Ryanair – [www.ryanair.com](http://www.ryanair.com)

- Brest (to London Luton, Dublin)
- Dinard (to East Midlands, London Stansted)
- Nantes (to Dublin, East Midlands, Liverpool, London Stansted, Shannon)

Easyjet – [www.easyjet.com](http://www.easyjet.com)

Paris Charles de Gaulle or Orly (to Barcelona, Berlin, Bristol, Glasgow, Liverpool, Madrid, Milan, Newcastle, etc.)

## 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 – <https://www.eurostar.com/uk-en>), Brussels and Amsterdam (Thalys – <https://www.thalys.com/fr/en>), etc. Nevertheless, you must get to Paris to travel with these

companies.

The French Railway company (OUI SNCF) 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: <https://en.oui.sncf/en/ouigo>

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.oui.sncf/>. 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 25% 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 “Kennedy” and get off at “Republique”. Then take bus number 57 in the direction of “Ker-Lann - Bruz”. The “Schuman” 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).

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

Maps of public transportation in Rennes and suburbs: <https://www.star.fr/se-deplacer/comment-voyager-sur-le-reseau>

Public transportation schedule: <https://www.star.fr/accueil#cc1966>

**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 <http://maps.google.fr> or <http://fr.mappy.com>. 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 three 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 Parking Kennedy-Villejean, parc-relais Henri Fréville and parc-relais La Poterie.

**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: <https://www.checkmybus.fr/rennes>.

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.belvedair.com/fr/annuairedevoyage/transports/ferries/>

The main companies are:

- Brittany ferries - <https://www.brittany-ferries.fr/traversees/ferries-angleterre>
- 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: <https://www.blablacar.fr/>

# 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-EME, 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 [Guide of Ker Lann Campus](#)

## Accommodation

UniLaSalle Rennes-EME 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 60,000 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 1 or 2 month deposit when you rent housing. It means that on your first month you will pay 2 or 3 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 - EME has a deposit arrangement with Ker Lann Campus rental agencies.

Unilasalle Rennes-EME works with two University residences on the campus:

- Résidence ARPEJ

The person to contact is Mr CABIOCH: [jean-mathieu.cabioch@arpej.fr](mailto:jean-mathieu.cabioch@arpej.fr)

- Résidence Louis de Broglie - ECAM

The person to contact is Mrs Jean: [sabrina.jean@ecam-rennes.fr](mailto:sabrina.jean@ecam-rennes.fr)

You can check on the CMI website: <https://cmi.univ-rennes.fr/en/international-student-your-stay-rennes/finding-accommodation-rennes>

For more accommodation on the campus: <http://www.campuskerlann.com>

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

<https://unilasalle.studapart.com/fr/>

You have to create a profile to access the data.

Many students find accommodation on the website LE BON COIN, but you will probably need to communicate in French.



## 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) / GDF (Gas)/Engie (both)

- **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

## 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 web site: <https://www.campusfrance.org/en>.

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 the website.: [https://france-visas.gouv.fr/en\\_US/web/france-visas/student](https://france-visas.gouv.fr/en_US/web/france-visas/student)

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 is equal to or less than 12 months;

a long-stay visa with a residence permit which must be requested within two months of arriving in France if your mobility period will exceed 12 months.

## Upon arrival:

- 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:

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



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, you will be given a Student Card

Keep in mind that your Student Card is also a discount card for shopping, museum, 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 étudiants», a compulsory contribution called “Contribution Vie Etudiante et de Campus” (CVEC). For the academic year 2020-2021 it costs 92€.

This contribution does not apply for exchange students.

- 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.fr website and

you can register directly online: <https://etudiant-etranger.ameli.fr/#/>

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 stay (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.

NB: this civil liability is included with the housing insurance you must get for your own accommodation - it is compulsory in France!

- 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: [http://www.caf.fr/sites/default/files/sidoc/dgp\\_00000116.pdf](http://www.caf.fr/sites/default/files/sidoc/dgp_00000116.pdf).

You will have to register first on the website [caf.fr](http://www.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: <http://www.caf.fr/allocataires/mes-services-en-ligne/faire-une-demande-de-prestation>

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. (the mention BATIMENT INTERNATIONAL is very important).

If you need more information about CAF or your file, please see directly the International department.

- **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

Housing Certificate / Attestation de residence (residence halls certificate or rent receipt)

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: directly to the prefecture: <https://www.ille-et-vilaine.gouv.fr/booking/create/17832>
- The Centre de Mobilité International (CMI) in Rennes can help you with Visa Renewal : <https://cmi.univ-rennes.fr/en/international-student/practical-information-sheets>

### Prior departure:

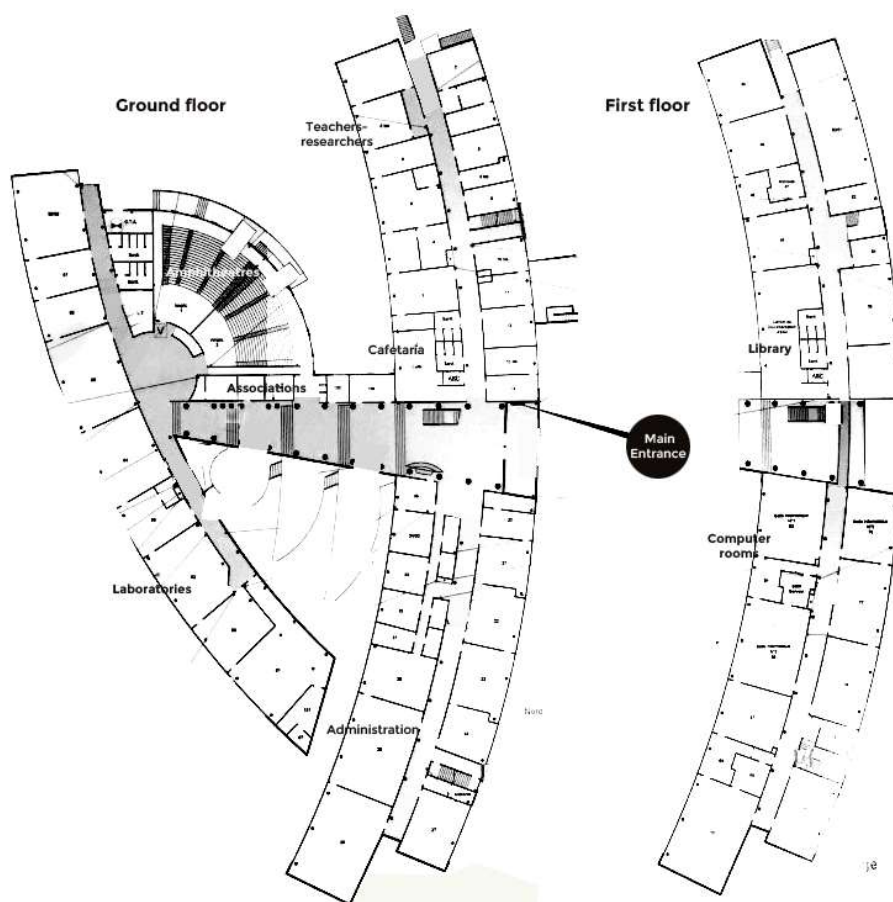
Mandatory process: end all of your administrative formalities before leaving.

- 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; cancel your cell phone contract, health insurance, CAF...

# Study

The floor plan

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



# Course Offer

## COURSE OFFER - ACADEMIC YEAR 2020-2021

FALL SEMESTER					
Languages		Campus	Agronomy and Agro-Industry	Food and Health	Earth Sciences & Environment
French*	Engineering courses Masters' degree cycle 4th and 5th years	Beauvais	<u>8 specializations available:</u> <ul style="list-style-type: none"><li>- Agricultural equipment: the challenges (AENT)</li><li>- Agroecology, soil, water and land management (ASET)</li><li>- Agronomy and land management (AT)</li><li>- Consulting and business administration (CPE)</li><li>- Industrial organization in the food industry (IAA)</li><li>- Marketing and business development (MKT)</li><li>- Setting up and developing an innovative agricultural business (EPAIA)</li><li>- Stakes and challenges of livestock farming (EDPA)</li></ul>	<u>5 specializations available:</u> <ul style="list-style-type: none"><li>- Formulation, Ingredients, Food Quality</li><li>- Prevention, Diet and Health Benefits</li><li>- Marketing, Communication &amp; Sales</li><li>- Industrial Organization in the Food Industry</li><li>- Entrepreneurship (5th year only)</li></ul>	<u>5 specializations available:</u> <ul style="list-style-type: none"><li>- Geotechnics and natural risks</li><li>- Hydrogeology and industrial risks</li><li>- Mines and quarries</li><li>- Energy Resources (English taught program)</li><li>- Entrepreneurship (5th year)</li></ul>
		Rouen	<u>4 specializations available:</u> <ul style="list-style-type: none"><li>- Agronomy (plant and animal production)</li><li>- Business management and entrepreneurship</li><li>- Food production, quality and safety</li><li>- Land management, sustainability and innovations</li></ul>		
		Rennes			
English	Masters, Masters of Science	Beauvais	<u>Erasmus Mundus Master Program in Plant Breeding – em-PLANT</u>		<ul style="list-style-type: none"><li>- MSc Energy Resources</li><li>- MSc Mining &amp; Civil Engineering</li></ul>
		Rouen	<ul style="list-style-type: none"><li>- BSc + MSc I-SAFE International Sustainable Agribusiness and - Food Engineering</li><li>- MSc Sustainable Management and Eco Innovation</li><li>- MSc Urban agriculture and green cities</li><li>- MSc Agricultural &amp; Food Data Management</li></ul>		
	Fall semester program	Rennes			

\* some courses may be taught in English

Exchange students can come as full year or only one semester student in our Engineering or Master programs

### Language requirements:

- a B1 level in French is required for the French taught programme / a B2 level in English if courses taught in English are selected by the student
- a B2 level in English is required for the English taught programme

SPRING SEMESTER					
Languages		Campus	Agronomy and Agro-Industry	Food and Health	Earth Sciences & Environment
French*	Engineering courses Masters' degree cycle 4th and 5th years	Beauvais	<a href="#">8 specializations available:</a> <ul style="list-style-type: none"><li>- Agricultural equipment: the challenges (AENT)</li><li>- Agroecology, soil, water and land management (ASET)</li><li>- Agronomy and land management (AT)</li><li>- Consulting and business administration (CPE)</li><li>- Industrial organization in the food industry (IAA)</li><li>- Marketing and business development (MKT)</li><li>- Setting up and developing an innovative agricultural business (EPAIA)</li><li>- Stakes and challenges of livestock farming (EDPA)</li></ul>	<a href="#">5 specializations available:</a> <ul style="list-style-type: none"><li>- Formulation, Ingredients, Food Quality</li><li>- Prevention, Diet and Health Benefits</li><li>- Marketing, Communication &amp; Sales</li><li>- Industrial Organization in the Food Industry</li><li>- Entrepreneurship (5th year only)</li></ul>	<a href="#">5 specializations available:</a> <ul style="list-style-type: none"><li>- Geotechnics and natural risks</li><li>- Hydrogeology and industrial risks</li><li>- Mines and quarries</li><li>- Energy Resources (English taught program)</li><li>- Entrepreneurship (5th year)</li></ul>
		Rouen	<a href="#">4 specializations available:</a> <ul style="list-style-type: none"><li>- Agronomy (plant and animal production)</li><li>- Business management and entrepreneurship</li><li>- Food production, quality and safety</li><li>- Land management, sustainability and innovations</li></ul>		
		Rennes			<a href="#">Environmental Engineering</a>
English	Masters, Masters of Science	Beauvais	<a href="#">Erasmus Mundus Master Program in Plant Breeding – emPLANT</a>		<ul style="list-style-type: none"><li>- MSc Energy Resources</li><li>- MSc Mining &amp; Civil Engineering</li></ul>
		Rouen	<ul style="list-style-type: none"><li>- <a href="#">BSc + MSc I-SAFE International Sustainable Agribusiness and - Food Engineering</a></li><li>- <a href="#">MSc Sustainable Management and Eco Innovation</a></li><li>- <a href="#">MSc Urban agriculture and green cities</a></li><li>- <a href="#">MSc Agricultural &amp; Food Data Management</a></li></ul>		
		Beauvais		<a href="#">Nutritional Sciences (N3)</a>	<a href="#">Water and Environmental Management (WEM)</a>
	Spring semester programs	Rennes		<a href="#">Environmental Engineering</a>	

SUMMER PROGRAMS				
English	Summer Short programs	Beauvais	Culinary Sciences and Health Benefits From Field to Plate	Geological Field School in France

## EDT, 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 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 have the information (date and topic) by email.

## 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-EME 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. Laurence THENAISY; 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.

Laurence THENAISY: 02.99.05.88.00 – [laurence.thenaisy@unilasalle.fr](mailto:laurence.thenaisy@unilasalle.fr)

You will also get a student card which will give you access to the University Library of Rennes 1, which is the biggest library of Science and Philosophy in Rennes. It will be possible for you to borrow sources of information, under the conditions of the University Library. The library is open from 8:45am to 7pm during weekdays and from 8:45am to 5:30pm on Saturdays (opening hours may change).

You will also be able to use this website to get access to electronic resources from the library, once you have your ID and password. Be aware that you will need to wait one day before having access to the electronic resources (time needed for your password and ID to get activated).

University Library of Science and Philosophy address:

SCD – Section Sciences et Philosophie

18 av. Charles Foulon Bât. 40

35700 Rennes

Tel :(+33) 02.23.23.34.31

Fax : 02.23.23.34.90

[scd-contact@listes.univ-rennes1.fr](mailto:scd-contact@listes.univ-rennes1.fr)

To go to the Rennes 1 University Library from campus:

- \* By car: We advise you to use one of the many route planners available on the internet like <http://maps.google.fr> or <http://fr.mappy.com>. It takes 20 to 30 minutes to go to the library from the campus.
- \* By bus: Take bus n° 57 to Rennes and stop at “République”. Then take bus n°4 to “Beaulieu Atalante” and stop at “Beaulieu INSA”. It takes about 50 minutes to go to the library from the Ker Lann campus.

Maps and timetables are available on [www.star.fr](http://www.star.fr)

**Computer rooms and Internet**

There are 3 computer rooms available for students at UniLaSalle Rennes-EME. 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](mailto:pascal.chopin@unilasalle.fr)

Self-access computers and printers: 3 rooms on the 1<sup>st</sup> floor

**Software**

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



# Contacts



**Geoffroy Belhenniche**  
Dean



**Emmanuelle Chateau**  
Executive assistant



**Magali Gautier**  
Financial and  
Administrative Manager



**Gaëlle Macé**  
Accounting  
assistant admissions /  
registrations secretary



**Thomas Hull**  
International  
deputy director



**Marie-Anne Hairan**  
International assistant



**Stéphanie Davy**  
English Teacher  
Head of Languages



**Pascal Chopin**  
Information systems



**Gilles Moigne**  
Computer Engineer



**Adélaïde Dolbeau**  
Communication officer



**Katia Piederrière**  
Communication  
Officer



**Emilie Gardin**  
Upstream Promotion  
& Business Relations Officer



**Eva Crombez**  
Promotion Manager



**Emmanuelle Chatillon**  
International training  
programs



**Lucille Ligny**  
Promotions and  
Admissions Officer



**Lilia Cordier-Loret**  
Student and Community Life



**Marie Leroux**  
Reception officer



**Ingrid Maslot**  
Reception officer



**Laurence Thenaisy**  
Educational Engineering



**Diane Bouloy**  
Librarian



**Ivane Lelièvre**  
Laboratory Technician



**Evelyne Blot**  
Planning



**Claire Pomier**  
Planning



**Sophie Binois**  
Internships



**Ghislaine Benarba**  
Education secretary



**Dany Hulot**  
Learning Manager



**Catherine Ricordel**  
Head of programmes



**Angélique Mahieu**  
Head of  
Third-Year Engineers



**Thibaud Niel**  
Head of  
Fourth-Year Engineers



**Hayet Djelal**  
Head of  
Fifth-Year Engineers



**Abdoulaye Kane**  
Teacher - Researcher  
in charge of Research



**Caroline Le Moulec**  
Teacher - CSR &  
Sustainable Development  
project manager





**Jean-Marie Cariolet**  
Teacher-Researcher  
in Geography



**Frédéric EBNER**  
Teacher-Researcher  
in Ecology



**Lucie Domingo**  
Teacher-researcher  
in Eco-design



**Messika Revel**



**Mathilde Mercier**  
Teacher-Researcher  
Expert Referent in Energy



**Romain Ligny**  
Teacher-Researcher  
in Chemistry for  
the Environment



**Reynald Lherbier**  
Teacher, Environmental  
Assessment Project Manager,  
LCA



**Anne-Bérangère SIROËN**  
Project Officer and  
Entrepreneurship



**Marwa Ellouza**  
Research officer



**Jocelyne Godet**  
Service Agent



**Fatoumata Diarra**  
Service Agent



**Sébastien Chéraud**  
Building  
Maintenance agent

# 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 : <https://cvec.etudiant.gouv.fr/>. The requested contribution amounts to 92€. 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-EME 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-EME 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. 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-EME 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 organized from 10 pm in a pub : <https://cmirennnes.u-bretagne-normandie.fr/fr/etudiants/ISD>

## **Buddy Program**

UniLaSalle Rennes-EME 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 Oïl 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 : [www.sites.univ-rennes2.fr/cirefe](http://www.sites.univ-rennes2.fr/cirefe)

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

[www.univers-langues.com](http://www.univers-langues.com)

[www.uhb.fr/cirefe](http://www.uhb.fr/cirefe)

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

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 - EME 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-EME, 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 to 1.30 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 dessert.  
You can buy snacks from the CAFET' (ground floor) from 11.30 am to 2 pm  
You need your student card to buy restaurant tickets.
- A restaurant called 'Le Forum' 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 (SMEBA or LMDE)
- For EU/EEA students: a valid European Health Insurance Card or the French Student Health insurance.

For more information: [www.ameli.fr](http://www.ameli.fr) - [www.lmde.com](http://www.lmde.com) - [www.smeba.fr](http://www.smeba.fr)

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 : [13 mail Île Aux Moines](#) - Bruz - Tél : 0033 2 23 50 32 90
- Jean-Charles LE DU : [29 rue Touiller](#) - Bruz - Tél : 0033 2 99 05 80 53
- Cabinet Médical : [10 avenue Jules Tricault](#) - Bruz - Tél : 0033 2 99 52 61 01
- Cabinet Médical : [54 avenue Alphonse Legault](#) - Bruz - Tél : 0033 2 99 52 65 25
- Eve Boennec : [14 place Vert Buisson](#) - Bruz - Tél : 0033 2 99 57 97 30
- Cabinet Médical : [20 rue Chateaubriand](#) - 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
- Cabinet de dentistes : [10 square Daniel Balavoine](#) - Bruz - Tél : 0033 2 99 57 91 27
- Yann Le Gall : [18 avenue Joseph Jan](#) - Bruz - Tél : 0033 2 99 05 98 00
- Benoît Lefrais : [1 rue Ajoncs](#) - Bruz - Tél : 0033 2 99 52 64 52
- Henri Duret : [32 avenue Générale De Gaulle](#) - 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
- Frédérique Forest : [15 square Daniel Balavoine](#) - Bruz - Tél : 0033 9 64 40 63 81
- Christine Beaudor-Hamon : [7 rue Jean Mermoz](#) - Bruz - Tél : 0033 2 99 57 13 88
- Bernard Floret : [1 rue Ajoncs](#) - Bruz - Tél : 0033 2 99 52 92 93
- Michel Kharitonoff : [8 place Marcel Pagnol](#) - Bruz - Tél : 0033 2 99 52 61 61
- Duty Dentist: 0033 2 99 65 00 22

You can also book an appointment on <https://www.doctolib.fr/> (physical or video consultation).

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: <https://www.doctolib.fr/medecin-generaliste/rennes>

- 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 : 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 anti-poison / poison control center: 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 Thursdays, from 2 pm to 6 pm, and on Fridays from 2 pm to 4 pm

Specific sessions :

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

On Thursdays, from 2 pm to 4 pm : Consultations for young consumers (tobacco, emotional and sexual lives issues)

Accessible to people with reduced mobility

Access : By Subway Charles de Gaulle station

## Le [SäS]

Le 4 Bis, Cours des Alliés - 35000 Rennes

02 99 31 47 48

[sas@crij-bretagne.com](mailto:sas@crij-bretagne.com)

Retrouvez le SäS sur Facebook : <https://www.le4bis-ij.com/2019/11/07/le-point-accueil-ecoute-jeunes-le-sas/>

## Covid-19 recommendations:



# Means of transport

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

## By bus

Bus lines 57 and Ker Lann Express (KL) run from République (Rennes town centre) to Bruz.

- Bus 57 runs every day, every 20 mn from Monday to Saturday, and hourly on Sundays  
First departure from the campus to Rennes is at 5.19 am (5.59 am on Saturdays)

Last bus from Rennes to the campus leaves at 12.30 pm

The trip lasts approximately 25 to 30 minutes

- Ker Lann Express runs from Monday to Friday (except for holidays)

There are 5 departures in the mornings from Rennes République to the campus between 7 and 9 am and 8 departures from the campus to Rennes between 3.30 and 6 pm. The KL bus runs non-stop to Rennes 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**

**Bureau Info Star : 0033 970 821 800**

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 [Oui SNCF website](#)**

## 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 rent an Electrically assisted bike, 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 in order to sign your lease contract

La Maison du Vélo is located at [45 rue du Puits Mauget](#) 35000 Rennes

It is open Tuesday to Saturday from 10 am to 6 pm.

You must provide some documents ::

- The application form (to download from their website)
- A 1000-euro deposit (uncashed) corresponding to the Classic model or 2000-euro deposit for the Premium model
- A copy of your ID document
- a recent proof of address (bill)

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 450€ and more

In some case you will have to pay utility costs such as electricity (around € 30), water, internet access...



- For daily meals you can eat at the university restaurant. Prices at the "restau-u" (restau-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 € 8-10

Haircut € 30

Restaurant lunch € 10-20

Dining out € 15-30

Baguette € 1.10

Sandwich € 3-6

Rice (1kg) 2 €

Coffee 3 €

Beer (pint) 7 €

Wine (small glass) 3-5 €

1 load of wash in a laundromat 4-5 €

Train ticket Rennes-Paris from € 10 with Ouigo to over 100€

Single room middle class hotel € 70

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 <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.

# 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](http://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
- 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, télécommunications

Cell Phones:

Companies such as SFR, Bouygues Telecom, Orange, 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

**COVID 19** : at the start of the new school term wearing a mask during classes will be mandatory when 1 metre physical distance between people is not possible.

Every student must have : a personal computer, washable masks in sufficient number, alcohol-based hand rub and a microfiber dishcloth.

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
- Sporadic train strikes and striking taxi drivers can disrupt travel and transportation means
- 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.

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.

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 :

(<https://www.service-public.fr/particuliers/vosdroits/F1459>).

- 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 0.5g/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.

### 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 in your suitcase

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](#)

# Rennes

Rennes is the capital of Brittany with more than 250,000 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 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](#)

## Restaurants

There are many very good restaurants in Rennes including typical French “brasseries” such as Le Comptoir des Halles, La Chope, Le Café Noir, La Taverne de la Marine, Léon le Cochon, Le Bistro à Tartines as well as very typical Breton creperies such as La Sarazine, Tante Yvonne, etc.

## Sports and Leisure

It is possible to practice sports at Unilasalle Rennes-EME, 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.

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... 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,
- 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/fr/decouvrir-rennes/sortir> available in several languages.

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





## 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](http://www.leschampslibres.com) Cours des Alliés, Rennes (Subway stop: Charles de Gaulle)



**Le Couvent des Jacobins** is a congress centre where some exhibitions can take place, for example contemporary art, or concerts : <https://www.centre-congres-rennes.fr/fr>



**Le Musée des Beaux Arts – Art Gallery – 20 quai Emile Zola, Rennes :**

<https://mba.rennes.fr/>



**At the Ecomusée du Pays de Rennes, you can learn about the history of the region, traditions, costumes, etc.:** <http://www.ecomusee-rennes-metropole.fr/>





## 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*. 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, Le Liberté/L'Etage, l'Ubu, la Salle de la Cité, le Mondo Bizarro, l' Antipode, Le Diapason.





## 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-EME's student organization can give you more information.



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

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

## 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 –The Gaumont, gives member cards for free, and allows many discounts. (Subway: Charles de Gaulle)
- Cinema Arvor (2 theaters) 29 rue d'Antrain
- Ciné TNB (1 theater) 1 rue St. Héliér
- Cinéville de Bruz, 15 Avenue de Cezembre, 35170 Bruz



## 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 ([www.intermarche.fr](http://www.intermarche.fr))
- Carrefour market
- Monoprix ([www.monoprix.fr](http://www.monoprix.fr))

### Hypermarkets

- Carrefour ([www.carrefour.fr](http://www.carrefour.fr))
- Leclerc ([www.leclerc.fr](http://www.leclerc.fr))
- Cora ([www.cora.fr](http://www.cora.fr))

### Low cost supermarkets

- Lidl ([www.lidl.fr](http://www.lidl.fr))
- Leader Price ([www.leader-price-int.com](http://www.leader-price-int.com))
- Netto ([www.mousquetaires.com/enseignes.netto.htm](http://www.mousquetaires.com/enseignes.netto.htm))
- 

## Open – air markets

France is renowned for its open-air markets and Rennes has the third 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, sea-food, 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://en.wikipedia.org/wiki/Brittany> or <http://www.brittanytourism.com/>



# 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 km<sup>2</sup> 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 prepare: 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 palce 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 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, Kayserberg, 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!

Beauvais airport website: <https://www.aeroportparisbeauvais.com/en/passengers/>  
[Lonely Planet website here](#)