



International Student Guide

September 2018



Dear International Student,

Welcome to Unilasalle Rennes - EME!

We are pleased that you chose Unilasalle Rennes - EME as your place of study in France. We hope that studying on the Ker Lann Campus and living in Rennes or its nearby area will be an enjoyable and enriching experience. Indeed, the Ker Lann Campus is located in Bruz and provides a peaceful atmosphere for studying but Unilasalle EME students also enjoy an easy access to Rennes (some of them live there), a vibrant town which offers students a variety of cultural opportunities : <https://www.tourisme-rennes.com/fr>.

The administrative and the academic staff of Unilasalle Rennes - EME will do their best to ensure that international students receive information and assistance both before and after arrival in Rennes. We hope that the International Student Guide will help you prepare your trip to Rennes and make your stay in our school a memorable experience.

Once again, we wish you a warm welcome to Unilasalle Rennes - EME.

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Rennes

Rennes is the capital of Brittany with more than 200,000 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: <http://en.wikipedia.org/wiki/Rennes>, <http://www.rennes-metropole.fr/>

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 Industrial 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: <https://www.ecole-eme.fr/international/etablisements-partenaires/>

The professional orientation of our engineering program gives students various opportunities to conduct case studies, visit firms and gain hands-on experiences 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: www.ecole-eme.fr/en

Chapter 1 Travel to Rennes

Getting Here

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, Lyon, Marseille, Toulouse, Nice, Bordeaux, and Lille. But you can take advantage of your stay in France to travel around Europe. You also have international flights: Southampton, Manchester, Belfast, Edinburgh, Exeter, Newcastle, Dublin, Leeds, Berlin, Vienna, Brussels, Dubrovnik, Copenhagen, Barcelona, Madrid, Athens, Budapest, Roma, Amsterdam, Lisbon, Prague, Stockholm, Geneva, etc.

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

<http://www.rennes.aeroport.fr/>

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

<https://www.hop.com/>

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

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

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

From Rennes airport (Rennes – Saint Jacques), you can take 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 week days 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

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

Easyjet - 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 – www.eurostar.com), Brussels and Amsterdam (Thalys – www.thalys.com), etc. Nevertheless, you have to get to Paris to travel with these companies.

The French Railway company (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://www.ouigo.com/>

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

Locally, there is a train stopping on the campus, about 600 meters away from our school. It takes about 8 minutes to get from Rennes to Ker Lann. Trains run at hourly intervals.

For more information, visit their website: <http://www.ter-sncf.com/Region/bretagne/gare/Ker%20Lann.aspx>.

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.

It is possible to buy a “12-25” card, for students under 25, which can result to up to 70% discounts on some trains. 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. 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.

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 “Schumann” 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/itineraire/>

Public transportation schedule: <http://www.star.fr/fr/se-deplacer/horaires/de-votre-ligne.html>

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, Ouibus, 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 <http://www.belvedair.com/fr/transports/ferries/ferries.htm>

The main companies are :

- Brittany ferries – www.brittany-ferries.co.uk
- Condor ferries – www.condorferries.co.uk
- P&O – www.poferries.com

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.

Carpool

Carpool 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/>

Departure Check-List

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 for the beginning of the Fall Semester
- ☐ 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 Rennes - EME
- ☐ 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
- ☐ Clothes and shoes suitable for rainy weather, and cold weather in the winter.
- ☐ Adapters for electrical appliances – in France the standard is 220V

Chapter 2 Being a Student

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:

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 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 buddies is voluntary, and 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.

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 facilities (tennis courts, a football field, a sports hall, etc.) and student residences. There is a university restaurant, called "RU" in French, where you can buy a meal for about 3.10 €. It takes 5 minutes to walk there from the school. There is also a restaurant and an ATM close to the university restaurant.

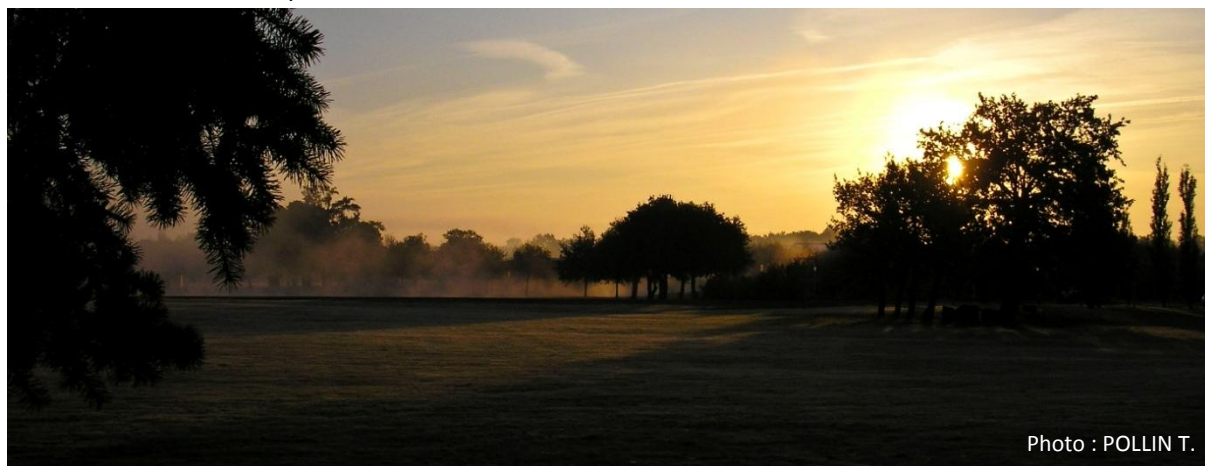


Photo : POLLIN T.

For more information, you can take a look at the campus guide <http://www.campuskerlann.com/>

Library

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 week-ends.

Laurence THENAISY: 02.99.05.88.00 – 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 week days and from 8:45am to 5:30pm on Saturdays (opening hours may change).

Info: <http://www.scd.univ-rennes1.fr/>

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

To go to the 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

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

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.

Chapter 3 Registration Procedures

Visa

Foreign students wishing to study in France must obtain information from the French Consulate closest to their place of residence about the conditions of their entry into France and get a visa.

Please, read the relevant information carefully.

Students from EU/EEA countries

To enter France, an identity card is required for citizens from the European Union, Liechtenstein, Norway, Iceland and Switzerland. No visa or residence permit is required for these citizens.

Students from non EU/EEA countries

Students from non EU/EEA countries need a student visa in order to enter France. First, applicants must fulfill the conditions to be admitted to France as a student: fulfillment of the admission requirements is certified by the delivery of a visa. Students are advised to contact the nearest French Embassy or Consulate for information on procedures immediately after receiving the Letter of Admission.

To enter France you need a visa and a valid passport.

To get your visa you need to go to the closest French Embassy or Consulate and bring with you the following documents:

- Completed visa application
- Valid passport (valid for at least the period of the planned stay)
- Documentary evidence of resources
- Documentary evidence of housing
- Letter of admission
- Means of transport
- Health insurance

You must apply for the visa at the French consular services in the country of residence at least 3 months before the planned departure date. The visa will cost approximately 100€.

The “long stay” visa market “student” is granted to foreign students who wish to continue their education at a public or private institution of higher learning for a period exceeding six months. The delivery of this visa is conditional upon your ability to prove that you have sufficient financial means to live in France. The minimum amount of resources required is set by each French Embassy.

Registration at UNILASALLE RENNES - EME

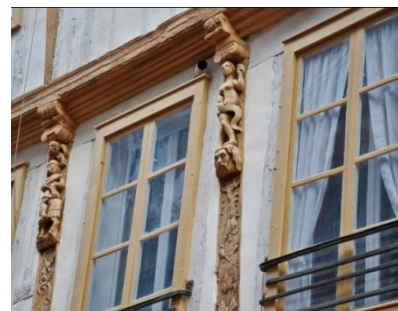
All students are required to participate in the essential and practical procedures that include:

- The student card
- Access to computers
- Payment of exchange student semester fee

Chapter 4 Student Welfare

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 as a university city with over 60,000 French and international students per year. 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.

Temporary accommodation in Rennes area can be found through two associations (websites in French) <http://www.accueilalamaison.fr/index.asp> and http://www.rennes-hebergement.fr/Nous-contacter_a11.html

Accommodation on the campus: <http://www.campuskerlann.com>

Contract

Before moving into your room, you must sign the housing contract. The contract is a binding legal document which outlines rules and regulations that you are expected to follow. Read the contract carefully. Make sure you understand and accept the conditions outlined in the contract before signing it.

Housing allowance

In France, there is a housing allowance for people who don't have enough financial resources to live in an appropriate, comfortable accommodation. These people include students, thus international students. The housing allowance is called "Aide Pour le Logement" (APL) in French. The amount of money allocated depends on different factors such as income, social background, rent, surface and type of accommodation. For example, someone living alone in a 20m² studio with no income could get about 150 to 200€ a month. This accommodation support can be very helpful.

In order to get the APL, you need to fill in an official form online that you must print and send back to the family benefits agency called Caisse d'Allocation Familiale or CAF along with required documents. Be aware that the form won't be in English; you should ask for help to fill in the form properly.

For more information: www.caf.fr

Housing insurance

It is very important to apply for insurance before moving into your accommodation. French law stipulates that all people who rent accommodation must contract a civil responsibility and third party insurance at their address in France; some property owners include this in their "rental package". If not, student insurance companies such as SMEBA or LMDE can provide you with this kind of insurance. At the end of your stay, you have to think about several important issues. It is crucial to get organized in order to deal with all the formalities before leaving Rennes.

What should you bring?

Luggage (if flying)

Please pay attention to your luggage allowance on your flights and remember that you will certainly have to change airports and stations. Label your luggage clearly with your name, your home address and your address in Rennes. We suggest that you keep the following in your hand luggage:

- Valid passport with visa
- Original documents to prove financial support
- Letter of admission from EME
- Originals of other important documents you may need
- Your rental contract if you have received it before your departure
- Travel insurance details
- Euros
- Laptop (if applicable)
- Warm clothing and rainwear

We suggest that you keep the following in your suitcase:

- Photocopies of important documents
- Some warm clothing and comfortable clothes
- Sharp objects you can't take with you in your hand luggage

What you should not bring:

- Very valuable items such as jewelry
- Plants, seeds, dairy or meat products

For more details please read the information issued by your travel agency and/or Airline Company.

Clothes and personal items

- You may wish to bring an outfit for special occasions
- If you play sports we suggest you bring your equipment with you as it is possible to join local sports clubs
- Photos, posters, pictures of family, friends at home
- Dictionaries you use frequently

Bedding & linen

For most of the accommodation options, linen isn't provided. We suggest you to bring a sleeping bag you can use until you buy linen. There are many shopping centers and an IKEA nearby. You could ask your buddy to take you there.

Laundry

If you are living in a residence or in some shared flats you may have washing machines available, either included in your rental price or at a charge. If there are no washing machine facilities, you can go to launderettes that are usually open 7 days a week, 24 hours a day, 365 days a year.

Settling into your new home

Electricity (EDF) / Gas (GDF)

Tel: 3004

Depending on your type of rental, you may have to call the company 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.

Fixed telephone line

With France Telecom / Orange Phone: 10 16 (free from any land line)

You need to go to a France Telecom agency in order to open a telephone line. In Rennes, you can find agencies at the "République", 9 rue Le Bastard or Centre Commercial "Alma". For more information, go to their web site: <http://www.francetelecom.com/35>.

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

Phone: 02 23 22 00 00

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.

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.

Chapter 5 Living in France

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 “départments” and 22 regions. Rennes belongs to the region called Brittany.

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/>



Language

The official language in France is French. You will find that 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

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

www.univers-langues.com

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 an UNILASALLE RENNES - EME graduation requirement.

France and its people

For people unacquainted with French culture, here are a few tips

Formal and informal “you”: “vous” and “tu”

In many languages, there are 2 ways to name the second person of the singular. One is formal and the other informal. It is important to know when to say “vous” and when to say “tu”.

In France, you should say “vous” (the formal way) to adults you do not know (or with whom you do not have any particular relationship), people clearly older than you and people hierarchically superior to you, unless you are asked to say “tu” when you speak to him/her.

Students (and young people in general) say “tu” (the informal way) to other students even if they do not know each other and teachers will usually say “vous” to the students.

Names and surnames (family name)

The use of name and surname works the same as the use of “tu” and “vous”. When you say “vous”, in general, you would call the person by his/her family name with Monsieur or Madame before. When you say “tu”, you would call them by their first name.

Greetings

More often than in other countries, French men shake hands, not only for the first meeting or after a long leave, but every day. Women usually kiss other women on the cheek, and a woman and man who meet will often kiss each other on the cheek as well (the number of kisses depends on the region!).

Climate

The weather in Rennes and Brittany, being in the northwest of France, is influenced by the warm Gulf Stream which brings warm air and rain leading to a humid oceanic climate. This climate usually brings cool summers (18°C average), mild winters (7°C average) and wet weather. 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

Working in France

If you want to work in France you must enroll in the French social security system and have a “Carte Vitale”. To have a part-time job, first check that this does not clash with your course timetable. If you have a student visa, you cannot work more than 822.50 hours per year. To earn some money, and have flexible hours and missions, you can ask the school associations Bretagne Conseil and ACE. For both, you need a French insurance number.

Transportation

Public transportation – the STAR network

The bus and the subway are common means of transport in Rennes. From the Ker Lann campus, you can easily go by bus to Bruz, to the airport, and downtown Rennes. There is a bus stop just opposite the school and another next to the university restaurant.

The ticket is the same for the bus and the subway. You can purchase packs of tickets at PME's, or newspaper stands, or individual tickets from the bus drivers when you get on the bus. You can also buy tickets with coins or credit card at automatic distributors at every metro station. When you get on the bus or enter the metro, you must stamp your ticket. Once stamped, the ticket is valid for an hour, which means that you can take as many buses and subways as you like for one hour.

It is also possible to get an electronic card (**carte KorriGo**) and charge bus/subway tickets or a pass. It is possible to buy a pass for a week, a month or the whole school year. The card is free. You can get the card at the STAR office behind the main post office in Rennes which is where the “Republique” stop is (12, rue du Pré Botté). You should bring an ID card, ID photo and proof of residency in France (electric bill or housing contract). For more info: www.star.fr

Public transportation – the RER trains

There is train service between Rennes and the Ker Lann Campus. You can put your bicycle on the train to shorten your travel time and get some exercise. See <http://www.ter-sncf.com/Region/bretagne/gare/Ker%20Lann.aspx>.

Driving in France

Below are some of the rules for drivers/passengers in France. French people drive on the right and steering wheels are on the left. You will need an international European driver's license. All drivers and passengers must wear a safety belt in cars and taxis (whether you sit in the front or in the back). Children under the age of 10 must be in appropriate seats (depending on their age and size). When you travel by coach, it is also compulsory to wear a safety belt.

The most complicated rule in the French driving code is the *priorité à droite* rule which gives priority to vehicles coming from roads on the right hand side even if they seem smaller. You need to pay attention to the signs to see if you must give way to vehicles approaching from the right at intersections. It is neither obvious nor clearly marked. If you feel unsure, it may be worth taking a few driving lessons. In the same way, foreign drivers must get used to the cycle paths and bus paths that get priority over cars. Drivers must therefore be very careful of buses and bicycles when they want to turn right.

France is very strict on its drinking (also drugs) and driving laws. The maximum blood alcohol limit is 0.5g/L 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).

Religion

The main religion is Catholic but France is known for its liberty of religious expression.

Food

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 1pm, and dinner in the evening at about 8pm.

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.

On campus (Ker Lann)

The cheapest meal you can get on the campus is at the university restaurant, called the “RU” short for *Restaurant Universitaire* in French, where you can buy a meal for 3.25€. It is a 5 minute walk from Unilasalle Rennes - EME. It is open from Monday to Friday from 11.30 am to 1.30 pm.

<http://www.crous-rennes.fr/restauration/notre-offre-en-images/>

You need your student card to buy restaurant tickets.

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.

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 (Géant, 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 Cours des Alliés, Rennes (Subway station: 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 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)
- Cinéville Colombier (6 theaters) Place Colombier (Subway: Charles de Gaulle)
- Cinema Arvor (2 theaters) 29 rue d'Antrain
- Ciné TNB (1 theater) 1 rue St. Hélier

- Le Grand Logis (1 theater) 10 ave. du Général de Gaulle – 35170 Bruz

Chapter 6 Financial Matters

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.

Budget

A budget is very personal and depends on your way of life. We can only give an estimated guess, which obviously will differ from student to student. We estimate living costs to come to about 750€ per month, including accommodation, food, travel in Rennes, photocopies, insurance, health insurance (excluding travel to and from Rennes, holidays).

However, you should keep in mind that when you live in a foreign country, you will have extra expenses during the first month, such as a housing deposit (equivalent to 1 month rent), housing insurance, health insurance, school furniture, housing appliances (linen, kitchen appliances), etc. Your budget can be up to 1,500€ or more for the first month.

Average expenses of roughly 750€ per month are given below:

- Room: 350€/month on average + 1 month rent deposit (refundable)
- Food: 200€/month
- Personal expenses: 150€/month
- Monthly bus pass: 26,90€ - 36,60€/month
- Complementary health insurance: 100€/year
- Civil responsibility: 40€/year

The Euro

The following European countries have adopted the Euro: Austria, Belgium, Cyprus, France, Finland, Germany, Greece, Ireland, Italy, Luxembourg, 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.

Travelers' checks

Students can bring travelers checks in Euros or in other currencies such as US dollars, UK pounds, etc. However, in most banks there will be bank charges when you change them. You can change travelers checks into Euros in all French banks (with bank charges) but you cannot pay with them in shops or for your rent, etc.

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 don't accept checks.

Western Union

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

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".

Chapter 7 Health Matters

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 – www.lmde.com – www.smeba.fr

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>

Chapter 8 Other

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, crime happens 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

Generally 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)
- Carrefour market
- Monoprix (www.monoprix.fr)

Hypermarkets

- Carrefour (www.carrefour.fr)
- Leclerc (www.leclerc.fr)
- Géant (www.geant.fr)
- Cora (www.cora.fr)

Low cost supermarkets

- Lidl (www.lidl.fr)
- Leader Price (www.leader-price-int.com)
- Netto (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.



Bureau de Tabac (Newsagents)

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).

Dates

In France, it is important to be aware of the following order: Date/Month/Year e.g. 20 August 2013 is 20/08/13

Decimal point

In the French number system, a comma replaces the decimal point. For example, 3.5 is written as 3,5 in French.

Tips

In France, in most places, tips are included in the price. A tip may be left, and would be a small token amount.

Emergency numbers:

Samu: 15
Police: 17
Fire: 18
General: 112

Useful information for International Students can be found on the CMI website: <https://cmirennnes.u-bretagneloire.fr/fr/etudiants/guide>

<https://cmirennnes.u-bretagneloire.fr/sites/ueb-rennes.versio.fr/files/imce/Guide-etudiant/2016/FR/03-Vivre%20%C3%A0%20Rennes.pdf>