



SURVIVAL GUIDE 2018

FOR INTERNATIONAL STUDENTS

www.ensta-bretagne.fr



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ENSTA
Bretagne

UNIVERSITE
BRETAGNE
LOIRE



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GETTING READY FOR YOUR STAY

//ACCOMMODATION

There is a residence on ENSTA Bretagne campus which makes life much more convenient. You are within easy reach of everything in the school.

You can choose between two types of accommodation: ensuite rooms (321€/month) & rooms with shared bathrooms - three bathrooms for 11 students (270€/month). The accommodation on site includes water & electricity charges, high-speed internet connection, room cleaning service every two weeks & washing machines available all week. Rooms with private bathroom are allocated to girls in the first place. However, it is still possible for boys to apply for ensuite rooms too.

More information www.ensta-bretagne.eu/index.php/on-campus-accommodation/

You can use many other ways to look for accommodation. Several types are offered such as the home stay, flat-sharing, private residence, single studio etc. Housing offers can be found in the classified ads, in the newspapers or online. Make your choice among the previous suggestions and choose what fits you the best.

You can take a look at those websites to help you :
Flat-sharing
www.appartager.com

Classified Ads
www.leboncoin.fr
www.seloger.com
www.bienici.com

If you want to live with other students in Brest, you can get in touch with the following private residences:

Univercity Saint-Luc
15, rue Jean bon Saint-André
29200 Brest
Not far from ENSTA campus, located in Lambazellec area, close to bus station

Univercity Liberté
23, rue Desquène
29200 Brest
Close to Place de la Liberté downtown easy access to tram station

DIFFERENT TYPES OF FLATS

Studio: 1 room with kitchenette + bathroom
T1: room with kitchen and bathroom
T2: living room, bedroom, kitchen and bathroom



➤ HOW TO GET TO BREST?

- By car: there are 2 free motorways from Rennes (east Brittany) to Brest and from Nantes (south-east Brittany) to Brest.
- By train: 15 trains a day between Brest and Paris via high speed trains (TGV). Brest station is located downtown.
- By plane: Brest Airport is located in Guipavas; there are 9 daily flights from Brest Airport to Paris: regular flights to other big cities such as Lyon, Lille, Barcelona & more.

If you need someone to pick you up on your arrival, please get in touch with the welcome & integration team from "BDE".

// HOW TO REACH ENSTA BRETAGNE?

FROM BREST RAILWAY STATION

By tram

There is a 5 minutes' walk to go to "Place de la Liberté". Once there, take the tramway to "Porte de Gouesnou" and stop at "Mesmerrien" station.

By bus

To go to ENSTA Bretagne, take the bus n°12 at "Place de la Liberté", direction Gouesnou and get off at the bus stop « Kermaria ».

learn more: bibus.fr

FROM BREST AIRPORT

Take the airport shuttle to Guipavas. Once there, take the tramway to Plouzané, stop at "Pontanezen" station. Take the tramway to Gouesnou and stop at "Mesmerrien" station.

BY ROAD

From Quimper (RN 165) and after "Iroise" bridge, drive towards north Brest.
From Rennes (RN 12): at the first roundabout at Brest entrance (Pen Ar C'hleuz), drive towards Quimper, turn left at the traffic lights, go straight and take the 1st street on your right and then right again after a while. Follow ENSTA Bretagne signs.

// RESIDENT PERMIT

Students from countries outside the European Union, Switzerland or Algeria must get a student visa and take an appointment with the Centre for International Mobility (CMI) within 3 months after their arrival. Get your appointment at the CMI website: <https://cmibrest.u-bretagne.fr/>

➤ WHAT HAPPENS UPON YOUR ARRIVAL IN BREST?

// CULTURE SHOCK

Arriving in a new country is a very exciting experience. Although you got ready by making enquiries about French culture, you might feel a bit confused or disoriented. Do not worry, it is only temporary! Be patient, you can cope with culture shock by keeping active, doing community activities, and working on your English & French skills – It is easier to mingle when you can understand the common language that is used. Bear in mind that there are several other students who cope with the same situation so feel free to introduce yourself to other students. The student associations are here to help you and make you feel comfortable during your stay, feel free to contact them! If your homesickness is persistent, a social counsellor is available on the campus. Do not hesitate to go and see her.

// FRENCH SOCIAL SECURITY AND HEALTH INSURANCE

As a foreign student you have to register at the French Social Security following the instructions given in the dedicated website: foreign-student.ameli.fr

Your medical cost will then be covered at 70%. If you wish to be covered at 100%, you have to subscribe a supplementary health insurance (Mutuelle) that would take in charge the remaining 30%.

FOR STUDENTS FROM THE EUROPEAN UNION

Students from European Union in possession of a valid European Health Insurance Card do not need to register at the French Social Security. You will claim for reimbursement of your medical expenses directly to the social security of your home country.

If you nevertheless want to benefit from simplified administrative procedures for your claims and register to French social security, you should arrive in France with an Exportation of your rights Form: the "S1 Form".

If your card is out of date or you do not have the valid S1 Form, you will have to register to the French social security and prove you have sufficient resources. To do so, you should provide an evidence of sufficient resources.

// HOUSING ALLOWANCE

Once you have found accommodation, have been enrolled in the Social security scheme and have opened a bank account, you can apply for "CAF". Every student can apply for housing benefit based on their personal resources and the rent they pay. You can apply online: www.caf.fr
Address: 1 rue Portzmoguer 29200 Brest
Tel: 0810 25 29 30



// OFII PROCESS: MEDICAL VISIT & FORMS

The OFII is the "Office Français de l'Immigration et de l'Intégration". It takes part in the legal procedures required for the admission of foreigners into France. To receive your visa you have to take an appointment with the CMI (International Mobility Center), you can take it until September 12th, 2018 on the website: www.cmi.u-bretagne-loire.fr

NB: Any change of address must be notified to the OFII.

If you have any queries about the OFII process when you are in Brest, you can ask for information to the ACOR Office (welcome, accompaniment, orientation bureau inside ENSTA Bretagne, contact P13).

// OPENING A BANK ACCOUNT

We strongly advise you to open an account as students who take out French health insurance and who are entitled to housing benefit need to have a bank account to be reimbursed. When opening a bank account in France, make sure you did not forget: your identity documents, proof of address, a small amount of money.

REMEMBER

Close your bank account after making sure you have received your last payments. To close a bank account, simply send an account closure letter to your bank.

// BANK ACCOUNT REFERENCE NUMBERS

You will be often asked to provide a RIB: "Relevé d'Identité Bancaire". This is a document given by your bank which gives all the details of your bank account (Identification Banking Account Number and Bank Identification Code). This will be needed each time you need to carry out a bank transfer.

// REGISTER WITH YOUR EMBASSY OR CONSULATE

We advise all international students to register with their national Embassy or Consulate in France. [Click here to reach the list of embassies and consulates in France.](#)

// A FEW BANKING WORDS

- **Acquitter:** To pay the sum owed
- **Agio:** Bank charges and interest
- **Date de valeur:** Date on which money is debited or credited to your account
- **Relevé de compte:** Bank statement
- **Verser:** To deposit
- **Virement:** Transfer

// BUDGET & COST OF LIVING

Depending on your lifestyle, we can only give you an approximate monthly budget.

This is the budget you will need to enjoy life in Brest:

Rent: Around 300€ a month.

Food: 200€ a month, eating at the school's restaurant (lunch for around 3,50 €)

Others: 100€ per month for extra expenses

We advise you to have around 500 – 700€ a month.

To manage the first months, remember to bring enough money before opening a bank account.

> CAMPUS LIFE AT ENSTA BRETAGNE

// WEI – INTEGRATION WEEKEND FOR STUDENTS

The Integration weekend for students will help you to know your classmates. It is a great opportunity to meet other new students. The weekend takes place in France during two days: September 14th & 16th. You will leave Brest on Friday 14th in the afternoon and come back on Sunday 16th in the evening. Many playful activities and sports events are organised for this particular occasion. The location is kept secret until the arrival. Members of the "BDE" will accompany you.

// WELCOME PICK-UP

As soon as you have all the information about your flight, train ticket, date, hours and so on, you can get in touch with the persons in charge of welcome arrival: Luc Longin, Rodrigue Barlerin and Blas Widener. They are students from "BDE" who will help you to find your way and drive you to your French home.

// CLUBS & SOCIETIES

The student office: [BDE \(Bureau Des Etudiants, contact P13\)](#)

This Union is run by second year students at ENSTA Bretagne. The aim of the association is to organise on-campus activities and events. It is their responsibility to organise parties and various events throughout the year, help students with problems and queries, ensure an active student life by organising many activities such as Hockey games, Paintball... Among the team two students are dedicated to international students. They provide help with practical everyday issues: bank subscription, administrative issues, insurance etc. Take a look at the [Alpha guide](#) and the [student's website](#) to discover all the clubs and societies (sailing, Eco-Marathon Shell, robotics etc.).



// SPORTS COMMITTEE

The sports association and the student union (BDE) sports office of ENSTA Bretagne offer a wide range of sporting activities:

Individual sports: horse-riding, swimming, free diving fencing, athletics, French boxing, judo, karate, orienteering, badminton, table tennis etc.

Team sports: handball, rugby, cheerleading, football & futsal, volley and beach volleyball, basketball etc.

Water sports: windsurfing, catamaran, dinghy sailing, surfing etc.

Around 20 activities are proposed on three levels: competition, initiation and leisure. The school year is punctuated by great sporting occasions. In November, the Breton schools get together during two days, and go head-to-head at the Breton schools' tournament. In March, 1000 students from 9 graduate Ministry of Defense schools battle it out during the Grandes Ecoles de la Défense Tournament (about 200 of them from ENSTA Bretagne). At the same time, the teams participate in the French Universities' Sports Federation Championships (the Championnat de la Fédération Française de Sports Universitaires).



// IMPROVE YOUR FRENCH

Living and doing your studies in France is the simplest way to get used to French language. In order to improve your French language faster, FLE (Français Langue Etrangère) courses are offered at ENSTA Bretagne. It is a great time to share your culture with other international students. The FLE classes are part of the curriculum, not optional. So they must be attended like any other class.

// THE STUDENT BUILDING & RESTAURANT

The students' building contains a common room and hosts different clubs. The restaurant is opened all week round and offers breakfast, lunch and dinner (except when the school is closed: 4 weeks/year).

RESTAURANT'S OPENING HOURS

Breakfast (for residents): 7.30 am - 9 am

Lunch: 11.45 am - 1.15 pm

Evening meal: 6.45 pm - 8 pm

// STUDENT FACILITIES

ENSTA Bretagne offers a high standard of living thanks to its optimal study conditions and pleasant life-style. Ultra-modern campus of 7 hectares is home to the research laboratories, all equipment and amenities needed for state-of-the-art education and training, substantial sports facilities, student amenities, a media library, student's houses containing 222 rooms and a restaurant.

// SPORT FACILITIES

A gymnasium, tennis, handball and basketball courts and a sports hall are available for ENSTA Bretagne students.

// INTERNATIONAL MORNING

This event will take place on Thursday 18th October. It is organised to promote international mobility and put the intercultural identity of the school in the spotlight. You can bring traditional outfits and musical instruments for the occasion so we can share a nice intercultural time. Save the date!

// LIBRARY

It is a very important source of information and research material. It contains approximately 15,000 titles and research papers on a range of subjects such as Mechanics, Physics, Mathematics, Computer Science, Telecommunication, Earth and Universe Science, Defense, Human Science... If a reference is not available at the library, it is possible to borrow it from another external library (ex. British Library, university libraries). Many of the most popular French and international newspapers and magazines are available for reading there.

LIBRARY'S OPENING HOURS

Monday: 8 am - 7 pm

Tuesday: 8 am - 7 pm

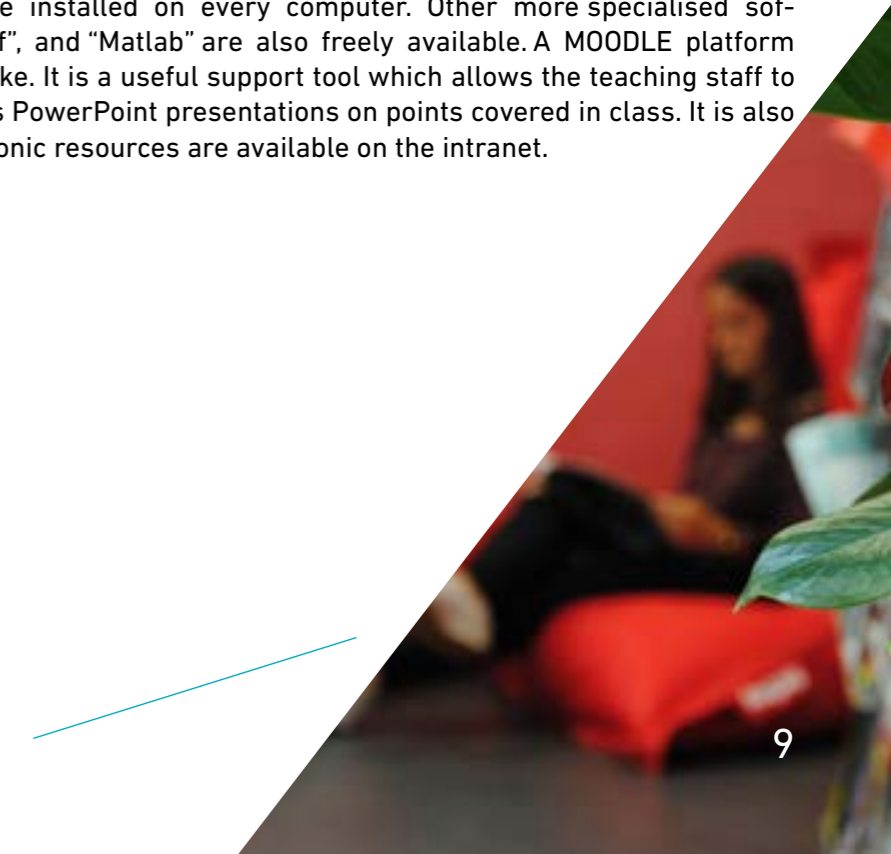
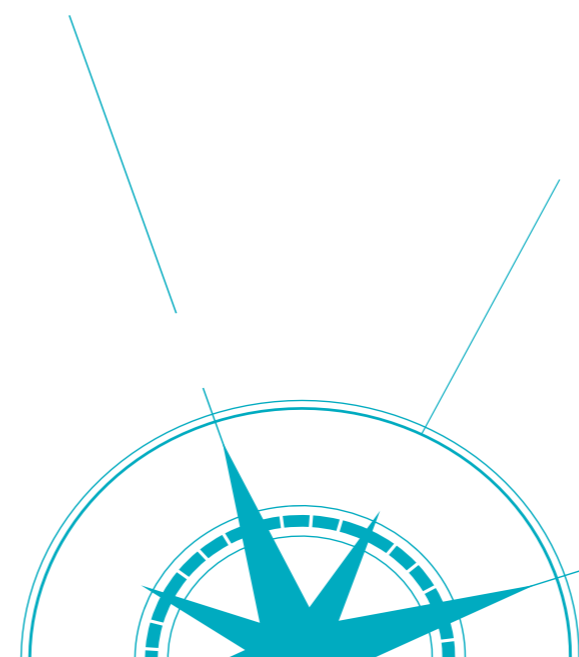
Wednesday: 8 am - 7 pm

Thursday: 10.30 am - 7 pm

Friday: 8 am - 5.45 pm

// IT RESOURCES

Students have access to computers everyday between 8 a.m and midnight. Basic software applications - such as MS Word, MS Excel, MS PowerPoint - are installed on every computer. Other more specialised software packages like "Catia", "Abaqus", "Samcef", and "Matlab" are also freely available. A MOODLE platform is also accessible to teachers and students alike. It is a useful support tool which allows the teaching staff to provide students with extra information such as PowerPoint presentations on points covered in class. It is also used to submit internship reports. Some electronic resources are available on the intranet.



USEFUL INFORMATION

BANK HOLIDAYS

There are several bank holidays in France. Usually, if a bank holiday is on a Tuesday or a Thursday, some firms allow employees to take the Monday before or the Friday after off to have a long weekend. It is called "faire le pont". The bank holidays for the academic year 2018/2019 are the following:

| | | |
|---------------------------|---------------------------|----------------------------|
| All saints day: 1.11.2018 | Easter Monday: 22.04.2019 | White Sunday: 09.06.2019 |
| Armistice: 11.11.2018 | Labour day: 01.05.2019 | White Monday: 10.06.2019 |
| Christmas: 25.12.2018 | Victory day: 08.05.2019 | Bastille day: 14.07.2019 |
| New year: 01.01.2019 | Ascension day: 30.05.2019 | Assumption day: 15.08.2019 |

Please take into account these dates when planning a trip, there may be far fewer trains and buses connection on bank holidays. Prices are usually higher too.
N.B: No buses or Tramway on 1st of May.

HOLIDAYS DURING THE YEAR

All saints holiday: From October 29th to November 2nd
Christmas holiday: From December 24th to January 4th
Winter holiday: From February 18th to February 22th
Spring holiday: From April 15th to April 19th

Except students in 3rd year of the engineer's cycle and students in 2nd year of Masters, and Advanced Masters. For them, Christmas holiday only.

DRIVING IN FRANCE

If you intend to drive a car in France, you will need the following documents:

- International Driving license
- International insurance card
- Vehicle title or registration documents

SPEED LIMITS

| Type of road | Dry weather | Wet weather |
|------------------|------------------|------------------|
| Toll Motorway | 130 kmh / 80 mph | 110 kmh / 68 mph |
| Dual Carriageway | 110 kmh / 68 mph | 100 kmh / 62 mph |
| Other Roads | 80 kmh / 50 mph | 80 kmh / 50 mph |
| Built-up Areas | 50 kmh / 31 mph | 50 kmh / 31 mph |

CINEMA

There are 3 cinemas in Brest presenting films in French and in original versions. With your student card you can obtain reduced-price tickets (about 5 to 8€):

- Cinéma Celtic: 187 rue Jean Jaurès, Brest
- Multiplexe Liberté: 10 avenue Georges Clemenceau, Brest
- Les Studios: 136 rue Jean Jaurès, Brest (discount tickets Studio's cinema are sold by the Student Union)

WHERE TO EAT ?

Close to ENSTA Bretagne, you will find a various choice of places to eat. If you have more time, you can go downtown. Check the list below:

- **KFC:** 11 boulevard de l'Europe 29200 Brest – Between « Mesmerrien » and « Europe » tramway stations
- **Mc Donald's:** Keranroy Area of Activity, 148 Rue de Gouesnou 29200 Brest – in front of « Mesmerrien » tramway stations
- **Burger King:** 65 rue Jean Jaurès 29200 Brest - «Saint Martin» Tram station
- **Flunch:** Route de Gouesnou –in front of « Mesmerrien » tramway station
- **Oscar:** 160 Route de Gouesnou –in front of « Mesmerrien » tramway station
- **BHV:** 1 rue Jean Jaurès 29200 Brest - « Liberté » Tram station
- **Mezzo di Pasta:** 12 place Liberté 29200 Brest - « Liberté » Tram station
- **Authentic Roadside Burger:** 23 place Liberté 29200 Brest - «Liberté» Tram station

You can have special prices at Flunch and KFC with your student card

ELECTRICITY 220V/50Hz

In order to connect your own electrical devices, we advise you to bring plug adapters with you. Otherwise, you can still buy some once in France. France has European plugs.

GETTING AROUND FINISTERE

Seize the opportunity to go and see the surroundings. There are a lot of nice places to visit not so far from Brest. To do so you can use the "Penn-ar-bed" network. For only 2€ you can take a bus to go anywhere in the department. Bus lines are available to go on the seaside and Le Conquet, Camaret, Crozon, Roscoff, Quimper and so on.

LAUNDRY

If you don't live in a residence, you would probably need to go to one of Brest's launderette close to tramway stations:

- 5àsec - 29 rue de Gouesnou 29200 Brest – « Menez Paul » Tram station
- Quick Press - 55 rue Yves Collet 29200 Brest – « Jean Jaures » Tram station
- Bostar - 62 rue de la Porte 29200 Brest – « Recouvrance » Tram station

// MAIL

To send a letter to France, you must have the following items: the name of the institution, the name of the person if you know it, the building, the room number, the street number and the street name, the town post code and the name of the country. (Ex: ENSTA Bretagne – Name Surname - Bureau Courrier – 2, rue François Verny – 29200 Brest – France). If you want to send mails, there is a post deposit within the school “Bureau courrier”. You can also receive mails if you are accommodated on campus site.

// MEDICAL OFFICES

If you start feeling sick, do not hesitate to go and see a doctor. You can find a specialist and take a rendez-vous thanks to different websites:

www.mondocteur.fr

www.allodocteur.fr

www.doctolib.fr

Do not forget to bring with you your EHC card – European Health Insurance Card, for European students.

N.B: You have to provide a medical certificate to your teachers and ACOR office if you did not attend classes.

// MONEY MATTERS

19 of the European Union’s Member States have adopted the euro: Austria, Belgium, Cyprus, Estonia, Finland, France, Germany, Greece, Ireland, Italy, Luxemburg, Malta, the Netherlands, Portugal, Slovakia, Slovenia, and Spain. You can consult the following website to calculate the conversion rate: xe.com. To change your currency into Euros you can go to the central Post office downtown or to the currency Exchange Office.

Central Post Office - 90 rue de Siam 29200 Brest – Tel: 36 31

Currency Exchange Office - 7 rue comtesse Charbonnières 29200 Brest – Tel: 06 29 54 53 07

Be careful, not all currencies can be changed into Euros. To receive money from abroad: Post Office counters offer the Western Union service for secure and fast money transfers. You do not need an account to use this service: the money is handed over and retrieved in cash.

// TRANSPORT IN BREST

‘Bibus’ is the agency which manages bus & tramway in Brest. We suggest you buy a bus and tram pass. Special prices are offered and it is valid for one week or one month depending on the option you select. If you are under 26 years old it costs about €27/month. To ask for your “Korrigo” pass, [please fill in this form](#).

You can also directly go downtown to purchase your pass:

“Bibus” Shop: 33 avenue Georges Clemenceau 29200 Brest



USEFUL ADDRESS & CONTACT

// WHOM TO CONTACT AT ENSTA BRETAGNE

SWITCHBOARD

ENSTA Bretagne
2, rue François Verny
29806 Brest cedex - FRANCE
Tel: +33 (0)2 98 34 88 00
Fax +33 (0)2 98 34 88 46

STUDENTS

BDE – Bureau des Elèves
Head of BDE
Blas Widener
blas.widener@ensta-bretagne.org
Tel: +33 (0)6 17 17 88 82

Welcome & Integration team for International students

Luc Longin
luc.longin@ensta-bretagne.org
Tel: +33(0)6 51 39 15 91

Rodrigue Barlerin
rodrigue.barlerin@ensta-bretagne.org
Tel: +33(0)6 85 10 54 05

STAFF

**External Relations
International Officer**
Eliane Fonseca
contact-ri@ensta-bretagne.fr
Tel: +33 (0)2 98 34 89 01

RDE – Résidence des Etudiants (Accommodation on site)

Head of RDE
Odile Le Guen
rde@ensta-bretagne.fr
Tel: +33 (0)2 98 34 88 02

ACOR Office (Reception, Accompaniment, Orientation)

Sylvie Guidal
sylvie.guidal@ensta-bretagne.fr
Tel: +33 (0)2 98 34 88 63

Laurence Gautier
laurence.gautier@ensta-bretagne.fr
Tél.: +33 (0)2 98 34 87 37

Social counsellor

Mme Ledeun
Tel: +33 (0)2 98 34 87 34

// EMERGENCY NUMBERS

Ambulance: 15
Emergency from mobile: 112
Fire brigade: 18
Police: 17
Brest City Hall - Foreign service: 02 98 00 80 97



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APPENDIX DOCUMENTS TO BRING WITH YOU

// BUS & TRAMWAY "KORRIGO" PASS

- Form filled in (see P12)
- Color ID photo

// CAF APPLICATION

- Full address of the accommodation
- Contact details of the lessor (owner or agency), the amount of the rent and SIRET number (14 figures) if the lessor is a company
- Rental agreement or lease
- Your resources over the last 2 years (amount of your grant, amount paid to you by your parents, salaries earned, etc.)
- RIB (Bank account details)
- E-mail address

// HEALTH INSURANCE

- Identity card or Passport & Visa
- Proof of accommodation
- Birth certificate translated into French
- RIB (Bank account details)

// OFII PROCEDURE

- OFII Form (You got from French consulate)
- Copy of your passport
- Copy of your visa
- Copy of customs incoming stamp to France or in Schengen area

// OPENING A BANK ACCOUNT

- Identity document or valid passport
- Visa
- Student card
- Proof of your home address in France such as a telephone or electricity bill less than 3 months old
- Money to make a deposit to start your account

// TO RENT A FLAT

- An identity card
- A photocopy of your passport
- A guarantor and guarantor documents – Bank account details, proof of address
- French Bank Account Details are needed

// INTERNET ACCESS WITHIN ENSTA BRETAGNE

- Login & password which will be sent to you at the end of August via email
Very important, otherwise you cannot have access to your student account online



See you soon !

www.ensta-bretagne.fr
2, rue François Verny 29806 Brest CEDEX 9

