



SURVIVAL GUIDE 2023

FOR INTERNATIONAL STUDENTS

www.ensta-bretagne.fr/en



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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 (€330/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



You can use many other ways to look for accommodation. Several types are offered such as homestays, 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 these websites to help you :
Flat-sharing
www.appartager.com

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

DIFFERENT TYPES OF FLATS

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

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



➤ HOW TO GET TO BREST?

- By car: there are 2 free motorways from Rennes and from Nantes to Brest.
- By train: 10 trains a day between Brest and Paris via high-speed trains (TGV). Brest railway station is located downtown.
- By plane: Brest Airport is located in Guipavas; there are 8 daily flights from Brest Airport to Paris: regular flights to other big cities such as Lyon, Lille and Barcelona are available.

If you need someone to pick you up on your arrival, please get in touch with the welcome & integration team from the Student Union (see p.14)

// HOW TO REACH ENSTA BRETAGNE?

FROM BREST RAILWAY STATION

By tram

You can catch the tramway at Liberté (5-minute walk from the railway station), take the one that goes to "Porte de Gouesnou" and stop at Mesmerrien station.

By bus

To go to ENSTA Bretagne, take the bus n°12 at Liberté, direction Gouesnou and get off at Kermaria.

learn more: bibus.fr

You can also download the free app!

FROM BREST AIRPORT

Take the airport shuttle to Guipavas. Once there, take the tramway that goes to "Porte de Plouzané", stop at Pontanezen, and take the second tramway that goes to "Porte de Gouesnou" and get off at Mesmerrien.

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, then at the second roundabout take left and follow the signs to ENSTA Bretagne.

➤ 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 unions and clubs 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 SYSTEM AND HEALTH INSURANCE

As an international student you have to register at the French social security system following the instructions here: <https://etudiant-etranger.ameli.fr/>

This is mandatory and free of charge. After receiving your health insurance card (called "Carte Vitale»), you will have to show it at every medical appointment you are going to.

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

FOR STUDENTS FROM THE EUROPEAN UNION

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

- If you nevertheless want to benefit from simplified administrative procedures for your claims and register to French social security system, you should arrive in France with an exportation of your rights.
- 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 system and prove you have sufficient resources. To do so, you should provide an evidence of sufficient resources.

CVEC (contribution to student and campus life) : all students registered in a french institute or university must pay this contribution (exoneration criterias are listed on the dedicated website). Settlement can be done on a secured online webpage (available from now) : <https://cvec.etudiant.gouv.fr/> As soon as the payment has been processed, you will be delivered a confirmation (or exoneration confirmation) on the dedicated website. Then you must upload this confirmation on your personal online account on ENSTA Bretagne platform : <https://formation.ensta-bretagne.fr>

// HOUSING ALLOWANCE

Once you have found accommodation, have been enrolled in the national social security system and have opened a bank account, you can apply for housing assistance (called "CAF"). Every student can apply for housing benefit based on their personal resources and the rent they pay. You can apply online here: www.caf.fr

or meet them here:

Adress: 1 rue Portzmoguer 29200 Brest

Tel: 0810 25 29 30

Monday, Tuesday, Wednesday, Friday: 8h30 - 16h45

Thursday: 12h45 - 16h45



// 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. Students from countries outside the European Union, Switzerland or Algeria must get a student visa. To receive your visa you have to make an appointment with the CMI (International Mobility Center) as soon as possible at <https://cmibrest.u-bretagne.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 p14).

// 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.](#)

// OPENING A BANK ACCOUNT

We strongly advise you to open a bank account. 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 do not forget: your identity documents, a proof of residence, and 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 : www.quellebanquechoisir.fr/banques/france.html

// 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.

// A FEW BANKING WORDS

- **Acquitter:** To pay the sum owed
- **Découvert:** Overdraft
- **Agio:** Fees for overdraft
- **DAB / Distributeur:** ATM
- **Date de valeur:** Date on which money is debited or credited to your account
- **Relevé de compte:** Bank statement
- **Retirer de l'argent:** To withdraw money
- **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:** €350-€400 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 from September 22th to September 24th. *(to confirm)*. Many playful activities and sports events are organised for this particular occasion. The location is kept secret until the arrival. Members of the Student Union will accompany you.

// WELCOME PICK-UP

As soon as you have all the information about your flight, train ticket, date and hours, you can get in touch with the people in charge of welcoming you: Laouina. The international students' officer will help you to find your way and drive you to your French home.

// CLUBS & SOCIETIES

The Student Union: **BDE (Bureau Des Élèves, contact p14)**

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 website to discover all the clubs and societies (sailing, Eco-Marathon Shell, robotics etc.)



// SPORTS COMMITTEE

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.
- **Team sports:** handball, rugby, cheerleading, football & futsal, volleyball, beach volleyball, basketball.
- **Water sports:** windsurfing, sailing, surfing.

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 Tour-nament (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 Étrangère) 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 :

www.ensta-bretagne.fr/en/learning-french

// THE STUDENTS' HOUSE & RESTAURANT

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

RESTAURANT'S OPENING HOURS

From Monday to Friday :

Breakfast (for residents): 7.30 am - 9 am

Lunch: 11.45 am - 1.30 pm

Dinner: 6.45 pm - 7.30 pm

Saturday, Sunday and bank holidays:

Breakfast : 8.30 am - 9.30 pm

Lunch : 12.00 am - 1.00 pm

Dinner : 6.45 pm - 7.30 pm

Service may be reduced or suspended during the holidays.



ENSTA Bretagne offers a high standard of living thanks to its optimal study conditions and pleasant lifestyle. 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. Stadium, gymnasium, tennis, handball and basketball courts and a sports hall are available for ENSTA Bretagne students.

// DEMAÎN'GÉNIEUR : COMPANIES AND INTERNATIONAL MOBILITY FORUM

This day dedicated to the discovery of international mobility, internships and master thesis will take place on **November 14th 2023**. The event includes round tables and conferences (CV advice, testimonials from former students, exchanges with international partners, etc.) in which many former students of the school and recruiters participate. Save the date !

// MEDIA 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 Mechanical Engineering, Physics, Mathematics, Computer Sciences, Telecommunications, Earth and Universe Sciences, Defence, Human Sciences... If a reference is not available at the media 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.

- Catalogue : <https://scd-catalogue.univ-brest.fr>

MEDIA LIBRARY'S OPENING HOURS

Monday: 8 am - 7 pm

Tuesday: 8 am - 7 pm

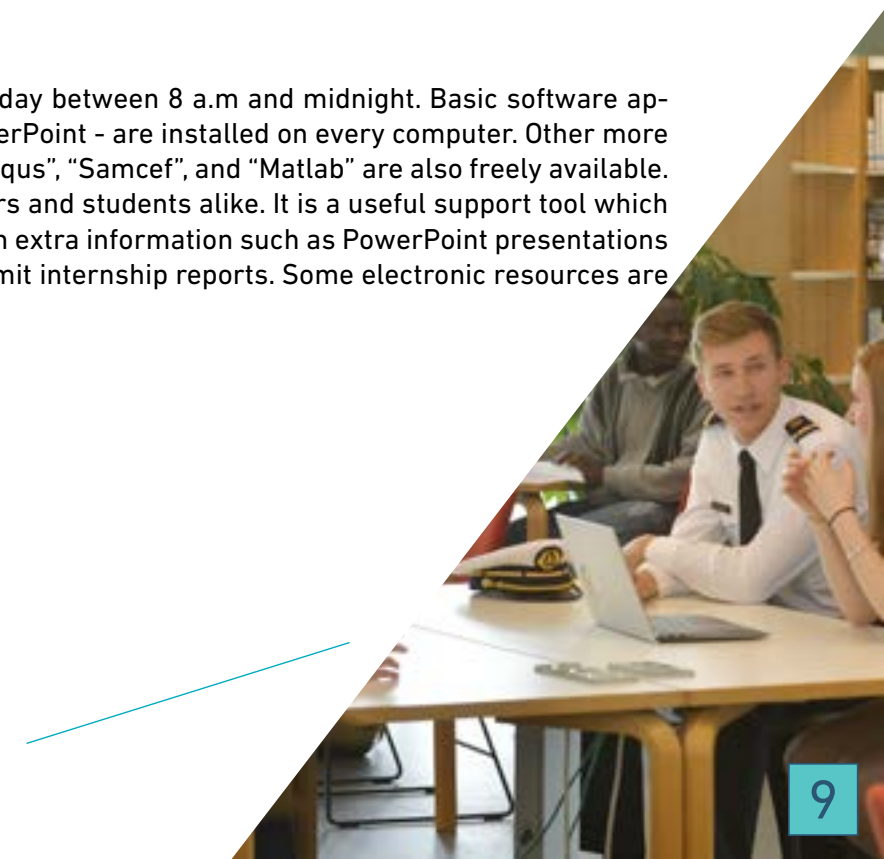
Wednesday: 8 am - 7 pm

Thursday: 10 am - 7 pm

Friday: 8 am - 5.45 pm

// IT RESOURCES

Students have access to computer rooms 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 2022/2023 are the following:

All Saints' day: 01.11.2023
Armistice: 11.11.2023
Christmas: 25.12.2023
New Year's Day: 01.01.2024

Easter Monday: 01.04.2024
Labour day: 01.05.2024
Victory day: 08.05.2024
Ascension day: 09.05.2024

Whit Monday: 20.05.2024
Bastille day: 14.07.2024
Assumption day: 15.08.2024

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 30th to November 3rd
Christmas holiday: From December 22nd to January 5th
Winter holiday: From March 4th to March 8th
Spring holiday: From April 29th to May 3rd

Students in the 3rd year of the engineer's cycle, and students in the 2nd year of a Masters or in an Advanced Master have only Christmas holidays.

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)
- **Pathé Capucins:** 25 rue de Pontaniou, Brest

WHERE TO EAT ?

Close to ENSTA Bretagne, you will find a wide choice of places to eat. You can also go downtown and find nice restaurants.

Check >
the list



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" bus network. For only €2 you can take a bus to go anywhere in the Finistère department. Bus lines are available to go on the seaside and Le Conquet, Camaret-sur-Mer, Crozon, Roscoff, and Quimper for instance.

Vehicle rental:

Europcar -Oui Car connect
Hertz France -Rent a car
Avis - Sixt - ADA
Super U Location
Leclerc Location

Carpooling:

Blablacar

LAUNDRY

If you don't live in a residence, you will 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

// MAIL

To send a letter from France, you must have the following items:

- Full name
- Full address
- Post code and city
- Country (if not in France)
- A stamp

If you live at the student residence here is your address :

Your full name
Résidence des élèves + your room number
2, rue François Verny
29200 Brest

If you want to send mails but can't go to the post office, there is a post deposit within the school : "Bureau courrier". You can also buy stamps there.

// MEDICAL OFFICES

If you start feeling sick, do not hesitate to go and see a doctor. You can find a specialist and make an appointment thanks to different websites:

www.allodocteur.fr

www.doctolib.fr

Do not forget to bring with you your EHC card – European Health Insurance Card, or your health insurance card (Carte Vitale).

N.B: You have to provide a medical certificate to your teachers and ACOR office if you miss classes.

// MONEY MATTERS

Nineteen 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 responsible for the transport system in Brest (bus, tramway and cable car). We suggest you to buy a 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 €28/month.

To get your pass, go to their sales outlet in the city center:
Bibus, 33 avenue Georges Clemenceau 29200 Brest

// TOURISM & LEISURE

The city is known for its rich maritime past and naval base. At the mouth of the Penfeld, overlooking the port, is the National Navy Museum, which occupies the medieval castle of Brest. On the other side of the river is the Tanguy Tower, a medieval tower. To the southeast are located the National Botanical Conservatory and Oceanopolis, a major French aquarium with otters, penguins, seals, and fishes from all around the world.



Sports, nature or leisure activities... Brest has a lot of possibilities and exploring to offer! Football, handball or hockey games, ice skating, bowling, laser games, sailing and surfing, but also musical and cultural events, etc...

Find out what you can do >
during your spare
time right here



➤ 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 Élèves

Head of BDE
Amaury
bde@ensta-bretagne.org

Welcome & Integration team for International students

Aksil
aksil.benali@ensta-bretagne.org

Adèle

adele.bourstin@ensta-bretagne.org

Sport Office:

Léo
as@ensta-bretagne.org

STAFF

Project Manager Incoming Mobility

Zacharie Malicoutis
zacharie.malicoutis@ensta-bretagne.fr
Tel: +33 (0)2 98 34 89 74

RDE – Résidence des Etudiants (Accommodation on site)

Head of RDE
Catherine de Castro Vieira
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
Tel: +33 (0)2 98 34 87 37

Social counsellor

Mme Niger
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



APPENDIX

DOCUMENTS TO BRING WITH YOU

// CAF APPLICATION

- ☐ Full address in Brest
- ☐ Contact details of the lessor (owner or agency)
- ☐ 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.)
- ☐ Birth certificate translated into French
- ☐ RIB (Bank account details)
- ☐ E-mail address

// HEALTH INSURANCE

- ☐ Identity card or Passport & Visa
- ☐ Proof of residence
- ☐ 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 residence such as a telephone or electricity bill
- ☐ Money to make a deposit to open your bank account

// TO RENT A FLAT

- ☐ An identity card
- ☐ A photocopy of your passport
- ☐ A guarantor and guarantor documents – Bank account details, proof of residence
- ☐ 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 !

f t v i in

www.ensta-bretagne.fr/en

2, rue François Verny 29806 Brest CEDEX 9

