

SURVIVAL GUIDE 2013 FOR INTERNATIONAL STUDENTS

National Institute of Advanced
Technology, Brittany

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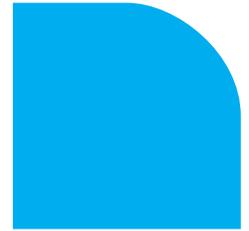
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[GETTING READY FOR YOUR STAY]

>>> ACCOMMODATION

There is a residence on ENSTA Bretagne campus – see “Accommodation on site”.

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.

Different types of flats

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

You can take a look at those websites to help you:

Flat-sharing

- A Partager
- Entre particuliers
- Kel-Koloc

Classified Ads

- Viva Street
- Top Annonces
- Paru Vendu
- Le bon coin

If you need some fresh air and like the countryside, « Campus Vert » can help you find a single studio or an apartment in a farm. Since there is no close public transport, a car is required.

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

>> Univercity Recouvrance
3, petite rue Vauban
29200 Brest

Close to Recouvrance bridge– easy access to tram station

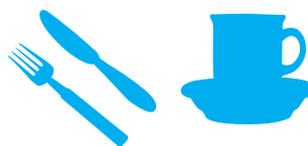
>> Univercity Saint-Luc
15, rue Jean bon Saint-André
29200 Brest

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 in Brest city centre – easy access to tram station

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€)

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.



Restaurant

>>> HOW TO GET TO BREST

- By car: there are 2 free motorways from Rennes (east Brittany) to Brest and 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 Bordeaux, Lyon, Marseille, London & 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 ».

•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.

>>> VISA INFORMATION

Only non-European students need a visa to stay in France. You have to go to the French consulate at your home country at least three months before your arrival in France.

"Short-stay" visa – This is the type of visa issued for a stay less than 3 months. The short stay visa cannot be renewed and cannot be transformed into a long stay visa.

"Temporary-stay" visa– It is a national visa that entitles you to live in France for a stay of a maximum period of between three and six months. The temporary visa cannot be renewed and cannot be transformed into a long stay visa.

"Long stay" visa concerns students staying longer than 6 months in France. Once you are in France, you have a two month period to apply for a residence card valid one year, renewable.

>>> WHOM TO CONTACT AT ENSTA BRETAGNE

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

External Relations

>> International Officer

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

>> Mobility Officer - Erasmus Coordinator

Armelle Guiader
contact-ri@ensta-bretagne.fr
Tel: +33(0)2 98 34 88 48

BDE – Bureau des Elèves

>> Head of BDE
Doriane Causeur
doriane.causeur@ensta-bretagne.fr
Tel: +33 (0)2 98 34 89 01

>> Welcome & Integration team
for International students

Pauline Stenger
pauline.stenger@ensta-bretagne.fr
Tel: +33(0)6 9 77 30 47

Xi Chen
alice.chen@ensta-bretagne.fr
Tel: +33(0)6 20 11 69 94

RDE – Résidence des Etudiants (Accommodation on site)

>> Head of RDE
Yvan Le Duff
yvan.le_duff@ensta-bretagne.fr
Tel: +33 (0)2 98 34 87 60

ACOR Office
Tel: +33 (0)2 98 34 88 63

SOCIAL COUNSELLOR
Mme Le Deun
Tel: +33 (0)2 98 34 87 34

[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.

>>> HEALTH INSURANCE

Students of the EEA (European Economic Area) are covered by the social security of their own country – make sure you own the European Health Insurance Card. Other students must register for the French student social security in order to be reimbursed for their health costs.

NB: Students aged under 28 years old have to choose between LMDE & SMEBA (Student social security centres) while students aged 28 & over must take out CPAM – Caisse Primaire d'Assurance Maladie.

>>> HOUSING ALLOWANCE (CAF)

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.

>>> 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 legal foreigners into France.

If your stay in France lasts more than three months, you must undergo a mandatory medical examination conducted by the OFII. You will receive a letter with an appointment for this free medical check-up and for an interview with an OFII agent in order to validate your visa. You will need to buy an excise stamps for the amount of €58, you can get it online.

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.

>> 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

only 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.



>>> RIB 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
- *Agios* : 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

>>> WEI – INTEGRATION WEEK END FOR STUDENTS

The Integration week end 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 21th & 22nd. You will leave Brest on Friday 20th in the afternoon and come back on Sunday 22nd 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.



Integration Weekend 2012 - 2013

>>> 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: Pauline Stenger & Xi Chen. They are students from "BDE" who will help you to find your way and drive you to your French home.



[CAMPUS LIFE AT ENSTA BRETAGNE]

>>> ACCOMODATION ON SITE

The residence at ENSTA Bretagne is on 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 (320€/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.



ENSTA Bretagne Student Union

>>> CLUBS & SOCIETIES

The student office : *BDE (Bureau Des Etudiants)*

This Union is run by second year students at ENSTA Bretagne. The aim of the association is to organize on-campus activities and events. It is their responsibility to organize parties and various events throughout the year, help students with problems and queries, ensure an active student life by organizing 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.

>>> SPORTS COMMITTEE

While at ENSTA Bretagne, you can choose from a wide choice of clubs which are all run by the student office:

"Sailing"

Every year, a team of students participates in Sailing Competition (Longtze Student Cup), and competes against professionals.

"Eco-Marathon Shell"

Team ENSTA Bretagne takes part in the Lgp category of this competition every year. Last year, ENSTA Bretagne finished 3rd among more than a hundred participants.

"Etape"

It is the Junior Enterprise of ENSTA Bretagne. Its mission is to carry out projects for companies in Mechanics or Electronics.

"Spacieta"

The aim of this club is to build and launch their own rocket.

"Humanitarian Aid"

In 2009, seven first year students went to Burkina Faso in Africa to help the people of a small village. They successfully built a water tank and they also taught pupils at a local school.

Other clubs include activities such as poker, cinema, photography, French food, horse riding, skiing, scale model making, robotics, climbing...



>>> 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.

>>> STUDENT FACILITIES

ENSTA Bretagne proposes a high standard of living thanks to its optimal study conditions and pleasant life-style. Ultra-modern campus of 7 hectare 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.

>>> THE STUDENTS' 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 OPENING HOURS

Breakfast (for residents)	7.30 am – 9 am
Lunch	11.45 am – 1.15 pm
Evening meal	6.45 pm – 8 pm

>>> SPORT FACILITIES

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

>>> IT RESOURCES

Students have access to computers everyday between 8AM and midnight. Basic software applications - such as MS word, MS excel, MS PowerPoint - are installed on every computer. Other more specialized 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.



>>> FED 2013

This event will take place in November 16th. It is organised to promote international mobility and put the intercultural side 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 day in your agenda!

CITY MAP

City of Brest
City centre
Transport map

>>> 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 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

[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 week-end. It is called "faire le pont". The bank holidays for the academic year 2013/2014 are the following:

2013	Name	2014
1 January	New Year	1 January
30 March	Easter	20 April
1 April	Easter Monday	21 April
1 May	Labour Day	1 May
8 May	Victory Day	8 May
9 May	Ascension	29 May
20 May	Whit Monday	9 June
14 July	National Holiday	14 July
15 August	Assumption	15 August
1 November	All Saints Day	1 November
11 November	Armistice	11 November
25 December	Christmas	25 December

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 May

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** – boulevard Europe 29200 Brest – Between « Mesmerrien » and « Europe » tramway stations
- **Flunch** – Route de Gouesnou –in front of « Mesmerrien » tramway station
- **Oscar** – 160 Route de Gouesnou –in front of « Mesmerrien » tramway station
- **Casino Cafeteria** – 29 rue Gouesnou 29200 Brest – « Menez Paul » Tram station
- **BHV**– 1 rue Jean Jaurès 29200 Brest - « Liberté » Tram station
- **Mezzo di Pasta** - 12 place Liberté 29200 Brest - « Liberté » Tram station

>>> CONVERSION CHARTS

France uses the metric system:

Speed

Mph	20	30	50	60	70	80	90	100
Km/h	32	48	80	96	112	128	144	160

Temperature

Celsius	-10	0	10	20	25	30	35
Fahrenheit	14	32	50	68	77	86	95

Weight

Kg	1	10	50	60	70	80	90
Pound	2,2	22	110	132	154	176	198

Height

Meter	1	1,5	1,6	1,7	1,75	1,8	1,85
Feet	3,2	4,9	5,2	5,5	5,7	5,9	6

>>> 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 (if you are coming with your vehicle)

>>> SPEED LIMITS BY WEATHER CONDITIONS

Type of Road	Dry Weather	Wet Weather
Toll Motorway	130kmh/80mph	110kmh/68mph
Dual Carriageway	110kmh/68mph	100kmh/62mph
Other roads	90kmh/56mph	80kmh/50mph
Built-up areas	50kmh/31mph	50kmh/31mph

>>> 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 av Georges Clemenceau, Brest
- **Les Studios** – 136 rue Jean Jaurès, Brest

>>> EMERGENCY NUMBERS

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

>>> 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:

> **Poull Kannann** - 1 rue de Gouesnou 29200 Brest – Between « *Menez Paul* » and « *Place de Strasbourg* » tramway stations

> **Wash services** – 55 rue Yves Collet 29200 Brest – « Jean Jaures » Tram station

> **Bostar** – 62 rue 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 – Direction des Relations Extérieures – 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. Here is a list of some of them in Brest:

- **Dr Barraine** – 10 Ter rue Jules Michelet, 29200 Brest
- **Dr Andro de Schotten** – 33 rue Albert Louppe, 29200 Brest
- **Dr Baccino** – 73 r Porte, 29200 Brest
- **Dr Balouet** – 2 rue Colbert, 29200 Brest

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

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



>>> MONEY MATTERS

17 of the European Union's Member States have adopted the euro: Austria, Belgium, Cyprus, Estonia, Finland, France, Germany, Greece, Ireland, Italy, Luxembourg, 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 and send it to the following address:

Keolis Brest – Bibus – Service Commercial
7, rue Ferdinand de Lesseps
29806 Brest Cedex 9

You can also directly go downtown to purchase your pass:

"Bibus" Shop
33 avenue Georges Clemenceau
29200 Brest

>>> USEFUL ADDRESSES

HEALTH

• SMEBA www.smeba.fr
Address: 32 rue professeur Langevin 29200 Brest
Tel: 02 98 47 87 87

• LMDE www.lmde.com
Address: 6 place de la Liberté 29000 Brest
Tel: 09 69 36 96 01

HOUSING ALLOWANCE

CAF www.caf.fr
Address: 1 rue Portzmoguer 29200 Brest
Tel: 08 10 25 29 30

[APPENDIX – DOCUMENTS TO BRING WITH YOU]

>>> Bus & Tramway “Korrigo” Pass

- Form filled in
- Colour ID Photo

>>> CAF Application

- Full address of the accommodation
- Your resources (amount of your grant, amount paid to you by your parents, salaries earned, etc.)
- RIB (Bank account details)
- French Social Security number
- E-mail address
- Hard copy dossier

>>> Health Insurance – LMDE or SMEBA

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

>>> OFII Procedure

- Proof of accommodation with the address in Brest
- Excise stamps for the amount of €58
- Student card
- Valid passport with a valid student visa
- Medical notification –sent to you once registered in Brest

>>> 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**

