THINGS TO KNOW

Brest:
141,000 residents
2nd largest town in the Brittany region

Pays de Brest metropolitan hub:
28,000 students
including 2,500 international students

Brest:
22,000 students,
research units 1,900 foreign students
34 Research unit:
650 professors-researchers

Brest, ranked 19th out of 44 French cities where it’s good to live and study (awarded by L’Etudiant magazine) with an excellent score for the quality of its education

BRITTANY REGION, 9th FRENCH REGION in terms of hosting foreign students (12,000 international students)

EXPLORING MY CITY

Campus France will guide you through your first steps in France and exploring Brest, your new home.

WELCOME TO BREST

CAMPUS FRANCE
28 rue de la Grange aux Belles, 75010 PARIS - 01 40 40 58 58 - www.campusfrance.org
ARRIVING IN BREST / An important Center for International Mobility

In Brest, the Metropolitan Authority and higher learning institutions grouped together to create the Center for International Mobility, or Centre de Mobilité Internationale (Brest CMI), which provides student services but also services for foreign doctoral students and researchers.

CMI Brest member establishments: UBO, ENIB, IMT Atlantique, ENSTA Bretagne, BBS, ISEN, Ciel de Bretagne, IRD and CNRS

The Brest CMI is the one-stop for information and support services which are available by appointment:
- assistance for administrative procedures
- support and follow-up for putting together residence permit application files.
- housing assistance.
- Euraxess services for doctoral students and researchers.

Address: Cité Internationale, 235 cours Aimé Césaire, 29200 Brest
Access: Bus 4 or the A tram, Les Capucins stop.
Hours: Monday, Tuesday, Thursday, and Friday 9:00am to 12:00pm and 1:30pm to 5:00pm (4:00pm on Fridays), and Wednesday 9:00am to 12:15pm.
Contacts: 02 98 01 67 00 or cmi.brest@u-bretagneloire.fr
For more requests, you will need to schedule an appointment (link on the site).
Site: https://cmi.brest.u-bretagneloire.fr/fr

For doctoral students and researchers, the Brest CMI is also the welcome desk for Euraxess services: https://cmi.brest.u-bretagneloire.fr > doctorants et chercheurs internationaux > euraxess

Sponsors
You can be greeted by a student in Brest!
In partnership with the Student Federation of Western Brittany (the Fédération des Etudiants de Bretagne Occidentale in French), the Brest CMI with its member establishments has set up a welcome and monitoring system, manned by students and reserved for recently-arrived European and international students, interns, and doctoral students: https://cmi.brest.u-bretagneloire.fr > actualités > accompagnement personnalisé par un volontaire

Brest Métropole welcomes you
Every year in September, the Brest metropolitan authority organizes some leisure time to greet foreign students (you can sign up at your establishment’s International Relations Department). During the university academic year, the Métropole also presents a Facebook activity for Brest students: Brest Life Experience.

Your Higher Learning Institution
Depending on the institution, two information services are available:
- International Relations Department (welcome and orientation office).
- the Admissions Department (enrollment and administrative procedures office).

National Services
- Students: www.etudiant.gouv.fr
- doctoral students, researchers: http://www.euraxess.fr/fr

Address: 2 avenue Victor le Gorgeu, 29200 Brest
Contact: 02 98 41 90 41
Site: www.aj-brest.org

A FEW TIPS

For short-term lodging
- the youth hostel, located in a park at the Marina.
Address: 5 rue de Kerbriant, 29200 Brest.
Contact: 02 98 41 90 41
Site: www.aj-brest.org
- Other types of residences with hotel services:
Check out all the housing possibilities inventoried by the Brest Visitor Center: https://www.brest-metropole-tourisme.fr > se loger

Long-term housing
- Brest CROS student housing (Centre Local des Étudiants Universitaires).
Address: 2 avenue Victor le Gorgeu, 29200 Brest
(Bus line 1 or 2, Universités stop).
Hours: Monday to Friday, 8:30am to 12:00pm and 1:30pm to 4:30pm.
Contact: 02 98 03 38 78 or clouso@crous-rennes.fr

The Rennes Bretagne Crous site (the Brest CLOUS is part of this network): http://www.crous-rennes.fr
- Accommodation
- Private Housing Platforms:
  - several Brest establishments subscribe to Studapart, a platform specialized in private housing for students: www.studapart.com
  - other offers for student lodging, managed by private organisms, are also available in Brest. Try these sites:
    - https://www.adele.org/
    - https://www.immojeune.com
    - https://housinganywhere.com

- There is also a site managed by the CROUS, Lokaviz, which includes a listing of student accommodations in private homes:
  - https://www.lokaviz.fr/
  - Shared Leases: consult La Carte des Colocs, a national site for shared leases that’s free and simple to use: https://www.lacartedescolocs.fr/
  - Other solutions available on the Campus France site: www.campusfrance.org > s’organiser > logement > Getting organised > Accommodation
- If you need a guarantor to secure your lodging
Visale is a new and free guarantor system:
http://www.visale.fr
- If you want to apply for the APL
(Aide Personnalisée au Logement - personalized housing aid)
The CAF (Caisse des Allocations Familiales - family allowances fund) is available to assess your rights: 08 10 29 29 29 or www.caf.fr

If you need housing adapted to your special needs
Contact the CROUS Social Services which will take action with your institution.
Some establishments have specialized services for special-needs students (housing assistance and also transportation and tuition).
At University of Bretagne Occidentale, a CMI Brest member, there’s a dedicated service for special needs students: https://www.univ-brest.fr > vie de campus > centre de santé > nos prestations à Brest > handicap et aménagements

In BREST / HOUSING

In Brest, there are numerous solutions for finding lodging: the housing park reserved for students and managed by CROUS, student and private residences, and rooms in private homes.

What’s most important is to take care of this as early as possible, before your arrival.
- The Brest CMI offers numerous housing solutions: https://cmi.brest.u-bretagneloire.fr > étudiants internationaux > votre séjour à Brest
- The Brest BJU (Bureau d’Information Jeunesse, or Youth Information Office) also has leads for housing: https://www.biju-brest.org > logement
- Other solutions available on the Campus France site: www.campusfrance.org > s’organiser > logement > Getting organised > Accommodation

For carpooling, refer to the collaborative websites:
- local: https://www.ouestgo.fr/
- national: https://www.blablacar.fr/ride-sharing/brest/

For greater independence of movement, rent a bike (traditional or electric) with Velocibus: https://www.bibus.fr > se déplacer > velocibus location de vélo

GETTING AROUND BREST
To get to Brest by train in 3 h 15 min, take the TGV Atlantique high-speed rail from Paris (8 per day from Montparnasse station): https://www.oui.sncf/
In the city and surrounding areas, take Bibus public transportation with 19 bus lines, a tramway line, and an urban cable car:
https://www.bibus.fr/
For travel within the region or throughout France, take the regional trains: https://www.ter.sncf.com/bretagne
Coaches are also an option for low-cost travel: https://fr.ouibus.com/ or https://www.flixbus.fr/

For greater independence of movement, rent a bike (traditional or electric) with Velocibus: https://www.bibus.fr > se déplacer > velocibus location de vélo
ENROLLMENT IN YOUR INSTITUTION

• CVEC
It is mandatory that you download proof of payment of the Contribution Vie Etudiante et de Campus (CVEC) – the student and campus life contribution fee before you can enroll in your institution.
- Connect to https://cvec.etudiant.gouv.fr/
- For additional information and special cases: https://www.campusfrance.org > s’organiser > CVEC
• Confirm Registration
Take note! Even if you have a pre-registration letter, you are not officially enrolled.
You must validate your enrollment with the institution’s Service de la Scolarité (Admissions) as soon as you arrive.

RESIDENCE PERMIT

• Information
  • At the Brest Center for International Mobility.
  In partnership with the Finistère Prefecture services, you will be guided through the process for your first-time request or renewal of your residence permit.
Filing the application is a two-step process: a first appointment with a member of the CMI staff to put together the file and check it. Then a second appointment with a Prefecture agent for processing the request.
Appointments must be made online at the CMI site.
For medical insurance is mandatory.
In France, housing insurance is mandatory.
In France, opening a bank account is a right:
In France, receiving medical treatment is practically free but you must be insured. As a result, signing up for medical insurance is mandatory.

OPENING A BANK ACCOUNT
If you stay in France for more than 3 months, it will be much easier day-to-day if you open a bank account, online or in one of the 85 bank agencies located in Brest.
In France, opening a bank account is a right: www.service-public.fr > Argent > Comptes bancaires > Droit au compte (> Finances > Bank Accounts > Right to Open an Account)

HEALTH CARE
In France, receiving medical treatment is practically free but you must be insured. As a result, signing up for medical insurance is mandatory.

Connect to the site https://etudiant-etranger.ameli.fr site to register, to understand your rights, and to take the necessary steps.

Learn more:
https://www.campusfrance.org > S’organiser > Santé
And should you still have questions, make an appointment at CMI Brest, at the “Aide autres démarches administratives” tab (assistance with other administrative procedures).
As a student, you can also take advantage of the university medical services. These services include free personalized medical consultations for health problems and prevention.

This is the case for the Université de Bretagne Occidentale (UBO) of Brest which has a health and prevention service: Service Universitaire de Médecine Préventive et de Promotion de la Santé (SUMPPS)
Address: SUMPPS, 13 rue de Lannédéc, 29200 Brest. Contact: 02.98.01.82.88 (for an appointment).
Website: https://www.univ-brest.fr/ > vie de campus > centre de santé

INSURE YOUR HOME
In France, housing insurance is mandatory. The “garantie risques locatifs” - rental risk guarantee - is housing insurance which you can subscribe with your bank or a private insurance company. Online subscription is also often possible.
To learn more, consult notably: https://www.smeba.fr/
www.assistance-etudiants.com
www.assurances-etudiants.com
• If you are an Algerian national: depending on your campus, your residence permit application is made at the Préfecture or with the Service des Relations Internationales at your campus.
Take note: to renew your residence permit, you must apply within two months prior to its expiry.

Learning French is an opportunity to be seized! Find what works best for you:
- by consulting the Campus France site or the Français Langue Etrangère (FLE) - French as a foreign language - centers and universities which offer courses at all levels year-round: http://ecolesdete.campusfrance.org
- in your school, you may also have free access to sports facilities. Contact your Sports Department.
At University of Bretagne Occidentale Brest, the SUAPS (Service Universitaires des Activités Physiques et Sportives, or the university office for physical and sports activities) offers around forty activities: https://www.univ-brest.fr/suaps
• In Brest, you will also find a varied selection of facilities for sports even nautical by consulting the City of Brest site: https://www.brest.fr > au quotidien > bouger, se divertir

LEARNING FRENCH
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FINDING A JOB OR AN INTERNSHIP
2 addresses:
• Jobs and internships:
  - the Brest BIJ (Bureau d’Information Jeunesse - the youth information office) - has a platform of job and internship offers: https://www.bij-brest.org/
  - Find a student job that’s compatible with your studies on the CROUS Jobaviz site: https://www.jobaviz.fr/

PLAYING A SPORT
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• In Brest, you will also find a varied selection of facilities for sports even nautical by consulting the City of Brest site: https://www.brest.fr > au quotidien > bouger, se divertir

BE ACTIVE
Attend cultural and sporting events, or join a social or community group, through one of the numerous local or national student clubs and associations.
Learn more:
- contact your school (Campus Life Bureau) for information. At University of Bretagne Occidentale, the Service de la vie étudiante, or campus life office, presents a list of associations: https://www.univ-brest.fr/devo > vie etudiante-vie associative-liste des associations etudiantes
- consult the national sites: www.ainr.mfr.net or www.etudiant.fr
GAINING CULTURE AND PARTYING

• Brest offers many ways to cultivate yourself or party. Movie theaters, concerts, theaters, exhibitions, and festivals are on the program and most of the time, at reduced cost for students. Learn more: https://www.brest.fr > au quotidien > bouger, se divertir > culture

• At University of Bretagne Occidentale, the Cultural Service presents its own schedule of events and offers reduced rates for performances and movie theaters in town: https://www.univ-brest.fr > vie de campus > culture

For entertainment or to pick up some culture, in Brest, there are:
- 3 major movie theaters (and soon a 4th!), with multiple screens (student rates, rewards card) including an arthouse cinema: the Studios.
- 5 museums including the National Marine Museum installed in the city’s oldest historical monument (student rates in most museums): http://www.musee-marine.fr/brest
- 8 performance halls, including the Quartz, the number one national theater in France in terms of public attendance.
- around fifteen book shops including a major institution, the Librairie Dialogues.
- 8 multimedia libraries installed in the different neighborhoods of the city of Brest: https://biblio.brest.fr

As a result of its heritage animation and promotion policy, the City of Brest obtained the label "Ville d’art et d’histoire" - City of Art and History - in 2017.

In Brest, for going out or staying abreast of events, read the leading regional daily paper, Le Télégramme, available in newsstands or on the Internet: https://www.letelegramme.fr/finistere/brest/

You can also check out the cultural agenda of the Brest Visitor Centre: https://www.brest-metropole-tourisme.fr/ > découvrir

MUST-SEE PLACES /

• The Brest roadstead, a large bay of 180km², one of the largest roadsteads in the world.
• Siam street, the Brest shopping street with a view of the roadstead.
• Cours Dajot, a beautiful promenade developed in the 18th century.
• Oceanopolis, a display case of ocean life with its giant aquariums and over 1000 different species, a venue unique in Europe.
• The Recouverance drawbridge, and Capucins neighborhood.
• The National Navy Museum located in the old Brest castle.
• The Brest Fine Arts Museum rebuilt and inaugurated in 1968.
• The beaches of the Pays de Brest urban hub and specifically Moulin Blanc beach, one of the liveliest is accessible by bus.

For more information, consult the Brest Visitor Centre website: https://www.brest-metropole-tourisme.fr/

IMPORTANT ANNUAL EVENTS /

JANUARY
• Désordre Festival, sound and visual performances and experiments blending music and dance (student rates).

FEBRUARY
• Astropolis, the techno festival which inflames Brest (summer edition in July).

APRIL
• The Printemps des Sonneurs, a free and festive festival highlighting Breton culture and its typical instruments.

JUNE
• Fête de la musique: music everywhere in town (free concerts).

JULY
• Rade en Fête, a 10-day festival with events in the different roadstead ports.
• Brest International Maritime Festival, every 4 years with ships from around the world, events, performances, processions and parades (next edition in 2020).

AUGUST
• Thursdays at the Port, free event, summer’s artistic, festive and friendly gathering spot (concerts, street performances, and events along the wharves).

SEPTEMBER:
• European Researchers Night: researchers meet the general public.
• Les journées du patrimoine (Heritage days), free visits of cultural venues.

OCTOBER:
• Students of the World Night: an unavoidable event at the start of the school year for international students organized by the Erasmus Student Network (ESN France) and local institutions.
• Fête de la Science in the University laboratories.
• Atlantic Jazz Festival, contemporary musical creations, jazz, improv’, and African rhythms (reduced rates).

NOVEMBER:
• Brest European Short Film Festival.

DECEMBER:
• No Border Festival, a popular festival of the world’s music (student rates).

To stay informed, actively listen to others and the world, and share and dialogue with students, follow social media where Campus France has an especially strong presence!

Remember to sign up on the France alumni network to take part in discussion groups on various subjects, take advantage of cultural outings, and consult job and internship offers.