Campus France will guide you through your first steps in France and exploring Brest, your new home.
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 en French (the Brest CMI) which provides student services but also services for foreign doctoral students and researchers.

CMI Brest member institutions: 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.
- assistance in drafting a CV (résumé) for students looking for an internship.

Address: Cité Internationale, 235 cours Aimé Césaire, 29200 Brest.
Getting there: Bus 4 or tramway A, Les Capucins stop, or the cable car, Ateliers stop.
Hours: Monday, Tuesday, Thursday, and Friday from 9am to 12:15pm and 1:30pm to 5pm (4pm on Fridays), and Wednesday from 9am to 12:15pm.
Contacts: 02 98 01 67 00 or cmibrest@u-bretagne.fr

For most requests, you will need to schedule an appointment (link on the site).
Site: https://cmibrest.u-bretagne.fr/fr

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

Buddy System

You can be greeted by a local student in Brest!
In partnership with the Fédération des Etudiants de Bretagne Occidentale, the Brest CMI with its member institutions 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://cmibrest.u-bretagne.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 Internationales).

During the school year, the metropolitan area also posts activities for students on its Facebook page and organizes events: Brest Life Experience and La Nuit des Etudiants du Monde – Students of the World Night.

Welcome services at other city institutions

If you are enrolled in another institution, please consult the Campus France website for orientation.

The site presents a series of Information Sheets covering the different higher learning institutions:
https://www.campusfrance.org > Students > Documentary resources > Practical information for students and researchers > Reception arrangements in institutions

If you cannot find your school in this list, then go directly to their website.

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

HOUSING IN BREST /

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://cmibrest.u-bretagne.fr > étudiants internationaux > votre séjour à Brest
• The Brest BIJ (Bureau d'Information Jeunesse, or Youth Information Office) also has leads for housing: https://www.bij-brest.org > logement

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 listed by the Brest Tourist Office: https://www.brest-metropole-tourisme.fr > se loger

◆ Long-term housing
  • Brest CROUS student housing (Centre Local des Œuvres Universitaires). Address: 2 avenue Victor le Gorgeu, 29200 Brest (Bus line 1 or 2, Universités stop). Hours: Monday to Friday, 8:30am to 12pm and 1:30pm to 4:30pm. Contact: 02 98 03 38 78 or clous@crous-rennes.fr The Rennes Bretagne CROUS site (the Brest CLOUS is part of this network): http://www.crous-rennes.fr > logement Website Trouver un logement: https://trouverunlogement.lescrous.fr/

On campus, the CROUS is also responsible for all low-cost food services (university restaurant, cafeterias, food-trucks, etc.).

• Private Housing Platforms:
  - several Brest institutions 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 > Getting organised > Accommodation

◆ If you need a guarantor to secure your lodging
Visale is a new and free guarantor system: 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 determine your eligibility: 08 10 29 29 29 or www.caf.fr

◆ For accommodation adapted to your special needs
Contact the CROUS Social Services which will take action with your institution.

Some institutions have specialized services for special-needs students (housing assistance and also transportation and tuition).

At Université de 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

GETTING AROUND BREST

To get to Brest by train in 4 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 network 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

Buses are also an option for low-cost travel: https://fr.ouibus.com/ or https://www.flixbus.fr/

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

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

◆ CVEC
Before you can enroll in your institution, you must download proof of payment of the Contribution Vie Etudiante et de Campus (CVEC) – the student and campus life contribution fee.
- Connect to https://cvec.etudiant.gouv.fr/
- For additional information and special cases: https://www.campusfrance.org > Getting Organized > CVEC

◆ Confirm Registration
Take note! Even if you have a pre-registration letter, you are not officially enrolled. You must confirm your enrollment with the institution’s Service de la Scolarité (Admissions) as soon as you arrive.

RESIDENCE PERMIT (TITRE DE SÉJOUR)

GOOD TO KNOW
• If you have arrived in France with a VLS-TS long-term student visa: you must validate it online upon your arrival and imperatively within the first three months of your stay (in France) on the ANEF (Administration numérique pour les étrangers en France) website: https://administration-etrangers-en-france.interieur.gouv.fr
• If you are an Algerian national or a student with a “Concours” (tests) visa or a visa with the indication “Carte à solliciter dans les deux mois” (Residency permit to be requested within 2 months of entry): your residency permit application has to be made at the Prefecture.
• If you hold a “mineur scolarisé” (enrolled minor) visa and you attained the age of majority, you have to request for a “Titre de séjour” online on the ANEF website or at the prefecture where you live within 2 months following your majority.
Take note: To renew your student residency permit “Titre de séjour” (VLS-TS), your request must be done during the 3rd month before the expiration date of your current “Titre de séjour” (permit) on the website: https://administration-etrangers-en-france.interieur.gouv.fr
This tutorial will help you: https://www.youtube.com/watch?v=j_suMJ3fi1w&list=PLpm2evF1qaJe_oq0a-LMlkujAihwAtVEy&index=16

◆ To find out more about rights and obligations: The reception services of your establishment can guide you in the event of difficulties.
www.service-public.fr > Etranger > Titre de séjour et document de circulatio (Foreigners > Resident Card and Travel Document)

PRACTICAL INFORMATION /

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 88 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)

HEALTHCARE
In France, receiving medical treatment is practically free but you must be insured. Accordingly, signing up for medical insurance is mandatory.

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

Learn more:
https://www.campusfrance.org > Getting Organized > Health
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) 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 Lanrédic, 29200 Brest.
Contact: 02.98.01.82.88 (for an appointment).
Website: https://www.univ-brest.fr/ > vie de campus > centre de santé
SIGN UP FOR ADDITIONAL HEALTH INSURANCE

You can also sign up for top-up insurance which will cover all health expenses not covered by the free and compulsory health insurance.

Take note: The plans and coverage levels differ from one company to another. To choose a top-up insurance policy which meets your needs and your budget, you can compare student health insurance plans.

HOUSING INSURANCE

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.

EMERGENCY NUMBERS

SAMU: Call 15 Emergency Medical Services
Police emergency: Call 17 in the event of violence, theft, robbery.
Fire Department: Call 18 in the event of fire, gas leak, water damage, natural catastrophe, or traffic accident.
Call 112: European emergency services number that’s accessible from anywhere in the European Union in addition to the French numbers above.

LEARNING FRENCH

Learning French is an opportunity that’s not to be missed! 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
- by asking in your institution, at city hall, or in your host city’s Maison des Associations - community centers.

FINDING A JOB OR AN INTERNSHIP

2 addresses:
- the Brest BIJ (Bureau d'Information Jeunesse - the youth information office) has a platform of job and internship offers: https://www.bij-brest.org/
- the Jobaviz website, run by the CROUS, can help you find a student job that’s compatible with your studies: https://www.jobaviz.fr/rechercher-un-job-etudiant/recherche-par-crous/crous-rennes/brest-29

THINGS TO DO IN BREST /

TAKE UP A SPORT

• In your institution, contact the Service des Sports for free access to sports facilities.
At Université de 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: http://www.univ-brest.fr/suaps
• In Brest, you will also find a varied selection of facilities for sports including 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 (Service de la Vie Étudiante) for information. At Université de Bretagne Occidentale, the Service de la vie étudiante, or campus life office, presents a list of associations: https://www.univ-brest.fr/deve > vie etudiante>vie associative>liste des associations etudiantes
- consult the national sites: www.animafac.net or www.letudiant.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 Université de 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, you can choose from:
- 4 movie theaters, with several multiplex (student rates, rewards card) including an art house theater, the Studios.
- 5 museums including the Musée National de la Marine, the national maritime 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 Brest city neighborhoods: 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 on the Brest Tourist Office: https://www.brest-metropole-tourisme.fr > sortir, bouger > agenda

TOP ATTRACTIONS /

• Brest roadstead (“la rade”), 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.
• Recouvrance drawbridge, and Capucins neighborhood.
• 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 liveliest and accessible by bus.

Learn (and see) more: https://www.brest-metropole-tourisme.fr/ > découvrir
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).
• Festival Longueur D’ondes, a festival for radio and attentive listening.

MARCH:
• Dans’ Fabrik, a dance festival.

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

MAY:
• Festival des Fanfares, a festival of brass bands.
• Foire aux Croûtes in Saint-Martin with exhibitions, concerts and events.

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
• Les Jeudis du Port (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.
• Foire St-Michel, an open-air flea market in the city.

OCTOBER:
• Students of the World Night, a not-to-be-missed 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).

For more information, go to the City of Brest website: https://www.brest-metropole-tourisme.fr/

To stay informed and attuned to others and the world, to 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.
Bretagne Region, 9th French Region in terms of hosting foreign students (12,000 international students)

Brest:
- 141,000 residents
- 2nd largest city in the Bretagne region
- 3rd French city where it’s good to live (awarded by L’Express Magazine)

Pays de Brest metropolitan hub:
- 29,000 students
- including 3,000 international students

Université de Bretagne Occidentale:
- 25,000 students,
  including 1,900 foreign students,
- 34 research units,
- 650 teaching-researchers

Brest, ranked 23rd out of 44 French university towns where it’s good to live and study (awarded by L’Etudiant Magazine) and very much appreciated for the student welcome initiatives and its standard of living

Most of the information presented in the Campus France City Information Sheets concerns all international students regardless of their institution.

In France, in each of the host cities, most foreign students study at universities. Accordingly, the City Information Sheets attach great importance to them without overlooking the other higher education institutions even if it is not possible to list them all here with their specific information.

For more information on the institutions’ welcomes and orientations:
https://www.campusfrance.org/fr/recherche/categorie/bretagne-418

CAMPUS FRANCE
28 rue de la Grange aux Belles, 75010 PARIS - 01 40 40 58 58 - www.campusfrance.org