



**DISCOVER
YOUR CITY**



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

WELCOME **TO**
BREST





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 Interne in 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, IRD, CNRS, IFREMER.

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 12pm and 1:30pm to 5pm (4pm on Fridays), and Wednesday from 9am to 12pm.

Contact: 02 98 01 67 00 or
cmibrest@u-bretagnebrest.fr

Website: <https://www.cmibrest.fr/fr/international-student-desk>

For doctoral students and researchers, the Brest CMI is also the welcome desk for Euraxess services:

Contact: 02 98 01 67 50 or euraxess@cmibrest.fr

♦ Buddy Systém

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://www.cmibrest.fr/fr/international-student-desk>

♦ Brest Métropole welcomes you

Every year, in September, the City of Brest organises leisure events to welcome in its international students, such as the Nuit des Etudiants du Monde (please register via your institution's Service des Relations internationales).

♦ 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>



Making you feel at home is a major concern for all French higher education institutions! The **Welcome to France label** is awarded to institutions that fulfil exacting criteria in the way they take care of their international students.



ACCOMMODATION

Finding somewhere to live is not always easy.

Rents are often high, and landlords require financial guarantees (such as a deposit).

Nevertheless, there is a wide range of accommodation on offer: halls of residence that are exclusively reserved for students and managed by the CROUS, student halls and private lodgings, rooms in private homes, flatshares...

The main thing is to start preparing for this as early as possible, before leaving your home country.

• **The Brest CMI** offers numerous housing solutions: <https://www.cmibrest.fr> > International Student > Your stay in Brest > Finding accommodation in 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/>

• Private Housing Platforms:

- several Brest institutions subscribe to *Studapart*, a platform specialized in private housing for students:
www.studapart.com

- Brest also has some student halls managed by private organisations:
- Résidence du TECHNOPOLE (02 98 31 46 50)
- Résidence LIBERTE, Résidence SAINT-LUC,
- Résidence RECOUVRANCE (02 98 43 69 72)
- Résidence STRASBOURG (02 98 42 62 01)
- PASTEUR (02 98 46 36 06)
- Résidence KLEY (02 30 05 10 65)
- Résidence NEMEA APPART'ETUDE (06 74 80 03 94)

- 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/>

- *Living France Brest*, a website offering flat shares specifically for international students, which do not require a guarantor (use code CMIB10 to get a 10% discount on your accommodation booking):
<https://blog.livin-france.com/villes/brest>

- **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: 32 30 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).



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, you may want to hire a bike or an e-bike via the Vélocibus or Vélozef programmes: <https://www.bibus.fr>
> se déplacer > nos modes de transport

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

The CROUS, at your service everywhere

Do you need any help and/or advice, somewhere to eat or to live, a job - or do you just want to find out all there is to know about student life? Then the CROUS is what you need!



The CROUS (Centre Régional des Œuvres Universitaires et Scolaires - Regional Centre of University and School Services) has branches in all major French university towns.

It manages university halls of residence and canteens, allows you to meet social workers, and offers cultural activities and job opportunities.



FIRST THINGS FIRST /

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 PERMITS

WHAT YOU NEED TO KNOW

- If you have just arrived in France on a long-term VLS-TS student visa: you must **validate it online as soon as you arrive in France**, on the ANEF (Administration numérique pour les Etrangers en France - Digital Administration for Foreigners in France) website. This validation must be carried out within the three months following your arrival: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

- If you have Algerian citizenship or you are a student holding a "concours" visa or a visa bearing the mention "carte à solliciter dans les deux mois" ("card to be requested within two months"): your request for a residence permit must be carried out at the Préfecture.

- If you hold a "mineur scolarisé" ("minor in education") visa and you have since attained your majority, you must request a residence permit directly on the ANEF website or at the *préfecture* of your place of residence within the two months following your attaining the age of legal majority: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

Please note: if you wish to renew your residence permit or VLS-TS, you must make your request during the third month preceding the date of end of validity of your current residence permit, on the following website: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

Please refer to the following tutorial for help with this procedure: https://www.youtube.com/watch?v=-iGha_yqN04

- Your institution's student support services can assist you in case of any difficulties.

To find out more about your rights and obligations: <https://www.service-public.fr/particuliers/vosdroits/N110>



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 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)

ACCESSING HEALTHCARE

Accessing healthcare in France is almost free, but you must be insured. **You must therefore be registered with the national health insurance programme.**

Please go to the <https://etudiant-etranger.ameli.fr> website to register, understand your rights and to carry out the requisite procedures.

Learn more:

<https://www.campusfrance.org> > Getting Organized > Health

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 Lanrédec, 29200 Brest.

Contact: 02.98.01.82.88 (for an appointment).

Website: <https://www.univ-brest.fr/> > vie de campus > centre de santé

TAKING OUT COMPLEMENTARY HEALTH INSURANCE ("MUTUELLE")

We recommend you take out complementary health insurance in order to cover the totality of your healthcare costs, which are not all covered by the compulsory and free national health insurance programme.

Please note: options and levels of insurance vary from one insurer to another. In order to choose the complementary insurance that is best adapted to your situation and your budget, you can access more information on a student "mutuelles" price comparison website.

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.

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

It is important that you have sufficient financial resources to come and study in France.

Working in France as a foreign student is possible within limits, namely for a maximum duration of 964 hours per year. This can therefore only be a way of earning **supplementary funds.**

Please note: to work in France, if you are not a citizen of the European Union, you must hold a valid **student residence permit.**

To help you find a job or work experience placement, 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>

- **Your institution's Career Center can also provide you with information.**

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.



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: <https://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

CULTURE AND NIGHTLIFE

• 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

The Brest metropolitan area includes in particular:

- 4 cinemas (soon to be 5!) with numerous screens, including one arthouse cinema: les Studios. Student rates are available for individual tickets and memberships.
- 3 museums, 2 Centres of Scientific Culture, including Océanopolis, and 1 botanic conservatory. Free or reduced-rate access for students.
- 16 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.

- 13 multimedia libraries, including a network of 8 implanted in the various neighbourhoods of the City of Brest: <https://biblio.brest.fr>

To discover what is on offer for students: please visit:

www.brest-life.fr > Study and Succeed - Your life in Brest
www.brest.fr > Au quotidien > Bouger, se divertir > Culture
www.univ-brest.fr > Vie du campus > Culture
www.brestculture.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.

• The Ateliers des Capucins, an iconic former shipbuilding site that has become a popular cultural and innovation hub, which is accessible by flying over the Tenfold in a cable car.

• The old commercial port, an ideal place for an evening out with friends.

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.
- Riding Indoor Show, a festival of urban sports.

APRIL

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

MAY:

- 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.
- Astropolis, the Brest international marine festival, which takes place every 4 years and includes ships from all over the world, various activities, shows, marches and parades.

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).

- The Ateliers des capucins, exhibitions, activities, parties, festivals.

SEPTEMBER:

- **The Nuit européenne des chercheurs**, bringing together researchers and the general public.
- Brest en bulle, the Brest comic festival.
- The Journées du patrimoine, during which you can visit numerous cultural sites for free.
- Brest Culture Sport, a sports-filled event to mark the start of the academic year.

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.
- The Fashion Week aux Capucins, a mix of shows, exhibitions, introductions and meet-ups with Brest-based designers and brands.
- Atlantic Jazz Festival, contemporary musical creations, jazz, improv', and African rhythms (reduced rates).

NOVEMBER:

- **The Nuit des étudiants du Monde**, an unmissable event for international students to mark the start of the academic year.
- Festival européen du film court de Brest.
- Deus'ta, a 2-day celebration of Breton language and culture in the Finistère region.

DECEMBER:

- No Border Festival, a popular festival of the world's music (student rates).
- Noel aux Capucins and the Christmas markets.

You can put together your own programme using the culture diary of the Office de Tourisme de Brest (www.brest-metropole-tourisme.fr > sortir, bouger > agenda) or the very comprehensive website www.brestculture.fr.



**& SHARE
PARTICIPATE**

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.*



THINGS TO KNOW

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:

30,000 students

including **3,100** international
students

Université de Bretagne Occidentale:

25,000 students,

including **1,900** foreign students,

50 research units,

1,500 researchers

and **760** doctoral students



Brest, one of the
leading French cities
that are good to live
and study in (L'Etudiant
magazine ranking),
highly appreciated for
the warm welcome it
gives its students and
for being one of the most
affordable places to live

BRETAGNE REGION, 8th FRENCH REGION in terms of hosting
foreign students (13,000 international students)

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