Campus France will guide you through your first steps in France and exploring Le Mans, your new home.
ARRIVING IN LE MANS /

◆ Student Welcome services at the University of Le Mans

Le Mans University has set up an International Welcome Centre (BAI) which welcomes international students on their arrival, whether exchange students or ‘individual’ students (free-movers). The International Welcome Centre offers support for the duration of your stay, helping with administrative procedures and answering any questions you may have.

Address: Le Mans University, International Welcome Centre (BAI) - International Relations Service (SRI), Ciel Building (Centre de l’International et des Langues), ground-floor, avenue Olivier Messiaen, 72000 Le Mans.

Hours:
- weekdays from late August to mid-September, Monday to Friday, from 9.00am to 5.00pm
- rest of the year: on Tuesday, Wednesday or Thursday, from 9.00am to midday and 2.00pm - 5.00pm; on Friday, from 9.00am to midday.

Contact: +33 (0)2 43 83 30 56 / +33 (0)2 43 83 35 51 or ri-bai@univ-lemans.fr

Learn more:
- check the University web pages for international students, whether exchange students or free-movers (regular admission): [http://www.univ-lemans.fr > International > Venir à l’Université.](http://www.univ-lemans.fr)
- the International Student Guide (bilingual French & English) can be downloaded from the following page: [http://www.univ-lemans.fr > International/Venir à l’Université > On a programme or As an individual.](http://www.univ-lemans.fr)

◆ Researchers

At Le Mans University, the International Welcome Centre (BAI) also welcomes international researchers upon their arrival.


Contact: ri-bai@univ-lemans.fr

◆ Your Higher Learning Institution

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

◆ National Services

- students: [www.etudiant.gouv.fr](http://www.etudiant.gouv.fr)
- doctoral students, researchers: [http://www.euraxess.fr/fr](http://www.euraxess.fr/fr)

◆ Buddy Program

A Buddy Program is available to assist you in Le Mans:
- the Alter Ego program and Tandem language-exchange partnerships (see International Student Guide).
Contact: ri-alterego@univ-lemans.fr
- via the ESN association (Erasmus Student Network) which helps establish contact between French and international students.
Contact: [https://www.facebook.com/lemansesn/ or erasadandco@gmail.com](https://www.facebook.com/lemansesn/ or erasadandco@gmail.com)
- thanks to the ESEM association (Echanges Sarthe Etudiants du Monde) which offers foreign students the opportunity to meet a local family (without accommodation).
Contact: esem.sarthe@gmail.com

ACCOMMODATION IN LE MANS /

In Le Mans, there are numerous solutions for finding lodging: the housing park reserved for students and managed by the CROUS, student and private residences, and housing in private homes. What’s most important is to take care of this as early as possible, before your arrival.

- The International Student Guide, produced by Le Mans University, devotes several pages to finding accommodation (see link above for downloading guide).
- Le Mans youth information centre (CIJ) (and the town council):
  - publishes two guidebooks, the “Guide Logement” and ‘Guide Jeune’, with help and advice for finding accommodation;
  - offers a free service listing accommodation adverts for privately-owned accommodation.
Website: [http://www.lemans.fr > Le Mans facile > L’enfance et la jeunesse > Le Centre Information jeunesse.](http://www.lemans.fr)
Facebook: [facebook.com/servicejeunesselemans](https://facebook.com/servicejeunesselemans)
Twitter: @EJSLeMans
Address: 13 rue de l’Etoile, F-72000 Le Mans.
Contact: +33 (0)2 43 47 38 50

- Le Mans town council provides a full list of accommodation options for young people on its website: [http://www.lemans.fr > Le Mans facile > La maison > Le logement pour les jeunes.](http://www.lemans.fr)
and also publishes an accommodation guide.
A FEW TIPS

For short-term lodging

- **Le Mans youth hostel**, near the city center.
  Address: Le Flore, 23 rue Maupertuis, F-72000 Le Mans.
  Contact: +33 (0)2 43 81 27 55.
  Website: https://www.hifrance.org/auberge-de-jeunesse/le-mans.html
- **The Relais Habitat et Services Jeunes** (hostel for young workers, open to students).
  Address: 90 avenue Jean-Jaurès, F-72000 Le Mans.
  Contact: +33 (0)2 43 61 24 24.
  Website: http://www.fjtlerelais.fr/
- Other options, the search engine on the Le Mans Tourist Office website may help you find short-term accommodation: https://www.lemans-tourisme.com > Séjourner > Dormir.

Long-term housing

- **The Nantes - Pays de la Loire CROUS student housing** (Centre Régional des Œuvres Universitaires - Regional Center for University Services), Le Mans branch.
  Address: 16 boulevard Charles Nicolle, F-72000 Le Mans.
  Hours: Monday to Friday (except Wednesday afternoons), from 9.00am to 4.30pm.
  Contact: +33 (0)2 30 06 02 40 (9.00am to 5.00pm).
  Nantes CROUS website: http://www.crous-nantes.fr/

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

- **Private Housing Platforms**
  Other offers for student lodging, managed by private organisms, are also available in Le Mans.
  Try these sites:
  - https://www.fac-habitat.com
  - https://www.lesresidencesetudiantesdumans.com
  - https://www.immojeune.com
  - https://housinganywhere.com
  - There is also a site managed by the CROUS, Lokaviz, which includes a listing of student accommodation 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.

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 assess your rights:
+33 (0)8 10 29 29 29 or www.caf.fr

GETTING AROUND IN LE MANS

When travelling to Le Mans from Paris:
- if you’re arriving at Paris-Charles de Gaulle airport, take a direct train for Le Mans (journey time by TGV: 1 hour 30).
- if you’re arriving at Paris-Orly airport, take the shuttle service to Gare Montparnasse then take the train to Le Mans (1 hour by TGV).
- if you are coming from central Paris, take the train from Gare Montparnasse:
  https://www.oui.sncf/

On your arrival, to get from Le Mans station to the University, take the tramway from the station (direction Université) and get off at the Campus-Ribay station.

For travelling in and around town, you can use public transport (buses and trams) operated by the SETRAM network, which oversees urban transport in Le Mans and the surrounding area (Le Mans Métropole):
https://www.setram.fr/ (student rates and travel-cards).

There are Pays de la Loire regional trains for getting around the region:
https://www.ter.sncf.com/pays-de-la-loire

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

For car-pooling, refer to the collaborative website https://www.blablacar.fr/

For a bit more independence, you can hire a standard or electric bike from SETRAM’s Espace Vélo: https://www.setram.fr > Se déplacer > Le vélo.
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).

Le Mans University has set up a Relais Handicap to welcome and support students with disabilities or illnesses: http://www.univ-lemans.fr > Campus & moi > Etudes et handicap.

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FIRST STEPS /

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.

- Log in at: 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 Le Mans University, where the International Relations Service will help you with administrative procedures.

Two options: you can email the department (ri-pref-ofii@univlemans.fr) or go in person.

Address: International Relations Service, CieL building, ground-floor, avenue Olivier Messiaen, 72000 Le Mans.

Hours: on Tuesday, Wednesday or Thursday, from 9.00am to midday and 2.00pm - 5.00pm; on Friday, from 9.00am to midday.

Contact: +33 (0)2 43 83 35 51.

Further information can be found in the International Student Guide (see link above for downloading the guide).

- Students attending other establishments should contact Student Services or International Relations.

- At the Préfecture for Sarthe (Le Mans). The department that renews residence permits for foreign students works on an appointment-only basis.

An initial reception service for first-time applications is available on Monday, Tuesday, Thursday and Friday between 8.30am and 11.30am.

Address: Préfecture, place Aristide Briand, F-72000 Le Mans.

Contact: +33 (0)2 43 39 72 72 (switchboard).


- Learn more about your rights and obligations: www.service-public.fr > Etranger > Titre de séjour et document de circulation.

GOOD TO KNOW

- If you arrive in France with a VLS-TS long-term student visa: you must validate it online within three months of arrival: https://administration-etrangers-en-france.interieur.gouv.fr

- 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.

EVERYDAY LIFE /

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 100 bank agencies located in Le Mans.

In France, opening a bank account is a right: https://www.service-public.fr > Argent > Comptes bancaires (droit au compte).
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.

Learn more:

As a student, you can also take advantage of the university medical services. In these health services where consultations are free, you'll be greeted by a team of doctors and nurses who can give personalized advice in terms of health and prevention.

This is the case at Le Mans University which has its own Health Service with a medical team working on an appointment basis: http://www.univ-lemans.fr/fr > Campus & moi > Santé > Service médical.
Address: boulevard Charles Nicolle (near the Vaurouzé halls of residence), 72000 Le Mans.
Hours: Monday to Friday, from 8:30am to 5:00pm.
Contact: +33 (0)2 43 83 39 20 or sante.u@univ-lemans.fr

Students enrolled at any other establishment should contact Student Services at their place of study.

Le Mans town council has set up a Health Centre, open to all local residents, by appointment.
Address: 9 bis boulevard Winston-Churchill, F-72000 Le Mans.
Contact: +33 (0)2 43 47 49 49.

TOP-UP HEALTH INSURANCE

Top-up health insurance can be taken out to cover all healthcare costs since French health insurance (compulsory and free of charge) does not always cover all health expenses.
Further information can be found on websites offering student health insurance or general health insurance:
- the EMEVIA network: http://www.emevia.com/
- the LMDE network: https://www.lmde.fr/
- specialized insurance:
  https://heyme.care/fr/
  https://www.mgel.fr/
  www.assistance-etudiants.com
  www.assurances-etudiants.com

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

Put the top-up insurance on your list so you can better prepare for your adventure.

INSURE YOUR HOME

In France, housing insurance is mandatory. The “garantie risques locatifs” - rental risk guarantee - is housing insurance to which you can subscribe with your bank or a private insurance company. Online subscription is also often possible.

EMERGENCY NUMBERS

SAMU: 15 Emergency Medical Services
Police emergency: 17 in the event of violence, theft, robbery.
Fire Department: 18, in the event of fire, gas leak, water damage, natural catastrophe, or traffic accident.
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 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
- 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

Useful websites:
• The local youth information centre (CRIJ Pays de la Loire) publishes a job-hunting guide ‘Trouver un job’ and classified ads on its website: https://www.infos-jeunes.fr > Travailler > Trouver un job.
From January to March the CIJ organizes Seasonal Job Forums in Le Mans: https://www.infos-jeunes.fr > Agenda > Jobs saisonniers.
• The University of Le Mans regularly recruits students to work in its different services: http://www.univ-lemans.fr > Campus & moi > Vie pratique > Jobs étudiants.
In the spring, Le Mans University also organizes a Summer Job Forum, to establish contact between students looking for temporary work and employers.
• The Jobaviz website, run by the CROUS, can help you find a student job that’s compatible with your studies: https://www.jobaviz.fr/
THINGS TO DO IN LE MANS /

PLAYING A SPORT

In your school, you may also have access to sports facilities. Contact your Sports Department.

At Le Mans University, the University Service for Physical and Sports Activities (SUAPS) offers around forty different sports and activities: [http://www.univ-lemans.fr > Campus & moi > Ca bouge > Sport](http://www.univ-lemans.fr > Campus & moi > Ca bouge > Sport).

Le Mans town council provides many different activities which are listed on its website ([http://www.lemans.fr](http://www.lemans.fr)). The town council also opened Le Spot, the ideal venue for skateboarding and other roller sports: [http://www.lespot.fr/](http://www.lespot.fr/)

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.

To learn more, check with your school (Service de la vie étudiante, Student Services) or visit the following sites: [www.animafac.net](http://www.animafac.net) or [www.letudiant.fr](http://www.letudiant.fr)

Campus life is never dull at Le Mans University thanks to a number of student associations, including a number for international students: [http://www.univ-lemans.fr > Campus & moi > Ca bouge > Les associations](http://www.univ-lemans.fr > Campus & moi > Ca bouge > Les associations).

GAINING CULTURE AND PARTYING

Cinemas, concerts, theaters, operas, museums, exhibitions, and festivals are on the program and most of the time, at reduced cost for students: [http://www.lemans.fr > Le Mans dynamique > Les loisirs](http://www.lemans.fr > Le Mans dynamique > Les loisirs).

At Le Mans University, the Culture Department offers a number of structured activities and runs the EVE-Scène Universitaire auditorium, where a programme of events - theatre, dance, concerts, cinema and conferences - is organized throughout the year: [http://www.univ-lemans.fr > Campus & moi > Ca bouge > Culture](http://www.univ-lemans.fr > Campus & moi > Ca bouge > Culture).

The Culture Office also offers cultural excursions, via the Pass Parcours which entitles students to 3 shows for €10 at various venues in Le Mans.

For entertainment or to pick up some culture in Le Mans, there are:

- 3 multiplex cinemas, with several theaters (student rates, loyalty card) including an arthouse cinema, the Cinéastes.
- 4 major municipal museums, including a science museum, Musée Vert, Le Mans’ natural history museum: [http://www.lemans.fr > Le Mans dynamique > Des idées de visite > Les musées (and then musée Vert)](http://www.lemans.fr > Le Mans dynamique > Des idées de visite > Les musées (and then musée Vert)).

**Admission to museums in Le Mans is free of charge for students aged under 26.**

- Some 15 theatre and concert venues, including Les Quinconces-L’Espal, the new auditorium and nationally recognized theatre which offers drama, cinema, music, opera, dance and visual arts: [https://www.quinconces-espal.com/](https://www.quinconces-espal.com/)
- Some dozen bookshops, including Librairie Doucet, Librairie Thuard and Librairie Bulle, specializing in graphic novels and comics.
- A network of 6 multimedia libraries (free membership for students aged under 25): [https://mediatheques.lemans.fr](https://mediatheques.lemans.fr)

Le Maine Libre (daily local newspaper) is a good source of inspiration for going out in Le Mans and keeping up with the latest news. Available from newsagents or online: [https://www.lemainelibre.fr/](https://www.lemainelibre.fr/)

You can also check the calendar on the Tourist Office website: [https://www.lemans-tourisme.com > Agenda](https://www.lemans-tourisme.com > Agenda).

MUST-SEE PLACES /

Le Mans was awarded the label Pays d’Art et d’Histoire (Art and History Region) in 2002.

- Cité Plantagenêt (the historic centre of Le Mans) and its 20 hectares of cobbled streets, traditional houses and Renaissance hotels, sheltered by a Roman wall and overlooked by a towering cathedral.
- Roman walls, the best-preserved walls dating back to the Roman Empire.
- Cathédrale St-Julien, one of the largest in France, with one of the world’s finest collections of medieval stained glass.
- Grande-Rue which runs through the old town, with its traditional houses.
- Place des Jacobins, the large square alongside the cathedral.
- Place St-Michel, including the home of 17th century French writer Paul Scarron.
• The giant hourglass, a contemporary sculpture consisting of an immense cube of metal and glass, in the Jardin de Tessé.
• The Musée de Tessé, with its surprising Egyptian Gallery.
• Le Musée des 24 heures du Mans, offering an insight into the world-famous motor race, with around 100 vehicles, including a number that triumphed on the famous circuit.
• The Jardin des Plantes is a 5-hectare botanic garden created in 1870, within easy reach of the town centre.
• Le Mans river port, a relaxing spot for a variety of activities.
For more information, consult the Visitor Centre website: https://www.lemans-tourisme.com

**IMPORTANT ANNUAL EVENTS** /

**APRIL**
• Europa Jazz Festival, a major international jazz festival, with concerts in various venues.

**MAY**
• European Night of Museums offers an opportunity to discover museums and other cultural sites in a new light!

**JUNE**
• Fête de la musique: music everywhere in town (free concerts).
• The 24-hour Le Mans international motor race: an exceptional circuit, the longest in the world (over 8 miles), with cars speeding round at over 200 miles per hour...

**JULY - AUGUST**
• Les Soirs d’été, a multidisciplinary festival (theatre, dance, music, circus, film) featuring free shows at outdoor venues all over town.
• The Nuit des Chimères illuminates the historic town centre every evening.

**SEPTEMBER**
• **Campus en Fête**, free event: concerts, sporting challenges, food-tasting...
• Les journées européennes du patrimoine (European Heritage Days), free visits of cultural venues.
• Sport en Fête, organized by Le Mans town council, over 150 associations will present 50 sports disciplines.
• Tour of the town for new “Manceaux”, the town council gives new students a tour of Le Mans to help them get to know their new home.
• La Foire du Mans, large-scale local fair, 100,000 visitors, 550 exhibitors (free entry on certain days).
• Entre Cours et Jardins, celebration of plants and gardening in Le Mans’ old town.

**OCTOBER**
• **Science Festival** in the University laboratories and the Science Village at the Abbaye Royale de l’Épau in Le Mans.
• The 25e heure du Livre, one of France’s largest book fairs (reduced student rate).

**NOVEMBER**
• Festival Bebop, an important festival for discovering new trends in French music.

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.*
### Things to Know

**Le Mans**

Le Mans is the capital (Préfecture) of the Sarthe Département, one of the 5 departments in the Pays de la Loire region.

**Pays de la Loire Region,** 8th French region in terms of hosting foreign students (12,000 foreign students).

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**Le Mans Métropole**

210,000 residents

**Le Mans**

143,000 residents

13,000 students

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Le Mans University:

12,000 students including 1,900 foreign students representing 100 different nationalities, 15 research laboratories, 300 doctoral candidates.

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**Le Mans,** ranked among 44 French cities as a great place to live and study (L’Étudiant magazine ranking).

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**Campus France**

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