

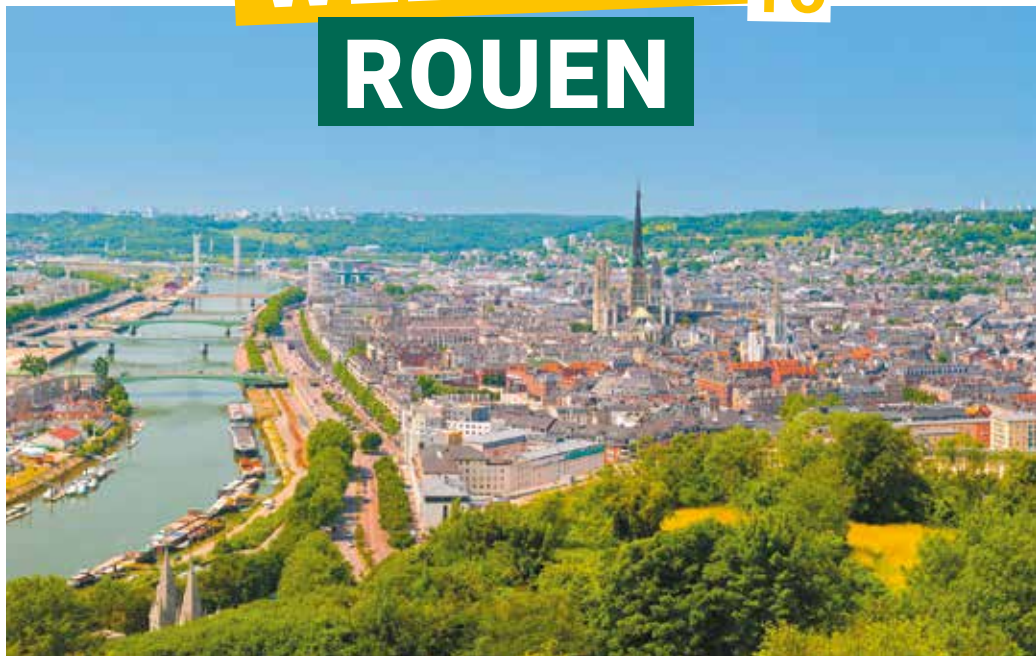


## DISCOVER YOUR CITY



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

# WELCOME TO ROUEN





## YOUR ARRIVAL IN ROUEN /

### ♦ Espace Monde, a one-stop welcome desk for international students at the University

**Université de Rouen Normandie set up Espace Monde as a friendly and helpful service for international students. It can assist you with administrative procedures and facilitate your settling in and stay.**

**From late August to late October, Espace Monde is available to help you obtain your residence permit (with the Préfecture) and finalize enrollment at the university. Espace Monde can also help with CROUS and CAF procedures.**

**Address:** Espace Monde, Building 4 - Espace Michel Serres, rue Thomas Becket, 76130 Mont-Saint-Aignan (Tramway: Line T1 - Campus stop or by bus: Line F2 - Place Colbert stop).

**Hours:** From the end of August to late October, Monday to Thursday 8:30am to 4pm. During the academic year, from Monday to Friday, from 8:30am to 12pm and from 1:30pm to 4pm.

#### **Contact:**

- for exchange students: : [mobilite.in@univ-rouen.fr](mailto:mobilite.in@univ-rouen.fr) or 02 35 14 61 29.

- for free-movers (students who are not enrolled in an exchange programme): [espacemonde@univ-rouen.fr](mailto:espacemonde@univ-rouen.fr) or 02 35 14 00 26/27.

#### **For more information:**

- read the international student pages on the Université de Rouen Normandie website:

<http://formation-ve.univ-rouen.fr> > Vie étudiante > Accueil des étudiants internationaux

- download the Espace Monde practical guide from their home page (here above).

### ♦ Welcome and orientation for doctoral students and researchers

**Foreign doctoral students and researchers can contact the International Relations Service at Université de Rouen Normandie.**

Address: Direction des Relations Internationales et de la Coopération, 24 bis rue Jacques Boutrolle d'Estaimbuc, 76130 Mont-Saint-Aignan.

Contact: 02 35 14 69 10

or [service.international@univ-rouen.fr](mailto:service.international@univ-rouen.fr)

Website: <http://recherche.univ-rouen.fr> > Europe et International > Accueil de chercheurs et de doctorants internationaux

### ♦ Buddy System

**You can be assisted by a local student in Rouen!**

Student volunteers can help you get settled in by showing you around the university and the city thanks to the Erasmus Student Network, **ESN Rouen and Buddy System**:

<https://buddysystem.eu/fr/>

<https://www.facebook.com/ESNROUEN>

### ♦ Mediation

**The Université de Rouen Normandie has set up a student mediation service for international students.**

Mediators help welcome and accompany international students in conjunction with Espace Monde, the various university services and the CROUS. They also facilitate Préfecture applications to help students obtain residence permits.

For more information: <http://formation-ve.univ-rouen.fr> > Vie étudiante > Vie associative > Bureau de la vie étudiante

### ♦ Your Higher Learning Institution

Depending on the institution, two information services are available: Service des Relations internationales and Service de la Scolarité.

Regardless of your institution, please consult the Campus France **website for orientation. The site presents a series of Information Sheets covering the different higher learning institutions in France:**

<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.

The Direction des Etudes et du suivi du Parcours des Etudiants (Department of Studies and Student Monitoring) oversees foreign students via the Espace Monde service at Université de Rouen Normandie.

### ♦ National Services

- students: [www.etudiant.gouv.fr](http://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.**

• **CRIJ (Centre Régional d'Information Jeunesse) de Normandie, the regional youth information center offers the following:**

- classified ads service <http://www.crijnormandie.fr>
- > Annonces > Logement
- A Rouen Student Guide with tips and discounts: <http://www.crijnormandie.fr> > Les dossiers du CRIJ > Logement > Les bons plans de l'étudiant rouennais

### A FEW TIPS

#### ♦ Short-term housing:

• **Rouen youth hostel**, near the city center.  
Address: Le Robec, 3 rue du Tour, route de Darnétal, 76000 Rouen.  
Contact: 0 2 35 08 18 50.  
Site: <https://www.hifrance.org> > Auberge de jeunesse > Rouen

• **Further accommodation options** can be found via the multilingual search engine on the Rouen Tourist Office website: <https://www.rouentourisme.com> > Menu > Dormir

#### ♦ Long-term housing

• **CROUS** (Centre Régional des Œuvres Universitaires et Scolaires) student housing for **Normandie (Rouen)**.  
Address: 135 boulevard de l'Europe, 76100 Rouen.  
Hours: Monday to Friday, 9am to 4:30pm.  
Contact: 02 30 06 02 76.  
Rouen CROUS website: <http://www.crous-normandie.fr> > International > Trouver un logement  
The website *Trouver un logement*: <https://trouverunlogement.lescrous.fr/>

#### • Private Housing Platforms

Other offers for student lodging, managed by private organisms, are also available in Rouen.  
For example, visit:

- <https://www.adele.org/>
- <https://www.immojeune.com/>
- <https://www.location-etudiant.fr/>
- <https://housinganywhere.com>
- the **Studapart** website, a private student housing

platform, affiliated with two schools in Rouen: <https://www.studapart.com> > Rechercher par ville > Rouen

• 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](http://www.campusfrance.org) > Getting Organized > Accommodation

#### ♦ If you need a guarantor to secure your lodging

Visale is a new and free guarantor system:  
[www.visale.fr](http://www.visale.fr)

## GETTING AROUND ROUEN



### Arriving from Paris:

- trains to Rouen leave from the Gare Saint-Lazare station in Paris: <https://www.oui.sncf/>  
The Paris metro can be used to get to Gare Saint-Lazare. Various lines stop there (3, 9, 12, 13 and 14).



- if you're flying into Roissy-Charles de Gaulle airport, the Roissybus shuttle service stops near the Opera, within easy reach of Gare Saint-Lazare.

To get to the Saint-Aignan campus Espace Monde, take the TEOR (tramway): Line T1  
- Campus stop or by bus: Line F2 - Place Colbert stop.



**For travelling around the city** and surrounding area, the public transportation service (bus and metro) is run by Astuce for the Rouen Normandie Métropole: <https://reseau-astuce.fr/>



**There are regional trains** for getting around the Normandy region:  
<https://www.ter.sncf.com/normandie>  
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, for example:  
- national website: <https://www.ter.sncf.com/normandie>  
- local website: <http://www.covoiturage76.net/>



**For greater independence, rent a bike with Cy'Clic**, the Rouen Normandie Métropole bike-share system: <http://cyclic.rouen.fr/>

♦ **If you want to make an application for public housing funding (the APL "Aide Personnalisée au Logement"),**

The CAF (Caisse des Allocations Familiales - family allowances fund) is available to determine your eligibility:: 32 30 or [www.caf.fr](http://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.

**At Université de Rouen Normandie, a Mission pour l'Inclusion des Étudiants en Situation de Handicap** welcomes and works with special-needs students so their course of study goes smoothly: <http://formation-ve.univ-rouen.fr> > Vie étudiante > Etudiants en situation de handicap



## 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](https://www.youtube.com/watch?v=-iGha_yqN04)

• 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](http://www.service-public.fr) > Etranger > Titre de séjour et document de circulation (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 bank agencies located in Rouen.**

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

### 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.** In these health centers where consultations are free, you will be greeted by a team of doctors and nurses who can give personalized advice about health and prevention.

**This is the case at Université de Rouen Normandie which offers a Service Santé - Social, a Health & Social Service at several different sites.**

Address: Service santé, Maison de l'Université (1<sup>st</sup> floor), rue Lavoisier, 76130 Mont-Saint-Aignan.

Hours: Monday to Friday, 8:45am to 5:30pm.

Contact: 02 32 76 92 92.

Site: <http://sante-social.univ-rouen.fr/>

### 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.**

You can sign up for housing insurance called "garantie risques locatifs" - rental risk guarantee - at your bank or a private insurance company. Online subscription is 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

**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 **Normandie CRIJ** (Centre d'Information Jeunesse) provides listings and ideas for how to find a work placement on its website: <https://www.info-jeunes-normandie.fr/page/jobs-alternance-stage/>
- the **Jobaviz website, run by the CROUS**, can help you find a job compatible with your studies: <http://www.jobaviz.fr>



### THINGS TO DO IN ROUEN /

#### TAKE UP A SPORT

- Your school or university provides special access to sporting activities. Contact your host institution's Service des sports.

**At Université de Rouen Normandie**, various activities are organized by the (SUAPS), the university service for physical and sports activities: <http://suaps.univ-rouen.fr/>

- **The City of Rouen** also offers various sports and fun activities: <https://www.rouentourisme.com> > Menu > Bouger > Sports

## 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. Further details and information can be obtained from:
  - your **institution** (Service de la Vie Etudiante).
  - the **Université de Rouen**, which lists over 50 student clubs and associations (including 5 international associations): <http://formation-ve.univ-rouen.fr> > Vie étudiante > Vie associative > Les associations étudiantes
  - On the **ESN Rouen association** Facebook page which presents cultural and sports events: <https://www.facebook.com/ESNROUEN>
  - consult the national sites: [www.animafac.net](http://www.animafac.net) ou [www.letudiant.fr](http://www.letudiant.fr)

## CULTURE AND NIGHTLIFE

- Rouen offers many ways to cultivate yourself or party. Movie theaters, museums, operas, theater, exhibitions, and festivals are on the program and most of the time, at reduced cost for students: <https://www.rouen.fr> > Culture
- The Tourist Office website is also worth **checking for student offers**, local events and activities: <https://www.rouentourisme.com> > recherche > Être étudiant à Rouen > Bons plans et idées de sorties
- The **Maison des Étudiants at Université de Rouen Normandie (Mdu)** is a creative and welcoming space, which organizes various artistic activities: <http://mdu.univ-rouen.fr/>

A **culture pass (Carte Culture)** has been created to provide preferential rates for a range of cultural activities offered by some thirty partners: <http://mdu.univ-rouen.fr/carte-culture-mode-d-emploi-16089.kjsp>

**For entertainment or to pick up some culture, in Rouen, there are:**

- 5 major movie theaters in Rouen and surrounding area, including the Omnia arthouse theater (student rates, rewards card).
- 13 museums, including the Muséum, one of the leading institutions in the region thanks to the diversity of its collections. **Admission to all the museums in Rouen is free:** <https://www.rouen.fr/musees>
- around twenty performance centers, 3 of which are run by the Normandy - Rouen National Drama Center.
- around fifteen bookshops, including L'Armitière, founded in 1963, and ABC Bookshop, Rouen's English-language bookshop.
- a network of 8 municipal libraries with free membership (including one virtual library): <http://rnbi.rouen.fr/fr>

- In Rouen, for going out or staying abreast of events, read **the leading regional daily paper, Paris-Normandie**, available in newsstands or on the Internet: <https://www.paris-normandie.fr/> You can also check out the agenda on the Rouen Tourist Office site: <https://www.rouentourisme.com> > Agenda

## TOP ATTRACTIONS /

**Rouen has been labelled a Ville d'art et d'histoire for its art and history since 2002.**

- Rouen's old town, a network of narrow streets lined with picturesque houses, built between the 15<sup>th</sup> and 18<sup>th</sup> centuries.
- Notre-Dame cathedral, with its gothic architecture, is one of the finest religious buildings in France.
- The Gros-Horloge clock tower, one of the city's most famous monuments: A Renaissance archway with an astronomical clock.
- The Musée des Beaux-Arts de Rouen, houses exceptional fine art collections, including a number of works by Impressionist painters.
- The Parliament of Normandy (Palais de Justice), built during the Renaissance.
- The Pierre Corneille museum, birthplace of one of France's great classical dramatists.
- The Flaubert museum and Maison Flaubert, where you can walk in the footsteps of one of the greatest French writers of the 19<sup>th</sup> century.
- Joan of Arc Tower, where France's historic heroine is thought to have been judged and sentenced in 1431.
- The Jardin des Plantes, a lovely park, spanning 10 hectares, its origins date back to the 17<sup>th</sup> century.

**To learn (and see) more, consult the Tourist Office website:** <https://www.rouentourisme.com>  
> Menu > Visiter > Sites et monuments





## IMPORTANT ANNUAL EVENTS /

### JANUARY

- Regards sur le Cinema du Monde, film festival featuring films from all over the world and Africa in particular.

### MARCH

- **Multicultural Week at Université de Rouen**, events organized by student associations, with and for international students.

### MAY

- European Museum Night, various events offer an alternative insight into Rouen's museums.

### JUNE

- Fête de la Musique: Music everywhere in town (free concerts).
- The Armada, a vast number of impressive tall ships and warships, from all over the world, converge on Rouen every 5 years for numerous activities.

### JULY - AUGUST

- The Normandy Impressionist Festival offers an opportunity to discover the heritage and creativity of Normandy, birthplace of the Impressionist movement. Next edition in 2020!
- Cathedral of light, sound and light show at Rouen Cathedral every evening (free).

### SEPTEMBER

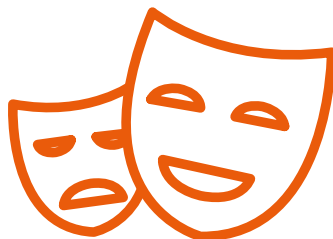
- Journées du Patrimoine (heritage days), free visits of cultural venues.

### OCTOBER

- **World Students' Night**, evening party to welcome international students, in partnership with the City of Rouen, CROUS, the University and various associations.
- **Fête de la science** in the University laboratories.
- The Rouen 10k, taking participants right through the city center, is an unmissable event for runners in the region.

**For more information, see the City of Rouen website:**

[www.rouen.fr/](http://www.rouen.fr/) or the Tourist Office website:  
[www.rouentourisme.com](http://www.rouentourisme.com)



**& 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!

*Don't forget to join 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

**Rouen Normandie  
Metropolitan area:**

**495,000** residents

**Rouen:**

**110,000** residents,

**46,000** students in the Greater Rouen area

**ROUEN,**

IS THE ADMINISTRATIVE  
CAPITAL OF THE  
SEINE-MARITIME  
department, one of the five  
departments that form the  
Normandy Region with Rouen  
as its capital

**NORMANDY  
REGION,**

**10<sup>th</sup>** FRENCH

REGION in terms  
of hosting foreign  
students

(11,000 international  
students)



**Université de Rouen:**

**31,500** students,

including **3,000**  
international students,  
representing 128 different nationalities



**40** research laboratories

**8** doctoral schools

**ROUEN** RANKED AMONG 46 FRENCH CITIES WHERE IT'S GOOD TO LIVE  
AND STUDY, WITH GOOD SCORES FOR ATTRACTIVENESS AND STUDENT  
ACTIVITIES (ranked by L'Étudiant magazine).

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/normandie-462>

**CAMPUS FRANCE**

28 rue de la Grange aux Belles, 75010 PARIS - 01 40 40 58 58 - [www.campusfrance.org](http://www.campusfrance.org)