

VIVRE À RENNES AU QUOTIDIEN

Daily life in Rennes



CAMPUS DE VILLEJEAN VILLEJEAN CAMPUS

Le Ménélik

148 boulevard de Verdun - Rennes
Tél. 02 99 59 50 74
Bus : lignes C1, C5, 8 et 9 - Métro A : Anatole France
Du lundi au vendredi / 11h30 - 13h30

Le Métronome

2 av. de la bataille Flandres-Dunkerque - Rennes
Tél. 02 99 59 17 82
Bus : ligne C4 - Métro A : Villejean-Université
Du lundi au vendredi / 11h30 - 13h45

La Harpe

36 avenue Winston Churchill - Rennes
Tél. 02 99 59 35 63
Métro : JF Kennedy
Self : Du lundi au vendredi / 11h30 - 13h30
Cafet' : Du lundi au vendredi / 11h00 - 13h30

Cafétéria du Hall B

Campus Rennes 2
Métro : Villejean Université
Du lundi au jeudi / 08h30 - 17h00
Vendredi / 08h30 - 14h30

L'Érève

Campus Rennes 2
Métro : Villejean Université
Du lundi au jeudi / 09h00 - 16h15
Vendredi / 09h00 - 15h00

Cafétéria du Pôle Langues

Campus Rennes 2
Métro : Villejean Université
Du lundi au jeudi / 09h00 - 17h00
Vendredi / 09h00 - 14h30

CAMPUS DE KER LANN (BRUZ) KER LANN CAMPUS (BRUZ)

Le Ker Lann

Campus de Ker Lann - Bruz
Tél. 02 99 05 06 30.
Bus : ligne 57
Self : Du lundi au vendredi / 11h30 - 13h30
Cafet' : Du lundi au vendredi / 11h00 - 14h00

EATING



The French eat three times a day. They usually have breakfast when they get up, and then have two full meals: lunch at about 12 to 1 p.m., and dinner at about 7 to 8 p.m.

You have several choices when you want to eat:

- > If you have cooking facilities where you live, you will find that Rennes has a wide choice of food shops and supermarkets as well as an excellent indoor market in town and hypermarkets on the outskirts. Fresh produce can be found especially at the outdoor markets which are held each week in different parts of the city from 7 a.m. to 1 p.m. The biggest and best-known of Rennes' markets is that of the Place des Lices, which is held every Saturday morning. You can find the list and times of these markets on the Ville de Rennes website.
- > If you do not want to eat at home, you have an enormous choice of places to eat, including cafés, brasseries, fast-food outlets, local restaurants, and gourmet restaurants. Prices range from €5 for a sandwich, to about €20 for a 3-course meal (starter, main course, and dessert), and lots more for a meal in a gourmet restaurant.
- > University restaurants, which are usually called 'Restos U' or 'R.U.', are the most economical solution for having a complete and well-balanced meal. These restaurants, which are run by the CROUS, are open to all members of the university community at lunchtime from Monday to Friday. Some are open in the evening. Since November 2017 meals must be paid for using a cashless system with the Izly card. This can be obtained from RU staff or by using the CROUS mobile app. In the 2017-2018 academic year the price of a full meal was €3.25.
- > Some establishments, e.g. INSA, and Agrocampus Ouest, have their own restaurant and fix the prices of their meals themselves.

En savoir plus / For further information:

Sur les restaurants universitaires /
on university restaurants:
crous-rennes.fr

Sur les restaurants "classiques" /
on 'classic' restaurants:
tourisme-rennes.com

GETTING AROUND RENNES



© C. Ablain / Rennes Métropole

● Within Rennes Métropole

BY BUS AND BY METRO

The STAR network

The STAR public transport network is made up of the metro line and 149 bus routes, and serves all the Rennes Métropole area. The bus routes within the city itself are organised around the metro, which crosses Rennes from north-west to south-east via the city centre. The out-of-town bus routes serve the whole of Rennes Métropole.

Timetables

The metro and the seven main bus routes (C1, C2, C3, C4, C5, C6 et 9) run from about 5.20a.m. to 12.30a.m. (Monday to Saturday), and from 7.30a.m.

to 12.30a.m. on Sundays and public holidays. There is an extended service until 1.30a.m. on Thursdays, Fridays and Saturdays. All the other routes run from about 6.30a.m. to 9p.m. Two 'Star de nuit' lines run from 2a.m. to 7.30a.m. from Wednesday evening to Sunday morning.

On Friday and Saturday nights, buses leave the centre of Rennes at 11p.m. and 12.30a.m. to go to Rennes Métropole's towns and villages.

Fares

Each ticket costs €1.50 for one hour's transport, and is valid throughout the whole STAR network.

A book of 10 tickets costs €14.50, and a weekend 'pluriel' ticket for 2 to 5 people costs €5.00.

Each metro station has one or more automatic ticket machines where tickets can be bought.

If you regularly use the bus and metro to get around, it is cheaper to buy one of the various types of season ticket as well as the various ticket options (Korrigo - annual, monthly, or weekly) from one of the STAR offices.

USEFUL ADDRESSES

STAR

- > **Main office:** 12 rue du Pré Botté
(Bus: all central lines. Stop: République / Metro: République)
Open Monday to Saturday: 8.30a.m. to 6.30p.m.
- > **Other branches:** Villejean Université and Henri Fréville
- > **For further information on timetables, routes and fares:** 09 70 821 800 and star.fr.



BY BICYCLE

Vélos STAR

The self-service bike hire system offered by Rennes Métropole. Most of the 83 or so docking stations and 900 bicycles are located near metro stations, bus and coach stops, and the railway station. Hire a bike, ride it where you like, then return it to any docking station. The first 30 minutes of any Vélo STAR ride are free.

- > You can pay for 24 hours, 7 days, or one year, according to your particular needs. If you want to take out a yearly Vélo STAR subscription, it will cost you €22 if you are already a STAR season ticket holder, or €33 if you are not.
- > If you only want to use Vélo STAR every now and again, short-term membership is possible. This costs €1 for 24 hours and €5 for 7 days.

For further information

Tel. 09 69 365 007 / levelostar.fr.

● **Outside Rennes**

BY COACH

Coaches serve almost 200 towns and villages within the department of Ille-et-Vilaine, and some also travel outside Ille-et-Vilaine to places such as Nantes, Angers, Mont-Saint-Michel, and Pontivy. A journey by coach within the department costs a maximum of €4.70.

Coach station

16 place de la Gare - Rennes - Tel. 02 99 30 87 80
 Metro station: Gares. Bus numbers: C1, C2, 11, 41 ex, 42 ex.
 Opening times: Monday to Saturday from 6a.m. to 8.15p.m., and Sunday from 6.15p.m. to 9.15p.m.

BY TRAIN

Rennes has a TGV (high-speed train) station. About twenty trains a day put Rennes only 1 hour 26 minutes away from Paris.

Information and ticket purchase

- > online: oui.sncf
- > by telephone: 36 35 (€0.40/min)
- > at the railway station (19 place de la Gare - Rennes)

To get to the railway station

Metro station: Gares
 Bus: numbers C1, C2, 11, 41 ex, 42 ex.

N.B. Rail passengers in France are required to insert their ticket into a special punching machine (*composteur*) on the platform to validate their tickets before beginning their journey. Tickets should be kept during the whole journey, and ticket inspectors may well ask to check your ticket during your journey.

BY PLANE

Rennes-Saint-Jacques airport is situated to the south-west of Rennes, about 10 minutes from the city centre. There are many regular flights from Rennes to about a hundred cities in France and Europe, with the most frequent flights being to Paris and Lyons.

Rennes Airport

Avenue Joseph le Brix - Saint-Jacques-de-la-Lande
 Tel. 02 99 29 60 00

rennes.aeroport.fr

Monday to Friday: from 5a.m. to 10.15p.m.

Saturday: from 5a.m. to 9.30p.m.

Sunday: 5.30a.m. to 10.15p.m.

To get to and from the airport

- > By bus: no. 57. Bus stop: 'Aire Libre Aéroport'.
- > By taxi: about €20.

BY CAR

Rennes is the gateway to Brittany, and fast access is provided by a particularly well-developed road network. Toll-free dual-carriageways link Nantes, Brest, Lorient, and Saint-Brieuc to Rennes, which is itself linked by motorway to Paris.

Rennes - Paris: 352 km

Rennes - Nantes: 101 km

Rennes - Brest: 242 km

CAR CLUBS (UK) / CAR SHARING (US)

Rennes has a free-access car rental service called City Rou'l'. As an alternative to having your own car, you can use this service to get free 24/7 access to City Rou'l's cars. Prices are from €2.60 an hour and €0.40 a kilometre.

More information at cityroul.com.

● **A great idea for students****ALL-IN-ONE DEALS TO ENABLE YOU TO GET AROUND REALLY EASILY**

SNCF, STAR, and their partners are offering Rennes' students transport package deals at affordable bargain prices - and all in one single step.

There is no longer any need to run around everywhere. In just a few clicks you can buy an all-inclusive range of services to make getting around easy. These include young person's SNCF rail cards, STAR tickets and season tickets, bike hire, car-sharing, and Ouibus long-distance coaches. You save time as well as saving money (up to €150).

Find out more about transport package deals in Rennes on forfait-etudiant.sncf.com.

HEALTH CARE

● Access to health care

DOCTORS

There is freedom of choice of doctor in France, but you have to choose a *médecin traitant*, who is your usual or family doctor, and whose role is to coordinate the various consultations and examinations necessary when dealing with your health. This *médecin traitant* can be a general practitioner (GP), who deals with the whole range of health problems, or a specialist dealing with specific diseases or with specific parts of the body. It is this *médecin traitant* (family doctor/GP) that you must consult first of all. If necessary they will be able to redirect you to a specialist doctor or any other healthcare professional.

N.B. *Médecins non-conventionnés* are doctors who have not signed an agreement (*convention*) with the state social security system, and who set their own charges, which are higher. There are very few of these *médecins non-conventionnés* in Rennes.

How to choose your *médecin traitant*

You have to get a form from the Caisse Primaire d'Assurance Maladie. This form should be completed and signed by the chosen doctor before being returned to the CPAM.

N.B. You must always go to see your *médecin traitant* before thinking of going to see a specialist. If you do not choose a *médecin traitant* or if you do not go through them to consult a specialist, the social security reimbursement rate will be reduced.

There are English-speaking doctors in Rennes with whom you can book an appointment. Please ask us for the list.

PHARMACIES

In France, medicines can only be bought at a pharmacy, and pharmacists are able to give advice as to what medicines to take for a specific problem.

EMERGENCY TELEPHONE NUMBERS

European Emergency Number - number to be dialled first: 112

SAMU (ambulance): 15

Police: 17

Fire service: 18

Drugs Information Service: 0 800 23 13 13

Alcohol Information Service: 0 980 980 930

Tobacco Information Service: 39 89

SOS Médecins 35: 19 rue Leguen de Kerangal

Metro A: Clémenceau

Visits and emergencies 24 hours a day, but priority is given to emergency cases. A duty doctor is available for consultation from 10a.m. to midnight (appointment only).

Tel. 02 99 53 06 06

Poisons unit: 02 99 59 22 22

Duty pharmacists/chemists: 32 37 (€0.34/min.)

HOSPITALISATION

If hospital treatment is required, the cost of a day's stay in hospital varies according to the type of treatment and the hospital department in which the patient is being cared for.

List of public hospitals in Rennes

> Hôpital de Pontchaillou

2 rue Henri Le Guilloux - Rennes

Tel. 02 99 28 43 21

Tel. 02 99 28 37 02 (Accident & Emergency number)

chu-rennes.fr

Metro A: Pontchaillou

> Hôpital Sud

16 bd de Bulgarie - Rennes

Tel. 02 99 28 43 21

Bus: no.13 Bus stop: Hôpital Sud

Metro A: Le Blossne



REIMBURSEMENT OF HEALTHCARE EXPENSES



● At the doctor's

You pay the cost of the consultation (€25), and then you are reimbursed by the Sécurité Sociale and your *mutuelle*.

A word of advice. For the first reimbursement, it is recommended that you actually go in person to the CPAM office in the Cours des Alliés, Rennes.

Doctors have Carte Vitale readers. The Carte Vitale is a smart card which is given free of charge to everybody who is insured in the French health and social security system, and enables doctors to forward requests for reimbursement electronically to the Sécurité Sociale. This obviously reduces the time taken for reimbursements to be made.

N.B.

- > You must consult the *médecin traitant* that you chose when you arrived in France so as not to have a reduction in the amount of the reimbursement paid by the Sécurité Sociale and your *mutuelle*. (See page 65)
- > If you are planning to travel abroad, ask your Sécurité sociale office for information before you leave.

● At the pharmacy/chemist's

You should in theory only pay for that part of the cost which is not reimbursed by the Sécurité Sociale and by your *mutuelle*, if you have one.

Useful address

CPAM (Caisse Primaire d'Assurance Maladie)
d'Ille-et-Vilaine
7 cours des Alliés
35024 Rennes Cedex 9
Tel. 36 46
Open Monday, Tuesday, Thursday and Friday:
8.30am - 12.30pm / 2.00pm - 5.00pm
English language helpline - 0811 36 36 46
ameli.fr



STUDENT SOCIAL WELFARE AND HEALTH

● Finding help

The student welfare service offers students help, advice, and information. It is based at various places in Rennes' universities. These professionals:

- > listen to you,
- > give you information,
- > help you to deal with the various aspects of everyday life, e.g. money and budgeting, housing, and access to student rights and entitlements in association with all student-related services,
- > give you advice on administrative and social service-related procedures,
- > point you towards the appropriate services for your needs, e.g. CROUS, student health insurance companies (*mutuelles étudiantes*), and the CAF (*Caisse d'Allocations Familiales*),
- > help you to deal with personal, social, and family problems, while respecting professional confidentiality.

If you need any information, contact the following organisations:

CROUS - Service Social

7 place Hoche

Tel. 02 99 84 31 69

service.social@crous-rennes.fr

INSA

Espace Santé Prévention Handicap

Tel. 02 23 23 86 60

BAPU

(Bureau d'Aide Psychologique Universitaire)

(university psychological help service)

2nd floor

11 boulevard de la Liberté

Tel. 02 99 30 81 24

Open Monday to Friday - 9a.m. to 7p.m.

Open Saturday - 9a.m. to 12 noon

(closed Wednesday afternoon).

● Le Säs - Young people's listening centre

CRIJ Bretagne / Le 4bis

4 bis cours des Alliés - Rennes

crij-bretagne.com

(heading: Le 4bis / le Säs)

Tuesday to Thursday: 2.00p.m. to 6.00p.m.

Friday: 2.00p.m. to 4.00p.m.

● SIMPPS - Student health centres

The SIMPPS is the Service Interuniversitaire de Médecine Préventive et de Promotion de la Santé (inter-university preventive medicine and health promotion service). It is made up of a team of doctors, nurses, social workers, psychologists, psychiatrists, dieticians, and office staff, who arrange appointments and advise students as regards the service's various healthcare professionals.

This service is open to students at the following establishments:

- > University of Rennes 1
- > University of Rennes 2
- > Agrocampus Ouest
- > Sciences Po Rennes
- > ENSAI
- > ENSCR
- > INSA Rennes

The SIMPPS offers free of charge:

- > a routine health check for every undergraduate student during their degree course
- > a medical appointment for students whose degree course exposes them to specific risks
- > support for disabled students in the organisation of their studies
- > ill-health prevention and health education activities
- > the dispensing of post-coital/morning after contraception

Throughout the year students can ask for medical consultations:

- > General medicine, including the issuing of medical certificates, and vaccinations
- > Gynaecology
- > Psychiatry
- > Nutrition
- > Tobacco addiction

SIMPPS - Student health centres

Monday to Friday: 8.30a.m. to 5.00p.m.

simpps@univ-rennes1.fr

simpps.univ-rennes.eu

> On the Beaulieu campus

University of Rennes 1

Beaulieu campus - Building 21

Tel. 02 23 23 55 05

> On the Villejean campus

University of Rennes 2

ÉRÈVE Building - 2nd floor

Tel. 02 23 23 70 85

CHILDREN & SPOUSE

● Childcare facilities for young children

Rennes City Council offers a range of options for looking after small children (i.e. aged under 3).

The various facilities which can welcome the under-3s are:

- > *Crèches municipales* offer care for children aged under 3 in approved nurseries every week day.
- > *Crèches parentales* are run by parents' associations, which pay for the services of a team of childcare professionals. A personalised and well-equipped environment is provided for children aged from 3 months to 3 years.
- > *Crèches associatives* are run by qualified staff and parents.
- > *Micros-crèches* take a maximum of 10 children.
- > *Haltes-garderies* are day nurseries where children can be left on an occasional basis.

Other options are also available:

- > Nanny (childcare in your own home): the most expensive solution. (France's national minimum wage is €1,498.50 gross per month for 35 hours of work a week. In addition, employers' contributions must also be paid).
- > Babysitting: done by many high school and university students in the evening for about €5 per hour.
- > Childminder: To find a childminder in your neighbourhood and check their availability, consult assistantsmaternels35.fr.

More informations

L'Etoile
Small children information centre
2 rue Jacques Gabriel
02 99 67 11 70
metropole.rennes.fr

● Educational system

Attendance at school in France is compulsory between the ages of 6 and 16. Education is free in state schools, but must be paid for in private schools. However, the syllabuses are the same in both state and private schools because they are drawn up at the national level.

Most schools offer catering facilities for pupils at midday as well as, in the case of nursery and primary schools, a child-minding service both before and

after school.

- > *École maternelle* (nursery school – from the age of 3). This is to be compulsory from the start of the school year in September 2019.
- > *École élémentaire* (primary school – from the age of 6) has 2 cycles : CP (*cours préparatoire*) / CE1 and CE2 (*cours élémentaires* years 1 and 2) and CM1 and CM2 (*cours moyens* years 1 and 2).
- > *Collège* has 4 classes : from the 6th to the 3rd.
- > *Lycée* covers the 3 school years known as *seconde* (15 – 16 year olds), *première* (16 – 17 year olds), and *terminale* (up to the leaving age at 18).

The *baccalauréat* is the school-leaving examination which is taken in the final year at *lycée*. Specialised *lycées professionnels* prepare students for vocationally-based *baccalauréats professionnels* and BEPs (*Brevets d'Études Professionnelles*), and *lycées techniques* prepare students for *baccalauréats technologiques*.

● Schools

> Nursery and primary school enrolment

To enrol your child in a nursery or primary school, your family must already be in France and have an address in Ile-et-Vilaine.

You must contact the DIVEL office (02 99 25 10 53) at the regional education authority, and they will give you an appointment for a pre-enrolment interview. At the end of this interview children will have to take tests in their native language or in French if they speak it.

> Collège enrolment

The regional education authority deals with enrolment. Pupils aged 12 are enrolled in *collège* as a matter of course. The level of their French is assessed by an FLE (French as a foreign language) teacher.

> For students aged over 16

Each student goes to a CIO careers guidance centre for a discussion with a careers guidance advisor. Students at *lycées* and *lycées professionnels* can have FLE (French as a foreign language) support.

● Family allowances/benefits

Since 2004 most foreigners who are legally living in France with their minor children have the right to claim family allowances/benefits. The exception are those people who have a D Visa marked '*Dispense temporaire de titre de séjour*'. These people have no right to such benefits.

COMMUNICATING



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● Telephone (international calls and mobiles)

HOW TO MAKE A TELEPHONE CALL

French telephone numbers have ten figures.

- > To phone abroad: [00] [international dialling code of country] [telephone number without the first '0'].
- > To phone France from abroad (in most cases): [00] [33] [telephone number without the first '0'].
An example of one exception: from the USA and Canada dial [011] [33] [telephone number without the first '0'].

To contact directory enquiries, dial a six-figure number beginning with '118', e.g. 118 712 (Orange), or 118 008 Pages Jaunes (Yellow Pages).

MOBILE PHONES

Mobile phone operators offer a variety of package deals.

When taking out a phone contract carefully check the period of the contract you sign. This is often 2 years.

Nevertheless, it is possible to cancel the contract after one year in return for the payment of an early termination fee.

A word of advice. Certain phone operators have partnerships with foreign operators. Ask your operator in your home country for information.

Check that your telephone battery charger can be adapted for a current of 220V (volts).

Useful addresses in Rennes city centre

> SFR

20 rue de Nemours
Tel. 02 99 78 20 10

> ORANGE

Place de la République
Tel. 10 14

> BOUYGUES TELECOM

9 rue le Bastard
Tel. 02 99 78 38 33

> FREE CENTER

15 quai Lamartine
Tel. 10 44



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● Internet

IN TOWN

You can connect to free Wi-Fi hotspots in some restaurants and shops, in the city's libraries, at the CRIJ Bretagne, at the station, and in the city-centre internet cafés.

AT YOUR HOST ESTABLISHMENT

After your registration, your host establishment will give you an email address and password to enable you to access your computer account.

You can access Wi-Fi in your host establishment, where computer rooms giving access to email and internet are also available.

N.B. Your internet access code is not generally given to you until you get your student card.



Good to know

When you move, it is a good idea to notify the Post Office. That way your mail will be forwarded to your new address. There is a charge for this service, but it ensures that you do not lose any important documents that might be sent to you.

A COMPLETE PACKAGE:

INTERNET, MOBILE, LANDLINE, AND TELEVISION

Many package deals are available, and there are a variety of operators on the market, e.g. Free, Orange, SFR and Bouygues Télécom.

Most operators suggest that you sign up to a complete package: mobile + landline with free calls to landlines in France and abroad + unlimited broadband and TV.

To subscribe, your accommodation must have an existing phone line, or you can choose your provider.

For more information

free.fr

orange.fr

sfr.fr

bouyguestelecom.fr

You will need the following supporting documents:

- > proof of your address in France
- > the name and telephone number of the previous tenant
- > bank account details (a RIB)
- > proof of identity (ID)

N.B. If you have just moved into your new address, you need to have your tenancy contract.

● Post Office

The Post Office's main role is to collect and deliver mail, but it also sells postage stamps and phone cards, sends parcels, and provides a full range of banking services, such as its own current account and chequebook.

Examples of prices: price of a stamp for a letter weighing 20 grams or less: €0.80 to a destination in France, and €1.20 to a destination in the European Union and Switzerland. Prices for other countries are fixed according to zone.

GETTING INFORMATION

● Information centres in Rennes

These information centres can provide you with details of Rennes' cultural, sporting, and tourist activities, as well as information about the city's clubs and societies.

Centre d'Accueil et de Renseignements (CAR)

(Rennes town hall reception)
Hôtel de Ville - Place de la Mairie - 35000 Rennes
Tel. 02 23 62 10 10
metropole.rennes.fr

Centre Régional Information Jeunesse Bretagne (CRIJB / Le 4 bis)

(information centre for young people)
4 bis cours des Alliés - 35000 Rennes
Tel. 02 99 31 47 48
crij-bretagne.com

Point information de Rennes Métropole

4 avenue Henri Fréville - 35000 Rennes
Tel. 02 99 86 62 62
metropole.rennes.fr

Office des Sports de Rennes

Espace vélodrome
10 rue Alphonse Guérin - 35000 Rennes
Tel. 02 23 20 42 90
sports-rennes.com

Maison Internationale de Rennes (MIR)

(Rennes International House)
7 quai Chateaubriand - 35000 Rennes
Tel. 02 99 78 22 66
mir-rennes.fr

Rennes Métropole Tourist Office

11 rue Saint-Yves - 35000 Rennes
Tel. 02 99 67 11 11
tourisme-rennes.com

Les Champs Libres - Espace vie du citoyen

Newspapers and television from around the world
10 cours des Alliés - 35000 Rennes
Tel. 02 23 40 66 00
leschampslibres.fr

For further information

Get a copy of the 'ABC des Loisirs' (ABC of Leisure) guide, which is published by the Ouest-France newspaper. This guide is free, and lists the whole range of leisure activities in Rennes. It is available from the CRIJ and during the TAM-TAM welcome days at the end of September. You can also download it from the metropole.rennes.fr website.

● The local media

WRITTEN PRESS: NEWSPAPERS AND MAGAZINES

Ouest-France: regional daily newspaper (€1.05, on sale at newsagents). International, national, regional, and local news.

ouest-france.com

20minutes, CNews Matin: free daily paper distributed at certain metro stations.
National and local news.

Les Rennais: free fortnightly magazine.
Rennes City Council news.
metropole.rennes.fr

Rennes Métropole Magazine: free fortnightly magazine.
Rennes Métropole news.
metropole.rennes.fr

L'agenda des sorties dans Rennes Métropole:

Free monthly guide to 'what's on' in the Rennes Métropole area. Published by Ouest-France in association with Rennes Métropole.

Nous Vous Ille: free quarterly magazine.
Department of Ille-et-Vilaine news.

RADIO STATIONS

Inter-university radio Local public radio
Radio Campus Rennes: 88.4 France Bleu Armorique: 103.1

National radio
France Culture: 98.3
franceinfo: 105.5
France Inter: 93.5
France Musique: 89.9
Mouv': 107.3

Commercial radio
Hit West: 99.2
Radio Caroline: 90.8
Chérie FM: 106.8
Europe 1: 104.7
Virgin Radio Rennes: 102
Fun Radio: 94.5
Nostalgie: 97.6
NRJ Rennes: 103.9

Local non-profit-making radio stations
Canal B: 94.0
Radio Rennes: 100.8
RCF Alpha: 96.3

Radio classique: 92.3
RFM: 96.9
RMC Info: 106.0
RTL: 104.3
RTL 2: 92.7
Skyrock Bretagne: 88.9
Rire et chansons: 89.5
MRadio: 94.9

TELEVISION: LOCAL AND REGIONAL CHANNELS

TV Rennes 35 (TVR): local television featuring Rennes and the Rennes area

France 3 Bretagne: regional edition at 12p.m. and 7p.m.

TV Breizh: Brittany-based cable, satellite and internet channel

IMPROVING YOUR FRENCH

- **Lessons organised by the CIREFE (Rennes international centre for the study of French as a foreign language)**

EXCHANGE PROGRAMME STUDENTS

Language support classes

After a preliminary assessment, students are grouped according to their level of French.

Classes are organised on a semester basis:

- > Semester 1: from October to December
- > Semester 2: from January to May

One semester = 4 hours a week for 11 weeks.

A special rate is offered for students at CMI Rennes' member establishments.

Some higher education establishments finance one semester of French language classes for foreign students who are participating in exchange programmes. For information on registration procedures and prices, contact your host establishment's international office.

INDIVIDUAL MOBILITY STUDENTS

There are two types of language courses:

- > Language support classes: 4 hours a week for 11 weeks, in addition to an academic course.
- > Full-time semester-long course: 15 hours a week for 11 weeks. These classes cannot be taken at the same time as an academic course.

For further information

CIREFE

University of Rennes 2 - Villejean campus
building E
Place du Recteur Henri Le Moal - CS 24307
35043 Rennes Cedex
Tel. 02 99 14 13 11
cirefe@univ-rennes2.fr
sites.univ-rennes2.fr/cirefe

● Other possibilities

> Centre d'Études des Langues (CCI Rennes)

Faculté des Métiers - Campus de Ker Lann
Rue des Frères Montgolfier - 35172 Bruz
Tel. 02 99 05 45 05
ccifformation-rennesbretagne.fr

> Dialangues

105 avenue Henri Fréville
35200 Rennes
Tel. 02 99 50 32 32
dialangues.net

> Langue et Communication

35 rue Saint Melaine - Rennes
Tel. 02 99 38 12 55 / 09 60 08 39 75
langue-et.communication@orange.fr
langueetcommunication.com

> Institut Franco-Américain

7 quai Chateaubriand - Rennes
Tel. 02 99 67 51 67
ifa-rennes.org



FINDING A JOB

● What you need to know before finding a job

Non-French students can work part-time during their studies.

An international student may be employed upon presentation of a valid temporary *carte de séjour* (residence permit) marked 'étudiant', or else upon presentation of an acknowledgement of receipt showing they have requested to have their residence permit renewed.

International students are allowed to work a maximum of 964 hours per year, i.e. 60% of the legal number of hours that can be worked in a year. This period starts when your residence permit is issued or when your VLS-TS visa is validated by the OFII.

Be careful not to exceed this number of hours, otherwise the temporary residency permit could well be invalidated by the prefecture!

N.B. PhD students who have to work for more than 964 hours over the year as part of their research work must request authorisation from DIRECCTE.

● Procedures to be followed by the employer

Any employer who wishes to employ a non-French student must first declare this to the prefecture that issued the student's temporary residence permit. This declaration must be sent at least 2 working days before the student starts work.

DIRECCTE Bretagne
Immeuble Le Newton
3 bis avenue de Belle Fontaine - CS 71714
35517 Cesson-Sévigné Cedex
Tel. 02 99 12 58 58
bretagne.direccte.gouv.fr

● The employer's declaration

This must contain :

- > the employer's corporate name or their family name and first names, their address, the business registry system identification number, or, failing that, the number under which social security contributions are paid
- > the employee's family name, first names, nationality, and date and place of birth
- > the job start date
- > the nature and length of the contract, and the annual number of hours of work
- > the non-French student's temporary residence permit number
- > **a copy of both sides of the student's temporary residence permit**

How to send the declaration to the prefecture

- > by email:
employeurs-etranangers@ille-et-vilaine.gouv.fr
- > by fax: 02 99 02 14 09
- > by recorded delivery letter with acknowledgement of receipt

N.B. The declaration also formally constitutes a request by the employer to the prefecture to check that the non-French student's temporary residence permit really does exist. This is so that the employer can make sure that the document presented to them by the student is genuine.

● Pôle Emploi job centre

The day after the end of your employment contract you can register as a jobseeker at the Pôle Emploi.

You can register online on the Pôle Emploi website pole-emploi.fr, or go to the office in person.

If you worked in France before registering, you will be able to apply to receive Aide au Retour à l'Emploi (ARE) benefit, which is calculated in proportion to the income you received before your registration.

For further information phone 39 49

● Starting your working life

EUROPEAN UNION CITIZENS

At the end of your studies you can stay on longer in France in order to look for a job.

As a European Union citizen you can register at the Pôle Emploi (job centre) and have access to a number of services.

Registration at the Pôle Emploi does not automatically give you the right to be paid unemployment benefit.

You must have been a salaried employee in France beforehand and thus to have paid your unemployment insurance contributions from your salary every month. If you have done this, you will be able to claim Aide au Retour à l'Emploi benefit (ARE – back-to-work benefit) from the Pôle Emploi.

You can register online as a *demandeur d'emploi* (jobseeker) at the Pôle Emploi or you can go in person to your local Pôle Emploi office.

NON-EUROPEAN UNION CITIZENS

If you are the holder of a residence permit you can, at the end of your studies, stay on longer in France in order to look for a job.

There are two procedures which vary according to the note that appears on your residence permit.

> **Autorisation Provisoire de Séjour (APS) Fin d'Études (end of studies temporary residence permit)**

This procedure is applicable to holders of an '*Étudiant*' residence permit who can provide proof of having been awarded the following degrees: professional undergraduate degree, master's degree and equivalent, e.g. *Cycle Ingénieur*, *Mastère Spécialisé* (only awarded by the *grandes écoles*), or doctorate.

This enables a 1-year right of residence with student status to be authorised. In principle this is non-renewable (the period and conditions can vary according to the student's home country), and gives the student the right to look for a job within their area of study in France.

The issuing of the APS is free.

The young graduate must find a job where the pay is equal to at least 1.5 times the SMIC (national minimum wage) and in a field related to their degree.

A change of status to that of '*salarie*' (employee) must then be applied for. This is done at the prefecture.

N.B. In this particular employment situation, the employer does not have to justify their decision to employ the holder of this type of temporary residence permit rather than a more long-term resident of France.

> End of CDD (fixed-term contract) procedure

This procedure is available to PhD students and researchers with the status of *Passeport Talent Chercheur*, and enables them to renew their residence permit at the end of their employment contract on the grounds that they are "involuntarily deprived of work" (article R313-11 CESEDA).

Consequently, if the researcher finds a job in an institution authorised to issue *conventions d'accueil* (hosting agreements), they can be employed straightaway as long as they get a *convention d'accueil*. On the other hand, if they are employed by an institution that is not authorised to issue a hosting agreement, they will have to apply for a change of status to '*salarie*' by providing an *autorisation de travail* (work permit) issued by DIRECCTE. The application procedure is dealt with at the prefecture.

N.B. If you find yourself in this situation, you can make your residence permit renewal application at the CMI Rennes.

Please contact the CMI Rennes a month before the expiry date of your residence permit for further information.

TAKING IT EASY AND GOING OUT

● Some dates to remember



September

- > **Journées du Patrimoine** (heritage days): a large number and wide variety of historic sites and buildings are open to the public free of charge.
- > **TAM-TAM**: the biggest event for students at the beginning of the academic year. Two days of information and activities with a special welcome for international students. TAM-TAM is for all young people between 15 and 30.

October

- > **Marmaille**: children's festival with dances, puppets, and miming.
- > **Tout Rennes Court**: running.
- > **Festival des Sciences**: a national celebration of science in all its forms.

November

- > **1 November**: All Saints' Day - religious festival (public holiday).
- > **11 November**: Armistice 1918 (public holiday).
- > **Yaouank**: festival of Breton culture.
- > **Mettre en Scène**: drama and dance festival.
- > **Jazz à l'Ouest**: jazz festival with both a European and American programme.

December - January

- > **25 December**: Christmas - religious festival (public holiday).
- > **1 January**: New Year's Day (public holiday).
- > **Les Transmusicales**: famous festival which focuses on the discovery of today's new music.
- > **Les Rockeurs ont du Cœur**: a concert based on the principle of one new toy donated = one free admission.

February

- > **Travelling**: film festival with competitions for feature-length and short films, as well as Travelling Junior for children.

March - April

- > **Easter**: Sunday and Monday - religious festival (public holiday, dates vary each year).
- > **Foire Internationale de Rennes**: Rennes' international fair with large numbers of exhibitors.
- > **Les Tablées du Rheu**: food and wine fair in the village of Le Rheu.
- > **Mythos**: festival of the arts of the spoken word.
- > **Festival 7^e Lune**: short film festival.

May - June

- > **1 May**: May Day - Labour Day (public holiday).
- > **8 May**: Victory 1945 (public holiday).
- > **Ascension Day**: Thursday - religious festival (public holiday, date varies each year).
- > **Rock'n Solex**: music festival and Solex (moped) races, organised by the students of INSA.
- > **La Nuit des Musées**: discovery of Rennes' museums by night.
- > **Rennes sur Roulettes**: roller-blading and roller skating weekend.

July - August

- > **Fête du Cinéma**: 3 days of reduced-price cinema tickets.
- > **14 July**: national holiday - Bastille Day (public holiday).
- > **15 August**: Assumption Day - religious festival (public holiday).
- > **Quartiers d'Été**: Rennes Métropole's youth festival, with concerts, films, games, and other activities.
- > **Transat en Ville (Deckchairs in the city)**: enjoy lazing about and evening concerts.

UNIVERSITY VACATIONS

Each establishment determines its own vacations. Nevertheless, the Christmas vacations are the same for everybody and begin in late December. For information on the exact dates of your academic calendar, consult your host establishment.

For further information

Rennes City Council and Rennes Métropole website:
metropole.rennes.fr

● Main entertainment venues

Le Liberté

Esplanade Général de Gaulle
Tel. 02 99 85 84 84

leliberte.fr

L'UBU

1 rue Saint Héliér
Tel. 02 99 31 12 10

ubu-rennes.com

Le Musikhall

Parc Expo Rennes Aéroport-Bruz
Tel. 02 99 85 84 84

leliberte.fr

L'Antipode MJC

2 rue André Trasbot
Tel. 02 99 67 32 12

antipode-mjc.com

Théâtre National de Bretagne (TNB)

1 rue Saint Héliér - Rennes
Tel. 02 99 31 12 31

t-n-b.fr

Théâtre du Vieux Saint-Etienne

14 rue d'Echange - Rennes
Tel. 02 23 62 21 03

ay-roop.com

La Paillette MJC

6 Rue Louis Guilloux - Rennes
Tel. 02 99 59 88 88

la-paillette.net

Opéra de Rennes

Place de la Mairie - Rennes
Tel. 02 23 62 28 28

opera-rennes.fr

Le Triangle

3 bd de Yougoslavie - Rennes
Tel. 02 99 22 27 27

letriangle.org

Le Diapason - University of Rennes 1

Campus de Beaulieu - Rennes
Tel. 02 23 23 55 68

diapason.univ-rennes1.fr

Le Tambour - University of Rennes 2

Place du Recteur Henri Le Moal - Rennes
Tel. 02 99 14 11 41

univ-rennes2.fr/service-culturel

A WORD OF ADVICE

You can buy your concert tickets at FNAC (Centre Colombia) or at supermarkets, e.g. E.Leclerc and Carrefour.

● Art-house cinemas

(films screened in the original language)

Le Tambour

Service culturel - University of Rennes 2
Place du Recteur Henri Le Moal - Rennes
Tel. 02 99 14 11 41

univ-rennes2.fr/service-culturel

Arvor

29 rue d'Antrain - Rennes
Tel. 02 99 38 78 04

cinema-arvor.fr

Ciné-TNB

1 rue Saint-Héliér - Rennes
Tel. 02 99 31 12 31

t-n-b.fr

● The CMI Rennes' cultural diary

In partnership with the TNB (Théâtre National de Bretagne), Le Triangle, the Opéra de Rennes, La Paillette, and the Orchestre Symphonique de Bretagne, the CMI Rennes organises a selection of dance, theatre, concert, and opera events - all at special rates.

Vouchers can be bought at the CMI Rennes office in the Cité Internationale Paul Ricoeur. A valid student card must be shown at the time of purchase.

CMI Rennes

Cité Internationale
1 place Paul Ricoeur

cmirennes@u-bretagneire.fr

The programme is on the CMI Rennes website:

cmirennes.u-bretagneire.fr

facebook.com/CMIRennes

twitter.com/CMIRennes

Further information

There are many other live entertainment venues in Rennes, both in the various parts of the city and in the surrounding towns and villages.

● Museums

Musée des Beaux-Arts (city art gallery)

20 quai Emile Zola - Rennes
Tel. 02 23 62 17 45
mba.rennes.fr

La Criée contemporary art centre

Place Honoré Commeurec - Rennes
Tel. 02 23 62 25 10
criee.org

Ecomusée du Pays de Rennes,

Ferme de la Bintinais
Route de Noyal-Châtillon-sur-Seiche
Tel. 02 99 51 38 15
ecomusee-rennes-metropole.fr

Espace Ferrié

Signals and communications museum
6 avenue de la Boulais - Cesson Sévigné
Tel. 02 99 84 32 87
espaceferrie.fr

Les Champs Libres

A cultural facility that houses Rennes Métropole's Central Library, the Science Centre, and the Brittany Museum.

10 cours des Alliés - Rennes
Tel. 02 23 40 66 00
leschampslibres.fr
espace-sciences.org
bibliotheque-rennesmetropole.fr

FRAC Bretagne

19 Avenue André Mussat - Rennes
Tel. 02 99 37 37 93
fracbretagne.fr

● Cinemas

Gaumont

Esplanade Charles de Gaulle - Rennes
Tel. 0 892 69 66 96

Cinéville Rennes Colombier

26 place du Colombier - Rennes
Tel. 02 23 44 84 00

Méga CGR cinema complex (multiplex cinema just outside Rennes)

Cap Malo - Zone de Millet - La Mézière
Tel. 0 892 68 85 88

● Public libraries

Rennes has 14 public libraries. Reading, the consultation of documents, and internet access are all free, but the borrowing conditions regarding documents vary according to your subscription.

Rennes Métropole's libraries operate as a network. Registration in a local branch library gives you access to all of Rennes' libraries, except that of Les Champs Libres. An extra subscription has to be paid at the Champs Libres central library for the borrowing of books, DVDs, and CDs.

Central Library: Les Champs Libres

Cours des Alliés - Rennes
Tel. 02 23 40 66 00

For information on central library charges and borrowing conditions, consult the following website: leschampslibres.fr
Heading: 'Infos pratiques/Tarifs'.

Branch libraries: Maurepas, La Bellangerais, Bourg-l'Evesque, Villejean, Nord-Saint-Martin, Cleunay, Champs-Manceaux, Clôteaux-Bréquigny, Carrefour 18, Bréquigny, Landry, Triangle, Longs-Champs.

The university libraries on the various university campuses have documents and materials which are particularly useful for your studies.



● Main parks and public gardens

Prévalaye recreation area

Route de Sainte-Foix (Cleunay)

Bauregard

at the corner of Rue Fernand Robert and Avenue du Bois Labbé

Bréquigny

Rue d'Angleterre

Les Gayeulles

Avenue des Gayeulles

Maurepas

15 boulevard Paul Painlevé

Oberthur

82 rue de Paris

Thabor

Place Saint-Melaine

Villejean

PLAYING SPORT

● The Service Interuniversitaire d'Activités Physiques et Sportives (SIUAPS)

(inter-university physical and sporting activities service)

- > If you are a student at the universities of Rennes 1 or Rennes 2, SIUAPS offers you training in various physical and sporting activities. Above all, it gives you the opportunity to choose those activities which are best suited to your requirements. It also shows that you have participated in sporting activities during your degree course, and gives you the chance to participate in university sporting competitions. More information can be found on siuaps.univ-rennes.fr.
- > If you are a student at a *grande école*, sporting activities will be available. Ask your *grande école's* sports association for information.

N.B. No matter what kind of sport you want to play, you need to have a *certificat médical d'aptitude à la pratique sportive* (medical certificate confirming your fitness to play sport). This will be issued to you during a medical visit in France.

● CMI Rennes world cups

The CMI Rennes, in association with SIUAPS, organises 2 tournaments during which teams of international students compete with each other for the title of 'world champion'.

- > **Football world cup**
In October – 1-day tournament
- > **Volleyball world cup**
In January – an evening tournament

Information can be found on the CMI Rennes website: cmirennes.u-bretagneleire.fr



● Where to go to see a match

- > **Football**
Stade Rennais – Roazhon Park
staderennais.com
- > **Volleyball**
Rennes Volley 35 – Stade Colette Besson
rennesvolley35.fr
- > **Handball**
Cesson Rennes Métropole Handball
Palais des sports de la Valette
cesson-handball.com
- > **Basketball**
Union Rennes Basket 35 – Stade Colette Besson
planete-urb.com
- > **Ice hockey**
Rennes Cormorans Hockey Club – Le Blizz
lescormorans.eu
- > **Baseball and softball**
Redwings Club – Parc des Gayeulles
redwings-rennes.fr

● Main council-run sporting facilities

Outdoor fitness circuits (Circuits Rustiques d'Activités de Plein Air – CRAPA): Paul Lafargue, Le Moulin du Comte recreation area, Les Gayeulles and Villejean parks.

Swimming pools: Bréquigny, Saint-Georges, Les Gayeulles, Villejean

Tennis courts: Les Gayeulles, Roger-Salengro, Bréquigny, Cleunay-Lesseps, Courtemanche

Squash courts: Les Gayeulles

Ice skating rink: Le Blizz, Parc des Gayeulles

Golf courses: Saint-Jacques-de-la-Lande and La Mézière

Water-sports centre: Étangs d'Apigné

For further information

on sporting activities organised by Rennes' sports clubs and associations, contact:

Office des Sports

Espace Vélodrome – 10 rue Alphonse Guérin – Rennes

Tel. 02 23 20 42 90

contact@sports-rennes.com

sports-rennes.com

DISCOVERING RENNES, BRITTANY, AND PARIS



Do you want to get out and about? Rennes is ideally located for discovering Brittany and France's capital, Paris. Here are a few ideas for some trips.

● A day trip

Mont-Saint-Michel

A UNESCO World Heritage Site.

To see: the abbey, the town, and the bay

Journey: 90 km - 1 hr 20 min. (by coach)

ter.sncf.com/bretagne

Tel. 0 800 880 562 - Leave from Rennes coach station

(*gare routière*)

Tourist Office: ot-montsaintmichel.com

Saint-Malo

The corsair town beside the sea. (A corsair was a licensed pirate).

To see: Saint-Malo Intra Muros (the old town within the ramparts), the beaches, and the aquarium. Journey: 70 km - 50 min. (by TGV high-speed train or local TER train).

By coach (BreizhGo):

transports.bretagne.bzh

Tel. 0 810 35 10 35. From Rennes coach station.

Tourist Office:

saint-malo-tourisme.com

Brocéliande

The forest of legends, in which Merlin the magician, Viviane the fairy, the Knights of the Round Table, and King Arthur have all left their traces.

To see: the Val sans Retour (valley of no-return), with the Étang du Miroir-aux-Fées (fairies' mirror pool), the Siège de Merlin (Merlin's seat), the Moulin de la Vallée (mill of the valley), the Arbre d'Or (golden tree), and the Tombeau de Merlin (Merlin's Tomb).

Tréhouretec Tourist Office:

valsansretour.com

Other ideas

Combours, Dinan, Vitré, Fougères, Dinard - to name but a few.

Comité Départemental du Tourisme Haute-Bretagne Ille-et-Vilaine: bretagne35.com

● Getting away for a weekend or a few days

Discovering Brittany

To give you some ideas for trips and short stays, consult the tourismebretagne.com website.

Suggested trips around the Côte d'Émeraude (Emerald Coast), the Côte Sauvage (Wild Coast), the Côte de Granit Rose (Pink Granite Coast), and the Côte des Légendes (Coast of Legends) will help you to discover the magic of your host region.

Paris

Discover the attractions of the capital of France.

To see: historical monuments, e.g. the Eiffel Tower and the Champs Élysées, museums, e.g. the Louvre, and the Georges Pompidou Centre, Notre-Dame Cathedral, and walks on the banks of the River Seine.

Travel to Paris by train: TGV high-speed train from Rennes to Paris Montparnasse:

oui.sncf

Journey: 350 km - 1 hr 26 min. (by TGV)

One Saturday a month, the CMI Rennes organises an outing to help you to discover Brittany.

Each full-day excursion costs from €10, and can be booked at the CMI Rennes office (on presentation of a student card).

CMI Rennes

Cité Internationale

1 place Paul Ricœur - CS 54417

35044 Rennes CEDEX

cmirennes@u-bretagne-normandie.fr

Tel. 02 57 87 02 02

The excursion programme can be found

on the CMI Rennes website:

cmirennes.u-bretagne-normandie.fr

(Heading: foreign student / events and visits)