



WELCOME GUIDE FOR INTERNATIONAL STUDENTS



ESC Rennes School of Business 2010/2011

Welcome to France

Bienvenue à Rennes!

Hello and welcome to the ESC Rennes School of Business!

We are sure you will be very happy here and we will do our utmost to help you settle in and fully enjoy your experience in France, be it for one semester or a full year.

We have compiled this guide to help you prepare your stay in Rennes, but also to accompany you throughout your studies here.

It is divided into 4 different chapters:

- I. General information**
- II. Prepare your journey to Rennes (A to Z)**
- III. What happens when I arrive in Rennes?**
- IV. Useful information for your stay in Rennes (A to Z)**

This is obviously not exhaustive. It is to be read in conjunction with the Information sheets and is to be kept at hand for reference. In addition, each student will be given on arrival the detailed student handbook concerning his or her particular programme.

Happy reading and please feel free to contact us if you feel unsure about anything before you come to France.

Disclaimer

Although ESC Rennes School of Business does its utmost to ensure that the information contained in this document is updated and correct, it cannot be held responsible for any errors or changes that occur.



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I. GENERAL INFORMATION

France

France is situated west of Europe and is surrounded by the Atlantic Ocean, the Mediterranean and the English Channel. Countries bordering France are Belgium, Luxemburg, Germany, Switzerland, Italy, Monaco, Andorra and Spain. It covers a surface area of 543,965 km² and has more than 60 million inhabitants. The capital of France is Paris with nearly 10 million inhabitants. It is divided into 96 «departments» and 22 regions. (www.europa.eu.int, www.edufrance.fr).

Brittany

Brittany is a multi-faceted region. Land and sea meet and live together in harmony. It is ranked as the most popular area to live in France! There are many interesting and cultural sites to be visited in Brittany, such as the seaside resort Dinard, the medieval town of Dinan and of course Saint Malo. The 'magic' forest of Brocéliande near Rennes is also a wonderful tourist attraction as well as the famous Mont Saint Michel. From Saint Malo, you can visit the islands of Guernsey and Jersey by ferry (about 1 hour's crossing). Further west of Brittany, in Carnac for example, you will find the famous megalith monuments.

Brittany is also known for its culinary diversity; famous «galettes» or crêpes (thin pancakes made of buckwheat flour for savoury dishes and wheat flour for dessert), seafood (especially oysters, fish) and typical desserts such as the «Far Breton» and the «Kouign Amman». There are also special beverages such as cider and «chouchen» (a type of mead made from honey). For more information, visit the wikipedia website: <http://en.wikipedia.org/wiki/Brittany> or www.brittanytourism.com.

Rennes

Rennes is the capital of Brittany. Rennes has more than 200,000 habitants. About 40% are students. The city is classified as a city of art and history. In the old centre, you will find many medieval houses. Rennes is also the meeting point of two rivers: the Ille and the Vilaine. This is also the name of the «department»: Ille-et-Vilaine.

As already mentioned, many students live in Rennes because of the numerous universities and Grandes Ecoles (prestigious third-level education schools) situated in the city. There are two public universities, Ecoles Supérieures for engineering, politics, business, sciences, electricity, etc. Rennes is one of the top ten cities in France where French people prefer to live and work. The main industries in and around Rennes are: automobile and automotive industries, agribusiness, tourism, telecommunications, engineering companies, service industries, etc. For more information, visit <http://en.wikipedia.org/wiki/Rennes>, www.rennes-metropole.fr or www.ville-rennes.fr.

Language

The official language in France is French! In Brittany, there are two regional languages that have no official status as regards the State, although they are supported by the regional authorities within the strict constitutional limits. They are: Breton, a Celtic language related to Welsh, strongest in the West but spoken all over Brittany, and Gallo, one of the Oil languages, which is spoken in the East. Although not the main spoken language, several schools in Rennes and in Brittany teach in both languages. However do not worry; you will not be confronted by these regional languages. You will find that French people manage to speak English either «just a little» or quite fluently but are often rather shy about speaking a foreign language. Due to our dual nationality at ESC Rennes School of Business, the majority of people on campus speak English.



II. PREPARE YOUR STAY IN RENNES

Checklist

Tick when done	Have I / Do I?	Reference documents	Email contacts
	a valid passport for the length of my stay in France / Europe		
	confirmed my accommodation in Rennes		Accommodation@esc-rennes.fr
	made an appointment with the Embassy or CampusFrance for the visa process	- <i>Useful websites information sheet</i> - <i>Visa information sheet</i>	
	the Ofii paper (delivered with the visa)	- <i>Visa information sheet</i>	
	all the papers I need	- <i>Documents to bring with you information sheet</i>	
	booked my travel to Rennes		
	reserved the Welcome Service at Rennes station or airport		wellcome@esc-rennes.fr
	arranged enough cash/travellers cheques to cover the first few days/weeks in France		
	need travel insurance	- <i>Chapter II, Welcome Guide (below)</i>	
	have all the administrative papers for my official registration at ESC Rennes School of Business	- <i>Emails sent by ESCR administration and</i> - <i>Documents to bring with you information sheet</i>	
	know my address in Rennes and how I shall get there		accommodation@esc-rennes.fr wellcome@esc-rennes.fr
	have my European Health Insurance card (EHIC) – <i>European students only</i>	- <i>Useful websites information sheet</i>	
	details of my inoculations and information on any health problems I may have which a doctor would need to know in case of ongoing treatment or accident		
	have a health certificate of non contagion (dated no more than 6 months before your arrival in Rennes <i>(for students staying at the Crous only)</i>)		
	have enough official passport-sized photos?		



Accommodation

As most campuses in France, ESC Rennes School of Business does not have halls of residence and therefore all students registered at the school must rent private accommodation. The school and the Well'Come team can help students, if they wish, find accommodation for the duration of their stay in Rennes.

Accommodation in Rennes needs planning and reserving in advance as it is a university city with over 60,000 French and international students per year. Rents can vary enormously depending on the landlord, the location and the services and equipment provided. Students are therefore **strongly encouraged** to reserve their accommodation as soon as possible after having been accepted.

Students who are only staying for **one semester** may have to expect to pay higher rent in the private residences (as the price decreases the longer you stay) and sometimes in flat-share accommodation. Landlords may ask students to pay for a minimum of 5 months' rent even if you are only here for 4 or 4½ months.

Students are strongly advised not to reserve temporary accommodation and look for more suitable housing once in Rennes as the choice of flats remaining in August/September will be limited (expensive, unfurnished, agency fees, far from the school or town centre etc).

For more information, please consult the [International Student Housing Guide 2010/2011](#).

Admissions at ESC Rennes

“Unconditional offer”

ESC Rennes School of Business does not need any further evidence that you have met the admissions requirements. For non-exchange students, do not forget to return the “Enrolment form” duly completed.

“Conditional offer”

ESC Rennes School of Business needs further evidence of your qualifications. You will find these conditions in your acceptance letter (e.g. results of an exam, proof of obtaining your Bachelors degree, Toefl, Toeic or IELTS results). Please send us these documents as soon as you have them or bring them with you during the official registration programme at the latest.

Arrival in Rennes

If you have not made previous arrangements to be met in Rennes by your landlord, buddy or the WellCome team, you may find the indications below useful.

At the Airport (Rennes-St. Jacques)

Take a taxi¹ (about 15€ to 30€ from the airport to the Centre of Rennes depending on the day and the time of day or night), or a bus (during the daytime only and they are only every hour).

At the train station

There are two exits at Rennes railway station, «Sortie Nord» (Northern Exit) and «Sortie Sud» (Southern Exit). To go towards the buses and town centre, take the *Sortie Nord*. Taxis can be found at both exits.

Direct buses to go to the Centre of Rennes (bus stop: "République")

- number 2, direction "Grand Quartier",
- number 11, direction "ZI Ouest/Stade Rennais",
- number 7, direction "République".

To come to ESC Rennes School of Business, take the 2, 11 or 7 (or metro), get off at the "République" stop and take the N° 4 bus direction "Beauregard". ESC Rennes School of

¹ See the document, [Taxis, Hotels and Campsites in Rennes](#)



Business is at the second-to-last stop "Préfecture" or take the metro as below:

The metro also has a stop at the station and goes directly to the city centre ("République" or "Sainte Anne") direction "JF Kennedy". For the ESC School of Business, take the metro to "Villejean Université" (direction "J.F.Kennedy") and then cross the road and wait for the bus (opposite the swimming pool "piscine") n° 4 (direction "Beauregard"). ESC Rennes School of Business is at the second-to-last stop "Préfecture".

The coach station is just next to the railway station. Please follow the instructions indicated above.

ESC Rennes School of Business is situated northeast of Rennes near to the Chamber of Commerce and the Prefecture.

Welcome Service

The Well'Come team will be pleased to welcome you during the arrival dates when you arrive in Rennes (N.B., Paris is over 300 kms from Rennes and it is therefore not possible to meet you in Paris). Please arrive within the advised arrival period before registration; the Well'Come team will contact you directly by email.

During the welcome service period:

Arrival August/September:

- all exchange (transfer credit & double degree students) = **17 August to 5 September 2010**,
- all non-exchange (MAIB & MSc students) **17 August to 8 September 2009**.

Arrival January 2010:

- all new exchange students = **3 & 4 January 2011**.

The Well'Come team will be present at Rennes railway station or airport (if they have your time of arrival). Please meet them there. If you are being met by your landlord or landlady, we suggest giving the top of the

escalator (there is only one escalator per platform) as a meeting point.

Arrival documents to send before your journey

→ to accommodation@esc-rennes.fr
Accommodation Request form (before 30 June 2010 or 30 Nov. 2010)

→ to wellcome@esc-rennes.fr **Welcome services reservation form** (before 14 Aug. '10 or 15 Dec. '10).

Budget

A budget is very personal and depends on your way of life. We can only give an estimated guess, which obviously will differ from student to student. We estimate living cost to come to about **700€** per month, *including* accommodation, food, travel in Rennes, photocopies, insurance, Ofii stamp, health insurance and *excluding* travel to and from Rennes, holidays etc.

Remember to provide enough money available for your arrival in France as it can take up to three weeks to obtain a chequebook and credit card when you open a bank account.

- Room 350€/month on average + 1 or 2 month's rent deposit (refundable)
- Food 200€ / month
- Personal expenses 150€
- Monthly bus pass 26.90€-36.60€/ month
- Student health insurance 198€ (2009/2010)
- Complementary health insurance 100€/year
- Civil responsibility 40€/year
- Ofii medical visit (all students with visas) 55€ /year (2009/2010)
- Average total per month **700€** (excluding travel and personal expenses).



Computers

All information on timetables, student handbooks, change of classes, will be found on the intranet. **Students are encouraged to bring their laptops with them (these will be configured to our system within the first few weeks at ESC Rennes School of Business).** For students without their own personal computers, there is an open space area on the 1st floor with about 10 computers which international students are welcome to use.

Documents to prepare for arrival in France

In order to prepare your stay in France we have created a **checklist of documents** information sheet (see end of document). you will need to present for various procedures (student card, opening a bank account, Ofii medical visit, renting a room, housing allowance, health insurance, etc).

Insurance

Travel insurance

Before you leave your country, make sure that you have taken out travel insurance with repatriation in case of serious health problems, accident etc. However, it is **compulsory** for all students to have student health insurance in France (see below). Also, please read carefully the information sheet on **health coverage** as it is very important to be properly covered whilst in France. *N.B. It is possible that students who apply for visas will be asked to take out repatriation insurance (including health insurance) by the French Embassy.*

Accommodation insurance

French law stipulates that all persons who rent accommodation must have civil responsibility and third party insurance at their address in Rennes; some property owners

include this in their «rental package». If not, you can buy this with the LMDE or SMEBA or with your French bank (the BNP offers this insurance – see during the official registration period).

Health insurance

All students must have valid health insurance during their studies at Rennes

- Non-European students: the compulsory Student French Health insurance

- European Students: a valid EHIC card or the French Student Health insurance.

For detailed information please consult the information sheet on Health Insurance.

Third Party insurance

Can be included in the accommodation insurance (see above).

Integration “fresher’s” weekend → “WEI”

The French 4th-year students organise a “fresher’s weekend” for the new students (3-5 September 2010). The weekend takes place in France in a venue kept secret. Activities and visits are organised and in 2009 it cost 155€.

It is not compulsory, but you are welcome to join; it is a good opportunity to meet the other new students joining the school for the first time. Well’Come will be sending you more information a few months beforehand and members of the team will accompany you.

Missing Documents

For your administration file to be complete and to be able to register at ESC Rennes School of Business, please make sure you have already sent the following documents.



	Exchange	Non-exchange students	
a photocopy of your passport or identity card	✓	✓	<p>the start of the academic year. This programme will run from 23 August to 3 September 2010 and is open to exchange and non-exchange students. There will be 40 hours of language class contact plus integration activities including some local tourist visits.</p> <p>= 400 € early bird rate before 15 June 2010 - 450 € after 15 June 2010</p> <p>The deadline for registration is 28 June 2010. For more information, please contact Patricia Fourel (patricia.fourel@esc-rennes.fr).</p>
your birth certificate translated into French or English	✓	✓	
1 passport sized photo	✓	✓	
198€ ² for student health insurance or EHIC	✓	✓	
Letter of motivation	✓	✓	
CV (résumé)	✓	✓	
copies of your transcripts translated into English & stamped by your home university	✓		
TOEFL/TOEIC/IELTS scores	✓ ³	✓	
Enrolment form signed		✓	
copies of your transcripts officially translated into English		✓	
Transcripts since secondary year		✓	<p>• Students who arrive outside the recommended arrival period (see the detailed calendar sent before the start of the year) or very late at night may not be guaranteed a collection service from Rennes station or airport. In this case, you may need to reserve temporary accommodation – hotel or youth hostel (for the youth hostel see with Well'Come a few days beforehand) and take a taxi. See the Short stay accommodation in Rennes or Taxis, Hotels and Campsite in Rennes guides (request by email wellcome@esc-rennes.fr).</p>
All academic records		✓	
Copies of diplomas		✓	
Proof of solvability		✓	

Travelling to Rennes

Semester dates & recommended arrival

Exchange students and non-exchange students; please see the separate information sent by the Administration of your programme).

Survival French for Beginners

ESC Rennes School of Business is organising an optional language course for students who have no or very little knowledge of French and who would like to learn the rudiments before



By plane

International air companies: most international air companies arrive in Paris. There are two airports: *Roissy Charles de Gaulle* (CDG) or *Orly*.

www.aeroportsdeparis.fr/ADP/en-GB/Passagers.

Check with your air company, as they may have an agreement with Air France so that

² cost for 2009/2010, subject to change in 2010/2011

³ for double degree exchange students only (not transfer credit)



you can take a connecting flight to Rennes Airport for a reduced price («*pré-acheminement*»).

Low-cost companies (Europe): To check the list of all European low cost airlines, visit <http://www.discountairfares.com/lcoteur.htm>:

Ryanair (www.ryanair.com)

- Brest (London Luton, Dublin)
- Dinard (East Midlands, London Stansted)
- Nantes (Dublin, East Midlands, Liverpool, London Stansted, Shannon)

Easyjet (<http://www.easyjet.com>)

- Paris Charles de Gaulle or Orly (Barcelona, Belfast, Berlin, Bristol, Crakow, Glasgow, Liverpool, Madrid, Milan, Newcastle, etc).

Flybe (www.flybe.com)

- Rennes (Southampton, Manchester, Belfast, Edinburgh, Exeter, Newcastle, Dublin, Leeds, etc.)

Airberlin (www.airberlin.com).



By train

The official railway company in France is called the SNCF (*Société Nationale des Chemins de Fer*) www.sncf.fr. There are direct trains from Paris Montparnasse station about every hour or from Paris Charles de Gaulle airport (about 3 to 4 per day) to Rennes. For more information, look at the web pages: www.voyages-sncf.fr or www.tgv.fr. You must buy your tickets before taking the train (see below).

→ From the Netherlands and Belgium take the **THALYS** train:

<http://www.thalys.com/fr/en>.

→ From England, one can take the Eurostar: www.eurostar.com. From London St. Pancras station to Paris Gare du Nord and then change stations in Paris to take a direct train from Montparnasse to Rennes; or London St. Pancras station to Lille Europe and take a direct train from Lille Europe to Rennes (about 3 per day). N.B., the TGV (fast train) from Paris takes about 2 hours, from Charles de Gaulle

Airport about 3 hours and from Lille about 4 hours.

It is possible to buy a **12-25 card** which give reductions up to 70% on some trains for students under the age of 25. You can buy this on their internet and we hope to have a stand selling these during the official registration programme.

Trains normally leave on time so be careful to give yourself enough time to find your way around the station, as like in most large cities, the stations are large, cold and complicated! Please do not forget when you book your train ticket in advance that it takes a lot of time to pick up your luggage in the airport and to get from one terminal to another, especially in Paris Charles de Gaulle.

Ticket information

You can buy your ticket in advance on the website and have it sent to your home address at no extra charge (but allow plenty of time for the post). Otherwise, you can reserve your ticket on the internet and collect it either at a desk at the station or at one of the automatic ticket distributors in the station (using a code you will have received by internet). The other option is to buy your ticket and reservation (often compulsory on the TGV trains) directly on arrival, but expect to queue.

All tickets must be stamped in the yellow or orange boxes that are positioned before going onto the platform. In addition, tickets bought on the train are more expensive than tickets bought at the cash desk or the automatic ticket machines. If you do not have time to buy your ticket before getting onto the train, you must find the ticket inspector immediately on boarding and not wait until he or she passes to check the tickets. Often the inspectors speak foreign languages – they wear flags on the lapels of their uniform to indicate the languages spoken.





By ferry

Students who live in England or Ireland can come by ferry. To see all the different crossings and companies, try the website www.belvedair.com

The main companies are:

- **Brittany ferries** (www.brittany-ferries.co.uk)
- **Condorferries** (www.condorferries.co.uk)
- **P&O** (www.poferries.com)

The nearest ports to Rennes are St. Malo, Cherbourg, Caen and Roscoff.

Visa

Please see the specific [Visa information sheet](#).

Weather

The weather in France is temperate (mild, sunny with some rain occasionally). Weather forecasts are difficult to predict as Brittany is the most western part of France and is influenced by the Gulf Stream. In general, one should expect the following weather and temperatures:

- Summer (June to September): 15°C - 35°C (sunny & hot)
- Autumn (September – December): 6°C -15°C (windy, some sun and rain)
- Winter (December to March): -2°C -9°C (sun, rain, maybe some snow)
- Spring (March to June): 9°C - 20°C (sunny, some rain).

You can consult the French weather forecasts on the official web site: www.meteo.fr and to convert into Fahrenheit click on <http://pagesperso-orange.fr/dominique.melotti/celsius.htm>. In any case, the frequent change of weather - as with the British Isles - can always be a subject of conversation...

What to bring with you

Luggage

- please pay attention to your luggage allowance on your flights and remember that

you will certainly have to change airports and stations so be careful that your luggage will fit onto one trolley!

- label your luggage clearly with your name, your home address and your address in Rennes.

We suggest that you keep the following in your **hand luggage**:

- valid passport with visa and Ofii form (if relevant)
- original documents to prove financial solvability, support
- the original acceptance letters for ESC Rennes School of Business (in English and in French)
- originals of other important documents you may need (see Missing Documents)
- your rental contract if you have received this before your departure
- travel insurance details
- proof of purchase for any IT equipment
- Euros
- laptop (if applicable)
- warm clothing and rainwear.

We suggest that you keep the following in your **suitcase**:

- photocopies of important documents (think of leaving a copy with family and/or friends too)
- some warm clothing and comfortable clothes
- small gifts/souvenirs, as a thank you , if you visit someone's home
- sharp objects (knives, razor blades, etc.)

What you should not bring:

- very valuable items such as jewellery
- plants, seeds, dairy or meat products.

For more details please read the information issued by your travel agency and/or Airline Company.



Clothes and personal items

- most students dress informally but we recommend you bring a suit for formal presentations in class
- you may wish to bring an outfit for special occasions and maybe your national dress
- if you play sports we suggest you bring your equipment with you as it is possible to join local sports clubs
- photos, posters, pictures of family, friends and home
- dictionaries you use frequently

Bedding & linen

In most of the accommodation options, linen is provided or can be hired. If not, we suggest you buy this on arrival in Rennes.

International Day

Bring (or have sent) national products, decorations, posters, music for our International Day organised by the Well'Come Team in November 2010

Whom to contact at ESC Rennes School of Business

Accommodation accommodation@esc-rennes.fr

Arrival in Rennes wellcome@esc-rennes.fr

Course content and on-line choice of courses caroline.michel@esc-rennes.fr

Logistics before arrival wellcome@esc-rennes.fr

Exchange students Patricia.fourel@esc-rennes.fr

Non-exchange students Catherine.helary@esc-rennes.fr

IBPM / PGE free market students Jacqueline.tesniere@esc-rennes.fr



III. WHAT HAPPENS ON ARRIVAL IN RENNES?

Do not worry! ESC Rennes School of Business has a long experience in welcoming and integrating international students to the school and French life.

Arrival

In order to make sure that your arrival in Rennes works as smoothly as possible, we encourage you to make sure you have the following information before you leave:

- the **'phone numbers** of important people such as landlord or residence, taxi, the Well'Come team (see their website and keep in touch with them regularly by email) and buddy,
- the list of **temporary accommodation** in Paris and in Rennes just in case your flight or train is delayed (documents provided by the Well'Come Team),
- the **address and telephone numbers of ESC Rennes School of Business** (careful: closed on Sundays),
- your **full and exact address in Rennes** with the name of the landlord, residence and their telephone numbers.

It is also very important that you inform the Well'Come team (or landlord if they are meeting you) immediately by 'phone or by email if you will not be arriving in Rennes as scheduled.

Accommodation

You will have arranged with the Well'Come Team or your landlord on exactly where (meeting point) and when (exact date and time) you will be arriving in Rennes.

Either the Well'Come team (if they have the keys) or your landlord will take you to your accommodation. You may then sign the rental

contract and do the moving-in inventory (see the International Student Housing guide for more detailed information). Otherwise, you must make an appointment soonest to do this.

Well'Come will give you a 'Welcome Pack' with lots of useful information including a programme of the official and less-official activities that we have prepared for you.

Meeting other students

Before the official start of the programmes, Well'Come will organise several different events you are very welcome to join. For example in previous years, they have organised visits of Rennes, barbecues, picnics, 10-pin bowling, etc.

You will also be appointed a French "buddy", a student registered at ESC Rennes School of Business.

Official programme

The School Administration will send you the official programme for the Orientation week before arrival. It is very important that you arrive in time for this.

The **orientation programme** will include:

1) **official registration:**

- finalisation of your administrative file (for the student card),
- registration with the French Student health insurance (non-European students)
- collection of the Ofii form (non-European Students) – see below

2) **training sessions** on how to use the intranet and ESC Rennes School of Business resources

3) **academic presentations** on choice of classes and individual programmes



- 4) **presentations** (administrative advice on living in France, academic excellence, culture shock)
- 5) **team-building** exercise.

And without leaving the School (organised on certain days during the Orientation programme) help for you to:

- **open a bank account** (necessary for the housing allowance and health reimbursements)
- buy a **mobile 'phone**
- subscribe for the **bus pass** and bicycle rent
- buy a **train pass** (12-15)
- sign up with **the health insurance**
- etc.

The ESC Rennes School of Business administration and Well'Come Team all of whom speak English will accompany you.

Ofii Form

Once in Rennes, bring your passport, visa and Ofii form during the official administration session organised during the orientation week (with 2 copies of your passport and 2 copies of the visa, making sure that your date of entry into France is on the same page as the visa). ESC Rennes School of Business will collect a copy of your passport, your visa (with the date of entry) and the Ofii form and will send this for you. The procedure will be explained to you in detail during this period.

Choice of classes

For most students (depending on the programme you are registered on) you will have made your on-line choice of classes before coming to Rennes. Choices may be readjusted on arrival and more detailed information will be given to you during the Orientation week.

Exchange student documents

Students on exchange from partner universities in Europe are often requested to complete Arrival and Departure forms, learning agreements, etc. Please make sure you have all these documents with you before you leave your home country (or know where to download them).

You may leave these with the administration during the orientation week (please think of putting your name and personal information on the documents before handing them in); they will be returned to you signed within 48 hours.

Students from non-European universities may also have documents to be completed in which case the procedure above also applies.

Register with your Embassy

All international students are requested to register with their national Embassy or Consulate in France. A list of Embassies and consulates in Paris and other large cities is available on the ESC Rennes School of Business intranet.

IV. USEFUL INFORMATION FOR YOUR STAY IN RENNES (A TO Z)

Business hours

Most offices are open from Monday to Friday from 8am – 6pm. Government organisations such as the Prefecture, Social Security etc. are open from 8am to 4pm. Shops are open from 9 or 9.30am to 7 or 8pm sometimes closing between midday and 2pm. Please note, some shops are closed on Mondays in the morning or all day and banks are often closed on Saturdays (or Mondays).

Bank holidays

France has several bank holidays. Often, if a bank holiday falls on a Tuesday or a Thursday, employees tend to take the Monday or the Friday to make a long weekend. This is called «faire le pont». The bank holidays for 2010 and 2011 are:

2010		2011
1 January	New Year	1 January
4 April	Easter	24 April
5 April	Easter Monday	25 April
1 May	Labour Day	1 May
8 May	Victory day	8 May
13 May	Ascension	2 June
23 & 24 May	Whit Sun & Mon	12 & 13 June
14 July	National holiday	14 July
15 August	Assumption	15 August
1 Nov	All Saints Day	1 November
11 Nov	Armistice	11 November
25 Dec	Christmas	25 December

Please think of checking these dates when you plan your trips - there are far fewer trains and connections on bank holidays (eg. beware of travelling on 15 August). N.B. There are no buses or metro in Rennes on 1st May.

Bureau de Tabac

It is useful to know that you can buy many useful items from a «Bureau de Tabac». Apart from

selling cigarettes, etc., it also sells postage stamps, stamps for parking fines, and other government stamps, telephone cards, etc.

Childcare

You are coming to Rennes with your child/children and need someone to take care of them during class there are different solutions. Depending on the age of your children you may enrol them in a crèche or kindergarten where they can stay the whole day. Places are limited in these institutions and you must enrol your child as soon as possible. Other solutions are day mothers or childminders and babysitters. Day mothers and childminders have to be legally registered.

In French: http://www.chez-vous.com/asp/ville.asp?id_rubrique=2&id_sousrubrique=22&code_postal=35000&ville=Rennes

Cinemas

There are 5 cinemas in and close to Rennes showing films in French and in original versions. With your student card, you can obtain reduced-price tickets (about 5 to 8€):

- Gaumont Rennes (8 cinemas) Esplanade Charles de Gaulle
- Cinéville Colombier (6 cinemas) Place Colombier
- Cinema Arvor (2 cinemas) 29 rue d'Antrain
- Ciné TNB (1 cinema) 1 rue St. Hélier
- Mega CGR Cap Malo, Route de St. Malo - 35520 La Mézière.

Conversion charts

Speed

mph	20	30	40	50	60	70	80	90	100
Km/h	32	48	64	80	96	112	128	144	160

Speed conversion

mph to km/h	1.609
km/h to mph	0.621

Temperature

Celsius to Fahrenheit	(Cx9)/5+32
km/h to mph	(F-32)x5/9



Capacity

litres	Litres or UK gall.	UK gallons
4.546	1	0.220
9.092	2	0.440
13.638	3	0.660
18.184	4	0.880
20.730	5	1.100
27.276	6	1.320
31.823	7	1.540
36.369	8	1.760
40.915	9	1.980
45.461	10	2.200

Length

Multiply by:

Centimetres (cm)	Cm or inch	Inches (inch)
2.54	1	0.394
5.08	2	0.787
7.62	3	1.181
10.16	4	1.575
12.70	5	1.969
15.24	6	2.362
17.78	7	2.756
20.32	8	3.150
22.86	9	3.543
25.40	10	3.937

Dates

To avoid confusion when you are in France, it is important to be aware of the following order: Date/Month/Year eg: 15 August 2010 = 15/08/10.

Decimal point

In the French number system, a comma replaces the decimal point. For example, 3.5 is written as 3,5 in French.

Disability

ESC Rennes School of Business may welcome students with disabilities. Please check if possible by contacting the school before arrival (send an email to the programme administration for your programme). For students with reduced mobility, the school is equipped for lifts/elevators to the classroom floors and other amenities. Transport in Rennes is also adapted to persons with reduced mobility (metro & buses).

Driving in France

Below are some of the rules for drivers / passengers in France. In France, one drives on the right and the cars are left-wheel drive. You will need an international or European driver's license. All drivers and passengers must wear a safety belt in cars and taxis (whether you sit at the front or in the back). Children under the age of 10 must be in special appropriate seats (depending on their age and size). When one takes a coach, it is also compulsory to wear a safety belt.

Foreign drivers must get used to the cycle paths and bus paths that have priority over cars and drivers must therefore be very careful when they want to turn right.

N.B. There is also a rule in the French driving code that gives way to roads coming from the right hand side (*priorité à droite*); one has to slow down before a road on the right unless it is clearly marked that drivers on that road must yield way. If you feel unsure, it may be worth taking a few driving lessons.

France is very strict on its drinking (also drugs) and driving laws. The maximum blood alcohol limit is 0.5 g/l. The law is very strict and if you are involved in an accident (even if it is not your fault), you can lose your license. Concerning drugs, even «soft» drugs are not tolerated and it is illegal to consume drugs and drive.

The speed limits (in dry weather conditions) in France are as follows:

- Motorways..... 130 km/hour
- Highways/dual carriageways with a central reservation..... 110 km/hour
- Other Roads..... 90 km/hour
- Towns and built-up areas 50 km/hour.

There are more and more automatic speed checks as well as spot checks (police officers in unmarked cars with cameras, etc). For more information, do not hesitate to read the brochure written in English by the French Road Safety Association «Welcome to France’s roads»:

http://www.securiteroutiere.gouv.fr/IMG/pdf/sric_depliant_bienvenue_anglais_2005_07_01.pdf

Educational System

Please find a couple of tables that summarize the French educational system.

Age	Name in France	in France	US
18	Baccalauréat	Bac	High School degree
17-18	Terminale	Lycée	High School
16-17	Première		
15-16	Seconde		
14-15	Troisième	Collège	Junior High School
13-14	Quatrième		
12-13	Cinquième		
11-12	Sixième		
10-11	CM2	Ecole primaire	Elementary school
9-10	CM1		
8-9	CE2		
7-8	CE1		
6-7	CP		

5-6	Grande section	Ecole Maternelle	Kindergarten
4-5	Moyenne section		Preschool
3-4	Petite section		Preschool/Daycare
2-3	Toute petite section		Daycare

Degree and LMD (licence, master, doctorate) system

DOCTORATE	+ 9 yrs	State diploma for medical doctors
	+ 8 yrs	Doctorate
	+ 6 yrs	State diploma for dental-chirurgical doctors State diploma for pharmaceutical doctors
MASTER	+ 5 yrs	Research Master Professional Master Engineering diploma ESC and Business Diploma
LICENCE	+ 3 yrs	License (Degree) Professional License
	+ 2 yrs	University diploma of technology (DUT) Diploma for superior technicians (BTS) University diploma for scientific and technological studies (DEUST)

After lycée + baccalaureate -> Enseignement supérieur

Source: EduFrance

Electricity

The voltage in France is 220. It is advisable to bring both plug adapters and voltage converters with you or buy them once in France.

Food

The French are renowned for their food and gastronomic restaurants. In general, there are 3 meals a day: breakfast in the morning, lunch between midday and 1pm, and dinner in the evenings at about 8pm.



Restaurants

There are many restaurants in Rennes including typical French «brasseries» such as La La Chope, La Taverne de la Marine, Léon le Cochon, and the very typical «Breton» creperies. There are also a lot of student bars and Irish pubs and the student «area» in Rennes is around the Rue St. Michel.

On campus

There is a cafeteria on campus that sells breakfast and snacks in the morning and lunch from 11.30am to 2pm. It is open Monday to Friday (during term) from 8am to 3pm. It remains open during the holidays but with reduced opening hours. The canteen is closed in the afternoons and evenings. Examples of the food offered: pizzas, quiches, salads, sandwiches, paninis, pasta, hot meals (fish or meat), steak & chips, fruit, etc. You will also find snack and drink vending machines in the dining area and in the student foyer. N.B., the cafeteria does not accept payment by credit card.

University restaurants

With your ESC Rennes School of Business student card, you have access to the university restaurants in Rennes (called «Restos U»). This is the cheapest way of having a full and well-balanced meal at a reasonable price. They are open at lunchtime from Monday to Friday (some are also open in the evenings). There are 3 restaurants in Villejean (near to the school) and 5 in the town centre. A full meal costs about 3€. You can either pay in advance and buy a book of 10 tickets, or pay each meal individually.

France and the French people

For people unacquainted with French culture, here are a few tips.

Formal and informal “you”: “vous” and “tu”

In many languages, there are 2 ways to name the second person of the singular. One is formal and the other informal. It is important to know when to use them: when to say “vous” and when to say “tu”.

In France, you should say “vous” (the formal way) to the adult you do not know (or with

whom you do not have any particular relationship), people clearly older than you and people hierarchically superior to you, unless you are asked to say “tu” when you speak to him/her.

Students (and young people in general) say “tu” (the informal way) to another student even though they do not know each other and teachers will say “vous” to the students.

Names and surnames (family name):

The use of name and surname works the same as the use of “tu” and “vous”. When you say “vous”, in general, you call the person by his/her family name with Mr or Mrs or Ms before. When you say “tu”, you call them by their first name

Greetings

More often than in other countries, French men shake hands, not only for the first meeting or after a long leave, but every day. Women usually kiss on the cheek men as well as other women (the number of kisses depends on the region!).

Housing Allowance (CAF)

Please consult the information sheet on **housing allowance**.

Housing tax

By law, the occupant of an apartment on 1st January of every year is expected to pay an accommodation tax (taxe d’habitation). Please check if this is included in your rental contract or not. The cost depends on the type of accommodation, its location and your income.

Laundry

If you are living in a residence or in some shared flats you may have a washing machine available for use either included in your rental price or you



will have to pay separately. If there are no washing machine facilities, you can go to one of Rennes' launderettes that are often open 7 days a week, 24 hours a day, 365 days a year.

- **Hallwash** (in the small shopping mall, 100m from ESC Rennes School of Business)
- "Dalle de Villejean"
- 43 rue St. Hélier .

Money matters

Remember to have enough money available for your arrival in Rennes as it can take up to three weeks to obtain a chequebook and credit card when you open a bank account in France.

→ The Euro

The following European countries have adopted the Euro: Austria, Belgium, Cyprus, France, Finland, Germany, Greece, Ireland, Italy, Luxembourg, Malta, Netherlands, Portugal, Slovakia, Slovenia and Spain. In order to calculate the conversion rate, you can consult the following website: <http://www.xe.com/ucc>. 1 euro is made up of 100 cents. There are 1, 2, 5, 10 and 50-cent coins as well as 1 and 2 euro coins. All coins have national motives on one side and a common design for all the countries on the other side. Bank notes come in 5, 10, 20, 50, 100, 200 and 500-euro denominations. In contrast to the coins, the banknotes do not have national motives and are common to all the countries.

→ Travellers' cheques

Students can bring travellers cheques in Euros or in other currencies such as US dollars, UK pounds, etc. However, like in most banks there will be bank charges for changing them.

You can change travellers cheques into Euros in all French banks (with bank charges) but you cannot pay with them in shops or for your rent etc.

→ Credit cards

MasterCard and Visa credit cards are accepted almost everywhere in France. For other credit cards, please check with your bank. ESC Rennes School of Business accepts the main credit cards for payment of tuition, social security etc.

→ Banks

It is advisable for all students to open a bank

account in France, even if they are only staying for 1 semester. It is essential for receiving any health insurance reimbursements and the housing allowance as this is only done by bank transfer and not by cheque. It is also possible to organise automatic bank transfers for paying rent. The WellCome Team negotiates a contract with a local bank each year so that international students can open and close an account without having to pay fees and benefit from other advantages.

N.B.

- It is very common in France to use a chequebook rather than credit cards and cash.
- Please note, Banks will not exchange 100 US\$ notes.

→ Western Union

It is possible to receive or send cash through the Western Union system. In France, main post offices are able to offer this service. In Rennes, you can go to the Post offices at the *République* or *Avenue Henri Fréville* (by metro).

Museums

Les Champs Libres is a modern multi-cultural centre open since March 2006 (library, museum, science and culture areas). For a virtual visit, click on: www.leschampslibres.com. Cours des Alliés, Rennes (metro: Charles de Gaulle)

L'écomusée du pays de Rennes, Ferme de la Bintinais – Rte de Châtillon sur Seiche (where you can learn about the history of the region (traditions, costumes, etc).

Musée des Beaux Arts (Art Gallery), 20 quai Emile Zola.

Post

The French mail company is called "*La Poste*". For sending letters or parcels to your home country you have different possibilities. You can put letters with stamps into the yellow mail boxes in the streets. There are always two slots, one for mail to "*Ille-et-Vilaine*", the «department» of Rennes, and the other one for "*Autres destinations*" (other destinations). All mail for France with a Zip Code beginning with 35XXX has to be put in the slot



"*Ille-et-Vilaine*"; other envelopes (other regions in France or foreign countries) should be put in the slot "*Autres destinations*".

If you do not have stamps, do not know how much you need to pay for the mail or if you want to send parcels, you can go to all post offices and ask for help. Post offices are open from Monday to Saturday mid-day. The opening times vary depending on the post office.

N.B. You can give adequately stamped envelopes to the ESC reception (before 4.00pm, Monday to Friday).

Religion

The main religion is Christian but France is known for its liberty of religious expression. For more information, check the website: <http://www.egide.asso.fr/uk/guide/vivre/religion>.

Residence permit

The residence permit is no longer necessary for 1st entry student visas. This has been replaced by the Ofii procedure. For more information, please see the detailed information sheet [Visa Procedure](#).

Safety

Rennes is a human-size city in France and is considered as a safe place to live. However, crimes happen and students are asked to take care when in public places such as markets, buses etc., for pickpockets. In addition, like in all cities, you must be careful at night and use your common sense. When visiting Paris (and other large cities in France and abroad), we ask you to be particularly careful of pickpockets.

Settling into your new home

→ Electricity (EDF) / Gas (GDF)

Tel.: 0 810 311 497

Depending on your type of rental, you have to call the company in order to have access to gas and/or electricity. They will ask for your address and your

name. You will have to give them your "*relevé de compteur*" (gas & electricity meter reading). Therefore, think of checking the meter before calling.

→ Fixed telephone line

With France Telecom / Orange Phone: 10 16 (free from any land line)

You need to go to a France Telecom agency in order to open a telephone line. In Rennes, you can find agencies at the "République", 9 Rue Le Bastard or Centre Commercial "Alma". For more information, go to their web site: <http://www.francetelecom.com/35>.

→ Water Board

Phone: 0 811 90 904

You must call "la Compagnie Générale des Eaux". They will ask you for the "*relevé de compteur*" (water meter): white numbers on a black background.

→ Housing insurance

It is very important to apply for insurance before moving into your accommodation. The student insurance company such as SMEBA or LMDE can provide you with this kind of insurance. Otherwise, the WellCome bank partner can do this. At the end of your stay, you have to think about several important issues. It is crucial to organize yourself in order to deal with all formalities before leaving Rennes.

Shopping

→ Shops

You will find all sorts of shops in Rennes. In the town centre, there are mainly clothes and shoes boutiques, as well as specialized shops (bookshops, music, etc.) In the centre, you can find for example:

- **Galleries Lafayette**
- **Virgin Megastore** (www.virginmegastore.fr)
- **Fnac** (www.fnac.fr)

100 metres from the ESC Rennes School of Business, there is a small shopping mall with a supermarket called "**Simply Market**". There is also a bank with an ATM/cash dispenser, a launderette, a pizzeria, a "brasserie", a chemist, a florist, a bread shop ("boulangerie"), etc.



→ Gift shops

There are also several gift shops selling typical Brittany souvenirs. For example:

- **Ty Breiz** (2 rue Hoche – near the Parliament)
- **Cap Breiz** (26 avenue de Janvier – near the railway station).

→ Supermarkets, hypermarkets

For food and general shopping, the following shops can be found in Rennes (check the websites for their addresses):

Supermarkets

- **Intermarché** (www.intermarche.fr)
- **Champion** (www.champion.fr)
- **Monoprix** (www.monoprix.fr)

Hypermarkets

- **Carrefour** (www.carrefour.fr)
- **Leclerc** (www.leclerc.fr)
- **Géant** (www.geant.fr)

On the outskirts of Rennes (you need a car)

- Cesson Sévigné (**Carrefour**),
- Pacé (**Cora**).

→ Low-cost supermarkets

There are several low-cost supermarkets in Rennes. To find their addresses, check on their websites:

- **Lidl** (www.lidl.fr)
- **Leader Price** (www.leader-price-int.com)
- **Netto** (www.mousquetaires.com/enseignes/netto.htm).

→ Ethnic food

There are many different ethnic food shops and restaurants in Rennes. The most famous Asian shop is **Belasie** (about 10 minutes' walk from the ESC Rennes School of Business) <http://pro.pagesjaunes.fr/belasie>.

→ Organic food

Although organic food and products are not as widespread in France as in some other countries, things are improving. However, the products in general are rather expensive. The majority of hyper and super-markets have a range of organic products (called «bio» in France) and there are a few organic shops in Rennes:

- **Scarabee / Biocoop** (Rennes Cleunay, St. Grégoire -not too far from ESC Rennes School of Business- and Cesson-Sévigné.)

The Biocoop shops in Cleunay and St. Grégoire

both have restaurants serving organic food and open at lunchtimes Monday to Saturday only.

- **La Vie Claire** (town centre)
- **Famille Mary** (town centre)
- **Saint Germain des Champs** (vegetarian restaurant in the city centre).

→ Open-air markets

France is renowned for its open-air markets and Rennes has the third most important food and flower market in France. This takes place every Saturday morning (except bank holidays) on the «Place des Lices». Another very impressive market – especially in the warmer months, is the Saturday morning market in Dinard (on the northern coast about 50 minute's drive from Rennes – or direct bus from Rennes). Otherwise, there are several other open-air markets in Rennes for example

- Tuesday (Maurepas, Le Blosne, Cleunay)
- Tuesday evening (Beauregard – close to the school)
- Wednesday (Sainte-Thérèse, Saint-Germain)
- Thursday (Centre – Halles, Jeanne d'Arc)
- Friday (Villejean)
- Saturday (Place des Lices, Le Blosne).

→ "Braderie"

The «*Braderie*» in Rennes is a big open-air market that normally takes place on the 3rd Wednesday of June and is the first day of the summer sales (most years). It is a very joyful event. There are other «braderies» in Rennes such as the «Braderie St. Martin» in September and the «Braderie Ste-Thérèse» in June. This is when anyone can rent a space to sell clothes, books, objects etc.

→ Second-hand shops

There are several second-hand shops in Rennes where one can buy or sell furniture, books, clothes etc. For example:

- **Troc de l'île** (<http://france.troc.com>)
- **La Trocante** (by the railway station)
- **Troc Mod** (opposite the Musée de Bretagne).

Opening Hours

Generally shops are open Monday to Saturday (sometimes closed on Monday mornings) from: 9 or 10 am to 7 or 8 pm.



Sight-seeing in the area

Rennes town centre (timbered houses, Place des Lices, etc)

→ Within a 1 hour driving distance from Rennes:

- **Saint Malo, Dinard, the Emerald Coast**
- **Mont St. Michel**
- **Forêt de Brocéliande**

•→ Within a 2/3 hour driving distance from Rennes

- **Carnac, Vannes, Golfe du Morbihan**
- **Concarneau**
- The «**Côte de Granit Rose**»
- **Caen** and the Normandy beaches
- Many lovely islands such as **Belle Ile, Bréhat, Groix**, etc.

Socialising and culture

There are many social and cultural activities at the school and in Rennes. Some examples are:

- Parties and outings organised by the students' union and the WellCome Team and other students on campus,
- Many theatres, cinemas (with films in different languages, maybe yours), museums, etc.,
- A multi-cultural centre (library, museum, science and culture areas). For a virtual visit, go to: www.leschampslibres.com,
- Concert halls for modern and classical music, groups and pop stars,
- 2 of them are nationally renowned music festivals: December: **les Transmusicales** (www.transmusicales.com) and July: **Les Tombées de la Nuit** (www.ville-rennes.fr/tdn).

There are also many festivals throughout the year. To find out about the dates and to buy tickets, you can go to the ticket services of most of the shopping malls (Géant, E.Leclerc, Conforama, Carrefour) as well as Virgin and Fnac. You can buy your tickets for football matches directly at the local stadium.

Sport

It is possible to practice sports at ESC Rennes School of Business and in Rennes. Please do not hesitate to contact the school's Bureau

des Sports (Sports association that organises, rugby, football, dance, etc).

In addition, you are welcome to use the **fitness room** on campus.

Four swimming pools in Rennes including an Olympic Pool, Olympic skating rink, golf, sailing, horse riding, football, cricket... During the year, there are many sporting events such as the Triathlon (co-organised by ESC Rennes School of Business), «Tout Rennes nage» (a 24 hour swimming event), «Tout Rennes Court» (a 24 hour running event).

Telephones

The **telephone system** in France has several telephone operators. The national operator is France Telecom but there are more and more independent operators that offer unlimited internet connections and telephone (check for international & mobile calls).

Some of these operators are:

- **Alice** (www.aliceadsl.fr)
- **Free** (not as its name indicates!) (www.free.fr)

There are 3 **main mobile operators**

- **Orange** (France Telecom) (www.orange.fr)
- **SFR** (www.sfr.fr)
- **Bouygues** (www.bouyguetelecom.fr). N.B. A representative from Bouygues is present during the registration days for you to buy a mobile phone with forfaits adapted to your stay in France.

To call France from abroad, one must dial the international exit code (often double zero), then the country code for France = 33, then the French telephone number without the first zero.

Here are some examples:

The French number is 02 99 54 63 63 Dial from abroad: (00) 33 2 99 54 63 63.

To call a mobile e.g.: 06 01 02 03 04 Dial from abroad: (00) 33 6 01 02 03 04.

To call within France, all numbers have 10 digits:

- numbers starting by 06 are mobile phone numbers
- numbers starting by 08 can either be toll free but most of the time one has to pay (so check the small print before calling!)
- otherwise, numbers starting by 01, 02, 03, 04 or



05 are all normal telephone numbers.

You also have the possibility to buy prepaid cards. There are many interesting offers depending on the country you wish to call. These cards can be bought at Charles de Gaulle Airport (Exchange desk), telecom shops, Bureaux de Tabac and Phone shops. At the Post office ("La Poste") you can buy Kertel card which costs about 7.50€.

Television

If there is a television in your accommodation, you may have cable television that gives access to many international channels. The 5 general channels in France are France 2, France 3 and France 5 (public television) and TF1 and M6 (private channels). We strongly recommend Arte (France 5 after 5 pm) which is a joint France/Germany channel that often shows international films in their original version (with French subtitles). If you buy a television, you will also have to pay a television licence (about 130€ per year). It is also possible to hire a television.

Theatres & Operas

If you like going to the theatre and the opera, you will find many possibilities in Rennes. There is the "TNB" (*Théâtre National de Bretagne*) theatre. There are also smaller theatres where you can find interesting cultural events. Rennes' opera is in the town centre, opposite the city hall «*Mairie*». The BDA (Bureau des Arts), an ESC Rennes School of Business student association often has special offers for opera or theatre tickets.

Time

Time is based on the 24-hour clock in France. For example, 2pm = 14:00. For power-saving reasons, the time changes in France as below:

- Winter (October to March) is GMT + 1 hour and
- Summer (March to October) is GMT + 2 hours.

Tips

In France, in most places, service is included in the price. If the client is satisfied, he may leave a tip but it is not compulsory.

Transport in Rennes

By Bus and metro

Rennes is the smallest city in the world to have a metro! The bus and metro system are organised by the same company and work very well. A single ticket (bought on the bus or at the metro station) costs 1€20 and is valid for 1 hour. With this ticket, you can travel on the metro, bus, or both. There are several other possibilities if you use the bus and/or metro as often as you wish. Prices for 2009/2010 are:

Age	Weekly	Monthly	Annual
Under 20	8.40€	25.00€	219€ - 237€
20 – 27	9.60€	28.30€	198-258€
27 – 65	12.10€	38.50€	378€

By bicycle

It is possible to rent a bicycle in Rennes for 24 hours, 7 days or a year. More detailed information is given to you during the official registration day

By taxi

There are several taxi ranks placed at strategic places in Rennes such as the railway station, Villejean Metro, République, La Mairie. The Central telephone number for calling or reserving a taxi is: **0299307979**. You can also contact **Allo Rennes** taxi by phoning **0664840054** or you can reserve the day before your departure by email: allo.rennes.taxi@wanadoo.fr (they accept payment by credit card).

Transport (alternative)

Car-sharing

There is an association in Rennes, which organises sharing cars (For example, Paris/Rennes or Rennes / St. Malo). This is not available for when you arrive and have all your suitcases. You may consult their web-site (in French only) <http://allostopprennes.com>.



Another national car-sharing association can be found on: <http://www.covoiturage.fr>.
N.B. Car sharing is also organised at ESC Rennes School of Business; there is a notice in the student's foyer with all requests and offers for car-sharing.

Car rental

Several car rental companies operate in Rennes:

- **Ada** <http://www.ada-rennes.com>
- **Avis** www.avis.fr
- **Europcar** <http://www.europcar.fr>
- **Hertz** <http://www.hertz.fr>
- **Rent a car** www.rentacar.fr
- **UCar** <http://www.ucar-location.com>.

Most of the car rental companies require that you are at least 21 years of age and that you have a valid driver's license for at least 2 years. You will always need an international or European driving license.

Where to park?

- in Rennes: car parks in Rennes are mostly under the shopping centres, railway station and squares. They are quite expensive. To discourage people from bringing their cars into Rennes, there are park metres in all the main streets. There are car parks at certain metro stations (Poterie, Triangle, Henri Freville and Villejean).
- at ESC Rennes School of Business: outside parking slots around the ESC Rennes School of Business but they are often full early in the morning. Students are encouraged to travel by public transport, by bike or foot.

Useful Addresses

→ Legal information on Housing

Legal advice

- **ADIL** <http://www.adil.org/35>

Address: 22 rue Poullain Duparc 35000 Rennes
Tel: 02 99 78 27 27

→ Housing allowance (see appendix 2)

- **CAF** www.caf.fr

Address: Cours des Alliés 35000 Rennes Tel: 0820 253 510
Opening time: Mon-Fri 08:00 – 17:00

- welcome@esc-rennes.fr

Tel: 02 99 54 11 73

→ Health (see appendix 1)

- **CPAM** www.ameli.fr

Address: 2 cours des Alliés 35000 Rennes Tel : 0820 904 174 (Mon – Fri 08:00 – 18:00)
www.cpam-rennes.fr Office hours: Mon-Fri 8am – 5pm).

- **LMDE** www.lmde.com

Address: 29 quai de Chateaubriand 35000 Rennes or Accueil Rennes 2 Bâtiment EREVE (Villejean) 35000 Rennes Tel: 3260 and say «LMDE».

- **SMEBA** www.smeba.fr

4 rue Victor Hugo 35000 Rennes or Antenne Campus 2 Maison des Etudiants 35000 Rennes Tel: 0825834180.

What to wear

Bearing the above weather and temperatures in mind, it is important to bring pullovers and rainproof jackets and shoes plus of course an umbrella! One can bring a swimming costume too as Rennes is situated about 70 km from the sea (temperature of the water in summer between 15° and 18°C – north coast, 18°C and 20°C – south coast). In winter, there can be snow and temperatures from 0 to -10°C but this is exceptional.

Working in France

If you want to work in France you must have subscribed to the French social security and have a «Carte vitale» (see information sheet on health insurance). To have a part-time job, first check that this does not coincide with your course timetable. If you have a student visa, you cannot work more than 822.50 hours per year. To earn some money, and have flexible hours and missions you can ask the school associations *Bretagne Conseil* and *ACE*. For both, you need the French health insurance number. The school also offers one or two jobs every year at the library or the language centre (non-exchange students only). At the beginning of the year or the semester watch out for the offers posted at school.

During the year, ESC Rennes School of Business organises careers fairs, round tables and company visits. You are very welcome to attend these events.

