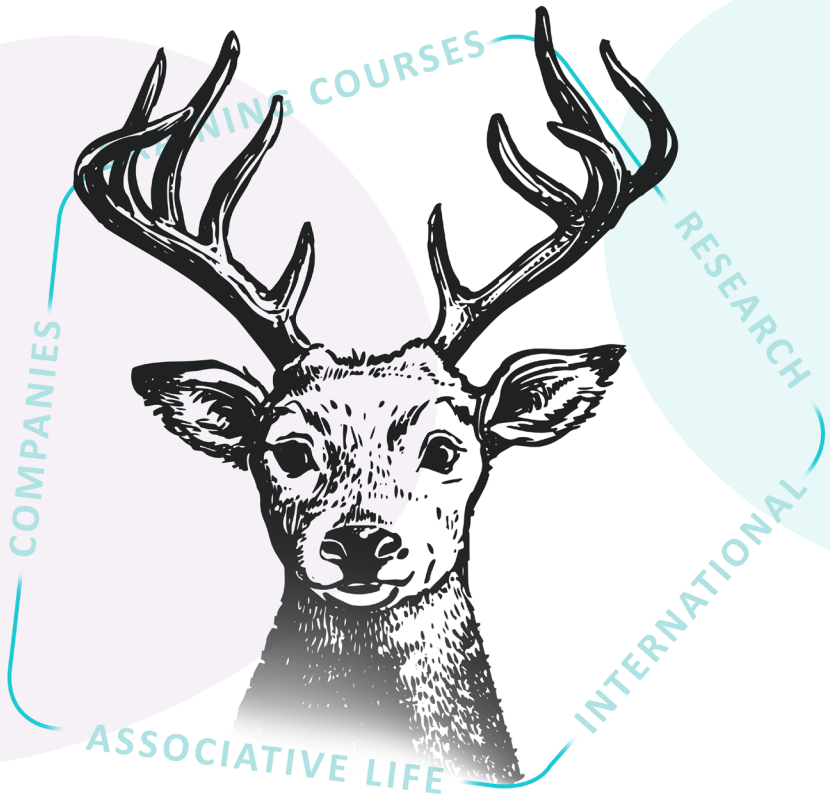


WELCOME GUIDE 2021-2022

IGR-IAE RENNES



Fulfill your dreams _____



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IGR-IAE RENNES WEBSITE / SOCIAL NETWORKS



INTRODUCTION

The Vice Dean of International Affairs welcomes you



Dear international student,

It gives me great pleasure to welcome you to the IGR-IAE Rennes, Université de Rennes 1. You, along with the other international students, represent more than 15 different countries. Welcome in a very international school!

You are reading this document today because you have actively chosen to study at IGR-IAE Rennes by accepting the admission to study. That makes us very proud. Our aim is to create the best educational programs in the country by basing them on standards of high scientific quality and high vocational relevance. We are proud that you have chosen to spend one semester or one year in our school this academic year.

I urge you to make the most out of the wonderful opportunity that IGR-IAE Rennes offers. I hope you will be inspired by the teaching and the learning environment at IGR-IAE Rennes. You are here to study, for sure – that is the main focus of an academic program. But I hope you will also have time to avail yourself of all the varied cultural and social programs that Rennes and Brittany have to offer, and that you have time to enjoy each other’s company – International student and French student- not only in the classroom.

The interaction with the City of Rennes is important for the Université de Rennes 1 and IGR-IAE Rennes, and we are proud of our city. I hope that both the City and IGR-IAE Rennes will get another new enthusiastic ambassador when your academic year is over. Enjoy your 2021-2022 academic year.

Best regards,

Dr. Karine PICOT-COUPÉY



Where are you studying ?

IGR-IAE Rennes is one of the faculties of the Université de Rennes 1, a state-owned, multidisciplinary university comprising 18 Faculties, Schools and Institutes, welcoming 30 000 students and 3 200 employees. The Université de Rennes 1 dates back to the XVth century.

IGR-IAE Rennes was founded in 1955. Since then it has fostered the development of the entrepreneurial spirit in Brittany through quality training (undergraduate, graduate and doctoral studies) in management and business sciences.

The international dimension is really present, with IGR-IAE Rennes offering many international mobility possibilities to its French students.

IGR-IAE Rennes also offers several programs taught in English: the 3rd year of the Bachelor's (Licence) as well as Master 2 programs in all the disciplinary fields of management: Human Resources, Finance, Marketing (Franchising) and International Management.



Move&Share

International students are in especially close contact with the Move&Share association.

Move & Share is a key actor for international students. Students involved in this association organize cultural activities and events all year round (international lunches, trip to Saint-Malo, International parties...).

More generally the Move&Share association is all about discovering, sharing and experiencing intense moments with people from different backgrounds and cultures!

Through community management and events teams, the goal is to promote IGR-IAE Rennes' international dimension.

You may have already been in touch with these French students who have a key role in the organization of the buddy system.



moveandshareigr@gmail.com



Facebook Move and Share IGR



www.instagram.com/moveandshare



ORGANIZATION OF STUDIES

Becoming an IGR-IAE Rennes student

During the month of September, you will have many opportunities to be in touch with the program coordinators or incoming student coordinator. Meetings with your program directors will also be organized in order to present the calendar of the year and exams organization.

Your French professors will also be kind and dependable sources of information. Everyone will be very careful that you get all the information you need. Don't hesitate to ask any question that comes to mind or share any difficulty you are going through. Solutions, ideas, help can be shared in most cases! In this guide, most of the information concerns all students, but some of them concern more specifically:

 Exchange students

 Master students.

Administrative registration

Information entered in the Applying platform (Master students) or in the Mobility Online platform (exchange students) is transmitted to the **Student Affairs Office** («Service Sclolarité»). Exchange students will rapidly receive their Université de Rennes 1 student card upon presentation of their student card from their home university and evidence of European health card coverage (European students) and a photo. Master students will receive their student card as soon as they have completed payment of their tuition fee and CVEC fee, or arranged payment by instalments.

The **Student Affairs Office** is your main contact for:

- Registrations (student card delivery – certificates of school attendance/enrolment)
- Administrative affairs (address change...)
- Course choices
- Organization of exams (calendars and summons to exams will be received on your student e-mail address at least 15 days before the first exam date)
- Collecting grades in order to issue your transcripts
- Examination papers are also stored in their office and may be accessed upon request.
- Receive your Degree !



Office location

- ground floor
- left side of the IGR-IAE Rennes building
- closed on Friday afternoons
- door **Number 031**

Academic calendar

	Semester 1				Semester 2			
	September	October	November	December	January	February	March	April
Masters taught in English								
Course dates	September 3 to December 17				January 10 to March 25			
Vacation periods	November 1 to 7				December 20 to January 2		February 14 to 20	
Exams dates (MBAIM and Master of Finance ASFP)					January 3 to 7		March 28 to April 1	
ENG course for incoming students / Bachelor's 3 (French-taught)								
Course dates	September 3 to December 10				January 10 to April 8			
Vacation periods	November 1 to 7				December 20 to January 2		February 14 to 20	
Exams dates					December 13 to 17		April 11 to 15	
Master 1 (French-taught)								
Course dates	September 3 to December 10				January 3 to March 25			
Vacation periods	November 1 to 7				December 20 to January 2		February 14 to 20	
Exams dates					December 13 to 17		March 28 to April 1	

Course offer

Depending on your proficiency in French or in English (at least B2 in both cases), you can choose courses at Bachelor 3 or Master 1 levels.

Please note that exchange students cannot attain a final degree at Université de Rennes 1 unless there is a specific double degree partnership with their home university.

Students fill in an online form in order to choose classes either in French or in English. For a better organization, **only classes at a same level and in the same subject** are allowed. Any specific situation will be examined closely.

Learning agreements

Learning agreements should be submitted to the **incoming student coordinator**, for validation and signature by adequate authorities.



For 4 weeks of the semester, students are allowed to modify their course selection.

French as a foreign language



Exchange students

Incoming exchange students in one of the faculties of the Université de Rennes 1 can benefit from ONE semester of free classes of French as a foreign language (44 hours- 2 classes per week) during the fall or spring semester. The second semester costs €150.

Thanks to this offer, even total beginners in French can come to Rennes and get by in their daily life in France.

These free courses are given at the **CIREFE** (Centre International Rennais d'Études de Français pour Étrangers) on the Université de Rennes 2 - Villejean campus. They are organized by group of level. The incoming students' officer is in charge of coordinating the registrations.



Master students

240 hours of French as a foreign language are included in the Master programs. Groups are organized by skill level. You will take a placement test in a few days. Students are prepared for the DELF, the internationally-recognized French examination, to be held at the end of the academic year.

Approximately 60 hours of French language training are taught in September before the beginning of the Master's courses. Classes continue at a rate of 8 hours per week

Activities and day trips are organized by the French professors in order to discover Rennes and its surroundings, and get the best cultural experience.

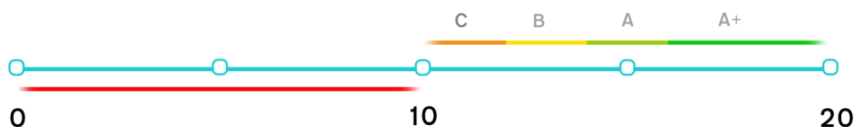


UNDERSTANDING YOUR ENVIRONMENT

Academic aspects

Grades

At IGR-IAE Rennes, as more generally in France, we use a **0-20 scale** to report all the grades. The grading scale goes from the bottom grade, 0 points (extremely disastrous performances or “no show”) to the top grade, 19-20 points for an outstanding performance (rarely awarded). 10 is the passing grade (10-11 C, 12-14 B, 15-16 A, 17-20 A+). Grades from 0 to 9,9 will fail and lead to re-sit exams (second sessions).



At the end of each semester, after the examination board meets, you will be notified very quickly that your grades are available on your digital workspace.

Exams / resits


“Knowledge assessment methods” (MCC) are the examination regulations for each diploma. The student Affairs Office is in charge of implementing these MCC by organizing exams, collecting grades and issuing grade transcripts.

An exam period is scheduled **at the end of each semester**, when written exams are organized. Other courses will be examined right after the end of the course. Other grades (continuous assessment) will be included in your final grade.

Each professor will inform his/her students of the examination modalities of his/her course. You will receive the exact examination calendar at least two weeks before the exams week.

Students with a grade average under 10/20 do not validate the teaching unit. They are allowed to take re-sit exams (second sessions). They will be informed of the modalities in due time. In certain courses, grades compensate each other and you may not have to take resits if your semester average grade is equal to 10/20 or above.

 Resit exams will be held at the end of each semester.

 The second session may take place as late as September.



ECTS



During the Master studies, each validated semester **earns 30 credits, i.e. 60 credits for the Master 2 year which will appear on the** final transcript.



Each validated course earns 4 credits (6 credits for the course of French as a Foreign Language). Grades will be processed and ECTS will be validated by the home university.

ENT / intranet

As soon as your administrative registration is finalized at the Student Affairs Office (Service Scolarité), you will receive a message on your personal email address in order to access the Université de Rennes 1's ENT (university's digital workspace) and validate its settings. Advice will be given by the student coordinators. If you missed the presentation given on the orientation day, or if there is something you did not understand, don't hesitate to ask your classmates or student coordinators.

The ENT **is the daily tool** to:

- Check your schedule (courses, seminars, training weeks);
- Receive important information from your professors, your coordinators or the Student Affairs Office (exams calendar) on your university address;
- Check your grades at the end of the semester;
- Access the Moodle platform;
- Access the P-stage platform (internship agreement editing platform);
- Manage your personal files and workspace;
- Check the University's intranet;
- Get help in case of IT issues;
- Check electronic databases and periodicals;

We recommend **that you check your schedule every day** on your ENT. There could be last-minute changes you might not be aware of.



Moodle

Moodle is an **online teaching platform** used by the Université de Rennes 1.

Your professors will post documents for you (teaching material, exercises, course presentations...). This is also the platform used by the program coordinators for coursework submission by the students, online classes organization...

Go to the ENT homepage (see QR code above): Fifth tab : Formation insertion pro Cours en ligne sur Moodle.

Online classes (zoom, teams...)

The most common tools used by our professors for online classes are **Teams and Zoom**. You will receive connection links on your Université de Rennes 1 email address (ENT).

Career-related events

Each year the career center of IGR-IAE Rennes organizes **a whole week of events**, conferences, meetings with alumni for the benefit of our current students. This is the opportunity for you to:

- Polish your CV;
- Get a better understanding of the French job market and application practices;
- Attend workshops, conferences, meet alumni.

During the same week, the career center organizes the Journée de Simulation du Recrutement (Mock Interview Day), a whole day when about 60 alumni and professors volunteer to **help students practice interviews** for their future jobs or internships. Interviews can be practiced in French or in English.

The final event of the Career week is the Forum des Entreprises (Career Day): each year IGR-IAE Rennes hosts a career day, where **60 companies come to meet our students** and recruit some of them for internships and jobs.

The Master students' schedules include several events related to this career week. The incoming students' schedules will be a bit disturbed that week.

IGR Alumni

IGR-IAE Rennes keeps in contact with its **network of 21 000 graduates**, through the IGR-IAE alumni association.

In addition to sharing hundreds of internship and job offers with its members, IGR-IAE alumni offers many opportunities to meet graduates, through the network or in direct meetings (conferences, company visits...).

IGR Alumni has its own LinkedIn Page (2 000 members on the IGR Alumni group), its own website and a mobile app to follow the latest news of the association and keep your professional network active.



Contact

Léna GLEHEN

+33 2 23 23 78 63

✉ igr-alumni@univ-rennes1.fr



Your daily life at IGR-IAE

Your contacts at the international office

The teaching team is made up of

- The professors in charge of geographical areas: Europe, Asia, North America, South America, etc. They are experts in these areas, and are the **incoming students' contact** regarding all pedagogical aspects,;
- The Master program directors, who are the **Master students' main contacts**.

The administrative team includes the English program coordinators, the incoming and outgoing mobility coordinators.

All these contacts are coordinated around the **Vice Dean for international affairs**, who is also the director of the Franco-Japanese Management Center.



Dr. Karine PICOT-COUPÉY
Vice-Dean of International Affairs,
Dean of the Franco-Japanese Management Center
Academic coordinator for Japan/North America/India
karine.picot@univ-rennes1.fr

Academic coordinators



Baptiste BAHU
Academic coordinator for Europe
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Dr. Laura SABBADO DA ROSA
Academic coordinator for South
America/Spain/Portugal
laura.sabbado-da-rosa@univ-rennes1.fr



Dr. Matthieu MANDARD
Academic coordinator for South Asia
matthieu.mandard@univ-rennes1.fr

Program directors



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Director, MBAIM
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Dr. Nadia SAGHI
Director, Master of Finance ASRF
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Pr. Rozenn PERRIGOT
Director, Master of Marketing
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Dr. Caroline RUILLER
Director, Master IHRM
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Administrative staff



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Josiane DÉSILLE
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Aymeric LACHIVER
International program coordinator MBAIM
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igr.international-degree@univ-rennes1.fr
Franco-Japanese Center Coordinator
cjfm@univ-rennes1.fr

IGR-IAE Rennes reception desk

Besides your international student coordinators, one of your main contacts at IGR-IAE Rennes is the reception desk. **English-speaking receptionists** will welcome you. The office is open from 7:15 AM to 6:15 PM each day (except on weekends)

This is where you can:

- **Get directions** to a specific room, or other general information on Rennes;
- **Get information on your class** if the screen located in the hallway is off;
- **Borrow material** (adapters, audio cables...). Please note that you will be expected to deposit a passport or student card, in exchange for the material;
- **Book one of the study rooms** (see next page);
- **Return a found object**, or recover one.

Please note that the reception desk **cannot be used as a luggage checkroom!**

In the entrance hall you will notice two screens:

- on one of them you can **double check rapidly the room where your class is taught**,
- the other one with information on **what is going on** at IGR-IAE Rennes: a visiting professor from abroad, a conference, an event...



Contact information

☎ +33 2 23 23 77 77

✉ accueil-igr@univ-rennes1.fr

from 7:15 AM to 6:15 PM



Cafeteria

The school cafeteria is open from Monday to Friday and provides snacks, sandwiches, salads, hot and cold drinks. It is operated by the **CROUS, the French student welfare organization**.

Vending machines for cold/hot drinks and sweets are also located in this area as well as on the 2nd floor of the building.

Near IGR-IAE Rennes, two CROUS-run «**RU**» (dining halls) offer unexpensive (about €3) regular three-course meals:

- **RU Fougères**
- **RU Hoche**



Please note: only payments by credit card or on the Izly app are accepted



IGR-IAE Rennes study rooms: how to book them?

If you want to meet other students in order to work on a common project, you can book one of the rooms located on the ground floor or 2nd floor. Reservations should be made by contacting the reception desk (accueil-igr@univ-rennes1.fr) **at the latest before 6PM on the day before**.

Computer rooms / how to print?

A new system will be effective in September 2021: students will be able to benefit from the **Korrigo card's services**, which will include printing, access to the University's Libraries, sports, CROUS-run cafeterias and dining halls in addition to its regular use as a bus and metro card.

At the time this guide was written, full information on this new system had not been received yet...

Several computers are available in 215 and 216 where you can freely work, print documents, etc. Students from the Master in Finance are allowed to use the Bloomberg Lab, in the same room.

Cleanliness / responsibility

Out of respect for your classmates and the cleanup staff, **please do not have lunch** or snacks in the classrooms. Please don't leave any wastes behind you. There is always a garbage can close by...

If you are the last student leaving a classroom, **don't forget to switch the lights off**.



Smoking policy

The whole building and the «patio» (front yard of the school, giving on rue Jean Macé) are **smoke free areas**. There is a smoking area behind the building, next to the bicycle parking lot. Please make sure to smoke only in that area.

Religion policy

IGR-IAE Rennes, as part of the University of Rennes 1, a public institution of higher education, is non-denominational and independent of any political, economic, religious or ideological influence.

The school ensures that the principle of religious neutrality is respected in its daily life, as well as in courses and examinations.

Violence and Harrassment

IGR-IAE Rennes and the University of Rennes 1 are committed to defending the rights of students and staff who are victims of discrimination, through a range of adapted measures and targeted objectives.

Our «**Violence and Harassment Prevention**» **advisors** are:



Emma LE BAUT

Administrative staff

☎ +33 2 23 23 53 57

✉ emma.lebaut@univ-rennes1.fr

Office 030

Laurent LE HEN

Faculty

☎ +33 2 23 23 78 39

✉ laurent.lehen@univ-rennes1.fr

Office 156



University Library - Study halls in Rennes

As a Université de Rennes 1 student, **you are allowed to access the Law/Economics/Management library** located Place Hoche, next to the faculty of Economics. It is open throughout the academic year, except during vacation periods:

From Monday to Friday	Saturday	Sunday	Part of the library is open at night
8:45 AM-7:00 PM	8:45 AM-5:30 PM	1:00 PM-7 :00 PM	7:00 PM – 10:00 PM

In the library, you may study in one of the study rooms, read documents, check them out, use computers, print, make copies.

During certain periods you may have to book your spot.
You can do it here



Other quiet and pleasant places to study:

⦿ **Les Champs Libres** public library, located in a major cultural center in downtown Rennes, where a few seats are reserved for students. Opening hours of the study rooms.

From Tuesday to Friday	Saturday and Sunday
12:00 AM to 7:00 PM	2:00 to 7:00 PM

Closed on all major holidays. Located 10 cours des Alliés, next to the «Esplanade Général De Gaulle».

⦿ **Bibliothèque Lucien Rose**, a 5-minute walk from IGR-IAE Rennes, 11 Square Lucien Rose, next to the Parc du Thabor.



Associative life



Associative life is at the heart of IGR-IAE Rennes. **Over 300 students** engage in one of the **20 students associations**, clubs and organizations, coordinating cultural, sports or charity events, working on long-term projects, fostering mutual assistance among students.

International students are welcome to engage in one of the associations. You can contact them directly by email. You will find their contact information by following the QR code above. A presentation of all the associations is made on the day of your Orientation Day.

Associative information that can be of interest for international students is posted on a dedicated bulletin board in the entrance hall.

Several times a week you can see French students gathering in the entrance hall during lunch time or during breaks between classes. Usually their presence is related to the organization of an event, sales, party, to which you can register. Don't hesitate to ask!

The BDE (students' activities office) is in charge of creating and selling the yearly prom sweater, organizing the orientation weekend, setting up financial partnerships, strengthening the associative spirit, promoting communication between students, administrative staff, teachers ...They are your key contact about IGR-IAE's associative life.



✉ bde.igr@gmail.com

f Facebook
Bde Igr-iae Rennes

📷 Instagram
BDE IGR-IAE Rennes



M&S' Top Tips

Meet IGR-IAE students in bars, especially La Louperie, next to IGR-IAE or L'Annexe, rue St-Michel in historical downtown Rennes.



Living in Rennes

Taking care of your health

The Université de Rennes 1 provides health services to the students

- The **SSE** (Service de Santé Etudiante) is the university's student health service, where students can get general or specialized medical advice (contraception, nutrition, psychiatry, smoking, etc.). The SSE is located on Beaulieu Campus.
- Moreover, there is a **joint social service** between the CROUS and the student health service: depending on their field of study, students at the Université de Rennes 1 are assigned either a social worker from the CROUS or a social worker from the service, who will provide information support and advice.



We have gathered the essential information on how to treat any health issue you may have to face during your stay in Rennes, as the healthcare organization in France varies from many countries.

Sports and cultural activities

All the Université de Rennes 1 students can benefit from **more than 40 sport activities** with the SIUAPS, («inter-university physical activity and sport service»). The first activity is free, the 2nd= €30/ semester. Available only after you have received your student card. siuaps.univ-rennes.fr

Located on Beaulieu campus, and run by the Cultural center of the University, **the Diapason hosts exhibitions, concerts, theater, cinema sport activities...** As well as a cafeteria, a cinema club, and various art activities and workshops (dance, music, drawing, photography...). diapason.univ-rennes1.fr

Plenty of great events take place in Rennes throughout the year, you will always find something that matches your tastes. The most comprehensive presentation is at: agenda.rennesmetropole.fr

On IGR-IAE's website you will find. It will be regularly updated throughout the year, with ideas, advice, tips and recommendations.



M&S' Top Tips



IGR-IAE students often go to the Parc du Thabor after class or during their lunch breaks. The Thabor is a huge park, very close to IGR-IAE. You can rest there, have lunch, organize picnics or simply enjoy the island of scenery.



TOURIST INFORMATION CENTER

1 rue Saint-Malo

☎ 0 891 67 35 35

✉ infos@destinationrennes.com

www.tourisme-rennes.com

Transports

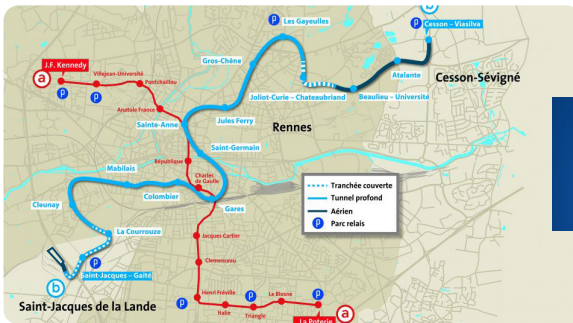
Bus and subway (metro) lines: in Rennes **the bus service is the «STAR»** !

There are about 30 bus lines and 2 metro lines (the 2nd one will be inaugurated in January 2022, with a Metro station next to IGR-IAE Rennes). A bus map is handed out on Orientation Day, along many other documents.

You can take bus C1, C9 or 31 from downtown Rennes to IGR-IAE. Hop off the bus at «Fac de droit», «Guéhenno» or «George Sand» bus stop. On Thursday, Friday and Saturday nights, **specific bus lines** (line N1 and line N2) to get you home safe from a fun night out. Check out the website or the smartphone app on how to get around or on the traffic conditions (delay, strike...).

A bus ticket costs **€1.50** for one hour. Check the information on the Korrigo card, available in September 2021.

The “STAR” **also rents bikes** either to ride all year or for a few hours/days. You can find around twenty STAR bike stations in Rennes. www.star.fr



Other transports

OuiGo and **OuiBus**: OuiGo (train) and OuiBus (bus) are the best ways to travel cheaply all over France. More information on:

- www.ouigo.com
- fr.ouibus.com
- www.Flixbus

Blablacar: This is the most famous carpooling website in France. You can book your seat easily online at: www.blablacar.fr



TAXIS/CABS

Taxis rennais :

☎ +33 2 99 30 79 79

Book a taxi online: rennes-taxi.fr

download the eCab or Uber app and order a taxi via the app



La Maison du Vélo

15 bis Place de la Gare

(10 AM to 7 PM)

Allo Vélo: ☎ +33 9 69 36 50 07

levelostar.fr

Buying food

- Supermarkets: the largest supermarkets are located on the outskirts of Rennes, easily accessible by bus. Downtown, you will find **small and middle-sized stores**.
- Organic groceries: stores like **Scarabée Biocoop** (131 rue de Paris, **10 minutes walk** from IGR-IAE Rennes) or **Avenir Bio** (4 rue Ferdinand Pelloutier, les Longchamps, near Beaulieu campus). On the «Mail François Mitterrand» you will find **Mamie Mesure**, a bulk product grocery store, managed by one of IGR-IAE's international student graduate.

Specialized groceries

- Asian food: **Belasie** (30 rue de la Donelière, 35000 Rennes) or **Piment Rouge** (16 Rue de la Rigourdière, 35510 Cesson-Sévigné)
- Italian food: **Dolce Italia** (11 Rue Jules Simon, 35000 Rennes) or **La Boutique Italienne** (Les Halles Centrales, Rue Jules Simon, 35000 Rennes)
- Oriental food: **La Joie Exotique** (13 Mail François Mitterrand, 35000 Rennes)

Open-air markets

- If you are looking for fresh vegetables, seafood, or if you want to taste the famous «**Galette Saucisse**» (hot-dog à la rennais...) the best place is «**Le Marché des Lices**» (2nd market of France) **every Saturday morning**.
- There are markets each day in all Rennes' neighborhoods. «**Les Halles Centrales**», is an indoor food market held every day from 7am to 7pm.
- «**Le Marché du Blossne**» will be the ideal venue if you are looking for ethnic foods.



M&S' Top Tips

«Crêpes» and «galettes» are the typical Breton culinary specialties. You can taste them in the many «crêperies» you will find everywhere in Rennes. We particularly recommend the **Crêperie St-Georges**, 17 rue St-Georges next to Les Halles Centrales.



Colibrigr, the school's association working for sustainable development at IGR-IAE offers **weekly basket subscriptions** to help you enjoy fresh produce.



Looking for cheap basics for your daily life?

Flea Markets:

You will find lots of flea markets throughout the year in Rennes. They are called «Braderies» in French. You will probably end up facing lots of posters advertising those events in Rennes. Due to the current sanitary situation, there may be less than usual this year:

- **Les Puces de Rennes**: a monthly sale which takes place on the second Sunday of each month on the Mail François Mitterrand. Feel free to walk in: it is free and you never know what you can find!
- **The Braderie of the La Touche** district on September 12 (to be confirmed given the sanitary context)
- **The Braderie of the St Hélier** neighborhood on the 23rd of September

Other tips

- **Gify** : located rue Lebastard in downtown Rennes, this is one of the cheapest solutions when shopping for basics
- **Leboncoin** : is a French website where you can find any kind of second-hand object. Books, shoes, furniture, accommodation, a bike: anything you need!
- **Recupcampus**: run by University students, this could be an opportunity to find basic material you need



La Belle Déchette : a thrift shop selling second hand material, clothes, decoration... (labelledechette.com)



Safety advice to international students

By now, you are starting to find your way around Rennes, and enjoy the still nice September weather. We would like to draw your attention on safety issues and give some general advice in that matter. Rennes is generally a safe city, but **theft or crime can occur anywhere**. We urge you to please be extra careful during your time here in France and during your travels in general. A few tips for you:



When going out at night

- **Avoid carrying lots of cash** around with you. For example, plan how much money you need for a night out and leave your card at home. If you pay by card, be careful to type your pin code discreetly. If you use your card for contactless payment, be even more careful. Don't carry your card in your back pocket
- **Be careful with your phone usage** as these can be easily and quickly snatched out of one's hand

When travelling

- Be aware of your surroundings and if anything looks suspicious, **trust your instincts and get to safety**. Be extra careful in train stations, metro and airports where foreigners can sometimes be targeted. If you carry a bag, always keep it close to you and never leave it unattended. Make sure to close it when you are not using it. Backpacks can be carried in the front of you when travelling.
- If you do not carry a bag, keep your wallet and personal affairs in front pockets (you can put your hands in your pockets to prevent any pickpockets, this is especially true for big cities like Paris).
- Keep a **copy of your passport** and visa, ID cards, student card and credit cards at home or scan them and email them to yourself in case they are lost or stolen. These can be very complicated to redo, so leave them at home unless you absolutely need them.
- Also, keep **bank information** easily accessible in the case of a stolen card.
- Keep **important documents, cards and cash** on your person and **not in your luggage** if it is not plain sight.

At the student residence (CROUS)

Make sure to close your windows when you leave. Don't leave your valuable belongings in plain view when not in use.



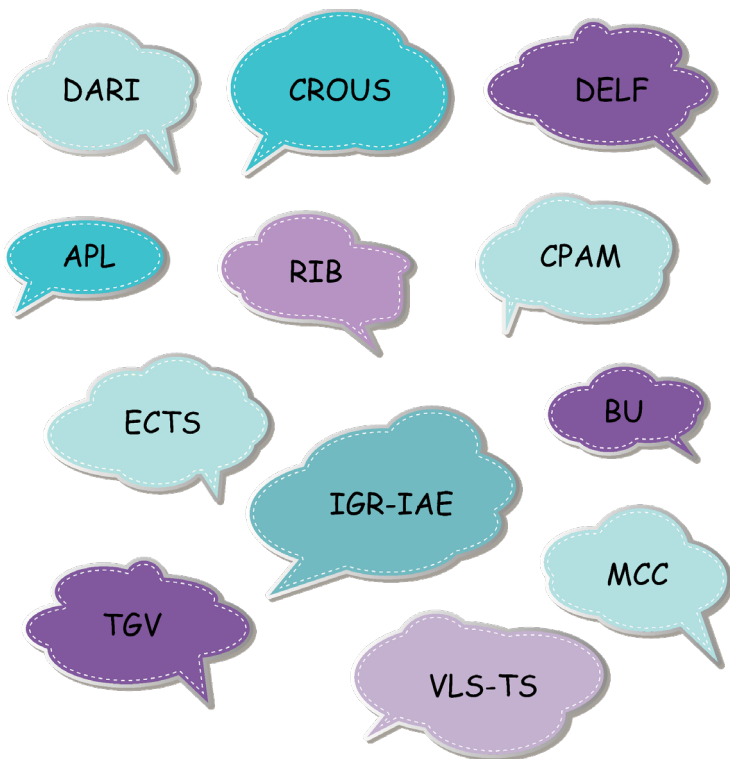
On page 26 of this guide, you will find all the **emergency numbers** in case you find yourself in a difficult situation.

Acronyms

We know how difficult it is to learn French, and to understand French people when they talk to each other, especially when you realize that they speak a whole other language in the form of French acronyms and initialisms, which can be quite a minefield! Here are the most common ones, in a university and daily life context. Let us know if you are tricked by other ones!

APL	Aide Personnalisée au Logement (Government Housing Grant)
BU	Bibliothèque Universitaire (University Library)
CAF	Caisse d'Allocations Familiales Family Benefit organization see APL
CC	Contrôle Continu (Continuous Assessment)
CDD	Contrat à durée déterminée (temporary contract)
CDI	Contrat à durée indéterminée (permanent contract)
CEAM	Carte Européenne d'Assurance Maladie (European Health Insurance Card)
CM	Cours Magistral (Lecture)
CMU	Couverture Maladie Universelle (Universal Health Coverage Scheme)
CPAM	Caisse Primaire d'Assurance Maladie (Health Insurance Agency)
CROUS	Centre des Œuvres Universitaires et Scolaires (Student welfare organization)
DALF	Diplôme Approfondi de Langue Française (Certificate of French Language Studies, levels C1-C2)
DARI	University of Rennes 1's International Affairs Department)
DELFL	Diplôme d'Études en Langue Française (Certificate of French Language Studies, levels A1-B2)
DU	Diplôme Universitaire (University-level diploma)
ECTS	European Credit Transfer System
ENT	Environnement Numérique de Travail (Virtual Learning Environment)
ESN	Erasmus Student Network
FLE	Français Langue Étrangère (French as a Foreign Language)
LMD	Licence Master Doctorat (Bachelor's, Master's, PhD)
MCC	Modalités de Contrôle des Connaissances (Knowledge assessment regulations)
RIB	Relevé d'Identité Bancaire (Bank account details)
RU	Restaurant Universitaire (University Canteen)
SAMU	Service d'Aide Médicale Urgente (Emergency Medical Services)

SCD	Service Commun de Documentation (Library Services)
SNCF	Société Nationale des Chemins de fer Français (French National Railway Company)
TCF	Test de Connaissance de Français (French Language Test)
TD	Travaux Dirigés (Seminar)
TER	Train Express Régional (Regional Express Train)
TGV	Train à Grande Vitesse (High-Speed Rail Service)
TP	Travaux Pratiques (Practical Exercises)
UE	Unité d'Enseignement (Academic Module)
UFR	Unité de Formation et de Recherche (Academic Department)
VLS-TS	Visa Long Séjour valant Titre de Séjour (LongStay Visa Valid as a Residence Permit)
A+	A plus ! (See you later)



EMERGENCY SERVICES

POLICE: 17

FIRE AND RESCUE: 18

AMBULANCE: 15

EUROPEAN EMERGENCY TELEPHONE NUMBER: 112 →

This number can be called from any European country. It can be used either to call the police, the firemen or the hospital. **REMEMBER IT !**

RENNES UNIVERSITY HOSPITAL (CHU):

Hôpital de Pontchaillou

2, rue Henri Le Guilloux, 35000 Rennes

+33 2 99 28 43 21

24/7 SOS MÉDECINS (out-of-hours doctor service):

106 Rue Eugène Pottier, 35000 Rennes

+33 2 99 53 06 06

OUT-OF-HOURS CHEMIST: 3237

After 7pm, go to the police station

22, boulevard de la Tour d'Auvergne, 35000 Rennes

+33 2 99 65 00 22

LOST PROPERTY:

16, rue Jean Marie Huchet, 35000 Rennes

+33 2 23 62 18 72



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Facebook group «étudiants rennes»

For anything related to your student status: good deals, events, demonstrations, furniture etc. A lot of people studying in Rennes use that group to ask questions and ask for advice.

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This guide was written by **Odile SOULARD**,
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Please feel free to reach out to her with suggestions for future versions
of this guide or to give your testimonial on your experience at IGR-IAE
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