

WELCOME GUIDE 2022-2023

Fulfill Your Dreams



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IGR-IAE RENNES WEBSITE / SOCIAL NETWORKS



INTRODUCTION

The Vice Dean of International Affairs welcomes you

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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.



Helping you feel welcome

Your contacts at IGR-IAE Rennes (program directors and coordinators, French professors...) will do their best to make you feel welcome and to include you in the school's busy life.

Associative life is one of IGR-IAE's strong points (see page 18). Several highlights in relation with association will be held throughout the month of September. The calendar will be presented very soon.

The **Move&Share** association plays an essential role in welcoming international students. Students involved in this association organize cultural activities and events all year round. International students will be contacted by the newly appointed Move&Share team by the end of September.

In a city welcoming about 77,000 international students, many other opportunities are offered to meet other students and get valuable information: the CMI (see below) organizes the International Students' Day on September 8, the University of Rennes 1 organizes the Planète Rennes 1 event on September 8 as well. Other events will be announced later.



✉ moveandshareigr@gmail.com
f [facebook.com / Move and Share IGR](https://facebook.com/MoveandShareIGR)
@Moveandshare



☎ 02 22 51 44 20
✉ cmi@univ-rennes2.fr
f [facebook.com / CMIRennes](https://facebook.com/CMIRennes)
@CMIRennes



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.

 In this guide, some topics are mentioned very briefly. They will be discussed thoroughly during the orientation meeting, and on the PPT presentation that will be available after it. These subjects are identified by the icon

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 Scolarité»).

 Exchange students will rapidly receive their Université de Rennes 1 student card upon presentation of the documents listed by the program coordinators.

 Master students will receive their student card after document review and complete payment of their tuition fee and CVEC fee.

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

- Registrations (student card delivery – certificates of school attendance/enrolment)
- Administrative affairs (address change...)
- Exams organization (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	April	May
	Masters taught in English							
Course dates	September 2 to December 16, 2022					January 9 to March 24, 2023		
Vacation periods	Oct. 31 to Nov. 6, 2022			December 19, 2022 to Jan. 2, 2023		Feb. 20 to 26, 2023		
MBAIM Exam dates	Nov. 10, 2022			January 3 to 6, 2023				
Master of Finance ASRF exam dates								
	Course for incoming students / Bachelor's 3 (French-taught)							
Course dates	September 2 to December 9, 2022					January 3 to April 7, 2023		
Vacation periods	Oct. 31 to Nov. 6, 2022			Dec. 19, 2022 to Jan. 2, 2023		Feb. 20 to 26, 2023		
Exams dates	November 7, 2022			Dec. 12 to 16, 2022		March 13, 2023		April 11 to 14, 2023
	Master 1 (French-taught)							
Course dates	September 2 to December 9, 2022					January 3 to March 7, 2023		
Vacation periods	Oct. 31 to Nov 6, 2022			December 19, 2022 to January 2, 2023		Feb. 20 to 26, 2023		
Exam dates				Dec. 5 - Dec. 12 to 16, 2022		March 27 to 31, 2023		



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.



Incoming exchange students are allowed to modify their course selection until September 15.

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 manage 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. A final intensive course is scheduled in April, just before the students start their internships around April 20.

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

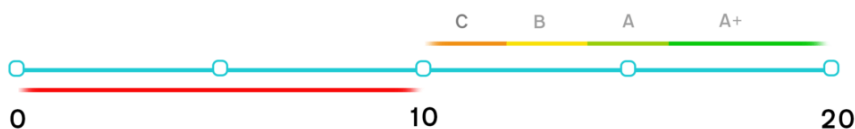


UNDERSTANDING YOUR ENVIRONMENT

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

- Check your schedule. The platform is usually referred to as «ADE»;
- 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 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.

Teams



The Université de Rennes 1 uses **Microsoft Teams** for information purposes, file sharing... You will be added to several Teams throughout the year.



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

From November 14 to 18, 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.

November 19, 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): **on November 26**, 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 22 000 graduates**, through the IGR alumni association.

In addition to sharing hundreds of job offers with its members, IGR 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-COUEY
Vice-Dean of International Affairs,
Dean of the Franco-Japanese Management Center
karine.picot@univ-rennes1.fr

Academic coordinators



Dr. Karine PICOT-COUEY
Academic coordinator for Japan
North America/India
karine.picot@univ-rennes1.fr



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



Dr. Laura SABBADO DA ROSA
Director, MBAIM
laura.sabbado-da-rosa@univ-rennes1.fr



Dr. Nadia SAGHI
Director, Master of Finance ASRF
nadia.saghi@univ-rennes1.fr



Dr. Thi Le Hoa VO
Director, Course in English for
Exchange students
thi-le-hoa.vo@univ-rennes1.fr



Dr. Caroline RUILLER
Director, Master IHRM
caroline.ruiller@univ-rennes1.fr

Administrative staff



Hélène CHOTARD
International office: Institutional coordinator
☎ +33 2 23 23 78 05
helene.chotard@univ-rennes1.fr



Josiane DESILLE
International program coordinator ASRF & FRSC
☎ +33 2 23 23 47 92
igr.international-degree@univ-rennes1.fr



Pom JACTIN/Thiri NANDAR
International program coordinator IHRM
igr.international-degree@univ-rennes1.fr
Incoming students coordinator
igr-international-incoming@univ-rennes1.fr
☎ +33 2 23 23 60 06
Sabbatical until January 2023.
Replacement by Mrs. Thiri NANDAR,
same contact information



Aymeric LACHIVER
International program coordinator MBAIM
☎ +33 2 23 23 77 79
igr.international-degree@univ-rennes1.fr
Franco-Japanes Center Coordinator
cfjm@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 three screens:

- on one of them you can **double check rapidly the room where your class is taught**,
- the other ones with information on **what is going on** at IGR-IAE Rennes or at the University: visiting professorS from abroad, conferences, events...



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 9 AM to 3 PM, from Monday to Friday and provides snacks, sandwiches, salads, hot and cold drinks. It is operated by the **CROUS, the French student welfare organization**.

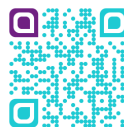
Vending machines for cold/hot drinks and sweets are also located in this area as well as on the 2nd floor of the building.

Next to IGR-IAE Rennes, two CROUS-run «**RU**» (dining halls) offer unexpensive (about €3,50) 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?



The **Korrigo card's services**: in addition to its regular use as a bus and metro card, this multi-service card includes printing, access to the University's Libraries, sports, CROUS-run cafeterias and dining halls. Information will be given by the program coordinators.

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, facing the 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 Harassment

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. At University level, the dedicated email address is harcelementsexuel-sse@univ-rennes.fr

At IGR-IAE Rennes, the «**Violence and Harassment Prevention**» **advisor** can be reached at: igr-sante@univ-rennes1.fr

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. MAESTRO and Ressources+ are the closest to the fields of studies of Management and Human Resources. Contact information by following the QR code above.

Members of the associations are in constant contact with IGR-IAE students by email, or in the school itself. You will be informed of events, sales, parties, to which you can register. Check out the posters in various parts of the building and French students regularly "on duty" in the entrance hall. 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, faculty... They are your key contact about IGR-IAE's associative life.



bde.igr@gmail.com



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.
- There is a **joint social service** between the CROUS and the student health service: in case of financial difficulties, ask guidance from your student coordinator or program director.



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.



Paperwork - administrative procedures



The CMI is the international students' main contact for all the organization of their stay in Rennes. Its mission is to provide services and support to international students in all the administrative aspects of their stay: questions on the validation and renewal of your residence permit, help with health insurance registration, application for accommodation benefits, opening a bank account, support with the guarantor system... The CMI is located downtown, 1 place Paul Ricoeur <https://cmi.univ-rennes.fr/en>

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...** diapason.univ-rennes1.fr

Plenty of great events take place in Rennes. The most comprehensive presentation is at: agenda.rennesmetropole.fr.

Events of interest for you are highlighted in a **dedicated on Teams**, that you can access as soon as your Sésame account is validated.



☎ 02 22 51 44 20

✉ cmi@univ-rennes2.fr

📘 [facebook.com / CMIRennes](https://facebook.com/CMI Rennes)

📷 @CMIRennes



TOURIST INFORMATION CENTER
1 rue Saint-Malo

☎ 0 891 67 35 35

✉ infos@destinationrennes.com
www.tourisme-rennes.com

Transports

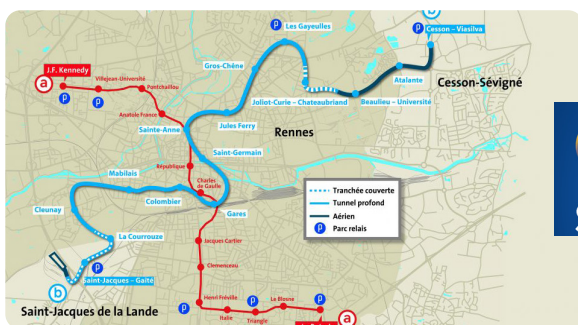
Bus and subway (metro) lines: in Rennes **the bus service is the «STAR»** !

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

Before the 2nd metro line opens, 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. Check out the website or the smartphone app on how to get around or on the traffic conditions (delays, strikes...).

A bus ticket costs **€1.50** for one hour. Check the information on the Korrigo card.

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. You can buy a star monthly pass. Explanations will be given at one of the events organized by the CMI or the University in September.



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, a **10 minute walk** from IGR-IAE Rennes) or **Avenir Bio** (4 rue Ferdinand Pelloutier, les Longchamps, near the Beaulieu campus).

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 rennaise...) 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 will offer **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.

- **Les Puces de Rennes**: a monthly sale which takes place on the second Sunday of each month on the Mail François Mitterrand;
- **The Braderie of the La Touche** district on September 11;
- Braderies **Cleunay** and **St-Martin** neighborhoods, on September 18;
- **The Braderie of the St Héliier** neighborhood on the 25 of September

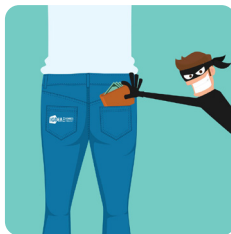
Other tips

- **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)
- At IGR-IAE, **on the 2nd floor of the building**, you can find a place with various items (kitchenware, books...) that you are free to take, or deposit...



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 items in your 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 yourself 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.



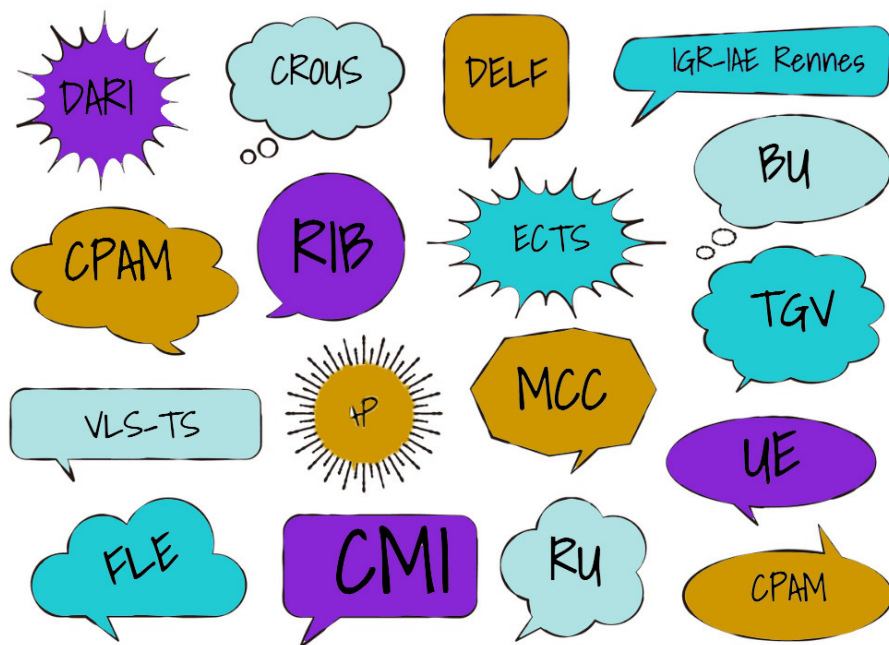
On page 26 of this guide, you will find all the **emergency numbers** in case you find yourself in a difficult situation.

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)
CMI	Centre de Mobilités Internationales (international mobility center, with information services on all the administrative procedures to be handled: health accommodation benefits, residence permit...)
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)
DELF	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)
SSE	Service de Santé Etudiante (University's student health service)
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

SSE (Service de Santé Étudiante / student health service)

Campus Beaulieu Building 21

+33 2 23 23 55 05

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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This guide was written by **Odile SOULARD**,
Communication and International Development Office.

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 Rennes

Odile SOULARD / odile.soulard@univ-rennes1.fr / Office 030 (ground floor)



11 rue Jean Macé - CS 70803 - 35708 Rennes Cedex 7

☎ +33 2 23 23 77 77- @ igriae@univ-rennes1.fr