

**UBO**

Université de Bretagne Occidentale

# **WELCOME GUIDE** international students



**UBO**

université de bretagne  
occidentale

2022-2023

# WELCOME to UBO

We are delighted to count you as one of the 2,400 or so international students we welcome every year at Université de Bretagne Occidentale (UBO). Tailored to your needs as an international student, this welcome guide is designed to help you find your bearings. It should prepare you, get you started and guide you as you embark on your new life in France. This is the go-to guide to help you settle in, offering you help and practical information to make the most of your time studying in France.

We hope you enjoy the read, feel at home in your new study environment, discover new horizons and experience unforgettable moments here at the western tip of Brittany.

# ÉTUDIANTS INTERNATIONAUX

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# UBO in a nutshell

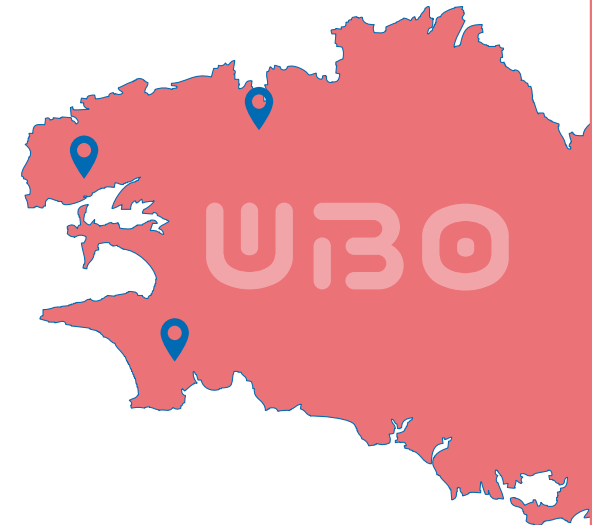
## Welcome to Université de Bretagne Occidentale!

**UBO is spread across three campuses:** the main campus is located in Brest and the other two in Quimper and Morlaix. UBO is a multidisciplinary university, offering a broad choice of study programmes and about 30 research units encompassing a wide range of disciplines, from ocean science, humanities and health to digital and electronic technologies.

## UBO at a glance

- > a total of about 23,000 students
- > more than 250 study programmes, from undergraduate to PhD
- > about 6,000 graduates per year
- > 7 faculties, 7 institutes, 3 schools, 11 doctoral schools

**AN INTERNATIONAL REACH**  
Out of the 22,000 students attending UBO every year, 2,000 of them are international students from 130 countries.



## UBO faculties

- Arts and Humanities
- Sport and Education Sciences
- Science and Technology
- Medicine and Dentistry
- Speech and Language Therapy
- Law, Economics, Management and Economic and Social Administration

## UBO schools

- Graduate school of Teaching & Education (INSPE)
- Graduate school of Agri-food Engineering (ESIAB)
- School of Midwifery

## UBO institutes

- Business Administration Institute (IAE)
- Training Institute for Civil Service Careers (IPAG)
- Brest University Institute for Technology (IUT de Brest)
- Quimper University Institute for Technology (IUT de Quimper)
- European Institute for Marine Studies (IUEM)
- Physiotherapy Training Institute (IFMK) in partnership with the University Hospital (CHRU)
- Euro-Institute for Actuarial Studies (EURIA)



# Before leaving

You have been admitted to UBO. If you are a non-European student, you need to apply for a **student visa**.

You will find all the information you need by clicking on **the following links** (in French):

<https://www.service-public.fr/particuliers/vosdroits/F2231>

[https://france-visas.gouv.fr/en\\_US/web/france-visas](https://france-visas.gouv.fr/en_US/web/france-visas)

**As part of your application, you will need to prove that you can finance a minimum monthly budget of €615, which amounts to €7380 per year.**

Some visa applications ask you to **prove that you have accommodation** for the duration of your stay. Please go to page 7 for more information on renting accommodation. **Financial arrangements have to be made before you leave home (scholarships or personal contributions).**

**In addition to this amount, you also need to plan for:**

- university registration fees (€170 for an undergraduate degree or BUT (two-year technology diploma), €243 for a Master's degree)
- €95 for the CVEC (student and campus life contribution)
- the deposit for rented accommodation (equal to one month of rent excluding charges),
- a public transport travel card (currently €30 or €40 per month)
- the purchase of warm clothing

## ERASMUS+ EXCHANGE STUDENTS

### Registration

**Have you been accepted on an Erasmus+ exchange programme for one or two semesters at UBO?**

**In addition to applying for a visa (non-EU students), you must also do the following:**

- **Sign up to MoveOn** (you will receive an email from UBO, with a link towards the online registration page).
- **Fill in the admission form** on MoveOn, then you will receive by email the accommodation form
- /!\ Places in the residences are limited /!\
- Fill in your Learning Agreement (Contrat d'études) and ask the course supervisors at your university and at UBO to approve and sign it.



# When you arrive

## A FRIENDLY FACE ON ARRIVAL

If you wish to be met by someone when you arrive in Brest, please send a request to the CMI (International Mobility Centre) – the service is free:  
<https://cmibrest.fr>

### When you arrive in Brest, you need to go to the DEVE

The offices for individual mobilities, or Erasmus students will welcome you

## INDEPENDENT STUDENTS

You will need to show your letter of acceptance and your passport.

### Paying the CVEC

You will need to pay the CVEC (student and campus life contribution) before being able to register at the university (do not pay these fees before you receive your visa):

<https://cvec.etudiant.gouv.fr/> (in French)

### Registering at the university

Once you have paid the CVEC, you can register at the university online.

[https://www.univ-brest.fr/menu/formation/S\\_inscrire/](https://www.univ-brest.fr/menu/formation/S_inscrire/)

[https://www.univ-brest.fr/menu/formation/S\\_inscrire/](https://www.univ-brest.fr/menu/formation/S_inscrire/)

Please note that you can only register online if your visa has been entered in the "Etudes en France" application. If this is not the case, you will be given instructions for registering when you go to the DEVE.

### Validating your residence document

If you are a holder of a **long-stay visa**, you need to validate it via the following website (in French):

<https://www.service-public.fr/particuliers/vosdroits/F2231>

If you need to apply for a residence permit, please contact the CMI:

<https://cmibrest.u-bretagne-normandie.fr/en>

### CONTACT: University's Department of Studies and Student Life (DEVE)

20 avenue Le Gorgeu - Bât C - RDC  
29238 Brest Cedex 3, France  
Email: [deve@univ-brest.fr](mailto:deve@univ-brest.fr)

## EXCHANGE STUDENTS

Have you been accepted on an exchange programme for one or two semesters at UBO?

### When you arrive at UBO, you will need to:

- Provide DEVE will all the information required for register-ing at the university
- Pick up your student card at your school/institute/facul-ty's student office
- Come to the DEVE to get your Certificate of Attendance signed

*Unless you are obtaining a diploma/degree or if a specific agreement has been made, exchange students do not need to pay university registration fees or the CVEC. In the event of a problem with your timetable, you can modify your Learning Agreement, with the approval of your course supervisor.*

### CONTACT: Direction des Etudes et de la Vie Etudiante

20 avenue Le Gorgeu - Bât C - RDC  
29238 Brest Cedex 3, France  
Email: [incoming@univ-brest.fr](mailto:incoming@univ-brest.fr) or [deve@univ-brest.fr](mailto:deve@univ-brest.fr)

## WELCOME TO UBO

### Welcome events at UBO

To mark your arrival and help you settle in as smoothly as a possible, UBO organises a range of events **from September to November**. These activities include a boat outing and **orientation events**.

In addition of this, UBO has a student mentoring service to provide support to new **foreign students**.

You will receive an email about this, giving you all the details for signing up to our mentoring service.





# Finding a place to live in Brest



## University halls of residence

To apply for a room in university accommodation, you need to contact the CROUS (regional student welfare office) in Rennes: [www.crous-rennes.fr/logements/faire-une-demande-de-logement-en-cite-universitaire/](http://www.crous-rennes.fr/logements/faire-une-demande-de-logement-en-cite-universitaire/) (in French)

There are a limited number of rooms available in halls of residence.

## Lokaviz

The lokaviz.fr website (CROUS website) specialises in private accommodation for students:

[www.lokaviz.fr/rechercher-un-logement/recherche-par-crous/crous-rennes/brest-29/](http://www.lokaviz.fr/rechercher-un-logement/recherche-par-crous/crous-rennes/brest-29/) (in French)

## Visale

Visale enables you to rent a flat even without a guarantor:

[www.visale.fr/visale-pour-les-locataires/](http://www.visale.fr/visale-pour-les-locataires/) (in French)

## Private accommodation

The following links can also help you find a place to rent in the private sector (most of the websites are in French):

[www.locservice.fr/locataires/](http://www.locservice.fr/locataires/)  
[www.bij-brest.org/](http://www.bij-brest.org/)  
[www.adele.org/](http://www.adele.org/)  
[www.appartcity.com/en/](http://www.appartcity.com/en/)  
[www.leboncoin.fr/](http://www.leboncoin.fr/)

The youth hostel and the Centre de Keraudren in Brest can provide you with temporary accommodation (both websites are in French):

[www.aj-brest.org/](http://www.aj-brest.org/)  
[www.centrekeraudren.com/](http://www.centrekeraudren.com/)



# Create your accounts

## CAF

CAF, the French Family Allowance Office (Caisse d'Allocations Familiales) may give you access to housing benefits ('APL' or 'ALS') to help you pay your rent.

### CAF,

[1 rue Portzmoguer, 29200 Brest, France](http://1.rue.Portzmoguer.29200.Brest.France)

[Espace Caf, 16 rampe Saint-Nicolas, 29600 Morlaix, France](http://Espace.Caf.16.rampe.Saint-Nicolas.29600.Morlaix.France)

[CAF Antenne de Quimper,](http://CAF.Antenne.de.Quimper)

[1, avenue de Ti Douar, 29000 Quimper, France](http://1.avenu.de.Ti.Douar.29000.Quimper.France)

[www.caf.fr](http://www.caf.fr) (in French)

## Bank

To open a bank account, you will need to make an appointment at your local branch (see checklist on page 9). You will need to have a fixed address in France to open an account.

## Health Insurance

### • If you are a European Student:

You will need to bring your European Health Insurance Card (EHIC).

### • If you are a non-European student:

If you are staying in France for three months or more, you will have to register with the Assurance Maladie (French health insurance). Registration is free and must be made on the following website:

<https://etudiant-etranger.ameli.fr/>

[Caisse Primaire d'Assurance Maladie](http://Caisse.Primaire.d.Assurance.Maladie)

[1 Rue de Savoie, 29282 Brest, France](http://1.Rue.de.Savoie.29282.Brest.France)

[Caisse Primaire d'Assurance Maladie,](http://Caisse.Primaire.d.Assurance.Maladie)

[18 rue de la République, 29192 Quimper, France](http://18.rue.de.la.Republique.29192.Quimper.France)



# Checklist



## Opening a bank account

- Some form of valid ID or passport
- Visa
- Student card
- Proof of residence in France (phone or electricity bill less than 3 months old)
- A minimum amount of money to be deposited in your new account

## Renting a flat

- An identity card
- A photocopy of your passport
- A guarantor and the corresponding paperwork: bank details, proof of address or Visale file, [www.visale.fr/visale-pour-les-locataires/](http://www.visale.fr/visale-pour-les-locataires/) (in French)
- Your French bank account details

## CAF application

### • Information required:

a complete address for your accommodation, your total income over the last two years (scholarship, parents' contribution, wages, etc.), your rent, the lessor's address (owner or agency) and SIRET number (14-figure company ID number) if the lessor is a company, and your email address

- Your French bank account details (RIB),
- The lease agreement.

## Health insurance

- An ID card or passport & visa
- Proof of accommodation
- Birth certificate translated into French
- Your French bank account details (RIB)

## Validation of VLS-TS (long-stay visa acting as a residence permit)

- Must be done within three months of your arrival in France

<https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

- A copy of your passport
- A copy of your visa
- A copy of the customs office stamp issued on entry into France or the Schengen Area

## Public transport

[www.bibus.fr/en](http://www.bibus.fr/en)

Use the Bibus app or website to find the right bus and tramway routes. Students can get a discount on monthly travel cards.

To get a card, visit the Bibus office: **33 avenue Georges Clemenceau in Brest.** A ticket purchased on-board buses costs **€1.60**

Travel to anywhere in the Finistère on a single bus network: one journey costs **€2.50**

**Brest has a close connection with the sea. It has a commercial port, a military port, a fishing port and two marinas.**

The Moulin Blanc port offers a wide range of water activities (sailing, stand-up paddleboarding, etc.) and invites you to discover sea life at Oceanopolis.

Find out about the maritime history of Brest at the Musée de la Marine in the city centre. Brest offers all the advantages of a large city while keeping its local charm. Why not wander around the city centre and take the cable-car to Les Capucins? Or walk along the Cours Dajot promenade or the Rue de Saint-Malo to visit a historic district of Brest?

And getting out of Brest is easy by public transport or car if you fancy discovering the outstanding beauty of the Breton coast, with its varied shores, including cliffs and sandy beaches.



📍 Find out about all the cultural activities on offer in Brest by visiting the tourist office [www.brest-metropole-tourisme.fr/](http://www.brest-metropole-tourisme.fr/)





# Food and drink

UBO offers a wide range of cafeterias in the city centre or on the Plouzané campus, where you can go for breakfast, lunch and dinner or for a coffee break.

**The student rate for a full meal is about €3.30.**

You can pay using your student card, the IZLY app or your bank card. Payment in cash is not accepted.



**BREST CENTRE cafeteria and university restaurant**

Open from 11:00 to 14:30 and from 19:00 to 20:30

7, avenue Foch, Brest

Tel.: 02 98 01 69 15

**KERGOAT cafeteria and university restaurant**

Open from 11:00 to 14:30

Rue du Commandant Vibert, Brest

Tel.: 02 98 03 22 56

**ARMEN cafeteria and university restaurant**

Open from 11:00 to 13:30

2 bis, avenue Le Gorgeu, Brest

Tel.: 02 98 03 39 21

**PLOUZANÉ university restaurant**

Open from 11:00 to 13:30

Avenue Alexis de Rochon, Plouzané

Tel.: 02 98 05 95 95

**Quimper university restaurant**

Open from 11:00 to 13:30

4 rue de l'université, Quimper

Tel.: 02 98 90 61 18

... many cafeterias are also available at the different campus locations







# UBO services

## STUDENT MENTORING

If you're an international student, you can ask to be welcomed by a student mentor as of September to help you find your bearings and settle in.

## LEARNING FRENCH

Free French language lessons are available throughout term time, as well as French conversation workshops.

[www.univ-brest.fr/polelangues](http://www.univ-brest.fr/polelangues) (in French)

## STUDENT HEALTH CENTRE

The SUMPPS (the UBO student health centre) offers appointments to see a doctor, a gynaecologist or a psychologist and also has a counselling and prevention service:

[www.univ-brest.fr/centredesante](http://www.univ-brest.fr/centredesante) (in French)

### SUMPPS Brest Student health centre

13 rue de Lanredec  
Tel: +33 2 98 01 82 88

### SUMPPS Quimper Pôle P.J. Hélias

18 avenue de la plage des gueux  
Tel: +33 2 90 94 48 15

## LIBRARIES

with a collection of about 437,000 works. Two of the li-braries are open until 22:00.

## CULTURAL AND SOCIAL ACTIVITIES

symphony orchestra, photography workshops, the-atre... The different student associations offer a wide range of social and cultural activities, including several humanitarian projects.

## INTERNATIONAL STUDENT ASSOCIATIONS

such as TANDEM Sans Frontières, also help Erasmus students and international students feel welcome.

## SPORT

Students have unlimited access to sports facilities and training sessions, from football to climbing. You will be asked to pay an additional membership fee of €30 for some water sport activities. There are surfing and div-ing spots just 15 minutes away from the city centre, as well as a wide variety of water sports on offer, such as kite surfing, sailing and stand-up paddleboarding.

# Acronyms

<b>BU</b>	Bibliothèque Universitaire (university library)
<b>CAF</b>	Caisse d'Allocations Familiales (family allowance office)
<b>CEAM</b>	Carte Européenne d'Assurance Maladie (= EHIC)
<b>CM</b>	Cours Magistraux (lectures)
<b>CMI</b>	Centre de Mobilité Internationale (international mobility centre)
<b>CMU</b>	Couverture Maladie Universelle (universal health insurance)
<b>CPAM</b>	Caisse Primaire d'Assurance Maladie (national health insurance office)
<b>CROUS</b>	Centre Régional des Œuvres Universitaires et Scolaires (regional student welfare office)
<b>DEVE</b>	Direction des Études et de la Vie Étudiante (UBO Study and student administration office)
<b>EHIC</b>	European Health Insurance Card (= CEAM)
<b>ECTS</b>	European Credit Transfer System
<b>LMD</b>	Licence Master Doctorat (Bachelor Master Doctorate)
<b>RIB</b>	Relevé d'Identité Bancaire (bank account details)
<b>RU</b>	Restaurant Universitaire (university restaurant)
<b>SNCF</b>	French national railway service
<b>SUAPS</b>	Service Universitaire des Activités Physiques et Sportives (department of sports and physical activities)
<b>SUMPPS</b>	Service Universitaire de Médecine Préventive et de Promotion de la Santé (university student health centre)
<b>TD</b>	Travaux Dirigés ( <b>tutorials</b> )
<b>TP</b>	Travaux Pratiques ( <b>practical work</b> )
<b>UE</b>	Union Européenne (European Union)
<b>UFR</b>	Unité de Formation et de Recherche (training and research unit)
<b>VLS-TS</b>	Long-stay visa acting as a residence permit

## Useful websites

### **Campus France**

<https://www.campusfrance.org/en>

### **Ministry for Europe and Foreign Affairs**

[www.diplomatie.gouv.fr/en](http://www.diplomatie.gouv.fr/en)

### **Paris Airport Information**

[www.parisaeroport.fr/en/homepage](http://www.parisaeroport.fr/en/homepage)

### **French rail network**

[www.oui.sncf](http://www.oui.sncf)

### **French Office for Immigration and Integration (OFII)**

[www.ofii.fr](http://www.ofii.fr) (in French)

### **Health insurance**

[www.ameli.fr](http://www.ameli.fr) (in French)

Caisse d'allocations familiales  
[www.caf.fr](http://www.caf.fr)

Learn French online  
[www.frenchlearner.com/](http://www.frenchlearner.com/)

### **French bank holidays**

[www.officeholidays.com/countries/france](http://www.officeholidays.com/countries/france)





**Brest**

3, Rue des Archives  
CS 93837  
29238 Brest Cedex 3, France

**Quimper**

18 Avenue  
de la Plage des Gueux  
CS 12024  
29018 Quimper Cedex, France

**Morlaix**

43 quai du Léon  
29600 Morlaix, France

