Maybe this non-exhaustive list of documents will be useful:

- Passport
- Personal Photos
- Administrative Fees
- Proof of Financial Resources
- IMT Admission Letter
- Proof of Accommodation

Before Departure

If you are a double degree student, you should have already registered on Campus France in your country in the aim of obtaining the long-stay visa valid as a residence permit (VLS-TS, visa long séjour valant titre de séjour) which allows you to stay in France up to 3 months.

Upon Arrival

Within the first 3 months of having your passport stamped in European territory, you must validate your visa, this process is essential to ensure your stay in France is legally compliant and involves a fee of 50€.

If you don’t have your visa...

Maybe this non-exhaustive list of documents will be useful:

- Passport
- Visa
- Birth Certificate
- Proof of Accommodation *
- Certificate Bank IBAN or RIB
- IMT Admission letter *

[By experience] Make sure to provide the official accommodation document for your stay, as all correspondence from Social Security will be sent to that address, including your Vital Card.

For example, if you will attend a summer school in Nantes and your TAF is in Brest, it would be best to provide the Brest accommodation letter.

AFTER ALL OF THIS...

You will receive a mail with a temporary social security number. With it, you can complete your application with a copie of your passport and a personal photo for a permanent social security number and Vital Card.

In France, all students are required to have health insurance coverage. Before obtaining the Vital Card, you need to register to get a temporary social security number and this is totally FREE.
If you have specific health needs such as orthodontics or if you are under ongoing medical treatment and visit the doctor regularly, you may benefit from a mutuelle (supplementary health insurance).

The social security system (Assurance Maladie, AMELI) reimburses 70% of your expenses for medical appointments, eligible medications, or emergencies. To receive full reimbursement, you would need to use a mutuelle, which covers the remaining 30%.

The mutuelle involves a fixed monthly cost**, and there are many options available. HOWEVER, there is also a way to obtain the solidary mutuelle once you have obtained your Vital Card totally FREE.

**It’s important to note that if you purchase private health insurance (mutuelle), you must be enrolled for a full year as it cannot be canceled.

### Documents Needed
- Passport
- Visa
- Accommodation Proof
- French Phone Number

You can open the account online or you may need to go directly to the branch office, depending on the bank you choose.

Some banks (and mobile plans also) offer sponsorship programs with benefits. If you know someone already in France, you could ask them for a referral link.

### List of banks
- BNP Paribas
- Société Générale
- Crédit Agricole
- Caisse d’Épargne
- La Banque Postale
- Crédit Mutuel
- Revolut

If you have a scholarship, most of them cover the costs of a mutuelle. You should check with your sponsoring organization.

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This insurance is mandatory for all French inhabitants. This coverage safeguards against potential damages caused to individuals or equipment within your school or during internship activities.

Various insurance companies offer diverse insurance schemes that may encompass additional categories of coverage such as:

- HEYME
- Yvon
- La Mutuelle des étudiants
- Macif
- Smeno, etc.

### MOBILE PLAN
10€ – 20€ par mois

You can subscribe to a network service with any of the following operators:
- Lebara
- La Poste
- Orange
- SFR
- Free
- Bouygues

*Ask them for a referral link also

Keep in mind that:
- Some providers may require proof of residence (to send you the SIM card), passport, and visa.
- The entire campus, including the rooms, is equipped with an internet service called ResEl.
CAF (Caisse d’Allocations Familiales) is a housing financial assistance program in France. It provides support to eligible individuals amongst which are students.

How to Get from the Airport to Campus?

- **Taxi, Uber or Bolt**
  This journey takes 30 to 40 minutes to IMT Atlantique Campus. Uber and Bolt allow you to book a ride using a smartphone app.

- **Public Transportation**
  1. From the Airport, take Bibus shuttle (line n°20) to Porte de Gouesnou tramway.
  2. Take Tram A to the Porte de Plouzané stop.
  3. Take bus (line n°02b) from Porte de Plouzané to Technopôle.

How to Get from the Train Station to Campus?

- **Taxi, Uber or Bolt**
  They are available as soon as you leave the station. The trip takes about 20 min.

- **Public Transportation**
  Take bus (line n°02b) from Brest Train Station to Technopôle.

During the application process, you will be asked for the MAISEL identification number

N°SIRET : 315 028 837 00013 – APE 552F

The following is a non-exhaustive list. Check the website for the full list of documents (could be different for each one)
- Passport
- Visa
- Personal Photo
- Proof of livelihood (cash, traveler’s checks, international bank cards, etc)
- Proof of Accommodation
- University Tuition Document
- Bank RIP/IBAN Vital Records Documents

Bus and Tram Fairs

<table>
<thead>
<tr>
<th>Fares</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-hour ticket</td>
<td>1.70€</td>
</tr>
<tr>
<td>1-day ticket</td>
<td>4.50€</td>
</tr>
<tr>
<td>10 1-hour ticket</td>
<td>14.40€</td>
</tr>
<tr>
<td>Monthly Sub*</td>
<td>30.00€</td>
</tr>
<tr>
<td>Yearly Sub*</td>
<td>270€</td>
</tr>
</tbody>
</table>

* For 26 y/o and under

You can get an unlimited travel card for 5€ per month if you have a scholarship. Visit Bibus.fr for more information about available ticket types, weekend discounts, payment options, and bike fairs.
MEDICAL APPOINTMENTS

On-Campus Psychologist

Experiencing challenges during relocation or environmental changes is common. Brest Campus provides access to an on-site psychologist. You can book an appointment by email.

Viviane Le Naour

Doctolib

Doctolib is the platform where you should book medical appointments with healthcare professionals and various healthcare management tools all around France.

CAMPUS LIFE

STUDENT HOUSE (MAISEL)

The maison des élèves or MAISEL provides everything to make life easier for the students. Make sure to submit your application before arriving.

Please note that to confirm your accommodation reservation, a deposit of 300€ is required.

Rest assured, this amount will be refunded to you when you leave the campus for your internship, provided that the room is left in good condition.

Facilities include:
- Laundry (only in i4 building) 1.5€ per use
- Shared kitchens
- Technical service (upon request) FREE
- Parking
- Package reception
- Single rooms with and without shower, studios, and shared rooms (subject to availability)

SHOPPING

SUPERMARKET

- Carrefour Plouzané: Take bus (line n°11) Technopôle to Commerce
- Lidl Plouzané: Take bus (line n°11) Technopôle to Mescouezel
- Carrefour Brest: Take bus (line n°02b) from Technopôle to Fort Montbarey then Tram A to the Vali Hir stop.

MALLS

- Most shopping malls, clothing stores, etc., are located in downtown. Take bus 02b to Liberté.
The MAISEL offers an internet service called RESEL, which provides very high-speed internet both wirelessly and through Ethernet (each room has a port near the desk). You have one free week, but after that, it’s PAID, so the price varies depending on the number of months you contract.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 month</td>
<td>11.00€</td>
</tr>
<tr>
<td>6 months</td>
<td>55.00€</td>
</tr>
<tr>
<td>1 year</td>
<td>85.00€</td>
</tr>
</tbody>
</table>

Activation is immediate; once payment is made, you’ll have internet in your room.

Don’t worry! The IMT campus has a restaurant known as RAK where you can purchase your lunch and dinner starting from 3.8€. This includes your choice of main course from the daily menu, an appetizer and a dessert.

- You can pay with your bank card or reload your badge or student ID card to pay directly with it.
- To reload online, you will need to request your username and password from the restaurant cashier (NOTE! This is not the same as your student account)

We also have a cafeteria on campus that offers breakfast and small snacks for eating during class breaks.

SOME UTILS WORDS...

When you arrive, you’ll hear several terms that may seem unfamiliar. Here’s ones to keep in mind:

- **SHOTGUN**: Nope, it’s not about guns. In student lingo, a shotgun is a limited-time form or survey opened for participating in a trip or activity proposed by student associations or clubs. Spots fill up fast, so jump on any that catch your eye!
- **BDE (Bureau des Élèves)**: It refers to an association of students (asso) in the school or college responsible for organizing extracurricular activities, events like student nights, seeking sponsors, welcoming new students...
- **BDS (Bureau de Sports)**: asso responsible for organizing and promoting sports activities, facilities, and events for students.
- **BDA (Bureau des Arts)**: asso that manages and promotes artistic activities and events, including performances, exhibitions, and cultural initiatives.
- **BDD (Bureau de Développement Durable)**: responsible for promoting and managing initiatives related to sustainability on campus.
- **VSS (Violences sexistes et sexuelles)**: bureau is responsible for addressing and managing issues related to sexist and sexual violence within the student community.
- **Dellec**: refers to a beach near the campus
- **Toussaint**: refers to the All Saints’ Day holiday in France. It’s basically a week-long break
- **Centre Vie**: is the place where we can chill out and hang with friends during breaks between class blocks.
- **Foyer**: A common area or lounge where students gather and socialize.
- **Scolarité**: Oversees administrative matters related to student enrollment, registration, and academic records.
- **Badge**: Refers to the student ID card used for access to campus facilities, services, and events.
The BDE manages nearly a hundred clubs that animate student life on campus and foster relationships between students.

**MAIN CLUBS**

- DJ
- Chess
- Student Journal
- Picture
- Pompim
- Theater
- Sound and lights
- Sail
- Card games
- Role playing and board games (Club Troll)
- Music
- Robotic
- Sing
- Arts and DIY
- Kitchen

**BDI**

*Bureau des internationaux*

We get it! Arriving in a new country with a different culture and language can be tough and even a bit scary.

The BDI is here to help international students settle in and get involved in French student life.

We organize events, offer support, and help with all the admin stuff to make your experience as smooth and enjoyable as possible.

- All buildings that start with an 'I' are residence halls. **The laundry and dryers are located in I4.**
- Buildings with a ‘G’ are special houses where some university professors or executives live.
- **R01 is the RAK.**

**Welcome Brochure**

*Maisel*
Brest is a charming city nestled on the western coast of Brittany, known for its maritime heritage and lively student atmosphere. Despite its size, Brest offers a rich cultural scene, beautiful coastal landscapes, and a welcoming community.

**Museums**
The Musée des Beaux-Arts displays a diverse collection of artwork, while the Musée de la Marine showcases maritime history. The Musée National de la Marine is another notable museum that delves into France’s naval heritage.

**Art Galleries**
Galerie Le Lieu and Ateliers des Capucins are known for hosting contemporary art exhibitions, providing a platform for emerging artists to showcase their work.

**Theaters**
The Quartz, a prominent cultural institution, hosts theater productions, dance performances, music concerts, and more. Students can enjoy a diverse range of shows, including contemporary plays and international performances.

**WATER SPORTS**
These water-related activities offer students in Brest exciting opportunities to enjoy the coastal environment and engage in thrilling water sports.
- Surfing at Brest’s beaches.
- Sailing in the Rade de Brest bay.
- Kayaking along the Penfeld River.
- Stand-up paddleboarding at Plage du Moulin Blanc.
- Boat tours in Brest Harbor.
- Diving in the Iroise Sea.

These are a few suggestions. You can find out more about Brest below!