

THINGS TO KNOW

Nantes metropolitan area:

630,000 residents

City of Nantes:

310,000 residents

No.1 CITY IN THE REGION

6th LARGEST CITY IN FRANCE

7th TOURIST DESTINATION IN FRANCE

NANTES,

ADMINISTRATIVE
CAPITAL OF LOIRE-
ATLANTIQUE,

one of the 5 departments
which make up the Pays de
la Loire Region

**PAYS DE
LA LOIRE
REGION,**

**8th FRENCH
REGION IN TERMS
OF HOSTING**

foreign students
(12,000 international
students)

University of Nantes:

37,000 students,

including **4200** foreign students
representing **140** different nationalities

54
research units

1300
doctoral candidates



NANTES, RANKED 7th (out of 44) AMONG FRENCH CITIES AS A GREAT PLACE TO LIVE AND STUDY (L'Étudiant magazine ranking)

CAMPUS FRANCE

28 rue de la Grange aux Belles, 75010 PARIS - 01 40 40 58 58 - www.campusfrance.org



**EXPLORING
MY CITY**



Campus France will guide
you through your first steps in
France and **exploring Nantes,**
your new home.

**WELCOME TO
NANTES**



ARRIVING IN NANTES /

◆ The One-Stop Desk for international students

At University of Nantes, the one-stop desk is the central meeting place for international students when they arrive in the city.

All the information necessary for setting up and integrating Nantes is available there:

- assistance with administrative procedures (university enrollment, residence permits);
- housing, insurance, health;
- campus and cultural life, associations, transportation.

When the terms start in September and in January, University of Nantes and its partners including the Prefecture and CROUS are on duty at the One-Stop desk to simplify procedures on site.

Address: Maison des Échanges Internationaux et de la Francophonie, 15 chaussée de la Madeleine, 44000 Nantes.

Hours:

Monday 1:30pm to 5:00pm, Tuesday to Friday, 9:00am to 12:00pm and 1:30pm to 5:00pm (closes at 4:30pm on Fridays).

Contact: 02 53 46 21 62 or international@univ-nantes.fr

To learn more, consult the pages dedicated to international students (bilingual French/English) <https://www.univ-nantes.fr>

> menu > incoming student venir étudier à Nantes

At University of Nantes, thanks to the Nantes foreign researchers association known as Euraxess, researchers and doctoral students can contact the Welcome and Information Office for their procedures: <http://www.nantes-chercheur.org/>
Contacts: 02 53 46 21 73 or maisondeschercheursetrangers@univ-nantes.fr

◆ Sponsors

You can be assisted by a sponsor in Nantes!

The association **Autour du Monde-ESN Nantes**, at no charge, puts a local student in contact with a newly-arrived international student. Above all, it's a sharing and outreach relationship which simplifies integration for foreign students in Nantes:

<http://www.esn-nantes.org/>

◆ Your Higher Learning Institution

Depending on the institution, school, or university, two information services are available:

- International Relations Department (welcome and orientation office).
- the Admissions Department (enrollment and administrative procedures office).

Year-round at University of Nantes, it's the **International Relations Department** which monitors administrative relationships with international students during their mobility.

◆ National Services

- Students: www.etudiant.gouv.fr
- doctoral students, researchers: <http://www.euraxess.fr/fr>

HOUSING IN NANTES /

In Nantes, there are numerous solutions for finding lodging: the housing park reserved for students and managed by CROUS, student and private residences, and rooms in private homes. What's most important is to take care of this as early as possible, before your arrival.

• **The University of Nantes site** gives you all the information and tips you need to find housing in Nantes: <https://www.univ-nantes.fr>
> menu > logement



• **The CRIJ**, the regional youth information center for Pays de la Loire has a very complete Housing Guide that's available for download: <https://www.infos-jeunes.fr>
> se loger > trouver un logement

A FEW TIPS

◆ For short-term lodging

• **Nantes youth hostel**, near the city center.

Address: La Manu, 2 place de la Manu, 44000 Nantes.

Contact: 02 40 29 29 20 or nanteslamanu@hifrance.org

• **see the Visitor Center website for information about a range of temporary accommodations solutions in Nantes. A housing guide is also available:** <https://www.nantes-tourisme.com> > hébergement

◆ Long-term housing

• **CROUS student housing**, Centre Régional des Œuvres Universitaires, of Nantes Pays de la Loire. Address: CROUS, 2 boulevard Guy Mollet, 44300 Nantes.

Hours: Monday to Friday, 9:00am to 5:00pm.

Contact: 02 30 06 02 44

Site: <http://www.crous-nantes.fr/>

On campus, the CROUS is also responsible for all low-cost food services (university restaurant, cafeterias, food-trucks, etc.).

• Private Housing Platforms

Some ten higher learning establishments in Nantes are members of **Studapart**, a platform for private housing.

Learn more: <https://www.studapart.com>

Other offers for student lodging, managed by private organisms, are also available in Nantes.

Try these sites:

- <https://www.adele.org>
- <https://www.immojeune.com>
- <https://www.location-etudiant.fr>
- <https://housinganywhere.com>

There is also a **site managed by the CROUS, Lokaviz**, which includes a listing of student accommodations in private homes: <https://www.lokaviz.fr>

• **Shared Leases:** Consult *La Carte des Colocs*, a national site for shared leases that's free and simple to use: <https://www.lacartedescolocs.fr/>

• **Other solutions available on the Campus France site:** www.campusfrance.org > Getting organised > Accommodation

GETTING AROUND NANTES



The easiest way to get to Nantes from Paris is to take the train at Montparnasse station (2hr30mins by TGV high-speed train): <https://www.oui.sncf/>

From the Nantes train station, to reach the Maison des Echanges Internationaux, the International Exchanges House, take tram line 1 and get off at Commerce stop (the city's central hub).



If you arrive at Nantes Atlantique international airport, take the direct shuttle bus to Commerce station.



For getting around the city and suburbs, use the public transportation (metro, bus and tramway) network, managed by Tan for transportation in Nantes: <https://www.tan.fr/> (bilingual French-English site).

For travel within the region, take the Pays de la Loire regional trains: <https://www.ter.sncf.com/pays-de-la-loire/horaires/recherche>
Coaches are also an option for low-cost travel: <https://fr.ouibus.com/> or <https://www.flixbus.fr/>



For car-pooling, refer to the collaborative websites:

- national website: <https://www.blablacar.fr>
- regional website: <https://www.ouestgo.fr/>



For more freedom of movement, **rent a bike:**
- with **Bicloo**, the self-serve bike-share system for the greater Nantes urban area: <https://www.bicloo.nantesmetropole.fr/home>
- with **Velocampus**, a University of Nantes student association which offers this service at a low price: <http://www.velocampus.net/> (bilingual French-English site).

◆ If you need housing adapted to your special needs

Contact the CROUS Social Services which will take action with your institution.

Some establishments have specialized services for special-needs students (housing assistance and also transportation and tuition).

At University of Nantes, the specifically adapted services of **Relais Handicap** support students with special needs and take each specific situation into account: <https://www.univ-nantes.fr>

> santé, social > accompagnement du handicap

FIRST STEPS /

ENROLLMENT IN YOUR INSTITUTION

◆ CVEC

It is mandatory that you download proof of payment of the Contribution Vie Etudiante et de Campus (CVEC) – the student and campus life contribution fee before you can enroll in your institution.

- Connect to <https://cvec.etudiant.gouv.fr/>

- For additional information and special cases:

<https://www.campusfrance.org> > s'organiser > CVEC

◆ Confirm Registration

Take note ! Even if you have a pre-registration letter, you are not officially enrolled. You must validate your enrollment with the institution's Service de la Scolarité (Admissions) as soon as you arrive.

RESIDENCE PERMIT

◆ Information

• **at the One-Stop desk for international students.**

On matters relating to residence permits, international students are seen **by appointment** at the one-stop desk where **the Prefecture services are available at the start of the** September and January terms.

Address: Maison des Echanges Internationaux et de la Francophonie, 15 chaussée de la Madeleine, 44000 Nantes.

Hours: every Thursday, 9:00am to 11:30am and 1:30pm to 4:00pm.

Contact: 02 53 46 21 62 or

guichet.unique@univ-nantes.fr

For additional information and to make an **appointment online** (bilingual French/English pages): <https://www.univ-nantes.fr> > incoming students venir etudier a nantes

• **at the Loire Atlantique Prefecture in Nantes** (outside of the Prefecture presence at the One-Stop desk).

Address: 6 quai Ceineray, 44000 Nantes.

Contact: 02 40 41 20 20

Site: <http://www.loire-atlantique.gouv.fr/>

• **Learn more about your rights and obligations:** www.service-public.fr > Etranger > Titre de séjour et document de circulation

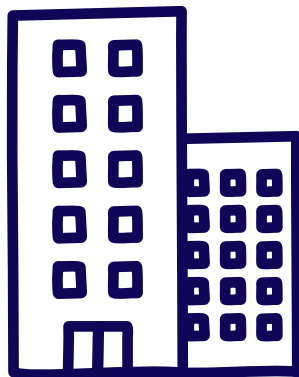
GOOD TO KNOW

• **If you arrive in France with a VLS-TS long-term student visa:** you must validate it online within three months of arrival:

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

• **If you are an Algerian national:** depending on your campus, your residence permit application is made at the Préfecture or with the Service des Relations Internationales at your campus.

Take note: to renew your residence permit, you must apply within two months prior to its expiry.



EVERYDAY LIFE /

OPENING A BANK ACCOUNT

If you stay in France for more than 3 months, it will be much **easier day-to-day if you open a bank account**, online or in one of the 210 bank agencies located in Nantes.

In France, opening a bank account is a right: www.service-public.fr > Argent > Comptes bancaires > Droit au compte

HEALTH CARE

In France, receiving medical treatment is **practically free** but you must be insured. **As a result, signing up for medical insurance is mandatory.**

Connect to the site:

<https://etudiant-etranger.ameli.fr> site to register, to understand your rights, and to take the necessary steps.

Learn more:

<https://www.campusfrance.org> > S'organiser > Santé

As a student, you can also take advantage of the university medical services. In these health centers where consultations are free, you will be greeted by a team of doctors and nurses who can give personalized advice about health and prevention.

This is the case for the Université of Nantes which has a Students health service:

Address: Service de Santé des Étudiants, Maison des Services Universitaires, 110 boulevard Michelet, 44000 Nantes.

Hours: Monday to Friday, 8:30am to 5:00pm.

Contact: 02 40 3710 50 and 02 40 37 10 69

Site: <https://www.univ-nantes.fr/sante-social/>

INSURE YOUR HOME

In France, housing insurance is mandatory.

The "garantie risques locatifs" - rental risk guarantee - is housing insurance which you can you subscribe with your bank or a private insurance company. Online subscription is also often possible.

To learn more, consult notably:

<https://www.smeba.fr/>

www.assistance-etudiants.com

www.assurances-etudiants.com

EMERGENCY NUMBERS

SAMU: 15 Emergency Medical Services

Police emergency: 17 in the event of violence, theft, robbery.

Fire Department: 18, in the event of fire, gas leak, water damage, natural catastrophe, or traffic accident.

112 European emergency services number that's accessible from anywhere in the European Union in addition to the French numbers above.

LEARNING FRENCH

Learning French is an opportunity to be seized! Find what works best for you:

- by consulting the Campus France site or the Français Langue Etrangère (FLE) - French as a foreign language - centers and universities which offer courses at all levels year-round:

<http://ecoledete.campusfrance.org>

- by asking in your institution, at city hall, or in your host city's Maison des Associations - community centers.

FINDING A JOB OR AN INTERNSHIP

2 addresses:

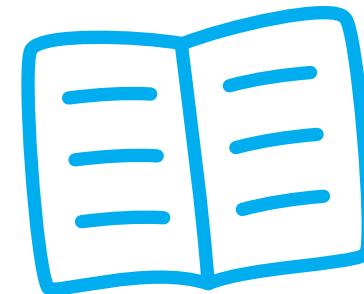
• **Jobs and internships:**

- the **Pays de la Loire regional youth information center** can give tips in matters concerning jobs and present classified ads online:

<https://www.infos-jeunes.fr/travailler>

• **Student jobs:** find a student job that's compatible with your studies on the CROUS **Jobaviz** site:

<https://www.jobaviz.fr/>



THINGS TO DO À NANTES /

PLAYING A SPORT

- In your school, you may also have free access to sports facilities. Contact your Sports Department. **At University of Nantes**, thanks to **Pass'Sport**, you have access to fifty different activities. Learn more: <https://www.univ-nantes.fr> > menu > sport
- **In Nantes**, you can also find a sports activity from among the numerous "sports for all" offered by the city: <https://www.nantes.fr> > ville de Nantes > sport

BE ACTIVE

Attend cultural and sporting events, or join a social or community group, through one of the numerous local or national student clubs and associations.

Learn more:

- To learn more, check with your school (Service de la vie étudiante, Student Services) or visit the following sites: www.animafac.net or www.letudiant.fr

At University of Nantes, 150 student associations keep the campus busy, including several international associations: <https://www.univ-nantes.fr> > menu > vie associative et engagement

GAINING CULTURE AND PARTYING

- Nantes offers many ways to cultivate yourself or party. Movie theaters, concerts, theaters, operas, museums, exhibitions, and festivals are on the program and most of the time, at reduced cost for students: <https://www.nantes.fr/culture#>
 - **At University of Nantes**, the Culture and Initiatives Department develops an ambitious cultural strategy for all students: <https://www.univ-nantes.fr/culture/>
- For entertainment or to pick up some culture, in Nantes, there are:**
- around fifteen multiplex movie theaters in Nantes and its suburbs, (student rates, rewards program) including 4 arthouse cinemas.
 - 12 major museums including two scientific establishments: the Planetarium and the Museum of Natural History.
- In Nantes, some museums are free on the 1st Sunday of the month during the summer.

The **Pass'Musées** also allows you to visit museums at reduced rates:

- <https://www.nantes-tourisme.com> > musées de Nantes
- around twenty performance halls including the University of Nantes Theater, a venue for contemporary creations: <https://tunantes.fr/>
 - thirty-some book shops, including an institution, Librairie Durance which first opened its doors in 1858!
 - a municipal network of 4 libraries and 4 multimedia libraries: <https://bm.nantes.fr>

In Nantes, for going out or staying abreast of events, read **the leading regional daily paper**, Ouest France, available in newsstands or on the Internet: <https://www.ouest-france.fr/>

There is also another daily, **Presse Océan**, which covers regional news: <https://www.presseocean.fr/>

You can also consult the schedule on the Nantes-Ma-Ville site: <https://nantes.maville.com/>

MUST-SEE PLACES /

Nantes obtained the 'City of Art and History' label in 2000.

- the Dukes of Brittany castle, a fortress with moats and towers, and the location of the Nantes History Museum.
- the former Feydeau Island with its beautiful elegant buildings.
- place Graslin with the Grand Theater built at the end of the 18th century.
- the Pommeraye passage, a covered shopping arcade built in 1847, one of the most original spots in Nantes.
- the Jules Verne Museum dedicated to the work of the great French author born in Nantes, and one of the most widely translated.
- Les Machines de l'Île on the site of the former shipyards, gigantic animated metal animals.
- the Abolition of Slavery Memorial, one of the most important monuments in the world dedicated to slavery and its abolition.
- the Jardin des Plantes, a 7-hectare landscaped garden developed at the beginning of the 19th century with its waterfalls and lakes.

For more information, consult the Visitor Centre website:
<https://www.nantes-tourisme.com/fr> > à voir à faire

IMPORTANT ANNUAL EVENTS /

JANUARY

- La Folle Journée, a unique festival which aims to open classical music up to a larger audience.

FEBRUARY

- Hip Obsession, festival of contemporary hip hop culture.

APRIL

- **Journées des Arts et de la Culture (JACES)**, Art and Culture Days to highlight cultural and artistic accomplishments in higher learning.
- Nantes Marathon, to explore the city and its heritage while running.

MAY

- **Pint of Science**, a European initiative for learning about research in atypical venues.
- The Nuit Européenne des Musées (European Museum Night), an occasion to visit museums differently (and for free).

JUNE

- Fête de la musique: music everywhere in town (free concerts).
- Hellfest, the annual rendezvous for extreme music in France.

JULY - AUGUST

- Voyage à Nantes, a cultural and touristic path that winds through the entire city (free).
- Aux Heures d'Été, a free festival of world cultures in different venues in the city center.

SEPTEMBER

- Les journées du patrimoine (Heritage days), free visits of cultural venues.
- Nantes Digital Week, seven days of digital events for all (free access).

OCTOBER

- **Students of the World Night**, guided tours to different spots in the city, consulting and information with student associations.
- **Fête de la Science** in the University laboratories.

NOVEMBER

- Festival des Trois Continents, a festival of films from Africa, Latin America, and Asia (reduced rates).



To stay informed, actively listen to others and the world, and share and dialogue with students, follow **social media** where Campus France has an especially strong presence!

*Remember to sign up on the **France alumni** network to take part in discussion groups on various subjects, take advantage of cultural outings, and consult job and internship offers.*

