

THINGS TO KNOW

Nantes metropolitan area:

660,000 residents

City of Nantes:

315,000 residents

No.1 CITY IN THE REGION

6th LARGEST CITY IN FRANCE

7th TOURIST DESTINATION IN FRANCE

**PAYS DE
LA LOIRE
REGION,**

**9th FRENCH
REGION IN TERMS
OF HOSTING
foreign students
(13,000 international
students)**

Université de Nantes:

43,000 students,

**including over 5000 international
students**

42
research units

1,500
doctoral students



NANTES,

ADMINISTRATIVE

CAPITAL OF LOIRE-

ATLANTIQUE,

one of the 5 departments

which make up the Pays de

la Loire Region

**NANTES, RANKED 6th (out of 44) AMONG FRENCH CITIES AS A GREAT
PLACE TO LIVE AND STUDY** (awarded by L'Etudiant magazine)

Most of the information presented in the Campus France City Information Sheets concerns all international students regardless of their institution.

In France, in each of the host cities, most foreign students study at universities. Accordingly, the City Information Sheets attach great importance to them without overlooking the other higher education institutions even if it is not possible to list them all here with their specific information.

For more information on the institutions' welcomes and orientations:
<https://www.campusfrance.org/fr/recherche/categorie/pays-de-la-loire-463>

CAMPUS FRANCE

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**RÉPUBLIQUE
FRANÇAISE**
*Liberté
Égalité
Fraternité*


**CAMPUS
FRANCE**



**DISCOVER
YOUR CITY**

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

**WELCOME TO
NANTES**



YOUR ARRIVAL IN NANTES /

◆ A one-stop Guichet Unique for international students at Université de Nantes

At Université de 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 settling down in 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, Université de 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:

Guichet Unique Hours: from 29 August to 7 October 2022 and from 9 January to 4 February 2023, from 9 am to 12:30 pm and from 1:30 pm to 4:30 pm, service exclusively available by appointment.

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

◆ Welcome and orientation for doctoral students and researchers

At Université de 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

◆ Buddy System

You can be assisted by a local student 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 setting up for foreign students in Nantes:
<https://www.studyinfrance.net/fr/erasmus-france/esn-nantes/>

◆ Welcome and orientation in other institutions

Depending on the institution host, two information services are available: the Service des Relations Internationales (international relations) and the Service de la Scolarité (Admissions).

Regardless of your institution, please consult the Campus France website for orientation. The site presents a series of **Information Sheets covering the different higher learning institutions:**

<https://www.campusfrance.org> > Students > Documentary resources > Practical information for students and researchers > Reception arrangements in institutions

If you cannot find your school in this list, then go directly to their website.

Year-round at Université de 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>



Making you feel at home is a major concern for all French higher education institutions! **The Welcome to France label** is awarded to institutions that fulfil exacting criteria in the way they take care of their international students.



ACCOMMODATION

Finding somewhere to live is not always easy.

Rents are often high, and landlords require financial guarantees (such as a deposit). Nevertheless, there is a wide range of accommodation on offer: halls of residence that are exclusively reserved for students and managed by the CROUS, student halls and private lodgings, rooms in private homes, flatshares...

The main thing is to start preparing for this as early as possible, before leaving your home country.

- **The Université de 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 (Centre Régional d'Information Jeunesse), 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>

A FEW TIPS

◆ Short-term housing

- **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 Nantes Tourism Office 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, for 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

CROUS website: <http://www.crous-nantes.fr/>

The website *Trouver un logement*:

<https://trouverunlogement.lescrous.fr/>

• 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 organized > Accommodation

◆ If you need a guarantor to secure your lodging

Visale is a new and free guarantor system: www.visale.fr

◆ If you want to file an application for APL funds (Aide Personnalisée au Logement, or personalized housing aid)

CAF (Caisse des Allocations Familiales) can check your eligibility: 32 30 or www.caf.fr

◆ If you need housing adapted to your special needs

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



GETTING AROUND NANTES



The easiest way to get to Nantes from Paris is to take the train at Montparnasse station (2 hours 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 (tramway, bus and shuttle) 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>
Buses are also an option for low-cost travel: <https://fr.ouibus.com/> or <https://www.flixbus.fr/>



For ride-sharing, refer to the collaborative websites:

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



For more independence, rent a bike:

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

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

At **Université de 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

The CROUS, at your service everywhere

Do you need any help and/or advice, somewhere to eat or to live, a job - or do you just want to find out all there is to know about student life? Then the CROUS is what you need!



The CROUS (Centre Régional des Œuvres Universitaires et Scolaires - Regional Centre of University and School Services) has branches in all major French university towns.

It manages university halls of residence and canteens, allows you to meet social workers, and offers cultural activities and job opportunities.

FIRST THINGS FIRST /

ENROLLMENT IN YOUR INSTITUTION

◆ CVEC

Before you can enroll in your institution, you must download proof of payment of the Contribution Vie Etudiante et de Campus (CVEC) – the student and campus life contribution fee.

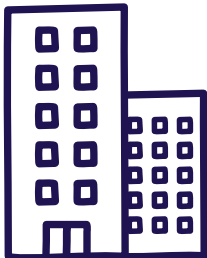
- Connect to <https://cvec.etudiant.gouv.fr/>

- 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 confirm your enrollment with the institution's Service de la Scolarité (Admissions) as soon as you arrive.



RESIDENCE PERMITS

WHAT YOU NEED TO KNOW

- If you have just arrived in France on a long-term VLS-TS student visa: you must **validate it online as soon as you arrive in France**, on the ANEF (Administration numérique pour les Etrangers en France - Digital Administration for Foreigners in France) website. This validation must be carried out within the three months following your arrival: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

- If you have Algerian citizenship or you are a student holding a "concours" visa or a visa bearing the mention "carte à solliciter dans les deux mois" ("card to be requested within two months"): your request for a residence permit must be carried out at the Préfecture.

- If you hold a "mineur scolarisé" ("minor in education") visa and you have since attained your majority, you must request a residence permit directly on the ANEF website or at the *préfecture* of your place of residence within the two months following your attaining the age of legal majority: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

Please note: if you wish to renew your residence permit or VLS-TS, you must make your request during the third month preceding the date of end of validity of your current residence permit, on the following website: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

Please refer to the following tutorial for help with this procedure: https://www.youtube.com/watch?v=-iGha_yqN04

- Your institution's student support services can assist you in case of any difficulties. To find out more about your rights and obligations: <https://www.service-public.fr/particuliers/vosdroits/N110>



PRACTICAL INFORMATION /

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 bank agencies located in Nantes**.

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

ACCESSING HEALTHCARE

Accessing healthcare in France is almost free, but you must be insured. **You must therefore be registered with the national health insurance programme.**

Please go to the <https://etudiant-etranger.ameli.fr> website to register, understand your rights and to carry out the requisite procedures.

Learn more:

<https://www.campusfrance.org> > Getting Organized > Health

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.

That's the case with **Université de Nantes** which created a **Service de Santé des Etudiants**, a student health services.

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/>

TAKING OUT COMPLEMENTARY HEALTH INSURANCE ("MUTUELLE")

We recommend you take out complementary health insurance in order to cover the totality of your healthcare costs, which are not all covered by the compulsory and free national health insurance programme.

Please note: options and levels of insurance vary from one insurer to another. In order to choose the complementary insurance that is best adapted to

your situation and your budget, you can access more information on a student "mutuelles" price comparison website.

HOUSING INSURANCE

In France, housing insurance is mandatory.

You can sign up for housing insurance called "garantie risques locatifs" - rental risk guarantee - at your bank or a private insurance company. Online subscription is often possible.

EMERGENCY NUMBERS

SAMU: Call 15 Emergency Medical Services
Police emergency: Call 17 in the event of violence, theft, robbery.

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

Call 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 that's not to be missed! 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://ecolesdete.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

It is important that you have sufficient financial resources to come and study in France.

Working in France as a foreign student is possible within limits, namely for a maximum duration of 964 hours per year. This can therefore only be a way of earning **supplementary funds**.

Please note: to work in France, if you are not a citizen of the European Union, you must hold a valid **student residence permit**.

To help you find a job or work experience placement, 2 addresses:

- the **Pays de la Loire Centre Régional d'Information Jeunesse**, the regional youth information center can give tips in matters concerning jobs and present classified ads online: <https://www.infos-jeunes.fr/travailler>
- the **Jobaviz website**, run by the CROUS, can help you find a student job compatible with your studies: <http://www.jobaviz.fr>

THINGS TO DO À NANTES /

TAKE UP A SPORT

- In your institution, contact the Service des Sports for free access to sports facilities.
- At **Université de Nantes**, thanks to **Pass'Sport**, you have access to fifty different activities. Learn more: <https://www.univ-nantes.fr/sepanouir-sur-les-campus/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 **Université de Nantes**, 150 student associations keep the campus busy, including several international associations: <https://www.univ-nantes.fr> > menu > vie associative et engagement

CULTURE AND NIGHTLIFE

- 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 **Université de Nantes**, the Direction de la culture et des initiatives (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, you can choose from:

- around fifteen multiplex movie theaters in Nantes and its suburbs, (student rates, rewards program) including 4 arthouse theaters.
- 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 Université de Nantes Theater, a venue for contemporary creations: <https://tunantes.fr/>
- thirty-some book shops, including an institution, Librairie Durand 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/>
- And don't forget to consult the **agenda on the Nantes Tourism Office website**: <https://www.nantes-tourisme.com/fr/agenda>

TOP ATTRACTIONS /

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 Tourism Office 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 and attuned to others and the world, to share and dialogue with students, follow **social media** where Campus France has an especially strong presence!

Don't forget to join the **France Alumni** network. Take part in discussion groups on various subjects, take advantage of cultural outings, and consult job and internship offers.

