



Master in Materials Science Exploring Large Scale Facilities

Contact

Erasmus-Mundus MaMaSELF Master Course
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www.mamaself.eu



Information Guide





Information Guide for Mamaself Welcome Week

This guide intends to give Mamaself international students the most important information regarding the arrival in France for the Welcome Week. Students will find here the information concerning administrative procedures, accommodation, insurance and a lot of practical information.

Welcome!

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FORMALITIES



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Mamaself students 2010

Non - EU students

Must have

- a valid passport assuming a long-stay visa.
- Be able to justify registration in a place of higher education.
- have justification of sufficient resources for the coming year
- Proof of a place of residence.

The foreigners grant-holder of Erasmus Mundus grants are reputable for satisfying funding conditions.

European Students

European students are exempted from having a residency permit in order to study in France. Students from European countries do not need to ask for a visa. for France.



TO GET A ONE YEAR STUDENT VISA

The Non-EU students will have to present :

- Valid Passport
- Official letter of acceptance
- Proof of adress (accomodation in the first hosting country)

We strongly advise the students to get a one year visa. This visa is allowing the delivrance of a Residency permit. Formalities concerning th residency permit will be done after arrival in France/ Germany/ Italy.

Applying for a student residency permit (To complete on arrival)

Application for a student residency permit is compulsory for all periods of study lasting more than 3 months for students who come from a country outside the European Union.

The period of validity of this residency permit is limited to the validity of the applicant's passport, and cannot exceed the study period. It is valid for a maximum of 1 yer, but can be renewed.

Students who are citizens of a member state of the European Union are exempted from having a residency permit in order to study in France.

Students who are citizens of a non-European Union country

In order to obtain a residency permit of more than 3 months

students must have been given a long stay visa ('visa long séjour') from the French Consulate of their home country.

List of documents to provide in order to obtain a residency permit :

- Proof of identity : valid passport, 3 identity photos, birth certificate (translated into English)
- Proof of address : the lease contract ('contrat de location') or rent receipt, or written confirmation of accommodation ('attestation d'hébergement')
- Proof of registration at a higher education establishment for the current academic year (student's card).
- Proof of social security cover
- Proof of financial resources (written confirmation of your grant or of personal financial resources).
- Stamped self-addressed envelope





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INSURANCES



they visit during their Master course. It also provides accident cover, assistance if you lose your passport, tickets or other travel documents.

Mamaself students, European and Non-European, will be covered by an insurance covering Health, Accident, Travel etc. All students participating will be covered for free, the insurance is included in the tuition fees. Students will receive their Insurance card on electronic way before departure of the home country.

EU Students

Students already inscribed at a university in the European Union or in the European Economic Area need to obtain an E111, E128, E106 or E121 or personal insurance in their own country. If this proof of insurance is not supplied, the student will have to join the French Social Security System for students and therefore must pay the annual fee from the time of inscription.

Non EU students

Insurance

The Erasmus Mundus Programme offers special cover to its scholarship students at no extra cost. Their families can also benefit from special premiums. All Non-EU students selected automatically receive free medical insurance cover. This covers their unexpected medical expenses in the European countries



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Opening a bank account

During your stay, you will need a bank account, into which payments can be made, money can be paid, medical insurance repayments made etc.

All foreigners staying in France for at least 3 months can open a resident's bank account which enables them to have a cheque book and a bank card.

Mamaself students can benefit from a special offer from a French Bank with excellent conditions. A meeting with the bank will be organized during the Welcome Week.

Medical examination

On arrival in France, students who are not citizens of a European Union country and who are going to stay in France for over 3 months must undergo a compulsory medical examination. This is organised by the OFII. Students must pay using a fiscal stamp ('timbre fiscal').

The examination consists of :

- a clinical examination
- an X-ray of the lungs
- a check of your vaccinations record.

OFII 110 rue de Vern Rennes
Tel 02 99 38 76 60



www.ofii.fr/





ACCESS TO RENNES



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The city of Rennes can be reached by different kinds of transport

By plane: Regular flights to Rennes can be obtained from the majority of large European cities, either direct or with a change in Paris or other French cities (Lille, Lyon, Bordeaux, Le Havre, Toulouse, Nice, Clermont Ferrand...)

 www.rennes.aeroport.fr



By car: The motorways from the east or the south link Rennes to other cities in France or Europe.
The majority of students arrive from Paris.

By train: Train Grande Vitesse (TGV)

How to get to Rennes from the centre of Paris

You can get to Rennes by train from the station PARIS-MONTPARNASSE (by metro go to the station "Montparnasse-Bienvenue")

The journey Paris-Rennes is about 2 hours long by TGV.

Tickets must be bought at the ticket booths at the station or on the web.

 www.sncf.com



Arrival by train

Direct train from Paris Roissy to Rennes.

The SNCF station in Roissy is located near to air terminal no.2. It is well sign posted and you can find information in Roissy airport.

Montparnasse-Rennes.

If the times of the direct trains do not suit you, you can take a train from Paris-Montparnasse, which serves towns in Brittany including Rennes.

In that case, you will have to take the Air-France bus, which makes regular journeys to Paris with a journey lasting 45mins.

Two other possibilities are available to get to Paris-Montparnasse :

The metro (RER) or a taxi, costing about 35 Euros during the day.

Arrival by plane

How to get to Rennes from Parisian airports

From "Roissy-Charles de Gaulle"

Many possibilities are available: Flights between Roissy to Rennes are daily, with 2-3 flights a day during the week and 1 flight at the weekends.

From the Airport of Orly

Many possibilities are available: Flights between Orly to Rennes are daily, with 2-3 flights a day during the week and 1 flight at the weekends. Information office for airlines: +33.2.99.29.60.00

In front of the Townhall





Welcome and integration

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The university wishes to assure the **best welcome for international students** of exchange programmes. This is why a plan of action was put into place to provide help to the student upon their arrival in Rennes and for their first few days at the university. This plan of action starts the 1st Monday of September.

Individual Welcome services available:

Upon your **arrival at the station or airport**: a graduate assistant who will drive you to your accommodation and will help you to settle in will meet you.

On campus: the same person will accompany you to your campus where your lessons will take place. They will also provide assistance with contacting your head of departments as well as the registrar's office for the first time.

In town: if necessary, you have the opportunity to be shown the main services around town (banks, transport...)

Opening dinner



How to benefit from these welcome services

You must request this service at least 10 days prior to your arrival in Rennes by filling in the form "**Demande d'accueil**". This form will be sent to the students in June.

On receipt of the application form, you will receive a response from one of the student help assistants (monitors). If necessary, you can exchange information at the following email address:

sai@listes.univ-rennes1.fr

N.B. Please note that sending the form "demande d'accueil" constitutes the precondition of an individual reception. Please send the form to the international Office and to Mamaself Office.





ACCOMMODATION

Two possibilities are offered to the student : reside in a room in the University residence or find private accommodation. Each University of the Mamaself consortium will propose an accommodation. The type of accommodation is depending on the place of stay.

Lodging in Rennes in a University Residence

In Rennes you get 2 sorts of rooms at the students residency. Some are more costly but with own bathroom and kitchenette, and nicely situated next to the campus. Some other rooms are cheaper, but without own bathroom and without own kitchenette.

Room of one of the university residences, managed by specialised services of the Ministry of Higher Education: Le Centre Régional des Oeuvres Universitaires et Scolaires (CROUS). The University Rennes 1 has an agreement with CROUS to reserve a number of rooms for foreign students from the European programmes or bilateral cooperation agreements.

You can choose between 2 kind of rooms : room with own bathroom and kitchenette or a "simple" room, where you must share bathroom and kitchen with other students. The room with bathroom costs about 240 euros per month the "simple" one about 147 euros per month.

Description of the "simple" room
(the less expensive one)

Each bedroom is 9m² and contains: A bed, a desk, a wash-basin, a wardrobe, shelves. You will find on each floor, bathrooms and showers as well as a kitchen. There is also a common room or a television room.



www.crous-rennes.fr



How to reserve your room in the University residences

Firstly, send the reservation form to the Service of International Affairs, for 1st of June (for occupation for the whole year or first semester) .

Secondly, you will receive the letter of acceptance to the University residences:

Thirdly, at arrival : your reservation certificate will indicate the University residence where your individual room is reserved. You are advised to arrive at the reception of the University residence from Monday to Friday before 4pm in order to complete all formalities of entry. On your arrival, you will be asked for an advance payment of two months (in cash) of about 270 euros (1 month rent + 1 month guarantee).

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There is an obligatory subscription (of about 9 euros) for fire insurance and water damages (information of this is available at the reception of the residences once you have registered). You must have two passport photos and a medical certificate less than 6 months old to certify you have no contagious diseases.



Attention : rooms at the university residence are allocated for one semester as a minimum





ACCOMMODATION

Lodging in Rennes

If you don't want to live at the university Residence or if you can't (because you will stay a short time in Rennes), there are other possibilities in privately owned accommodation : various organisations propose a list of adresses.

• **The CROUS** Rooms are proposed at the CROUS :

7 place Hoche Rennes

Tel 02 99 84 31 31

www.crous-rennes.fr

• **CRIJB** (Centre Régional Information Jeunesse de Bretagne)

6 cours des Alliés Rennes

Tel 02 99 31 47 48



www.crij-bretagne.com

www.fuaj.org

www.appartcity.com

Accommodation residences for a temporary period

• **Auberge de jeunesse**

For a couple of days

10/12 canal St Martin Rennes

Tel 02 99 33 22 33. e-mail : rennes@fuaj.org

Centre de séjour La Marboudais
Auberge de jeunesse , for a stay between one week and 4 months.65€ for a week.

www.fuaj.org

Private accommodation

• **DOMUS Services**

44 Clos Sévigné 35 510 Cesson Sévigné
e-mail : domus.services@laposte.net
Rooms studios, T3, T4

• **Résidence Club St Martin** (Center)

35 rue d'Antrain. 78 appartements : studio, T1 T2, duplex. Meublés, bail modulable à partir d'un mois;

Rennes-transaction@gestrim.com

• **LES ESTUDINES** (center station)

23 rue de Chatillon Rennes
Tel 02 99 51 54 98

rennes@estudines.fr

Furnished studios and appartements in a residence (42 € a day or 440 € a month for a 24m2 studio with bathroom and kitchen) Make your reservation online : www.estudines.com/residence-logement-etudiant-rennes



Citea

Private accommodation

• **GEGIM**

21 bd de la Liberté Rennes

Tel 02 99 78 17 76

Logements meublés ou vides .

- **Résidence Les Plantes**
(Campus de Beaulieu)

8-16 rue des Plantes Rennes

Rooms about 190€ a month, studios about 330€ a month.

- **Résidence Le Forum**

(Campus Beaulieu)studios about 320 € a month.

- **Résidence Les jardins de Beaulieu** (Campus de Beaulieu)

3 rue Xavier Le Gall Rennes

Studios, about 320 € a month.

• **ESPACIL**

13 rue du Puits Mauger Rennes

Tel 02 99 67 05 37

Different kinds of appartements in the towncenter or near the University campus. Price between 240 € and 380 € per month.

• **ARMORICA Résidence étudiante**

197-199, Bd St Jean Baptiste De La Salle Rennes

www.adele.org/public/residence

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• **CITEA**

In the town center

35, Rue Antrain, Rennes

Tel 02 99 27 20 63

www.citea.com

• **GESTRIM**

6 avenue Janvier Rennes

Tel 02 99 85 91 10

e-mail

rennes-transactions@gestrim.com

Several residences in the town center and at the campus Beaulieu. See website :

www.gestrim-campus.com

• **RESIDENCE ETUDIANTE**

(Center)

4 rue du Thabor Rennes

Tel 02 99 87 94 00

• **RESIDENCE SAINT CYR**

(Center)

53 rue Papu Fac Habitat

Tel 02 40 74 71 87

www.fac-habitat.com

• **LES ESTUDIALES** (Center)

24 bd Solférino Agence Giboire

Tel 02 23 42 42 42

Price between 320 € and 360 € a month.



CATERING



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Seven university restaurants
are available to students, some with a “snack”
formula. Tickets can be bought at the restaurant

University restaurants



[http://beaulieu.univ-rennes1.fr/fr/public/Informations
+pratiques/Restauration/](http://beaulieu.univ-rennes1.fr/fr/public/Informations+pratiques/Restauration/)

In the town center:

Champ de Mars

11 bis, boulevard de la Liberté- Rennes.

Tel 02.99.30.43.00

Le Fougères

46 rue Jean Guéhenno-Rennes.

Tel 02.99.38.03.22

Duchesse Anne

110 boulevard de la Duchesse Anne

Tel 02.99.38.70 .51

At Beaulieu:

Beaulieu 1

37 avenue du prof Charles Foulon Rennes.

Tel 02.99.36.27.29

Beaulieu 2

Campus de Beaulieu

Allée Jean d'Alembert- Rennes

Tel 02.99.87.07.18



Computer access and getting an e-mail address

Computers are accessible in the university buildings on the campus of Beaulieu, being found in the new computer rooms.

At registration you will be given a student number written on your student card and an access code, which only you will know: your “**Sesame**”. These codes are essential for your first connection, although after this you will be able to change your access code. The student number will always be asked of you when you want to use a computer however. As well as being able to do coursework on the university computers, unlimited access to the university network and Internet is also permitted.

Language Courses

In the framework of your Erasmus Mundus Master, you will benefit of **free language lessons**. In Germany you will get a German course, in Italy an Italian course, In Rennes and Montpellier you will have a French course.

The language course will start at each site after the Welcome week.



Rennes Opera



During the Welcome Week students have a time for discovering Rennes and surrounds

Rennes as a cultural capital

History lives on in Rennes, with the centre from the 18th century, the Cathedral from Medieval times, the suburbs from the 16th and 18th centuries. Rennes therefore benefits from the rich heritage plus the diversity of the architecture.

With a large number of well-known artistic centres (Théâtre national de Bretagne, Grand Huit, Théâtre de la Ville, Musée des Beaux-Arts, Musée de Bretagne), Rennes plays a vital role in regional productions



www.tourisme-rennes.com

Traditional music

The biniou (bagpipe) –bombarde duo symbolises traditional Breton music. The Bagdad is a group composed of 21 musicians (binious, bombardes, drums) , they perform all over the world...



Students life on the campus

The Diapason on campus Beaulieu is organising a lot of events for students: concerts, conferences, theater, danse show etc

Discover the campus:

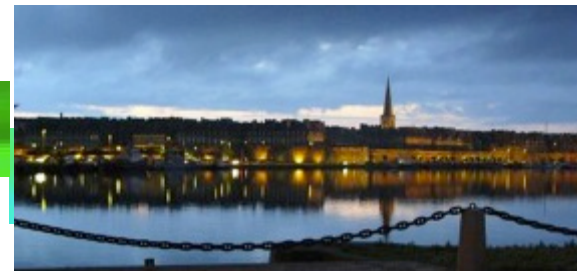
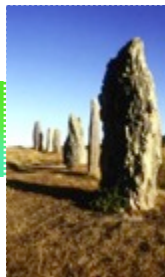
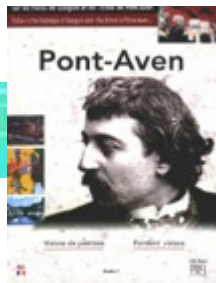
<http://beaulieu.univ-rennes1.fr/fr/public/Vie+du+Campus/>



The « Rock'n solex » festival, the oldest Students festival in France, is organised every year in May on the campus Beaulieu.

www.rocknsolex.fr/





The pirate city Saint Malo by night

CULTURE IN BRITTANY

Brittany fascinates visitors, with its rich history, exceptional architectural heritage and its cultural vitality inspired both by tradition and modernity.

An exceptional cultural vitality

Brittany has the second largest number of buildings classified as historical monuments after the Paris region.

The region has more than 4000 châteaux and manor houses of an interest and density unique in Europe.

The region has the largest number of religious monuments in Europe : churches and chapels, convents and monasteries, calvaries...

Maritime heritage

In the early 20th century, half of all fishing boats were Breton... The Port Musée of Douarnenez works to safeguard and promote the maritime heritage of the region.

Painting

Brittany has been one of the region most visited by painters. The variety of coastal and interior landscapes and the Breton people have inspired the greatest from Gauguin to Sérusier, Corot, Monet and Picasso.

Discovering Brittany

Rennes is ideally situated for discovering Brittany!

Here are a few ideas for some trips :

•Mont Saint Michel

Is a UNESCO World Heritage Site, where you can see The abbey, the town and the Bay (90 km from Rennes)

www.ot-montsaintmichel.com

•Saint Malo

The corsair town beside the sea. What's a corsair? It's a licensed pirate!

To see : Saint Malo Intra muros the beaches, the aquarium... (70 km from Rennes) www.saint-malo-tourisme.com

•Brocéliande

The forest of legends, in which Merlin the magician, Viviane the fairy, the Knights of the Round Table and King Arthur have left their traces...

www.broceliande-pays.com



www.region-bretagne.fr
www.tourismebretagne.com
www.ville-rennes.fr



Mamaself students discovering Crozon



And trying some French cooking ...



Here discovering the Cancale bay



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SEPTEMBER 2017

- Welcome Week for M1 students
- Summerschool for M2 students
2 first weeks of September

The Mamaself Master course is starting in September

We advise the students to arrive 2 days before the start of the programme.

You will receive by e-mail the exact date of expected arrival for students. The program of the Welcome Week will be sent to students by email.

The integration Week will be an occasion for Mamaself students to discover the city and coast, to meet together at the opening dinner, and participate to integration activities...

We have to manage with the administrative questions before the start of the programme.

During these first days after arrival, you will be informed on:

- Registration at University,
- Opening a bank account (meeting with a bank)
- Insurance,
- Language course,
- Application for residency permit



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Tel +49 (0)89-289-14704/14965

Fax: +49 (0)89-290-14995

winfried.petry@frm2.tum.de

UNIVERSITY LMU

Wolfgang SCHMAHL

wolfgang.schmahl@lrz.uni-muenchen.de

Tel: +49 (0)89 2180 4311

FAX +49 (0)80 2180 4334

UNIVERSITY TORINO

Carlo LAMBERTI

Tel: +39011-6707841

Fax: +39011-6707855 carlo.lamberti@unito.it

UNIVERSITY OF MONTPELLIER 2

Werner PAULUS

Tel: (+33) 4 67 14 45 59

e-mail: werner.paulus@univ-montp2.fr

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