

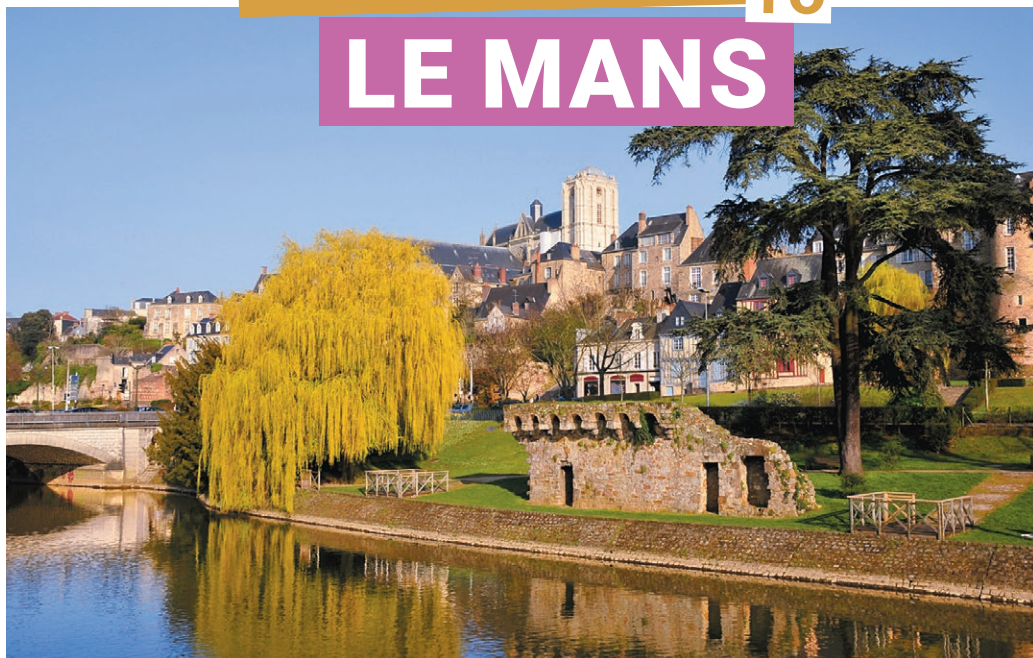


DISCOVER
YOUR CITY



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

WELCOME **TO**
LE MANS





YOUR ARRIVAL IN LE MANS /

♦ Welcome for students enrolled at Le Mans Université

Le Mans Université has set up a Bureau d'Accueil International (International Welcome Center, BAI) which welcomes international students on their arrival, whether they are exchange students or free movers. The BAI offers support for the duration of your stay, helping with administrative procedures and answering any questions you may have.

Address: Le Mans Université, Bureau d'Accueil International (BAI) - International Relations Service (SRI), CleL Building (Centre de l'International et des Langues), ground-floor, avenue Olivier Messiaen, 72000 Le Mans.

Hours:

- at the start of the academic year, the BAI is open all day from 22 August to 6 September 2024 from 9am to 5pm. Also at the start of the academic year, the Kiosque Info Service (KIS) helps students get accustomed to student life and life in France by offering the option of visiting the campus and talking to some of the university's partners.

- the BAI remains open all year round, Monday to Friday from 9am to 12pm and from 2pm to 5pm.

Contact: ri-bai@univ-lemans.fr

or 02 43 83 30 56 / 02 43 83 35 51

Learn more:

- check the **University web pages for international students**, whether exchange students or free-movers (regular admission): <http://www.univ-lemans.fr> > International > Venir à l'Université. -the **International Student Guide (bilingual French & English)** can be downloaded from the following page:

<http://www.univ-lemans.fr> > International/Venir à l'Université > En programme ou A titre individuel..

♦ Welcome and orientation for researchers and doctoral students

At Le Mans Université, the International Welcome Center (BAI) also welcomes international researchers upon their arrival.

For more information: <http://www.univ-lemans.fr> > International > Venir à l'Université > Accueil des chercheurs.

Contact: ri-bai@univ-lemans.fr

♦ Welcome and orientation in other institutions

If you are enrolled in another 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.

♦ 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.

♦ Multicultural Encounters

At Université du Mans, multicultural encounters can be organised:

- through the Alter Ego system, an intercultural programme for students.

Contact: ri-alterego@univ-lemans.fr and

<https://www.facebook.com/BureauAccueilInternational/>

- via the **ESN association** (Erasmus Student Network) which helps establish contact between French and international students.

Contact: <https://www.facebook.com/lemansesn/> or le-mans@ixesn.fr

- thanks to the **ESEM association (Echanges Sarthe Etudiants du Monde)** which offers foreign students the opportunity to meet a local family (without accommodation).

Contact: esem.sarthe@gmail.com



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 **International Student Guide**, produced by Le Mans Université, devotes several pages to finding accommodation (see link above for downloading



guide).

• **Le Mans Centre Information Jeunesse, the youth information center with the city of Le Mans:**

- publishes two **guidebooks**, the "Guide Logement" and "Guide Jeune", with help and advice for finding accommodation;
- offers a **free service listing classified housing ads** for privately-owned accommodation.

Website: <http://www.lemans.fr> > Le Mans facile > L'enfance et la jeunesse > Le Centre Information jeunesse.

Facebook: facebook.com/servicejeunesselemans

Twitter: @EJSLeMans

Address: 13 rue de l'Etoile, 72000 Le Mans.

Contact: 02 43 47 38 50

- **Le Mans city** provides a full list of accommodation options for young people on its website: <http://www.lemans.fr> > Le Mans facile > La maison > Le logement pour les jeunes.

and also publishes a **Guide Logement**.

A FEW TIPS

♦ Short-term housing:

- **Le Mans youth hostel**, near the city center.

Address: Le Flore, 23 rue Maupertuis, 72000 Le Mans.

Contact: 02 43 81 27 55.

Website: <https://www.hifrance.org/auberge-de-jeunesse/le-mans.html>

- **The Relais Habitat et Services Jeunes** (residence for young workers, open to students).

Address: 90 avenue Jean-Jaurès, 72000 Le Mans.

Contact: 02 43 61 24 24.

Website: <http://www.fjtlerelais.fr/>

- **Other options, the search engine on the Le Mans Tourist Office website** may help you find short-term accommodation: <https://www.lemans-tourisme.com> > Séjourner > Dormir.

♦ Long-term housing

- **The Nantes - Pays de la Loire CROUS student housing** (Centre Régional des Œuvres Universitaires - Regional Center for University Services), **Le Mans branch**.

Address: 16 boulevard Charles Nicolle, 72000 Le Mans.

Hours: Monday to Friday (except Wednesday afternoons), from 9am to 4pm.

Contact: 02 30 06 02 40 (9am to 5pm).

Nantes CROUS website:

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

Site Trouver un logement:

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

- **Private Housing Platforms**

Other offers for student lodging, managed by private

organisms, are also available in Le Mans.

Try these **specialized sites**:

- <https://www.fac-habitat.com>

- <https://www.lesresidencesetudiantesdumans.com>

- <https://www.immojeune.com>

- <https://www.location-etudiant.fr>

- <https://housinganywhere.com>

- There is also **Lokaviz, a site managed by CROUS, 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**

GETTING AROUND LE MANS



Travelling to Le Mans from Paris:

- if you arrive at Paris-Charles de Gaulle airport, take a direct train for Le Mans (journey time by TGV: 1 hour 30).

- if you arrive at Paris-Orly airport, take the shuttle service to Gare Montparnasse then take the train to Le Mans (1 hour by TGV).

- if you are coming from central Paris, take the train from Gare Montparnasse: <https://www.oui.sncf/>



On your arrival, to get from Le Mans station to the University, take the tramway from the station (direction Université) and get off at the Campus-Ribay stop.



For travelling in and around town, you can use public transport (buses and trams) operated by the **SETRAM** network, which oversees urban transport in Le Mans and the surrounding area (Le Mans Métropole): <https://www.setram.fr/> (student rates and travel-cards).



There are Pays de la Loire regional trains for getting around the region:

<https://www.ter.sncf.com/pays-de-la-loire>

Buses are also an option for low-cost travel:

<https://fr.ouibus.com/> or

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



For ride-sharing see the collaborative site <https://www.blablacar.fr/>



For a bit more independence, you can rent a standard or electric bike from SETRAM's **Espace Vélo**: <https://www.setram.fr> > Se déplacer > Le vélo.

site: www.campusfrance.org > SGetting 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

♦ For accommodations adapted to your special needs

Contact the CROUS Service Social which will work with your host institution.

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

Le Mans Université has set up a Relais Handicap to welcome and support students with disabilities or illnesses:

<http://www.univ-lemans.fr> > Campus & moi > Etudes et 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> > Getting Organized > 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/#/>

The following tutorial can help you with this procedure: <https://www.campusfrance.org/en/tutorials-to-help-international-students-in-their-application-process>

Your institution's student support services can assist you in case of any difficulties.

At Mans Université, please contact the Bureau d'Accueil International: ri-formalites-sejour@univ-lemans.fr

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 Le Mans** (a lot of them are situated Place de la République).

In France, opening a bank account is a right:
<https://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'll be greeted by a team of doctors and nurses who can give personalized advice in terms of health and prevention.

This is the case at Le Mans Université which has its own Service de Santé étudiante (SSE), or Student Health Service, available by appointment. Website: <http://www.univ-lemans.fr/fr> > Campus & moi > Santé > Service médical. Address: boulevard Charles Nicolle (near the Vaurouzé halls of residence), 72000 Le Mans. Hours: Monday to Friday, from 8:30am to 12:30pm and 1:30pm to 5pm. Contact: 02 43 83 39 20 or accueil-sse@univ-lemans.fr

Students enrolled in other institutions should contact their Service de la Vie étudiante (Student Services) in their host institution.

The city of Le Mans has set up a Centre de Santé open to all, by appointment. Address: 9 bis boulevard Winston-Churchill, 72000 Le Mans. Contact: 02 43 47 49 49.

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 <https://ecolesdete.campusfrance.org/#/main>
- 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, 3 addresses:

- **The Centre d'Information Jeunesse** (CRIJ Pays de la Loire), the local youth information center publishes a job-hunting guide **'Trouver un job'** and classified ads on its website: <https://www.infos-jeunes.fr> > Travailler > Trouver un job.

From January to March the CIJ organizes **Seasonal Job Forums** in Le Mans: <https://www.infos-jeunes.fr> > Agenda > Jobs saisonniers.

- **Le Mans Université** regularly recruits students to work in its different services: <http://www.univ-lemans.fr> > Campus & moi > Vie pratique > Jobs étudiants.

In the spring, Le Mans Université also organizes a **Summer Job Forum**, to establish contact between students looking for temporary work and employers.

Université du Mans also has social workers available on campus to support students: servicesocial@univ-lemans.fr or 02 43 83 39 20.

- **The Jobaviz website, run by the CROUS**, can help you find a student job that's compatible with your studies: <https://www.jobaviz.fr/>



THINGS TO DO IN LE MANS /

TAKE UP A SPORT

In your institution, contact the Service des Sports for free access to sports facilities.

At Le Mans Université, the University Service for Physical and Sports Activities (SUAPS) offers around forty different sports and activities: <http://www.univ-lemans.fr> > Campus & moi > Ca bouge > Sport.

In Le Mans, the city provides many different activities which are listed on its website (<http://www.lemans.fr>). The city also opened **Le Spot**, the ideal venue for skateboarding and other freestyle sports: <http://www.lespot.fr/>

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. 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

Campus life is never dull at Le Mans Université thanks to a number of student associations, including a number for international students: <http://www.univ-lemans.fr> > Campus & moi > Ca bouge > Les associations.

CULTURE AND NIGHTLIFE

Movie theaters, concerts, theaters, operas, museums, exhibitions, and festivals are on the program and most of the time, at reduced cost for students: <http://www.lemans.fr> > Le Mans dynamique > Les loisirs.

At Le Mans Université, the Service Culture (Culture Office) offers a number of structured activities and runs the EVE-Scène Universitaire auditorium, where a program of events - theater, dance, concerts, movies and conferences - is organized throughout the year: <http://www.univ-lemans.fr> > Campus & moi > Ca bouge > Culture.

The Culture Office also offers cultural excursions, via the **Pass Parcours** which entitles students to 3 shows for €10 at various venues in Le Mans.

For entertainment or to pick up some culture, you can choose from:

- 3 multiplex cinemas, with several theaters (student rates, rewards card) including an arthouse theater, the Cinéastes.

- 4 major municipal museums including a scientific institution **Musée Vert**, Le Mans's natural history museum: <http://www.lemans.fr> > Le Mans dynamique > Des idées de visite > Les musées (and then musée Vert).

Admission to museums in Le Mans is free of charge for students aged under 26.

- Some 15 theater and concert venues, including Les Quinconces-L'Espal, the new auditorium and nationally recognized theater which offers drama, movies, music, opera, dance and visual arts:

<https://www.quinconces-espal.com/>

- Some dozen bookshops, including Librairie Doucet, Librairie Thuard and Librairie Bulle, specializing in graphic novels and comics.

- A network of 6 multimedia libraries (free membership for students aged under 25): <https://mediatheques.lemans.fr>

Le Maine Libre (daily local newspaper) is a good source of inspiration for going out in Le Mans and keeping up with the latest news. Available from news stands or online: <https://www.lemainelibre.fr/> You can also check the **calendar on the Tourist Office website**: <https://www.lemans-tourisme.com> > Agenda.



TOP ATTRACTIONS /

Le Mans was awarded the label Pays d'Art et d'Histoire (Art and History Region) in 2002.

- Cité Plantagenêt (the historic center of Le Mans) and its 20 hectares of cobbled streets, traditional houses and Renaissance hotels, sheltered by a Roman wall and overlooked by a towering cathedral.
- Roman walls, the best-preserved walls dating back to the Roman Empire.
- Cathédrale St-Julien, one of the largest in France, with one of the world's finest collections of medieval stained glass.
- Grande-Rue which runs through the old town, with its traditional houses.
- Place des Jacobins, the large square alongside the cathedral.
- Place St-Michel, including the home of 17th century French writer Paul Scarron.
- The giant hourglass, a contemporary sculpture consisting of an immense cube of metal and glass, in the Jardin de Tessé.
- The Musée de Tessé, with its surprising Egyptian Gallery.
- Le Musée des 24 heures du Mans, offering an insight into the world-famous motor race, with around 100 vehicles, including a number that triumphed on the famous circuit.
- The Jardin des Plantes is a 5-hectare botanic garden created in 1870, within easy reach of the town center.
- Le Mans river port, a relaxing spot for a variety of activities.

For more information, consult the Tourist Office website:

<https://www.lemans-tourisme.com>



IMPORTANT ANNUAL EVENTS /

APRIL

- Europa Jazz Festival, a major international jazz festival, with concerts in various venues.

MAY

- European Museum Night offers an opportunity to discover museums and other cultural sites in a new light!

JUNE

- Fête de la Musique: Music everywhere in town (free concerts).
- The 24-hour Le Mans international motor race: an exceptional circuit, the longest in the world (over 8 miles), with cars speeding round at over 350 kilometers per hour.

JULY - AUGUST

- Les Soirs d'été, a multidisciplinary festival (theater, dance, music, circus, film) featuring free shows at outdoor venues all over town.
- The Nuit des Chimères illuminates the historic town center Cité Plantagenêt every evening.

SEPTEMBER

- **Campus en Fête**, free event: concerts, sporting challenges, food-tasting...
- Les Journées Européennes du Patrimoine (European Heritage Days), free visits of cultural venues.
- Sport en Fête, organized by the city of Le Mans, over 150 associations present 50 sports disciplines.
- Tour of the town for new "Manceaux", the town council gives new students a tour of Le Mans to help them get to know their new home.
- La Foire du Mans, large-scale local fair, 100,000 visitors, 550 exhibitors (free entry on certain days).
- Entre Cours et Jardins, celebration of plants and gardening in Le Mans's old town.

OCTOBER

- **Science Festival** in the University laboratories and the Science Village at the Abbaye Royale de l'Épau in Le Mans.
- The 25^e heure du Livre, one of France's largest book fairs (reduced student rate).

NOVEMBER

- Festival Bebop, an important festival for discovering new trends in French music.

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!

*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.*



**& SHARE
PARTICIPATE**



THINGS TO KNOW

LE MANS

IS THE CAPITAL (PRÉFECTURE) OF THE SARTHE DÉPARTEMENT, one of the 5 departments in the Pays de la Loire region

PAYS DE LA LOIRE REGION,

9th FRENCH REGION in terms of hosting foreign students (13,000 foreign students)

METROPOLITAN AREA

200,000 residents

CITY OF LE MANS

143,000 residents

15,000 students

Le Mans Université:

13,000 students
including 1,700 foreign students
representing 100 different nationalities,
15 research laboratories,
270 doctoral students



LE MANS, RANKED AMONG 46 FRENCH CITIES AS A GREAT PLACE TO LIVE AND STUDY (awarded by L'Étudiant 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/centre-val-loire-639>

CAMPUS FRANCE

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