

# Welcome Brochure

**CAMPUS BREST**  
2025

655 Avenue du Technopôle  
29280 - PLOUZANÉ

This guide is designed to help you handle your new environment with ease. Inside, you will find essential information on:

- administrative tasks
  - useful tips to help you settle in,
  - and important contacts and links
- to ensure you have the resources you need

We're here to support you every step of the way as you embark on this exciting journey.

imt\_atlantique

IMT Atlantique

imt-atlantique.fr

bdi\_imt\_atlantique\_brest

## 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€**.

## Concerning students with a short-stay visa (Visa court séjour)

You will have to apply for a residence permit as soon as you arrive. For that, the documents you might need to bring from home are:

- Birth certificate, passport and visa
- Certificate of Campus France for the visa demand.
- As well as other documents you can get from the school.

# LA CARTE VITALE

Assurance Maladie, AMELI  
(Health Insurance)

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**.

NB: if you come with a short-stay visa at first, you should wait until you receive your receipt of your residence permit to apply for the social security number.

## REGISTER

## DOCUMENTS REQUIRED

- 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.

If you already have your visa, you can start the process from abroad, as it takes some time to become fully effective.

\* These documents may not be required





# MUTUELLE

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 REQUIRED FOR THE SOLIDARY MUTUELLE

- Passport Visa / Residence permit
- Proof of Financial Resources
- Tax declaration letter or explanatory letter of non-declaration.

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



# BANKS



First, compare the different banks while being careful on if there is a withdrawal cost, if you can make international transfers etc...

## Documents Needed

- Passport
- Visa
- Accomodation 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 (online bank)



NB: online banks account cannot be created with a short-stay visa at the beginning of the year



# LIABILITY INSURANCE



Assurance Responsabilité Civile



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
- SFR/Red by SFR
- La Poste
- Free
- Orange
- Bouygues



\* Ask them for a referral link also

You will need a french number for every procedure you do (bank account etc), so this has to be one of the first things you do as soon as you arrive. (Some operators send the SIM card by mail and it arrives generally within 2 or 3 days)

## 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.

RESEL





# HELP FOR ACCOMMODATION CAF



As a student in France, you have the right to benefit from a help for accommodation given by CAF (Caisse d'Allocation Familiale) that helps you fund a part of your accommodation fees.

## REGISTER

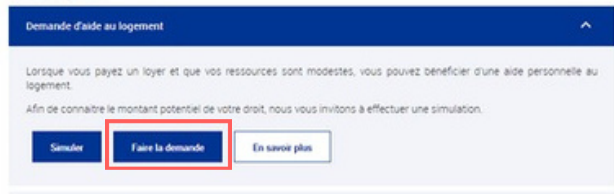


### Faites une demande de prestation en ligne



Sélectionnez la prestation qui vous intéresse

### Aide au logement



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

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

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

# COMING FROM ABROAD



## 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**.

## BIBUS PAGE



## 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 (Kennedy Gare) to Technopôle.



# PUBLIC TRANSPORT



## Bus and Tram Fairs

**Bibus** is the public transport service in Brest

1-hour ticket **1.70€**

1-day ticket **4.50€**

10 1-hour ticket **14.40€**

Monthly Sub\* **30.00€**

Yearly Sub\* **270€**

\* For 26 y/o and under



You can get an unlimited travel card for 4.6€ per month if you have a scholarship. For that you will need to bring your passport, your proof of accommodation as well as your proof of scholarship to "Hôtel de Ville de Plouzané".

For that you have to take the **line n°11** from the Technopôle station in front of the school and stop at the station "Plouzané Mairie"





# 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.

DOCTOLIB

## TELECONSULTATIONS

With the Health Service of the University of Nantes (regardless of the Brest, Nantes, or Rennes campuses)

## Emergencies

**SOS BREST**  
**02 98 34 00 00**

For medical emergencies, psychological distress, social issues, or any other urgent needs.

- **Emergency** 112
- Police 17
- Medical service 15
- Fire service 18
- **Psychological urgency** 3114

# CVEC

Contribution Vie Etudiante et de Campus

Each student must obtain, prior to school registration, a certificate of payment or exemption from payment of the Student Life and Campus Contribution (CVEC)\*\*\*.

103€

CVEC

\*\*\* Most dual degree students are **not** required to pay the CVEC in the first year; however, you should verify this.

# SHOPPING

## SUPERMARKET

**Carrefour Plouzané** : Take bus (line n°11)

Technopôle to Commerce

**Lidl Plouzané**: Take bus (line n°11) Technopôle to Mescouzel

**Intermarché Super Plouzané**: Take bus (line n°11) Technopôle to Plouzané Mairie.

**Carrefour Brest**: Take bus (line n°02b) from Technopôle to Fort Montbary then Tram A to the Vali Hir stop.

## MALLS

- Most shopping malls, clothing stores, etc., are located in downtown. Take bus 02b to Liberté.

# 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.

MAISEL

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)





## Food and alimentation

Don't worry! The IMT campus has a **restaurant** known as **RAK** where you can purchase your lunch and dinner starting for **3.3 €**. This

includes your choice of main course from the daily menu, an appetizer and a dessert.

**RAK**



- 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 or at the cafeteria in the center of the school.

**NOTE:** This is not the same account as your student one.

Mon - Fri

National  
Holidays

Holidays

**Lunch**

11h30 - 13h15

12h15-13h00

11h45 - 13h

**Dinner**

19h15-20h00

19h15-20h00

19h15-20h00

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

COFFEE  
- SNACKS

Mon - Fri

07h45-14h00  
15h00-16h45

\* Closed the other days



## INTERNET (RESEL)

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.

1 month

**11.00€**

6 months

**55.00€**

1 year

**85.00€**

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

## 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 Éléves):** 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.



## CLUBS

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

Sail

Card games

Role playing and board games (Club Troll)

Kitchen

Robotic

Sing

Arts

Music

# 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.

GROUP

# CAMPUS MAP



- 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





# BREIZH LIFE



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.



## 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.



## 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.



## LOCAL CULTURE

Discover more about Brest's local culture and heritage.

Explore the rich cultural scene of Brest, from museums to theaters.

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Discover  
BREST

# CONTACTS

## CAMPUS SECURITY



02 29 00 11 99

24/7 Disponibilité

VSS

celule-vss@imt-atlantique.fr

## INTERNATIONAL STUDENTS' OFFICE (BDI)

President : Telmo Andia

Vice-President: Molka Jabeur

Treasurer: Martin Luzardo

## App Group

## STUDENT LIFE COORDINATOR

Any questions regarding extracurricular student life



Ronan HAMONOU

## GENERAL STUDENTS GROUP

## Facebook Group



MAISEL IMT ATLANTIQUE  
655 Avenue du Technopôle  
29280 – PLOUZANÉ

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

Tél. : 02 29 00 14 07

logement-brest@imt-atlantique.fr