

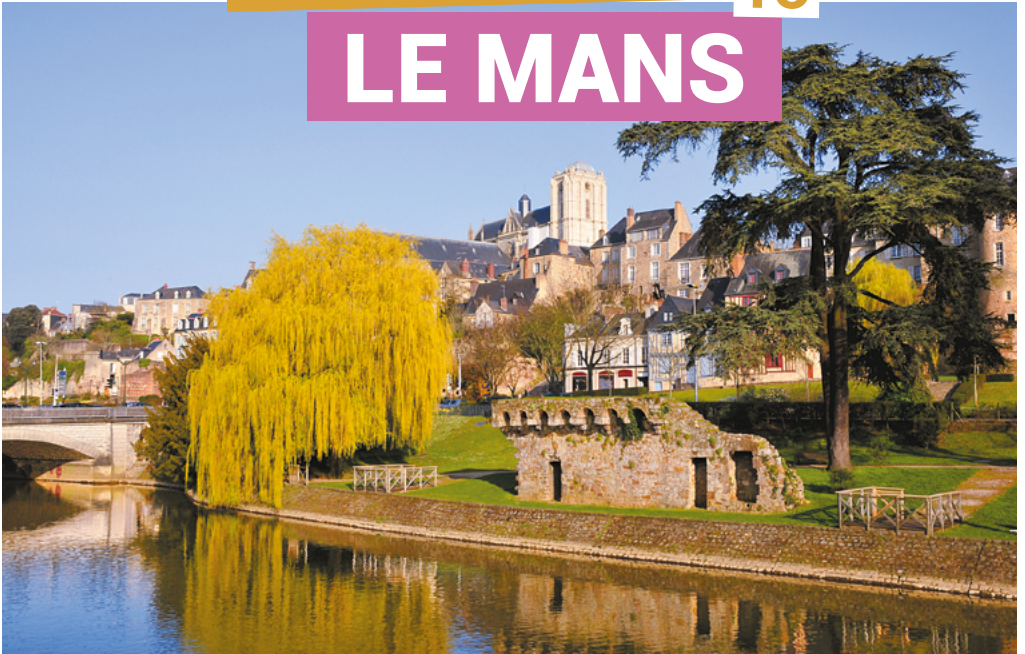


**DISCOVER
YOUR CITY**



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 exchange students or 'individual' students (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), CieL Building (Centre de l'International et des Langues), ground-floor, avenue Olivier Messiaen, 72000 Le Mans.

Hours:

- late August to mid-September, Monday to Friday, 9am to 5pm
- rest of the year: Tuesday, Wednesday and Thursday, 9am to 12pm and 2pm - 5pm; Friday, 9am to 12pm.

Contact: 02 43 83 30 56 / 02 43 83 35 51
or ri-bai@univ-lemans.fr

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>

◆ Buddy System

You can be assisted by a local student in Le Mans:
- thanks to a Buddy System, **Alter Ego and Tandem language-exchange partnerships** (see International Student Guide).

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

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

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

Contact: <https://www.facebook.com/lemansesn/> or erasandco@gmail.com

- 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



HOUSING IN LE MANS /

There are numerous solutions for housing in Le Mans: **Student-only accommodations managed by CROUS**, student housing and private residences, and rooms in private homes.

Most important is to take care of this as early as possible and before your arrival.

- 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](https://www.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.fjtlrelais.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/>

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

• 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 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: +33 (0)8 10 29 29 29 or www.caf.fr

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.

◆ 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.



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 PERMIT (TITRE DE SÉJOUR)

GOOD TO KNOW

• If you have arrived in France with a VLS-TS long-term student visa: you must validate it online upon your arrival and imperatively within the first three months of your stay (in France) on the ANEF (*Administration numérique pour les étrangers en France*) website: <https://administration-etrangers-en-france.interieur.gouv.fr>

• If you are an Algerian national or a student with a "Concours" (tests) visa or a visa with the indication "Carte à solliciter dans les deux mois" (Residency permit is to be requested within 2 months of entry): your residency permit application has to be made at the Prefecture.

• If you hold a "mineur scolarisé" (enrolled minor) visa and you attained the age of majority, you have to request for a "Titre de séjour" online on the ANEF website or at the prefecture where you live within 2 months following your majority.

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

Take note : To renew your student residency permit "Titre de séjour" (VLS-TS), your request must be done during the 3rd month before the expiration date of your current "Titre de séjour" (permit) on the website: <https://administration-etrangers-en-france.interieur.gouv.fr>

This tutorial will help you:

https://www.youtube.com/watch?v=j_suMJ3fiw&list=PLpm2evF1qaJe_oq0a-LMIKujAihwAtVEy&index=16

The reception services of your establishment can guide you in the event of difficulties.

www.service-public.fr > Etranger > Titre de séjour et document de circulation (Foreigners > Resident Card and Travel Document)



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**, either online or in one of the 100 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).

HEALTHCARE

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

Login to the

<https://etudiant-etranger.ameli.fr>

Site to register, to understand your eligibility and benefits, and to take the necessary steps.

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 Centre de Santé (Health Service) with a medical team working on an appointment basis: <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, 8:30am to 5pm.
Contact: 02 43 83 39 20 or sante.u@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.

ADDITIONAL HEALTH INSURANCE

You can also sign up for **top-up insurance** which will cover all health expenses not covered by the **free and compulsory health insurance**.

Take note: The plans and coverage levels differ from one company to another. To choose a **top-up insurance policy** which meets your needs and your budget, you can **compare student health insurance plans**.

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

Useful websites:

- **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: <http://www.infos-jeunes.fr> > Travailler > Trouver un job.

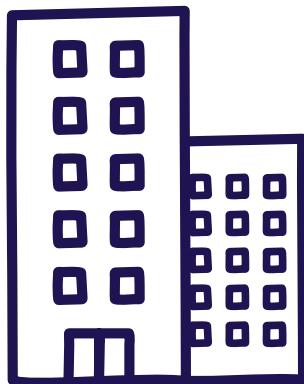
From January to March the CIJ organizes **Seasonal Job Forums** in Le Mans: <https://www.infos-jeunes.fr> > Agenda > Jobs saisonniers.

- **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.

GAINING CULTURE AND PARTYING

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.



& SHARE PARTICIPATE

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.*



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,

8th FRENCH REGION in terms of hosting foreign students (12,000 foreign students)

METROPOLITAN AREA

210,000 residents

CITY OF LE MANS

143,000 residents

13,000 students

Le Mans Université:

12,000 students including 1,900 foreign students representing 100 different nationalities, 15 research laboratories, 300 doctoral students



LE MANS, RANKED AMONG 44 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