

THINGS TO KNOW

Metropolitan area Rouen Normandie:

490,000 residents

Rouen:

110,000 residents,

44,000 students in the city-region

ROUEN,

IS THE ADMINISTRATIVE CAPITAL OF THE SEINE-MARITIME

department, one of the five departments that form the Normandy Region with Rouen as its capital

NORMANDY REGION,

10th FRENCH

REGION in terms of hosting foreign students

(10,000 international students)



Université de Rouen:

29,000 students,

including **2,800** international students, representing 120 different nationalities



40 research laboratories

8 doctorate-awarding schools

ROUEN CAME 20th IN A LIST OF THE TOP 44 FRENCH CITIES FOR LIVING AND STUDYING, WITH GOOD SCORES FOR ATTRACTIVENESS AND STUDENT ACTIVITIES (ranked by L'Étudiant magazine).

CAMPUS FRANCE

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

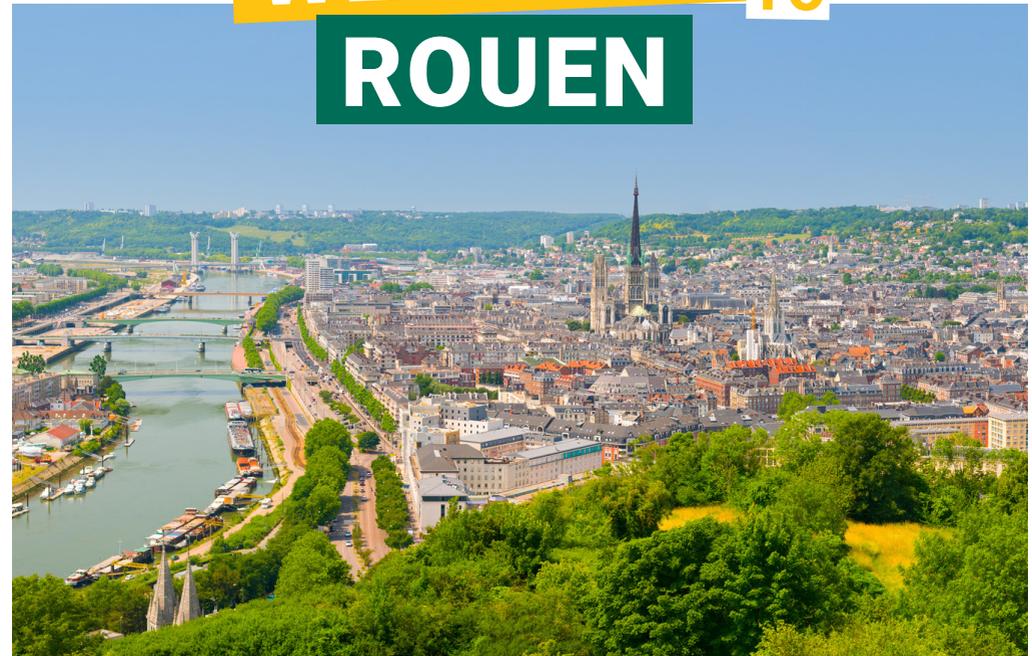


EXPLORING MY CITY



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

WELCOME TO ROUEN



ARRIVING IN ROUEN /

◆ **Modulo Monde is a one-stop Welcome Desk for foreign students arriving at the University**

The University of Rouen Normandy has set up Modulo Monde as a friendly and helpful service for international students. It can assist you with administrative procedures and facilitate your integration.

From late August until mid-November, Modulo Monde is available to help you obtain your residence permit (with the Préfecture) and finalize enrollment at the university. Modulo Monde can also help with student accommodations (CROUS) and housing allowances (CAF).

Address: Modulo Monde is located in the foyer of the Colbert Building on the Saint-Aignan campus, 24 rue Jacques Boutrolle d'Estaimbuc (Place Colbert).
Hours: from late August until mid-November, Monday to Thursday, 8.00am - 12.00 noon and 1.30pm - 4.00pm.
Contact: 02 35 14 00 26/27 or modulomonde@univ-rouen.fr

For more information:

- read the international student pages on the University of Rouen Normandy website: <http://formation-ve.univ-rouen.fr> > Vie étudiante > Accueil des étudiants internationaux
- download the Modulo Monde Guide-book: <http://formation-ve.univ-rouen.fr> > Vie étudiante > Accueil des étudiants internationaux

Foreign PhD students and researchers can contact the International Relations Service at the University of Rouen Normandy.

Address: Direction des Relations Internationales et de la Coopération, 24 bis rue Jacques Boutrolle d'Estaimbuc, 76130 Mont-Saint-Aignan.
Contact: 02 35 14 69 10 or service.international@univ-rouen.fr
Site: <http://recherche.univ-rouen.fr> > Europe et International > Accueil de chercheurs et de doctorants internationaux

◆ Sponsors

You can be assisted by a sponsor in Rouen!

Student volunteers can help you get settled in by showing you around the university and the city thanks to the Erasmus Student Network, **ESN Rouen and Buddy System**:
<http://www.rouen.ixesn.fr> > Association > Présentation

◆ Mediation

The University of Rouen Normandy has set up a student mediation service for international students.

Mediators help welcome and accompany international students in conjunction with Modulo Monde, the various university services and the CROUS (housing office). They also facilitate Préfecture applications to help students obtain residence permits.

◆ Your Higher Learning Institution

Depending on the institution, two information services are available:

- International Relations Department (welcome and orientation desk)
- the Admissions Department (office for enrollment and administrative procedures)

It is the Department of Studies and Student Monitoring which oversees foreign students via the Modulo Monde service at the University of Rouen Normandy.

◆ National Services

- students: www.etudiant.gouv.fr
- doctoral students, researchers: <http://www.euraxess.fr/fr>

HOUSING IN ROUEN /

In Rouen, there are numerous solutions for finding lodging: the housing park reserved for students and managed by CROUS, student and private residences, and housing in private homes.

What's most important is to take care of this as early as possible, before your arrival.

• **Normandy's Regional Youth Information Center (CRIJ) offers the following:**
- classified ads service <http://www.crijnormandie.fr> > Annonces > Logement
- Rouen Student Guide with tips and discounts: <http://www.crijnormandie.fr> > Les dossiers du CRIJ > Logement > Les bons plans de l'étudiant rouennais

A FEW TIPS

◆ For short-term lodging

• **Rouen youth hostel**, near the city center.
Address: Le Robec, 3 rue du Tour, route de Darnétal, 76000 Rouen.
Contact: 0 2 35 08 18 50.
Site: <https://www.hifrance.org> > Auberge de jeunesse > Rouen

• **Further accommodation options** can be found via the multilingual search engine on the Rouen Visitor Center website: <https://www.rouentourisme.com> > Menu > Dormir

◆ Long-term housing

• **CROUS** (Centre Régional des Œuvres Universitaires et Scolaires) student housing for **Normandie (Rouen)**.

Address: 135 boulevard de l'Europe, 76100 Rouen.
Hours: Monday to Friday, 9am to 4:30pm.
Contact: 02 30 06 02 76.
Site: <http://www.crous-normandie.fr> > International > Trouver un logement

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

• Private Housing Platforms

Other offers for student lodging, managed by private organisms, are also available in Rouen.

For example, visit:
- <https://www.adele.org/>
- <https://www.immojeune.com/>
- <https://www.location-etudiant.fr/>
- <https://housinganywhere.com>
- **Studapart** website, private student housing platform, affiliated with two schools in Rouen: <https://www.studapart.com> > Rechercher par ville > Rouen

• 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 > s'organiser > logement

◆ If you need a guarantor to secure your lodging

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

◆ **If you want to apply for the APL (Aide Personnalisée au Logement - personalized housing aid)**

The CAF (Caisse des Allocations Familiales - family allowances fund) is available to assess your rights: 08 10 29 29 29 or www.caf.fr



GETTING AROUND ROUEN



Arriving from Paris:

- trains to Rouen leave from the Gare Saint-Lazare station in Paris: <https://www.oui.sncf/>
The Paris underground (métro) can be used to get to Gare Saint-Lazare. Various lines stop there (3, 9, 12, 13 and 14).
- if you're flying into Roissy-Charles de Gaulle airport, the Roissybus shuttle service stops near the Opera, within easy reach of Gare Saint-Lazare.



To get from Rouen station to Modulo Monde on the Saint-Aignan Campus, take Bus F2 or No. 8 and get off at the 'Place Colbert' stop



For travelling around the city and surrounding area, the public buses and underground service are run by the Rouen Normandy Astuce network: <https://reseau-astuce.fr/>



There are regional trains for getting around the Normandy region: <https://www.ter.sncf.com/normandie>
Coaches are also an option for low-cost travel: <https://fr.ouibus.com/> or <https://www.flixbus.fr/>



For car-pooling, refer to the collaborative websites, for example:
- national website: <https://www.ter.sncf.com/normandie>
- local website: <http://www.covoiturage76.net/>



For greater independence, rent a bike with Cy'Clic, the Rouen-Normandie bike-share system: <http://cyclic.rouen.fr/>

◆ If you need housing adapted to your special needs

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

Some institutions have specialized services.

At the Université de Rouen Normandie, there is a help desk for people with a special needs: <https://modulo.univ-rouen.fr> > Les Études > Situation de Handicap

FIRST STEPS /

ENROLLMENT IN YOUR INSTITUTION

◆ CVEC

It is mandatory that you download proof of payment of the Contribution Vie Etudiante et de Campus (CVEC) – the student and campus life contribution fee before you can enroll in your institution.

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

RESIDENCE PERMIT

◆ Information

• **Modulo Monde**, the University of Rouen's Welcome Desk for international students. From late August until mid-November, international students are welcomed at the Modulo Monde, which can help them apply for a residence permit, in conjunction with the Préfecture services.

Address: Espace Modulo Monde, Bâtiment Colbert, 24 rue Jacques Boutrolle d'Estaimbuc, 76130 Mont-Saint-Aignan.

Contact: 02 35 14 00 26/27 or modulomonde@univ-rouen.fr

Important page to read:

<http://formation-ve.univ-rouen.fr> > Vie étudiante > Accueil des étudiants internationaux

• **The Préfecture for Seine-Maritime** (Rouen), when Modulo Monde service unavailable (mid-November until early August).

Address: Préfecture, 7 place de la Madeleine, 76 000 Rouen.

Contact: 02 32 76 50 00

Important page to read:

<http://www.seine-maritime.gouv.fr> > Démarches administratives > Etrangers en Seine-Maritime > Etrangers des arrondissements de Dieppe et Rouen

• **Learn more about your rights and obligations:**

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

GOOD TO KNOW

• **If you arrive in France with a VLS-TS long-term student visa:** you must validate it online within three months of arrival: <https://administration-etrangers-en-france.interieur.gouv.fr>

• **If you are an Algerian national:** depending on your campus, your residence permit application is made at the Préfecture or with the Service des Relations Internationales at your campus.

Take note: to renew your residence permit, you must apply within two months prior to its expiry.

EVERYDAY LIFE /

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 80 bank agencies located in Rouen.

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

HEALTH CARE

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

Connect to the site
connect to the <https://etudiant-etranger.ameli.fr> **site to register, to understand your rights, and to take the necessary steps.**

Learn more:

<https://www.campusfrance.org> > S'organiser > Santé

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.

This is the case at the University of Rouen Normandy which offers a Health & Social Service at several different sites.

Address: Service santé, Maison de l'Université (1^{er} étage), rue Lavoisier, 76130 Mont-Saint-Aignan.
Hours: Monday to Friday, 8:45am to 5:30pm.
Contact: 02 32 76 92 92.

Site: <http://sante-social.univ-rouen.fr/>

INSURE YOUR HOME

In France, housing insurance is mandatory.

The "garantie risques locatifs" - rental risk guarantee - is housing insurance which you can you subscribe with your bank or a private insurance company. Online subscription is also often possible.

To learn more, consult notably:
www.smeno.com > Assurances
www.assistance-etudiants.com
www.assurances-etudiants.com

EMERGENCY NUMBERS

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

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

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 to be seized! 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://ecoledete.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

2 addresses:

• **Jobs and internships:** The website for Normandy's Youth Information Centre (CRIJ) offers:

- classified ads: <http://www.crijnormandie.fr> > Annonces

- tips for finding work placements: <http://www.crijnormandie.fr> > Les dossiers du CRIJ > Orientation-Formation > Chercher et Effectuer un stage en entreprise

• **Student jobs:** find a student job that's compatible with your studies on the CROUS Jobaviz site: <https://www.jobaviz.fr/>

THINGS TO DO IN ROUEN /

PLAYING A SPORT

• Your school or university provides special access to sporting activities. Contact your institution's Sports department.

At the University of Rouen Normandy, various activities are organized by the University Service for Physical and Sports Activities (SUAPS): <http://suaps.univ-rouen.fr/>

• **The City of Rouen** also offers various sports and fun activities: <https://www.rouentourisme.com> > Menu > Bouger > Sports

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. Further details and information can be obtained from:

- contact your school (Campus Life Bureau) for information.
- the **University of Rouen**, which lists over 50 student associations (including 5 international associations): <http://formation-ve.univ-rouen.fr> > Vie étudiante > Vie associative > Les associations étudiantes
- the website run by the **ESN Rouen association**, which offers cultural and sporting events: <http://www.rouen.ixesn.fr> > Associations
- visit the national sites: www.animafac.net or www.letudiant.fr

GAINING CULTURE AND PARTYING

• Rouen offers many ways to cultivate yourself or party. Movie theaters, museums, operas, exhibitions, and festivals are on the program and most of the time, at reduced cost for students:

<https://www.rouen.fr> > Culture

• The Visitor Center website is also worth **checking for student offers**, local events and activities:

<https://www.rouentourisme.com> > recherche > Être étudiant à Rouen > Bons plans et idées de sorties

• The **Maison des Étudiants** at the University of Rouen Normandy is a creative and welcoming space, which organizes various artistic activities: <http://mdu.univ-rouen.fr/>

A **culture pass (Carte Culture)** has been created to provide preferential rates for a range of cultural activities offered by some thirty partners: <http://mdu.univ-rouen.fr/carte-culture-mode-d-emploi-16089.kjsp>

For entertainment or to pick up some culture, in Rouen, there are:

- 5 large cinemas (in the center and outskirts of Rouen), including the Omnia arthouse cinema (student rates, rewards card).

- 13 museums, including the Muséum, one of the leading institutions in the region thanks to the diversity of its collections. **Admission to all the museums in Rouen is free:**

<https://www.rouen.fr/musees>

- around twenty theaters and concert venues, 3 of which are run by the Normandy - Rouen National Drama Center.

- around fifteen bookshops, including L'Armitière, founded in 1963, and ABC Bookshop, Rouen's English-language bookshop.

- a network of 8 municipal libraries with free membership (including one virtual library): <http://rnbi.rouen.fr/fr>

• In Rouen, for going out or staying abreast of events, read **the leading regional daily paper, Paris-Normandie**, available in newsstands or on the Internet: <https://www.paris-normandie.fr/>
You can also check out the agenda on the Rouen Visitor Center site:

<https://www.rouentourisme.com> > Agenda

MUST-SEE PLACES /

Rouen has been labelled a Ville d'art et d'histoire for its art and history since 2002.

• Rouen's old town, a network of narrow streets lined with picturesque houses, built between the 15th and 18th centuries.

• Notre-Dame cathedral, with its gothic architecture, is one of the finest religious buildings in France.

• The Gros-Horloge clock tower, one of the city's most famous monuments: a Renaissance archway with an astronomical clock.

• The Musée des Beaux-Arts de Rouen, housing exceptional fine art collections, including a number of works by impressionist painters.

• The Parliament of Normandy (Palais de Justice), built during the Renaissance.

• The Pierre Corneille museum, birthplace of one of France's great classical dramatists.

• The Flaubert museum and Maison Flaubert, where you can walk in the footsteps of one of the greatest French writers of the 19th century.

• Joan of Arc Tower, where France's historic heroine is thought to have been judged and sentenced in 1431.

• The Jardin des Plantes, a lovely park, spanning 10 hectares, its origins date back to the 17th century.

For more information, consult the Visitor Center

website: <https://www.rouentourisme.com>

> Menu > Visiter > Sites et monuments



IMPORTANT ANNUAL EVENTS /

JANUARY

• Regards sur le Cinema du Monde, film festival featuring films from all over the world and Africa in particular.

MARCH

• **Multicultural Week at the University of Rouen**, events organized by student associations, with and for international students.

MAY

• European Night of Museums, various events offer an alternative insight into Rouen's museums.

JUNE

• Fête de la musique: music everywhere in town (free concerts).

• The Armada, a vast number of impressive sailing ships and warships, from all over the world, converge on Rouen every 5 years for a program of entertainment.

JULY - AUGUST

• The Normandy Impressionist Festival offers an opportunity to discover the heritage and creativity of Normandy, birthplace of the Impressionist movement. Next edition in 2020!

• Cathedral of light, sound and light show at Rouen Cathedral every evening (free).

SEPTEMBER

• Journées du patrimoine (Heritage days), free visits of cultural venues.

OCTOBER

• **World Students' Night**, evening party to welcome international students, in partnership with the City of Rouen, CROUS, the University and various associations.

• **Fête de la science** in the University laboratories.

• The Rouen 10k, taking participants right through the city center, is an unmissable event for runners in the region.

For more information, see the City of Rouen website:

www.rouen.fr/ or the Tourist Office website: www.rouentourisme.com



EXCHANGE & SHARE



To stay informed, actively listen to others and the world, and 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.

