



2025/2026

# INTERNATIONAL STUDENTS' GUIDE

WELCOME TO SCIENCES PO RENNES!



A WORD OF WELCOME FROM  
PABLO DIAZ (Director)  
AND  
MARTA IGLESIAS-CASAL (Deputy Director)

## TOGETHER LET'S BUILD A NEW WORLD!

Welcome to Sciences Po Rennes, to this beautiful republican cloister, which we hope, will inspire your desire to learn and discover our regions and our country. The Sciences Po model invites you to be curious, since here we encourage you to learn differently with several approaches as to how to read the world, by combining the humanities and social sciences (law, economics, history, sociology, languages...).

Our aim is to extend this unique educational model to include new approaches linked to contemporary issues: the study of social, ecological and democratic transitions (Transitions' Campus), engineering sciences (INSA/Sciences Po pathway), design (with the Nantes School of Design) and an international outlook (Chinese, Franco-German, AEP/CEP and ISEP programs).

To nourish your intellectual curiosity, check out our library, built around a hundred-year-old oak tree. Make sure you take a look at the work of our research teams, who help enlighten our fellow citizens on major contemporary issues: transition and social change, inequality and democracy, or territories and governance.

In addition to your course, make the most of the diversity of student life on campus. You will also be able to meet other international students, who will be numerous on campus this year. Finally, you will be able to discover Rennes and Caen, two cultural and festive cities, and their respective regions of Brittany and Normandy, two beautiful «gardens set on the sea». Have fun exploring them all!

This year we will celebrate the 30th Anniversary of Sciences Po Rennes and the 10th anniversary of the "Transition Campus" in Caen. «Together, let's build a new world» will be the main theme of a program, which, we hope, will focus on the future, and the expectations of young people today.

**Enjoy your year studying here at Sciences Po Rennes!**

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# PART 1: WELCOME TO SCIENCES PO RENNES!

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## A WORD FROM THE CO-DIRECTORS OF INTERNATIONAL RELATIONS

Dear international students,

Welcome to Sciences Po Rennes !

Let us introduce you to our school, which is now yours as well, in its environment, in a few words.

Sciences Po Rennes, along with the other Institut d'études politiques of the Sciences Po network, occupies a unique place in France's higher education system. It is a State-run higher education, which enjoys academic and administrative independence. It provides future senior executives and top civil servants with a prestigious and efficient training. It also targets jobs offered by the press and media, cultural institutions, international organizations, research and teaching and NGO's.

The 19th century building, called a "republican cloister", in which Sciences Po Rennes is located, is a beautiful setting for deepening your knowledge in politics, history, social sciences, political philosophy. All the elements are here, in the frame of our cloister, to promote a serene and fulfilling academic life. Sake of knowing, open-mindedness, tolerance, respect, freedom and pluralism of opinions, free speech, are our common values. We must all be committed to protect them; to this end, we now count on you as well.

Open-mindedness is inspired to us by the location and the history of the region in which we find ourselves. Brittany is the most western part of France; it is naturally open to worldwide horizons. Due to its Celtic roots, Brittany has special connections with the other Celtic regions of Europe. But it's also from Brittany that left the first explorers of Canada; and of course, French sailors travelled the world from Briton ports. This rich history shapes the Briton culture and makes Brittany particularly welcoming to the people of everywhere. Take the time to discover this magnificent region, the beauty of its landscapes between sea and land, the wealth of its traditions, the sweetness of its way of living, but also to share your own culture with the people you will meet here; by doing so, you will enrich the places you visit as well as they enrich you. It is the very sense of the University exchanges.

Along with the whole team of international relations, we wish you a beautiful and fulfilling stay in Sciences Po Rennes.

Pr. Didier Mineur and Mrs Tamara Espiñeira  
Co-Directors of strategy and international partnerships

## WHO ARE WE?

Founded in 1991, Sciences Po Rennes is a public institution of higher education whose mission is to train students for positions of responsibility in the public, private and associative sectors in France, Europe and the rest of the world. It is one of the three newest “Instituts d’études politiques”(IEP) and is part of the French tradition of “Grandes Écoles”. The “Grandes écoles” are very selective French institutions that recruit students by competitive examination and provide high-level training (Sciences Po, HEC, Polytechnique, etc.).

The multidisciplinary that characterizes the education, associated with an innovative pedagogy, allows students to acquire specific knowledge and skills, recognized and sought after by companies, communities, associations ... in a world and a society in perpetual evolution.

The initial program, a five-year course, is based on a unique pedagogical model. A multidisciplinary training of excellence in the field of social sciences and humanities (law, economics, history, political science) which allows to apprehend a great diversity of approaches and tools of analysis of the contemporary world, its challenges and transformations in development.

Sciences Po Rennes welcomes every year more than 1100 students in initial education, including about 100 international students. The institution also meets the needs of continuous lifelong learning through programs adapted to different audiences: employees, freelancers, CEO’s, job-seekers, elected officials...

## EDUCATION AT SCIENCES PO RENNES: OUR INTERNATIONAL PROGRAMS

Whether it is for a semester or a year, the students have a choice between three exchange programs:

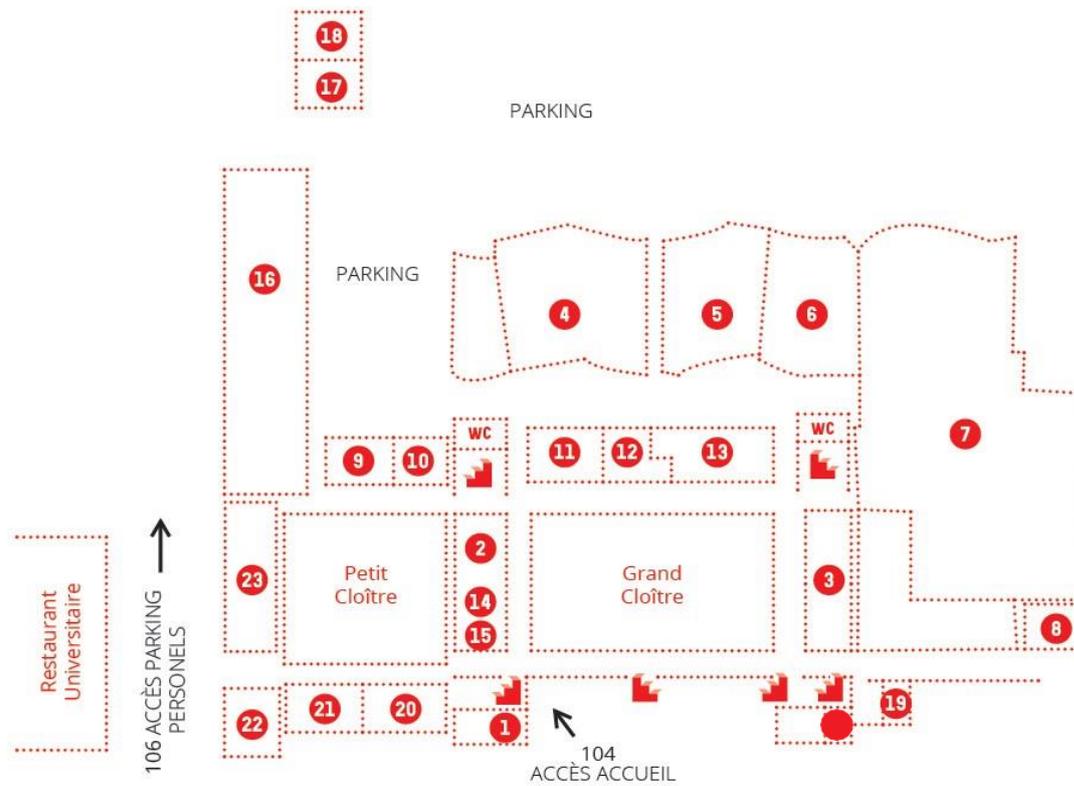
- The French program is designed for exchange students wishing to follow their entire curriculum in French. It features a compulsory core curriculum oriented towards knowledge of the French language and culture, as well as pedagogical innovation.
- The English program offers a general introduction to the political, social and cultural landscapes of France and Europe, and examines important issues and debates in France today; all courses are taught in English.

At the end of the semester or year, and if the courses have been validated, these first two programs enable students to receive, in addition to their transcript, a certificate or diploma, depending on the length of their stay.

- The multidisciplinary program is offered to exchange students for a one-year or one-semester stay, with no requirement to obtain a maximum number of ECTS credits or to take compulsory courses. Students can choose from courses offered in the first year, second year, fourth year and international programs.

# GETTING AROUND AT SCIENCES PO RENNES

## Rez-de-chaussée



- |                     |                                      |   |
|---------------------|--------------------------------------|---|
| 1 Accueil           | 9 Salle CPENA                        | 16 Gymnase / IPAG                           |
| 2 Cycle 2           | 10 Salle 13                          | 17 Salle 15                                 |
| 3 Cycle 1           | 11 Salle multimédia                  | 18 Salle 16                                 |
| 4 Amphi. Erasme     | 12 Salle informatique                | 19 Communication                            |
| 5 Amphi. Lanjuinais | 13 Service informatique              | 20 Salle du Conseil                         |
| 6 Amphi. Arendt     | 14 Service Insertion professionnelle | 21 Salle des personnels                     |
| 7 Bibliothèque      | 15 Relations internationales         | 22 Direction générale des services          |
| 8 Salle B2          |                                      | 23 Formation prof. continue. Foyer étudiant |

Our campus is located in the city center of Rennes and is accessible by various bus lines. The closest bus stops to Sciences Po Rennes are:

- Jules Ferry stop : metro line B
- Guéhenno stop: Bus lines 10 and C2

## YOUR CONTACT PERSONS

The international students' office is the main point of contact for students before and during their stay at Sciences Po Rennes. It is located on the ground floor of the Grand Cloister (Office 002).

For any question when preparing your mobility or during your stay at Sciences Po Rennes:

- Lisa Mazières, Incoming Mobility Manager, [incoming@sciencespo-rennes.fr](mailto:incoming@sciencespo-rennes.fr)

You can be welcomed at the office at the following visiting hours:

- Monday afternoon from 1.30 to 4pm
- Tuesday afternoon from 2 to 4pm
- Wednesday mornings from 9am to 12pm
- Thursday afternoon from 1.30 to 4pm

You can also find Sciences Po Rennes international relations on Instagram!



## PART 2: PREPARING YOUR ARRIVAL AT SCIENCES PO AND IN RENNES

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### 2025/2026 ACADEMIC CALENDAR

	Fall Semester	Spring Semester
ORIENTATION DATES (COMPULSORY)	Students are expected to be present on August 25 <sup>th</sup> , 2025	Students are expected to be present on Jan. 5 <sup>th</sup> , 2026
BEGINNING AND END OF SEMESTERS 2025/2026	Starts : September 1 <sup>st</sup> , 2025 Ends : December 19 <sup>th</sup> , 2025	Starts: Jan. 5 <sup>th</sup> , 2026 Ends: May 15 <sup>th</sup> , 2026
EXAMINATION PERIOD :	From 8 <sup>th</sup> to 19 <sup>th</sup> of December, 2025	From 27 <sup>th</sup> of April to May 15 <sup>th</sup> , 2026
VACATION PERIOD(S) :	All Saints Break : from Oct. 27 <sup>th</sup> to 31 <sup>st</sup> , 2025 Holiday : from Dec. 20 <sup>th</sup> , 2025 to Jan. 5 <sup>th</sup> , 2026	Winter break : from Feb. 23 <sup>rd</sup> to 27 <sup>th</sup> , 2026 Easter break : April 20 <sup>th</sup> to 24 <sup>th</sup> , 2026

#### Important dates/holidays (no classes):

Tuesday, November 11<sup>th</sup>, 2024 (Armistice)

Monday, April 6<sup>th</sup>, 2026 (Easter)

Friday, May 1<sup>st</sup> 2026 (Labor Day)

## THE ADMINISTRATIVE REGISTRATION

The administrative registration is the step that allows you to officially become a Sciences Po Rennes student and to be registered in its management and computer systems.

This registration will give you a French student number as well as a student card and a certificate of enrolment, which will be official documents to prove your status as a student in France for several purposes (CAF, banks, student discounts, etc.). You will also have access to the Sciences Po Rennes intranet.

The International Students Office will send you a MoveOn form that you will have to complete with several documents (identity document, student card, visa, etc.)

Once you have registered and that your documents have been checked, the person in charge of international students will give you your school certificate and your student card upon your arrival. You will also receive an email to activate your Sesame account which gives you access to the Sciences Po intranet.

## VISA APPLICATION

Residence permits do not concern people from the EU or the EEA. However, in order to benefit from health coverage in France, they must request the European Health Insurance Card (EHIC) from their social security system.

For other nationalities:

The long-stay visa valid as a residence permit (VLS-TS) is now granted to all foreign students (except for Algerian nationals, who are regulated by a specific text).

The long-stay visa with residence permit for students abbreviated as VLS-TS "étudiant", allows a person to stay in France for four months to one year in order to pursue higher education. It gives the right to:

- Travel freely in all of the Schengen area
- Work 964 hours per year, which equals 20 hours a week, to supplement their resources
- Benefit from VISALE, the free student rental deposit
- Receive a housing allowance from the CAF
- Extend your stay beyond the validity of your residence permit

The application for a VISA must be done on the government website.



**Please note:** depending on your country of origin, the visa application must be made via **Campus France** and not directly on the French government website. This "Study in France" procedure has become the reference procedure for non-EU countries. Students who reside in one of the 66 countries concerned by the "Etudes en France" procedure must make a specific application to enroll in a higher education institution. [Click here](#) to know the countries concerned by the "Etudes en France" procedure.

Once in France, the visa must be validated via an [online platform](#). This same platform allows the renewal of the residence permit.

To better understand the VISA process, watch the video below (English subtitles available):



## ACCOMODATION IN RENNES

### CROUS UNIVERSITY RESIDENCE

Sciences Po Rennes has set up a partnership with CROUS (Centre Régional des Œuvres Universitaires), the organization that manages student residences. This cooperation allows us to offer some of you proper housing conditions at a moderate price. The accommodations offered by this cooperation are rooms of about 9m<sup>2</sup> at a price of 255.14€/month. The kitchen is shared.

When you apply, Sciences Po Rennes will ask you to indicate in the application form if you wish to have a room in a university residence. If you are accepted into a university residence, Sciences Po will provide you with an accommodation certificate and the procedure to follow with the residence. However, the number of rooms allocated by the CROUS is very limited.

**Attention: if you start your stay in a university residence, you agree to stay there until the end of your mobility. If you wish to leave the residence, the CROUS and Sciences Po Rennes reserve the right to keep the deposit and/or to ask you to pay the remaining rents.**

Please note that sheets and blankets will be provided upon request, that you can use the microwave oven and the electric plates of the common kitchen, but that you will have to bring your own dishes. You can request a Wi-Fi connection for your personal computers.

Once Science Po has informed you that you are housed in the residence, you will have to reserve your room by paying a deposit of 100€. Upon arrival, you will be required to pay a security deposit equivalent to one month's rent, as well as the first month's rent directly to the Cité

Universitaire, and you will commit to respecting the dates set for the payment of the other rents.

The multi-risk home insurance certificate is a mandatory element to be able to rent an accommodation in France. Several insurance companies offer this service. There are also cheaper offers for students and university residences.

For your information, the CROUS offers other types of accommodation. It is possible to apply for one of these accommodations [directly on the CROUS website](#). Please note that these accommodations are completely independent of the partnership with Sciences Po and are subject to the sole decision of the CROUS and the available places.

## STUDAPART

[Studapart](#) is an online housing platform that makes renting easier whatever the duration. The platform gathers ads from private individuals (room in a home, studio, shared apartment) but also presents the different student residences that may be available in Rennes.

How does it work?

Enter your rental criteria (budget, location, etc.) and the platform will show you the most relevant results.

Once you have selected your accommodation, upload your ID and guarantor's information to complete your file on the platform. Found a favorite apartment? Talk to the renter via instant messaging. Then, it's up to you whether or not to organize a visit.

Book and pay online. Book the accommodation by making the first payment on the platform. From the rental file to the signing of the lease, your procedures are simplified and digitalized.

## ESPACIL HABITAT

Espacil Habitat is a social housing company within Action Logement Immobilier. For over 65 years, it has accompanied changes in housing by providing solutions adapted to the diversity of residential possibilities and by meeting the specific needs of the territories, particularly in terms of temporary housing for young people.

To apply, it is necessary to make an application on [espacil-habitat.fr](http://espacil-habitat.fr)

It is important to choose 3 residences, and not just one. This will increase the chances of obtaining accommodation.

The average budget for a T1 apartment in Rennes is around €388.

To be eligible for accommodation with Espacil Habitat, you must meet the following admission conditions:

- Be students, young people under 30 years of age in training or on an internship and people holding a professionalization or apprenticeship contract
- Have resources below the admission thresholds.
- Prove that you have enough money left over (10 euros per day)

- For foreigners, proof of a valid residence permit allowing access to social housing

You may be asked to provide several supporting documents:

- Valid residence permit or 1-year temporary residence permit
- Certificate of enrolment (delivered through the administrative registration)
- Visale guarantee
- Scholarship notification if you have a scholarship

## PRIVATE HOUSING

If you cannot benefit from a room in a university residence, you can rent a private accommodation, i.e. accommodation managed by a private individual or a real estate agency.

Before renting a private housing, you should know whether you want to live with flatmates or alone. Living in a shared apartment is the cheapest and most practical solution for international students.

You can find different offers for housing on social networks (e.g. «étudiants de Rennes » on Facebook) or on classified ad sites such as "Le Bon Coin" or "Studapart" (a website that gathers verified housing ads). In order to rent a private apartment, you must subscribe to a home insurance. Many insurance companies offer this service.

You must also have a guarantor who will cover your rents in case of unpaid bills. If you do not have a guarantor, you can subscribe to the VISALE warranty. The [free deposit VISALE](#) is the solution for students who want to rent an apartment, furnished or unfurnished, with an owner or a lessor, whether private or public. However, the owner or lessor is free to accept or not a tenant who benefits from VISALE to present a guarantee on the payment of rents and charges.

If you use a real estate agency, you will have to pay agency fees depending on the type of rental.

Caution: make sure to organize properly the end of your rental. You must notify your agency or owner at least one month before your departure. The agency or the owner reserves the right to make you pay the last month started if this notice was not respected.

If you face any difficulties with finding a housing, you can ask for help of the CMI. You can also contact the student association Zephyr, which will help you with your research and can put you in contact with French students who are looking for flat mates.

## BEWARE OF SCAMS!

For international students, finding accommodation is a challenge. What is done in France? How do the rental procedures work? To avoid running into swindles, here are some tips:

### **Beware of overly attractive rents**

Sometimes you get lucky and come across good offers. It is good to be able to save money, however, scammers will often offer housing for a price much lower than what is available on the market. Be careful with offers that are too attractive.

### **Never send money in advance**

Insist that you do not pay deposits, "reservation fees", etc. You pay only when you have a signed copy of the lease and you are satisfied that you can live in the room/apartment (after a viewing, for example).

### **Do not send any copies of confidential documents in advance.**

To avoid identity theft, do not send documents such as your ID card, passport, etc.

If the owner can never meet you in person, he can talk to you from anywhere in France or abroad. Accept an offer or meet with a professional (agency) or a private individual who can travel to Rennes. If you have any doubts, follow your instinct!

## TEMPORARY HOUSING

If you have not found a place to live but the beginning of your stay is approaching, you can reconsider your strategy. We advise you to find a temporary housing of 20 days or more. It will be much easier to visit and less risky to reserve an apartment that you have visited in person. Here are some possibilities for temporary lodging in Rennes:

- Youth hostel ; 10 Canal Saint-Martin 35700 Rennes ; starting from 25€/night
- Hôtel HISSEO ; 45 bd de Solférino 35000 Rennes ; starting from 24€/night
- INSA de Rennes ; on the Beaulieu campus ; starting from 14€/night for a room and 24€/night for a studio

## DISABLED STUDENTS

In case of disability or disabling illness, you can benefit from:

- An adjustment of the exams or continuous testing (third time, secretary, adaptation of the test)
- Authorization to use computer tools

Consultation with the Student Health Service (SSE) is mandatory in order to benefit from these arrangements. The doctor or nurse who will receive you will issue a medical certificate that you must give to the person in charge of international students at Sciences Po Rennes.

## RENNES INTERNATIONAL MOBILITY CENTER

The International Mobility Center (CMI) of Rennes provides services to international students, doctoral students and researchers concerned by a mobility in Rennes. The CMI offers you individual meetings to help you with your procedures (search for accommodation, visa application and validation, etc.). These appointments are free of charge and allow you to carry out the procedures directly with the CMI agents.



Scan to book an appointment!

## ZEPHYR, THE ASSOCIATION FOR INTERNATIONAL STUDENTS

Zephyr is the association that welcomes foreign students at Sciences Po Rennes. Its aim is to facilitate the integration of foreign students into the life of Sciences Po and into the student life of Rennes. Throughout the year, the association nicknamed Daddy Miguel will accompany you in your administrative procedures at the beginning of the year, for your classes but also until end of the night! Find them on Instagram!



Contact: [zephyrassociation@gmail.com](mailto:zephyrassociation@gmail.com)

## BUDGET: COST OF LIVING IN RENNES

To help you prepare your budget, here is an estimate of the main expenses for a student in Rennes. Please note that these figures are for information only and may vary according to individual expenses.

Main expenses		Amount
Housing (monthly rent)	Room in a CROUS student residence	255€14
	Private housing (shared flat or individual studio)	350€ à 600€
Food	University restaurant meal	3€30
	Average monthly grocery budget	200€ à 300€
Transportation	1h transportation ticket	1€70
	Monthly subscription (under 26 years old)	25€20
	Monthly subscription (over 26 years old)	52€95

During the academic year 2023/24 and the fall semester 2024/25, the average monthly expense for an international student at Sciences Po Rennes was €673.

## PART 3: ADMINISTRATIVE PROCEDURES UPON YOUR ARRIVAL

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### VALIDATING YOUR VISA

Once on French territory, the students with a visa or residence permit must validate it. You can do this [directly online](#) or by contacting the CMI that can help you with this procedure.

### OPENING A BANK ACCOUNT

All foreigners staying in France for three months or more can open a bank account by providing:

- An identity document
- A certificate of enrolment or a student card
- Proof of residence in France (rent receipt, electricity bill, etc.; at CROUS you can simply ask for a proof of residence at the reception desk)

Sometimes, banks offer special deals for students, where the bankcard, the account and the closing of the account can be free! We therefore advise you to ask the different banks about the advantages you can benefit from.

## INSURANCE AND FINANCIAL ASSISTANCE FOR HOUSING

### FINANCIAL HOUSING ASSISTANCE

Just like the French students, foreign students can benefit from the APL (Aide Personnalisée au Logement : housing aid) created to compensate for the high price of housing in France.

The housing aid, controlled by the services of the CAF (Caisse d'Allocations Familiales), can be obtained by foreign students staying for at least 3 months in France and being in possession of a long-term residence permit. This aid is calculated according to the rent and the student's resources. Its attribution is not automatic and its amount is calculated on a case-by-case basis.

**Attention! For the aid's payment, you must have a French bank account. The process of getting this aid can be relatively long; it is strongly recommended that you complete your application for housing assistance as soon as you have a place to live.**

You can make a request directly on the [CAF website](#)

### INSURANCES

- Visale**

In France, it is mandatory for tenants to provide a joint and several guarantee (*engagement de caution solidaire*). This document must be filled out by a creditworthy person who agrees to pay

the rent for the entire duration of the housing contract in the event of your failure to pay. However, property owners often require that this guarantor be a resident of France, which is difficult for foreign students to do.

If you have difficulties finding a guarantor, an economic and practical solution is the service VISALE. It allows you to have a fast and free guarantee. This deposit covers the payment of rent and damage to the main residence, in case of deficiency by the tenant.

Find more information on the [VISALE website](#)

#### □ **Home insurance**

A home insurance is mandatory, whether you live in a university residence or a private apartment. This insurance protects you from different risks (fire, water damage...) and must be submitted to the property owner as soon as you move in. You can find such an insurance at a mutual insurance company or private insurer. There are also offers for students and university residences at a low price online.

Often, you will find it in the form of a "multi-risk home insurance", which includes a **civil liability insurance**.

## HEALTH

### FRENCH SOCIAL SECURITY AFFILIATION

In France, you are free to choose your doctor, the cost of a consultation in private practice is on average 25 € for a general practitioner and 41 € for a specialist. With very few exceptions, you must pay for the medical service at the time it is provided. Reimbursement is made in various ways, depending on whether you are a European Union citizen or not and on your age.

#### □ **You are a student coming from EU with a European health insurance card (EHIC)**

You continue using your card in order to have access to treatment in France. Students from the EU, Lichtenstein, Iceland, Norway, or Switzerland can be reimbursed by the Caisse Primaire d'Assurance Maladie (CPAM) of Rennes, upon presentation of the care sheet given by the doctor, the prescription, and a copy of your CEAM. The reimbursement is then made based on the Social Security reimbursement (about 70% of the expense). If you wish to be reimbursed for the remaining amount, you will have to join a mutual insurance company.

#### □ **You are not a citizen of the European Economic Area, and you're less than 28 years old.**

You can benefit from the French social security and the reimbursement of your health care costs, never mind the type of visa with which you have arrived in France for your studies (VLS-TS or VLS-T).

You will first have to register in your higher education institution: Sciences Po Rennes. Then you will have to register at the Caisse Primaire d'Assurance Maladie (CPAM). The registration is free

and can be done online by connecting to [the CPAM website](#) dedicated to foreign students. The website is available in French and English.

□ **You're older than 28**

It is strongly recommended that you register directly at the CPAM and subscribe to a private health insurance in France, preferably.

**Need help? Watch the tutorial to register to the French social security system**



**STUDENT'S HEALTH SERVICE (SERVICE SANTÉ DES ETUDIANTS, SSE)**

As Sciences Po Rennes, students you can benefit from the Student's Health Service SEE of the Beaulieu campus of the University Rennes 1. Through appointments, the SSE can issue a medical certificate (non-contagion, for sport...), offer you specialized consultations (gynecology, dietetics, medical-psychological assistance), as well as information on STDs and AIDS, vaccinations...



There is also a psychologist at Sciences Po Rennes. You can book an appointment by calling: +33 6 67 45 21 74 (French number). Consultations can be done by phone and in person.

**PSYCHOLOGICAL SUPPORT**

BAPU (Bureau d'Aide Psychologique Universitaire) offers psychological support to students in both private and public higher education.

The aim is to enable each individual to deal with a crucial issue on a case-by-case basis, to pinpoint

what is overwhelming or distressing. Consultations and encounters with a therapist offer the opportunity to make a shift, but also to invent new skills and/or new ways of finding one's way in the world.

You can book an appointment with a practitioner [directly online](#).

## DOCTOLIB

If you need an appointment with a specialist, the Doctolib application can help you find practitioners in Rennes. This application is used by most of the doctors in France and you can make appointments for a general practitioner or a specialist (dentist, ophthalmologist,..). You can download the application on your iPhone or in the Play Store.

## SOS MÉDECINS

SOS Médecin is what is called a permanence of care. This means that you may have a health problem during the night, or on a holiday or Sunday. In this case, the doctors' offices are not open.

Two consultation centers are available exclusively by appointment:

- Rennes Cleuney

**By appointment:** from 10am to midnight every day, Sundays and holidays included

**Address:** 106 rue Eugène Pottier - 35000 Rennes

**Bus:** Bus 9 and 13 towards Cleunay. Get off at the stop "De Lesseps" or "Rennes Cleunay". Then 5 min walk.

- North of Rennes

**By appointment:** from 1pm to 7pm on Saturdays and from 2pm to 8pm on Sundays and holidays

**Address:** SOS Médecins consultation room, Saint-Laurent Clinic - 320 Avenue Général George Patton - 35706 Rennes

**Bus:** Stop " Saint-Laurent " for the C3 and 9 lines

SOS Médecins also offers home visits in case of emergency 24 hours a day, 7 days a week, and reimbursed care with no extra fees for those insured under the French social security system.

Number reachable 24h/24: +33 2 99 53 06 06

## PART 4: YOUR STUDIES IN RENNES

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### INTRANET ACCESS: YOUR SESAME ACCOUNT

It opens the doors to the digital world of Sciences Po Rennes! After your administrative registration at Sciences Po Rennes, you will receive an email on your private address entitled “[gestion-identité-notification] Sésame - Activer votre compte informatique”.

**Step 1:** Follow the link indicated in the mail

**Step 2:** Once the tab is open, enter your Sésame username and security code that you have received in the email. Then click on « activer »

**Step 3:** Read the IT charter of the University and check the box « J’accepte », then continue. Do not forget to pick a password (Beware of switching from QWERTY to AZERTY keyboard, for international students, make sure to choose a password that is easy to remember!).

**Step 4:** After clicking on « valider », then « Continuer », you must activate the e-mail address and storage services. In order to do this, follow this link:

<https://ent.univ-rennes1.fr/f/welcome/normal/render.uP>

**Step 5:** Log in then click on « mon compte » and « gérer mon compte sésame ». Once this step is done, go to « Gérer mes services ». Check and choose your main email address (several possible proposals) select one and click the button « Enregistrer » (bottom left of the page). The email service on the right must turn green (green envelope).

It is **very important that you activate your email service**, since you are going to receive all the emails from the international relations office!

Once you have activated everything, you can benefit from the Sciences Po Rennes Intranet.

### WIFI ACCESS

In order to connect to the Wi-Fi of Sciences Po, search for available Wi-Fi networks and click on "eduspot". A webpage is going to open on which you are going to click on « se connecter » in the category « Personnels et étudiants ». You should then indicate your institution « SciencesPo Rennes » by clicking on the little drop-down menu arrow and then « sélectionner ». To finish, all you have to do is fill in your login details (Username you received by mail and your chosen password).

By choosing the “eduroam” network, you can also use your home university's login details.

## SCIENCES PO LIBRARY

The IEP library is the place where you can work alone or in a group, consult and borrow multiple resources (books, magazines, DVDs, games, comics and digital resources). You will be able to access a TV and DVD player, but also borrow tablets and e-readers, headphones and pads! You will also find computer stations and a copier-scanner.

Bring your student card to the library so they can activate your account. The Library is open Monday through Friday from 9am to 7pm. The catalog and all online resources are accessible from the library portal:



## SIGNING UP ON CAREER CENTER

The « Career Center » gathers numerous offers (internship offers, work-study offers, job offers...), as well as information and advice on the search for an internship and a job. It is a tool that allows you to manage and register for events (Job forums, Masters Forum ...).

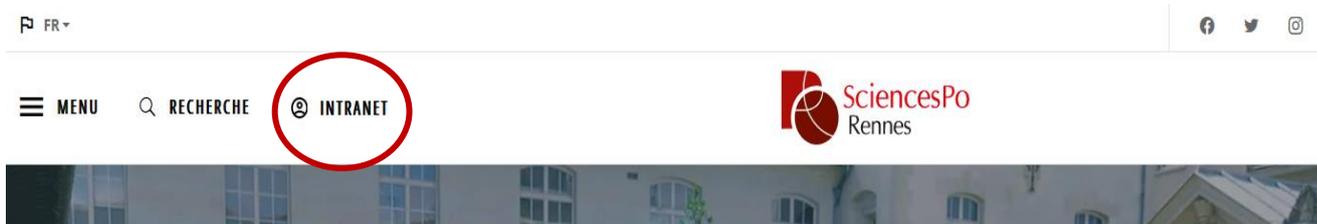
You can sign up on [this website](#) by using your Sciences Po email address.

## SCIENCES PO RENNES INTRANET

To access the intranet:

**Step 1:** Go on [Sciences Po Rennes website](#)

**Step 2:** Click on “Intranet” at the top left corner of the page



**Step 3:** Log in with your sesame credentials. You will end up on the main page of the intranet where you can find your email service **(1)** as well as your own timetable **(2)** (visible only after the registration of your final choice) and the general timetable (for all classes) to help you choose your courses **(3)**.



Emploi du temps <sup>2.</sup>

Aucun résultat trouvé

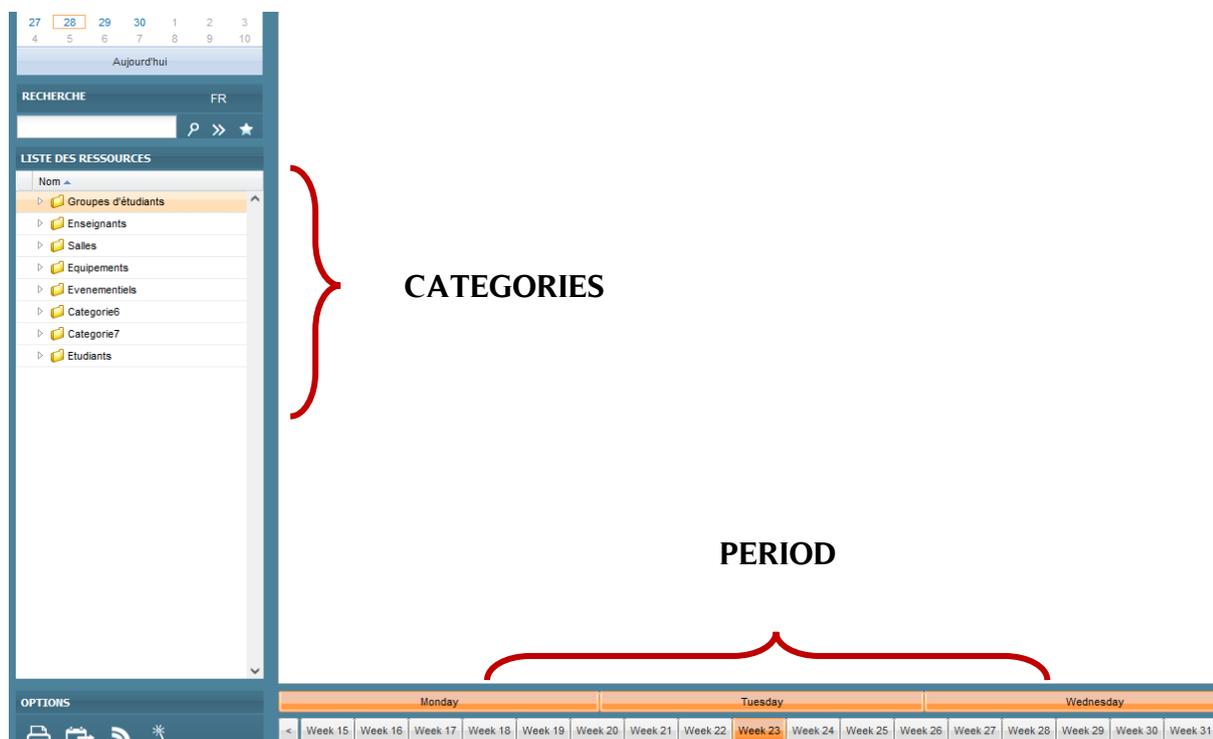
## Outils



## FIND AND UNDERSTAND YOUR TIMETABLE

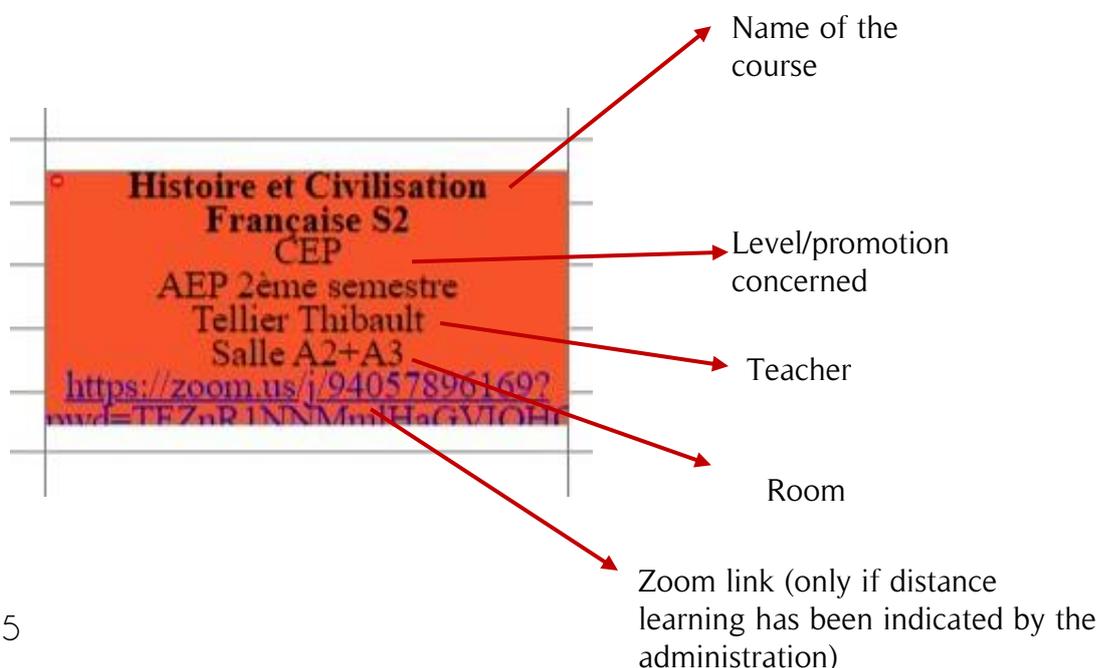
**Step 1:** Once connected to the intranet, click on « Consultation emplois du temps » (2).

**Step 2:** On the left side of the page, you will find the categories for which you want to see the timetable (international programs, 1<sup>st</sup> year, etc.). At the bottom, you can choose the period you are interested in.



**Step 3:** Select the file “groupe d’étudiants/trainees”. You will see appear the subfiles “Cursus international AEP/CEP” (English) or (French). Click on your program. The mandatory classes will appear in this section.

**Step 4:** understanding the timetable vignettes.



**Step 5:** students in the French program will be asked to choose lectures from the different levels of study at Sciences Po (1st, 2nd, 4th years). To find the timetable for these levels, you must select the level corresponding to the course in the sub files in right-hand pane.

## LEARNING AGREEMENT

To confirm their course choices, students must use the Sciences Po Rennes course selection application. Erasmus students will also need to complete a learning agreement to be validated by their university and submitted to the person in charge of international students. They can also complete this learning agreement via their home institution's EWP platform, if available.

Students from bilateral partnerships, ISEP or free movers must use the application exclusively for their course selection.

After their arrival, students will have up to two weeks to select the various courses on the application and hand in their learning agreement. **Without using the course selection application, it will not be possible to register them for exams.**

Students must take a minimum of 30 ECTS for a semester and 60 ECTS for a year of study. The multidisciplinary program does not require a maximum or minimum number of credits.

## PROGRAM IN FRENCH

### MANDATORY COURSES

These courses are mandatory each semester. The course of semester 2 is taught in the continuity of the one of semester 1 and is thus different.

- French history and civilization (6 ECTS/semester)
- Improving French through collaborative sustainable project management (6 ECTS)
- French language classes. French-speaking students may choose another language conference after consultation with the French teacher and with the agreement of the person in charge of the French program. (3 ECTS/semester)

### SELECTIVE COURSES

- These courses are to be chosen from the list of *cours magistraux (CM)*/ lectures of the 1st, 2nd and 4th year (1st year of Master) levels sent by email. Students must choose three courses per semester and respect the terms and conditions of assessment. However, it is strongly recommended to choose an additional course (4 courses per semester). Due to timetable conflicts and workload, we do not advise to take more than five. These classes award 5 ECTS
- Students who wish to take additional foreign language courses may do so, subject to availability of space and compatibility of schedules, and after agreement with the teacher in charge of the course, the program director and the school. This language class awards 3 ECTS credits.
- The fourth year students' seminars are accessible to students preparing the CEP (French program for 2 semesters) who have a sufficient level of French (except for the seminars in

a foreign language) and after agreement of the teacher in charge of the seminar and the person in charge of the foreign students. These seminars are an introduction to research in which students write a thesis. The seminars are composed of groups of 10-15 students and last the whole year. In addition to the seminar, students must choose three courses in the first semester.

## WHERE TO FIND SYLLABI?

Please consult the [course catalog](#), available on our website. Please note that each program has its own catalog. Be sure to consult the right catalog. The number of credits for a course may differ from one program to another.

## PROGRAM IN ENGLISH

The program offers a general introduction to the political, social and cultural landscapes of France and Europe. It allows students with little knowledge of French to take courses at Sciences Po Rennes.

**Students enrolled in this program are required to take all courses included in the program. This is a blocked program.**

The courses are worth either 3 or 6 ECTS per semester. The program includes a compulsory French language course; the other compulsory courses belong to the social sciences and political science fields. Students who have a correct level of French (following the evaluation and the distribution in the level groups) will have to follow, in addition to the French language course, a lecture course in French among those offered to the 1st, 2nd and 4th year students.

This program is open to about thirty students who have little or no French upon arrival. Sciences Po Rennes reserves the right to make a selection.

As it is mainly composed of guest professors, this program changes every year. Discover [2023/24 program](#) syllabi as an example.

## MULTIDISCIPLINARY PROGRAM

The multidisciplinary program is offered to exchange students for a one-year or one-semester stay, with no requirement to obtain a maximum number of ECTS credits or to take compulsory courses. Students can choose from courses offered in the first year, second year, fourth year and international programs.

## WHERE TO FIND SYLLABI?

Please consult the [course catalog](#), available on our website. Please note that each program has its own catalog. Be sure to consult the right catalog. The number of credits for a course may differ from one program to another.

## PART 5: PRACTICAL INFORMATION AND STUDENT LIFE

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### GETTING AROUND BY BIKE

Sciences Po Rennes is committed to the ecological transition and encourages you to get around by bike! Bike racks are available at the main entrance of Sciences Po. If you don't have your own bike, you can rent one in Rennes at the [Maison du Vélo](#), which offers many services (bike rental, self-repair workshop, bike marking to fight against theft, bike school, conferences, exhibition...).

You can also have your bike repaired thanks to the association La petite Rennes (which also usually organizes second-hand bike sales). The Star network (Rennes transport network) also offers its users a self-service bicycle service, accessible by credit card (self-service) or by taking out a one-year subscription. Nearest racks: Fac de Droit and Rectorat.

### PUBLIC TRANSPORTATION: GET YOUR KORRIGO CARD

The KorriGo Services card is the access card for public transportation in Brittany as well as for many services: Rennes swimming pools, the Champs Libres, university libraries, the "sortir" system, etc. It allows you to load your tickets for the STAR network (bus, metro) of Rennes Métropole, as well as to use other services such as eating at the university restaurant, borrowing books from the university libraries and documents from the Sciences Po Rennes library, accessing sports activities and facilities, accessing the Sciences Po Rennes photocopier, etc.

You can get your card either by ordering it online or by booking an appointment at a Star agency. You will need your ID and a photo ID. The monthly subscription for students is between 19 and 25€.

Got to a Star agency to find the right rate for you.



### RESTAURANTS

#### UNIVERSITY RESTAURANTS

As a student, you can benefit from the "Restos U" (University restaurant) provided by the CROUS. The price of a menu is fixed at 3€30 (upon presentation of the student card). Bonus: some Restos U are even open on Saturdays!

Two university restaurants near Sciences Po Rennes: 106 Boulevard de la Duchesse Anne (open Monday to Friday from 11:30am to 1:30pm) and 46 rue de Fougères in Rennes (open Monday to Friday from 8:30am to 5pm).

## IZLY

[Izly](#) is a mobile application for contactless payment on all campuses in France. It's the solution for secure contactless payment in university restaurants.

With Izly, you can pay for your purchases using your smartphone or your student card.

**It's more convenient:** no need for cash.

**It's faster:** less waiting at the cash desk.

**It's more secure:** your banking and personal data are protected.

## NEAR SCIENCES PO RENNES

In the streets adjacent to the Sciences Po, you will find small local shops and supermarkets, as well as bakeries and local caterers. Other fast food restaurants may also be of interest to some students.

## FIND A JOB

Foreign students may work as employees, without authorization, during their studies in France. They can work up to 60% of a full-time job.

Non-European students may work as a sideline during their studies if they hold a long-stay "student" visa that is valid as a residence permit or a temporary residence permit bearing the word "student". Possession of one of these permits entitles the holder to all salaried activities in metropolitan France.

European and Swiss students can stay in France without a residence permit and have free access to work in France, except for young Bulgarians and Romanians.

Authorized working hours:

The student can work a maximum of 964 hours per year (60% of the legal annual working time). This period begins when the residence permit is issued or when the long-stay visa validating the residence permit is validated (VLS-TS).

**The authorities can withdraw the right to stay from a student who does not respect this limit.**

## RECUP'CAMPUS – FIND EVERYDAY UTENSILS

Every year, exchange students buy several household utensils (pots, plates, and cutlery) but have to get rid of them once their stay is over. To avoid waste, while helping new students save money, an inter-campus association organizes a free material exchange.

For more information, follow the association on social networks:

[Recup' Campus Facebook](#)

[Recup'Campus Instagram](#)

## SPORTS IN RENNES

Practicing a sport is ideal to flourish during one's studies. The benefits are well known: conviviality, reduction of stress, improvement of sleep. It is also a nice way to connect know-how with making friends. Sports at Sciences Po Rennes is also about being open to as many people as possible, at all levels, respecting differences, so come as you are!

### JOINING THE "BUREAU DES SPORTS" (BDS) OF SCIENCES PO RENNES

A variety of sports will be offered (soccer, rugby, handball, petanque), with training sessions throughout the year and tournaments with other schools and establishments. Contact: [bds.sciencespo.rennes@gmail.com](mailto:bds.sciencespo.rennes@gmail.com)

### MEET OTHER STUDENTS THROUGH THE SIUAPS

The Interuniversity Service for Physical and Athletic Activities (SIUAPS) allows you to access a wide variety of sport activities, whether they are individual or collective, indoors or outdoors. You just have to connect to your SIUAPS Rennes 1 space, to pre-register to the activities and to choose the time slots. You will then have to validate your registration by going to the activity site.

**Caution: As there is only a limited amount of places, we advise you to pre-register as soon as you can!** Find more information:



## STUDENT ASSOCIATIONS

### SCIENCES PO RENNES' STUDENT ASSOCIATIONS

Associations are an integral part of the student and cultural life of Sciences Po Rennes. They contribute to the dynamism and influence of the school through their ability to unite and their involvement in civic life. Two inter-association referents (students in 2<sup>nd</sup> year) coordinate the associative life and act as a relay with the administration.

ASSOCIATION	CONTACT / INSTAGRAM
<b>Cercle des étudiants</b>	@carreydesetudiants
<b>Bureau des Sports</b>	@bruno.desports
<b>Bureau des Arts</b>	@bernardhenridesarts
<b>Le Chapitre</b> Association d'éloquence	@carreydesetudiants
<b>Best Alternative to a Negotiated Agreement (BATNA)</b> Diplomatie, relations internationales	@batna.spr
<b>Révol vert</b> Ecologie, ESS	@rayvolvert
<b>SAGA</b> Association LGBTQ+	@sagatha.christie
<b>Sciences Po Rennes TV</b> Média TV associatif	@sciencesporennestv
<b>Ysegoria</b> Conférences, débats, événements	@ysegoria.scporeennes
<b>Pachamama</b> Cultures de l'Amérique latine	@pamela_chamama
<b>Solidareizh</b> Initiatives sociales et solidaires	@solidareizh.scpr
<b>Zephyr</b> Intégration des étudiants internationaux	@daddymiguell
<b>Les Pieds Dans Le Cloître</b> Magazine des étudiants	@LpdlcRennes
<b>La bande à coco</b> Promotion des valeurs des gauches	Facebook: Mouvement Germinal
<b>Nouvelles Rênes</b> Association féministe	@nouvellesrenes
<b>In Vino Veritas</b> Gastronomie	@Yves.vino
<b>Parlement des étudiants de Rennes</b> Initiation au débat parlementaire	@pe.rennes
<b>Les Décaentés</b> Pô les associatifs du Campus de Caen	<a href="mailto:asso.decaentes@gmail.com">asso.decaentes@gmail.com</a> @asso.decaentes
<b>Défis Voile</b>	voile.sciencesporeennes@gmail.com @voile_scporeennes

## ERASMUS STUDENT NETWORK (ESN)

This Rennes-based association for the integration of international students organizes not only visits of French cities and leisure parks, but also after work outings every week. This is where you will meet international students from other schools and universities in Rennes. Find them on Instagram:



## RENNES AND ITS SURROUNDINGS

### IN THE DEPARTMENT OF ILLE-ET-VILLAIN

#### □ Saint-Malo

A beautiful city with beaches that appear and disappear with the tide is Saint-Malo. Located on the north coast of Brittany, the city is easily accessible by train from Rennes. It makes a perfect day trip! You can stroll around the city, taste Breton specialties, and then get your feet wet by walking along the seashore. Be sure to ask about the tide, so you can visit the islands "Grand Bé" and "Petit Bé".



#### □ Dinard

Just across from Saint-Malo is Dinard, a seaside resort loved by the Breton people. There are also some nice big villas to admire, if you want a change of scenery. There is also a sea bus from Dinard to Saint-Malo and back for less than 10€, if you still want to go to Saint-Malo after your swim.

#### □ The paths from Cancale to the Pointe du Grouin

In Brittany, our coasts are diverse and you should definitely take a walk by the sea at least once. If you do not have a car at your disposal, we recommend taking a walk along the trails in Cancale that lead to the Pointe du Grouin. You can admire the sea of the Emerald Coast during your entire excursion and take pictures of the beautiful cliffs. To get to Cancale, we suggest you take the train to Saint-Malo and then take line 5 from the station.

## TOWARDS OTHER HORIZONS

#### □ Saint Michael's Mount

A village sometimes surrounded by the sea, sometimes in vast areas of sand, this is in the town of Mont Saint Michel. A magnificent site, accessible on foot or by shuttle bus. It is a village surrounded by walls and at the top of the village, there is a large abbey with a view of the sea.



## □ Carnac

Known for its alignments of Menhirs (type of Megaliths) and seaside resort, Carnac attracts tourists every year. There are many megalithic alignments; it is up to you to decide which ones you want to visit! If you are done discovering Carnac, you can also visit Vannes, a nice little town, not far from Carnac.



## □ Nantes

Want to visit another metropolis? Nantes is perfect for a day trip, if you want to see a big city. It is easily accessible by train or bus. The city has beautiful gardens, great museums and - of course - the "Island's Machines". Do not be afraid if you come face to face with a life-size elephant, it is part of the machine collection!

## STAY INFORMED ABOUT CAMPUS LIFE

To get all the news on activities concerning Sciences Po Rennes (events, student trips, important files) and to be able to share interesting content related to the main actors who make up the institution (associations, teachers-researchers, student projects, and more), Follow Sciences Po on social networks :

**Instagram:** @sciencespo\_rennes  
@spr\_relations\_internationales  
**Facebook:** @Sciences Po Rennes  
**Twitter :** @Sc\_Po\_Rennes  
**LinkedIn :** @Sciences Po Rennes  
**Youtube :** sciences Po Rennes

## EMERGENCY NUMBERS

- European Emergency number : 112
- Ambulance (SAMU) : 15
- Firefighters : 18
- Police : 17
- Poison Control Center : +33 2 99 59 22 22
- SOS Médecins Rennes : +33 2 99 53 06 06