



Université
du Maine

Le Mans - France



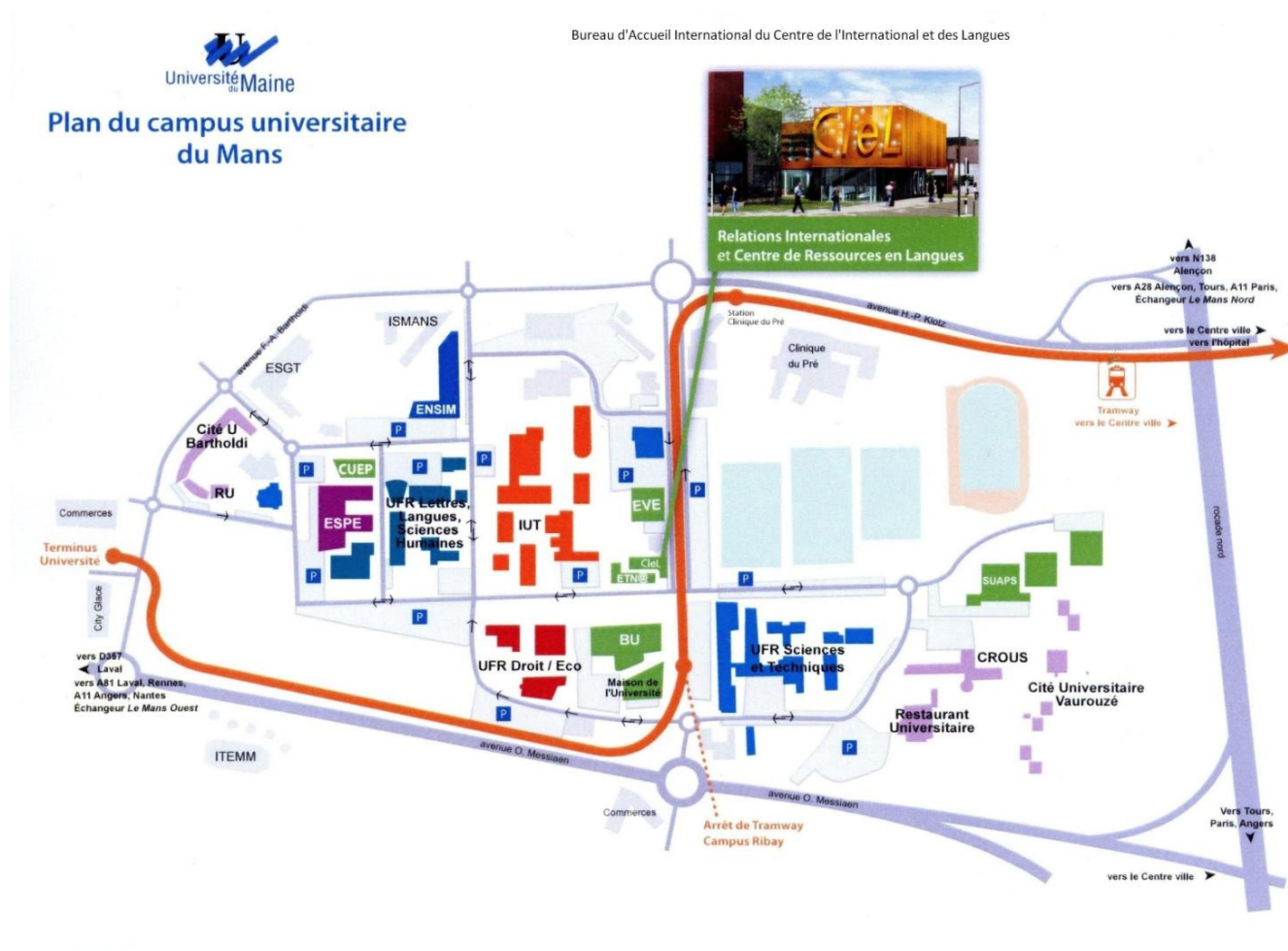
2015-2016

Incoming student guide



Service des
Relations
Internationales

Map of Le Mans University – Université du Maine



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[Foreword]



This information booklet is for students who want to study at Le Mans University as part of their degree.

It provides information about how to apply, how to find out about available courses, who to contact and practical information

such as accommodation and living in France.

We look forward to welcoming you at Le Mans University - Université du Maine.

Contact us:

Université du Maine

Bâtiment CieL (Centre de l'International et des Langues)

Service des Relations Internationales

(Incoming students)

Avenue Olivier Messiaen

72085 LE MANS cedex 9

France

E-mail: ri-bai@univ-lemans.fr

Tel: + 33(0)2 43 83 30 56/35 51

Fax: + 33(0)2 43 83 35 30

Internet: [Le Mans University - Université du Maine English website](http://LeMansUniversity-UniversitéduMaineEnglishwebsite)



[Getting ready to leave for France]

[Application and accommodation form]

We thank you for your interest in studying at Le Mans University (Université du Maine - Le Mans - France) as an international student for the academic year 2015/2016. We look forward to welcoming you.

We ask you to:

1. Download the application and accommodation form (a Word document for application and accommodation we sent you)
2. Fill it in electronically (fill in the blanks and tick the boxes)
3. Print it (4 pages only if possible)
4. Sign it
5. Have the form signed and stamped by your institutional, departmental or exchange program coordinator: optional for Erasmus students, USA programs, ISEP and BRAFITEC (specific agreements) but compulsory for other students (joint Master degree, etc.).
6. Scan it (Pdf)
7. Send it back via e-mail to ri-bai@univ-lemans.fr

Please, make sure that all sections have been entirely filled out.

Then, if you want to be housed in our residence hall Vaurouzé, do not forget to register on the « CROUS de Nantes » website for accommodation.

Information for long stay students (4 months or more):

DSE « sans le n°INE » (*Identifiant National Etudiant*).

You need to create an account on the website in order to access the CROUS de Nantes accommodation form.

The website is open from January 15th until May 31st. It opens again from mid June until August, 31st.

Therefore, students who apply between September and January will not be able to register on the CROUS de Nantes website for accommodation. This is not a problem, as the International office will process your application.

You will receive an email from us around mid-June with further information and a guide to help you go through the application form. There is no need to send your forms to France via post. Neither do you need to pay for the 6€ fees.

Do not send a bank check or cash mandate.

[Click here to access the CROUS accommodation form](#)

You should not get directly in touch with the CROUS de Nantes or Le Mans CROUS accommodation service for questions about your room. You must contact the International Relations office instead.

If you have any further questions regarding application and accommodation, please do not hesitate to contact us by Email: ri-bai@univ-lemans.fr.

Nomination deadlines for institutions

For full year (September to June): **May, 30**

Semester 1 (September to January): **May, 30**

Semester 2 (January to June): **November, 15**

Application deadlines for students

For full year (September to June): **June, 15**

Semester 1 (September to January): **June, 15**

Semester 2 (January to June): **November, 30**

Please note that we may not be able to accept late applications.

[Enrollment and housing certificates]

If a pre-registration and/or a housing certificate are one of the required documents for your visa procedure, do not hesitate to notify the International Relations office at this address ri-bai@univ-lemans.fr.

[Find out about the academic training]

If you have any queries relating to the academic calendar (courses, exams, internship), course catalogue, credits awarded, learning agreement, certification, transcript of records, etc.; you should directly contact your departmental or program coordinator at Le Mans University – Université du Maine (**see Institutional Information Sheet** provided by the International office).

The International office is not responsible for the academic aspect of your semester/year abroad.

If you are an Erasmus or American student enrolled via ISEP or bilateral agreement, get in touch with your designated academic advisor.

At the end of your mobility, a transcript of records will be directly sent by the registration office of Le Mans University – Université du Maine to your home university. For all American students enrolled via ISEP or bilateral agreement, the transcript will be officially translated and sent to the home University.

Please note: Almost all types of academic training are taught in French at Le Mans University – Université du Maine and require a B1-B2 level (according to the CECR). To get more information, consult your academic advisor.

➤ ACADEMIC CALENDAR 2015-2016

Note that dates are different for each department/college or academic level: ask your departmental or academic advisor for the exact dates.

➤ SEMESTRE 1/ FALL/WINTER SEMESTER:

* **Starting from August, 26th 2015** (opening of the residence hall Vaurouzé - International Students suggested date of arrival)

* Campus d'accueil (**fall/winter semester only**): orientation week from Monday, 31st of August to September, 4th 2015 (**free of charge**)

* Fall semester dates: beginning date: 2015/09/07 - End date: 2015/12/19

* French courses "Campus Soir" start date (**free of charge**): 2015/09/21

* End of exams/semester 1 not after January, 15th

➤ SEMESTRE 2/ WINTER/SPRING SEMESTER:

* International Students suggested date of arrival: **usually not before 04/01/16**

* Spring semester dates: beginning date: 2016/01/11 - End date: 2016/05/20

* French courses "Campus Soir" start date (**free of charge**): 2016/01/18

* **Make-up exams: 13/06 to 24/06**

[Dealing with administrative procedures: visa]

If you come from a country outside the European Economic Area (EEA=28 countries from the European Union (UE) + Iceland, Liechtenstein and Norway) and Switzerland, you may need to apply for a visa to enter France.

Please consult the website of the Ministère des Affaires étrangères et européennes:

<http://www.diplomatie.gouv.fr/fr/venir-en-france-22365/etudier-en-france-12794/demarches-administratives/article/visas-etudiants>

The visa request must be made before departure with the competent French embassy or consulate in the country of the applicant. The type of visa will depend on the nature and expected length of the stay.

Once you arrive in France, you will probably have to register with the French Immigration and Integration office (OFII) located in Nantes (93 bis rue de la commune de 1871 - 44400 Rezé), by completing the « *formulaire d'attestation OFII* », along with a photocopy of your passport (identity, visa and entrance stamp) and your EXACT French address.

Visa validation: You will have to undergo a medical examination at the University's medical center. In 2014-2015, the tax amount for long stay student visa (VLS-TS) was 58€.

The International Relations (IR) office will help you with these formalities.

Please contact us at ri-pref-ofii@univ-lemans.fr or meet us on Tuesdays or Thursdays (14h-16h30 / 2 pm - 4.30 pm). We also help students with other types of visa: short stay student visa, internship, extended-stay scientific visa, etc.

[The cost of living in France]

The expected cost* of living for a student amounts between 630€ and 800€ per month (which makes a total amount among 6300€ and 8000€ for the academic year)

Optional tuition fees (<u>depending on your situation</u>)	<ul style="list-style-type: none"> • They vary from 188,10 € * (<i>Bachelor degree</i>) • to 259,10 € * (<i>Master degree</i>)
Housing: <u>Accommodation deposit refundable</u>	<ul style="list-style-type: none"> • In a residence hall : 280 to 296 € * • Private individual accommodation: 300 to 500 € (depending on the type of accommodation)
Housing : monthly rent	<ul style="list-style-type: none"> • Between 254€ and 400€ in a residence hall • From 300€ minimum for a private individual accommodation
OFII - <u>Taxe amount for long stay visas (VLS-TS)</u>	<ul style="list-style-type: none"> • The tax amount was 58€ for the students in 2014-2015
Health care	<ul style="list-style-type: none"> • Student health security (mandatory for students under 28/ coming from outside the EEA) : From October, 1st to September, 30th : 213€ (in 2014-2015*) • Complementary insurance (highly recommended) : from 70€ to 420 € for 12 months (can be monthly payed)
Insurance	<ul style="list-style-type: none"> • Liability cover – university insurance: from 12€ to 24 € • Home/accommodation insurance: from 10€ to 100 €, depending on the types of housing and insurances
University restaurant	<ul style="list-style-type: none"> • A meal at the University restaurant costs 3,20€ (in 2014-2015). You can choose from different combos for lunch, dinner except on holidays, bank holidays or weekends.

* Applicable rates on March 2015

This explains the need to arrive in Le Mans with at least **1600 to 2000 euros** to pay for the first month's expenses.

[Settling down in Le Mans]

[Housing]

○ Housing on Campus :

Le Mans CROUS accommodation service
Cité universitaire Vaurouzé
22 Boulevard Charles Nicolle
72 000 Le Mans - France
Tel: + 33 (0)2 43 28 60 70 / + 33 (0)2 43 43 76 00
Fax: + 33 (0)2 43 28 73 73
Email: crous.clouslemans@ac-nantes.fr
<http://www.crous-nantes.fr/pages/le-mans.php>
Located between the buildings D and E
Opening hours: 09:00 - 12:00 / 13:00 - 16:00 (Except on Wednesdays)



<http://www.crous-nantes.fr/logement/cite-vaurouze/>

• Two types of residence hall on the campus :

***Cité universitaire Vaurouzé:** open from 2015/26/08 to 2016/30/06

For a one-year study period, it is mandatory to occupy the room at the residence hall Vaurouzé for at least 9 months if you come for a full academic year or 5 months if you come for a semester.

Semester 1/Fall/Winter:

You can arrive **from August 26** and leave before Christmas break (December 19) but **not after mid-January**.

9m² room (dedicated to international students housed through the IR office):

Monthly rent: 254.80 €

Deposit: 280.00 €

18m² room (must be booked directly with the CROUS):

Monthly rent: 311.25 €

Deposit: 342.00 €

- You cannot be housed in Vaurouzé if you are over 35 or a PhD student.
- The deposit is refundable if the room inspection proves satisfactory.
- There are no other charges or taxes

You can be housed in Vaurouzé if you are a long stay - **international program student** - under 35 (full year, 1st semester or 2nd semester)*.

In order to welcome you in the best conditions and help you settle in quickly, Le Mans University – Université du Maine pays for the mandatory **room insurance** for you and the IR office will ask you for a refund: around 10 € when you arrive (no room insurance to pay for ISEP student or in case of specific agreement); provided that you meet the criteria listed above*.

Besides, Le Mans University – Université du Maine **acts as your guarantor** for your accommodation (9m² room) if you are an international exchange student (Erasmus for example) or a joint degree student.

You can be housed in Vaurouzé if you are a long stay - **individual** - graduate student - under 35 - recommended by a professor from Le Mans University (for a one-year study period) **but Le Mans university – Université du Maine is not your guarantor for the room and you are responsible for subscribing your own home/room insurance.**

➤ **Tarification :**

-Arrival in August: billing per overnight stay
 -Arrival in September (Semestre 1) or in January (Semester 2): monthly billing
 -Arrival during the course of the academic year: until 15th of each month, monthly billing and after 15th of each month, two weeks billing

***Résidence universitaire Bartholdi:** Studios open from 31/08/15 to 26/08/16

Appartement T1 (21m²) :

Monthly rent: 316.79€

Deposit : 224.39 €

Appartement T1bis (31 m²) :

Monthly rent: 407.42 €

Deposit: 286.68 €

- You cannot be housed in Bartholdi if you are a long stay international program student under 35.
- There are other charges (electricity EDF) but no taxes.

You can be housed in Bartholdi if you are a **long stay international program - PhD student (joint Doctorate) or over 35** (full year, 1st semester or 2nd semester).

You can be housed in Bartholdi if you are a **long stay - individual PhD student - recommended by a professor from Le Mans University.**

Le Mans University – Université du Maine may act as your guarantor for the studio (studio T1 21 m² or studio T1bis 31m²).

- **Short stay accommodation (under 4 months)**
⇒ **Not possible for an exchange program student.**

Apply officially for accommodation by also fulfilling the CROUS form “[demande de logement étudiant de courte durée](#)”.

Then, send it to the following addresses:

- crous.logementcourt@ac-nantes.fr
- crous.citevaourouze@ac-nantes.fr
- ri-bai@univ-lemans.fr

If you are a PhD student the IR office may act as your guarantor.

Ask the IR office for complementary information about rates, guarantor or the room / studio insurance.

⇒ ri-bai@univ-lemans.fr

- **Upon arrival, you have to provide:**

The IR office asks you to bring with you:

- A copy of your ID card or passport and stamped visa
- 2 ID photographs

- No check-in or check-out on the weekend

- No check-in or check-out after 16: 30 (4:30 pm) during the week

Depending on your arrival time on the campus, you must: either go to the International Relations office or, in the late afternoon, go directly to the CROUS administration and settle in. In that case, the administrative paperwork will be handled on the next working day at the IR office.

A set of bedding can be provided at the reception desk « loge d'accueil » of the residence hall Vaurouzé and costs 25 Euros. If you do not need one, please bring sheets, blankets and a pillow.

We advise you to bring with you:

- A RJ45 Ethernet cable (in order to access the University's Internet network with your laptop; **note that tablets cannot access Wi-Fi in the residence halls**)
- Dishes and kitchen utensils,
- Toilet paper.

Once you arrive, you will have to pay for the deposit and the first monthly rent (except for ISEP students or specific agreements). It is possible to pay by credit card, cash or cheque drawn on a French bank.

Added to that, when you arrive, you will have to accept and sign the rules and regulations of the different residence halls. You will have to drop off at the « loge d'accueil » (reception desk) of the Vaurouzé residence hall the fixtures inventory for incoming students that you will find in your room. It must be filled out and signed.

○ Off-campus housing

Le Mans is a city where student accommodations are sufficient in numbers. Monthly rents (for rooms or studios) can vary from 250€ to 400€. The amount of the deposit (refundable amount) can be as high as one monthly rent. If you rent a flat via a real estate agency, you will have to pay fees when you arrive. Those fees are proportional to the amount of rent you'll pay. Most of the time students will be asked for a guarantor who lives in France or within the EEA.

Please find below a list of websites that will help you find accommodation.

- Housing guide from Le Mans city (download it now here : www.lemans.fr/jeunesse)

-Useful addresses :

www.forumjeunes-lemans.fr click on : *s'informer et bourse au logement*

www.paruvendu.fr/immobilier

www.seloger.com

<http://www.lokaviz.fr/>

<http://www.leboncoin.fr/>

www.fac-habitat.com

[Health and social security insurance]

○ Mandatory Health insurance

All international students remaining in France must have health insurance (**compulsory**).

If you stay less than 3 months in France and/ or if you are over 28, you have to prove (with a certificate) that you already have health insurance for the entire length of your stay; in this case, you do not have to pay for the compulsory health insurance (sécurité sociale étudiante) at your registration office called "service de scolarité".

For students coming from the EEA or Switzerland, only the EHIC (European Health Insurance Card) is needed. **It must be valid for the entire length of the stay**. We still advise to subscribe to an optional complementary insurance ("mutuelle"), in order to cover the total amount of your medical expenses.

Otherwise, non - EEA students, who do not have the EHIC or any specific health coverage certificate, need to pay for the French student health insurance at the registration office; **if they are under 28 and if their stay is longer than 3 months** (2014-2015 subscription : 213€). You will also have to pick at the same time a student health insurance provider (SMEBA or LMDE).

Ask health insurance providers for information SMEBA or LMDE, CPAM (Caisse Primaire d'Assurance Maladie), etc.

SMEBA on campus Site web: http://www.smeba.fr	LMDE on campus Site web: http://www.lmde.com
Email: lemans@smeba.cimut.fr	Site web: http://www.lmde.com

Specific health insurances:

- "Assur-Travel Impatriés Schengen" (SMEBA)
- "Foreign Student Health Coverage" (LMDE)

• Healthcare

In France, every person eligible for social security must designate a General Practitioner (GP). The aim is to get a better refund for your medical expenses.

Upon arrival, you will be able to complete a form designating your French attending General Practitioner (GP) directly at the **University health centre located in the "Maison de l'Université" (below ground level)**.

If you have health issues, do not hesitate to directly consult a physician (doctor) or get advice from the medical center's reception.

At the University's medical center you can make an appointment with a doctor, a nurse, social workers or a psychologist.

If you experience any financial difficulties you can meet, for example, one of the University's social workers. They can listen to you and may give you access to the University's social grocery where products are less expensive.

[Official website of the social grocery](#)

Doctors can deliver medical certificates and prescriptions. You can designate them as your French attending general practitioner and all the staff members abide by strict confidentiality clauses.

Get more information:

http://www.univ-lemans.fr/fr/la_vie_etudiante/service_medico_social.html

Contact: sante.u@univ-lemans.fr

○ Emergencies

In case of emergency, there are 3 important phone numbers:

<p>Le 15, (SAMU) Emergency medical assistance Le 17, Police emergency squad Le 18, Fire-fighters</p>

From a mobile phone, there is one emergency number: **112**

- **Liability coverage/ University insurance**

In addition, all students must subscribe to a liability coverage from SMEBA or LMDE (on the campus, from 12€ to 16€), or from another agency. It allows students to work in a laboratory, take part in the cultural outings organized by Le Mans University- Université du Maine, etc. The International Relations office will provide you with additional information once you arrive.

- **Assurance personnelle / Travel insurance**

We strongly advise you to subscribe in your country, before you leave, **a compulsory personal insurance** in case of accident or illness that would require a medical evacuation and repatriation from France or the EEA towards your country of origin.

[Working in France]

For any enquiries regarding student jobs, job counsellors are available at the SUIO- IP on the University campus; you can contact them at this address: baip@univ-lemans.fr

The most common student jobs are language lessons, child care, translation, server or dishwasher. France has a national minimum wage, known as the SMIC (salaire minimum).

Two useful addresses for job-seeking:

Studyrama: www.studyrama.com

L'Étudiant: www.letudiant.fr/jobsstages.html

[When you arrive]

[How to come to Le Mans University]

- **If you arrive at the Paris - Charles de Gaulle (CDG) airport:**

Try to get **a direct train** so that you do not have to make any train changes.

To do so, you will have to go to the SNCF train station located in the airport terminal number 2 ("aérogare 2"), as indicated on the boards in the airport.

The trip from Paris Charles de Gaulle airport to Le Mans train station lasts 1h30.

- **If you arrive at the Orly airport :**

You can take **the shuttle** to the Montparnasse train station.

<http://www.aeroportsdeparis.fr/ADP/fr-FR/Passagers/Acces-Plans-Parking/Paris-Orly/Acces/Transports-En-Commun/>

Then, you will have to take a train from Paris Montparnasse to Le Mans. The trip lasts 55 minutes.

In order to book your train tickets in advance, please find below the SNCF official web site.

<http://www.voyages-sncf.com/>

<http://www.voyages-sncf.com/billet-train/horaires/resultats?hid=Q96>

- **When you arrive in le Mans**

When you arrive in Le Mans, you will have to go to the North exit of the train Station (« Sortie Nord » as indicated on the boards) to take the Tramway at the “Gares” towards “Université”. You must stop at the last-but-one stop “Campus-Ribay”. It will take around 20 minutes.

You will have to buy a one-way tramway ticket (1.50 euros).

The International Relations Office is located on the ground floor of the CieL building, along the tramway line, next to the « Campus-Ribay » stop (see map of the campus).



At the beginning of each semester, in September and January mainly, the IR office is open to new international students from Monday to Friday; from 9:00 am to 12:00 am and from 2:00 pm to 5:00 pm. Outside of these periods, the IR office is open for students from Tuesday to Thursday; from 9:00 am to 12 am and from 2:00 pm to 5:00 pm. On Fridays, from 9:00am to 12:00am.

In order to be welcomed in the best conditions, we highly advise students to arrive at Le Mans University during the week, between Monday afternoon and Friday morning (not later than 3:30pm).

If you still get to Le Mans in the evening, on a bank holiday or on a week-end, we advise you to book temporary lodgings in advance so you will have a place to sleep once you arrive in France.

- Here are some useful addresses :

In Le Mans, close to the campus:

Hôtel Mister Bed

From 39€ per night

Les Poupardières, Rue Héraclite, 72 000 Le Mans.

Tel: +33 (0)2.43.24.11.00 – Fax: (33) (0)2.43.87.07.35

Email: misterbed.lemans@lsfhotels.com,

misterbed.lemans@sidhole.com

<http://www.misterbed.fr/> www.simplyhotelsfrance.com

Take the tramway towards « Université » and stop at the terminus « Université ».

Hôtel Première Classe

From 42€ per night

Avenue Olivier Messiaen, ZAC du Ribay, 72 000 Le Mans.

Tel: +33 (0) 892 700 287- Fax: (33) (0)2.43.47.05.10

Réservation / Booking: + 33 (0) 892 688 123

Email: lemans.universite@premiereclasse.fr

<http://www.premiereclasse.com/fr/>

<http://www.premiere-classe-le-mans-ouest-universite.fr/fr/index.aspx>

Take the tramway towards « Université » and stop at the « Campus-Ribay » stop, cross the roundabout, and then in the Ribay area, go down the “Jean Grémillon” street. The hotel is just down the street, on the left.

[The study abroad center]

The incoming students’ coordinators of the International Relations office, along with students working as tutors, welcome all the international incoming students at the International office when they arrive at Le Mans University.

(From Monday to Friday and from 9am to 5:30pm.)

They help the newcomers go through the administrative paperwork. Students must bring with them their passport or identity card along with any relevant document (insurance certificate, “convention d’accueil”, EHIC, etc.)

Students are provided with a welcome bag holding some useful documents such as a public transportation ticket (valid for one month), the contact details of the University Health center, a map of the city center, a booklet with some historical facts, etc.

Students, who benefit from a regional grant or from a grant from their government or the French government, must introduce themselves to Ms. Fanny Laude-Molina when they arrive at the International office.

Mid-September, a cocktail will be organized to celebrate the new academic year and to give a warm welcome to the new international students.

In 2015-2016, “Le Mans City tour” will take place on Saturday, 26th of September 2015. The event is organized by the city of Le Mans and aims at introducing all the newcomers to the city. If you are interested, you will have to subscribe by email at this address: tourdeville@ville-lemans.fr

[Managing your money]

○ Bank account

If you remain in France for more than 3 months and/or you get a grant or a salary, we advise you to open a bank account in France in order to receive directly your grant or any financial support. When you do so, do not forget to ask for several copies of your banking information, a document known as “IBAN” (International Bank Account Number) in France.

Please be careful: before leaving France, make sure that you have planned the automatic closure of your bank account, after a minimum of two months so that the deposit can be reimburse to you.

○ Caisse d'allocations familiales (CAF)

In order to get financial housing assistance **to help pay for your rent**, as soon as you move into your room/studio, **you may apply on the CAF** web site, students section "demande en ligne": [CAF online application](#)

The amount of the financial support is determined according to your resources and proportional to the amount of the monthly rent.

You may apply if you rent this accommodation more than 3 months and if you have a residence permit (non EEA, Switzerland students only).

Required documents:

- a statement from your landlord or from the CROUS administration, if you are housed in a hall of residence on campus
- French banking information (called RIB)
- a copy of your birth certificate translated into French

You must fill in your application form online, print it and sign it before sending it, along with the required documents to the following address:

Caisse d'Allocations familiales de la Sarthe
178 avenue Bollée
72034 LE MANS CEDEX 9

[Get in touch with locals]

When you arrive at Le Mans University – Université du Maine, at the study abroad office or via Facebook, do not hesitate to get in touch with:



The University's library

➤ **Student clubs** (free to 10 euros yearly)

[Link on the University's website](#)

The University has numerous student, humanitarian and arts clubs. Here is a selection:

1. Orchestra and choir (with weekly/monthly performances)
2. Drama club (in French) and English drama club (Le petit globe)

3. History students club (several monthly activities and regular excursions to various French cities and regions) : aeblemans@gmail.com
[Université du Maine website page](#)
4. Geography students club ([Facebook page](#))
5. Debate society
6. Photography club
7. Movie club (regular shows and debates, often organized with the history club)
8. Disabled students club (can be paired with service-learning)
9. Social grocery
10. African students club (African Students of Le Mans Club (P.E.A.M.): [Contact](#))
11. Do not hesitate to get in touch with the students from the ESN Le Mans (Erasmus Students Network) student club: <https://fr-fr.facebook.com/esn.lemans>

ESEM (Echange Sarthe Etudiants du Monde) association: It offers to pair international students with host families for support and regular gatherings (holidays, excursions in the region and shared meals: [Contact](#))

Throughout your mobility at Le Mans University – Université du Maine:

➤ **Volunteer work**

International students may engage in volunteer work in Le Mans, from humanitarian to environmental activities (<https://www.facebook.com/FranceBenevolatSarthe>)

➤ **Cultural outings**

The International Relations office organises during the whole academic year several outings (3 or 4) in places of great cultural and historical interest. [Facebook page](#)



➤ **Flit-in: a social network designed for international students**

It was created by two former Erasmus students in order to help soon-to-be international students plan their mobility. www.flit-in.com (**completely free inscription and use**)

It gives you:

Access to get information about housing, banking, telephony, the Internet, outings with a forum dedicated to questions.

- A way to get in touch directly with other international students or locals
- A way to come up with themed activities and hobbies but also good addresses (restaurants, bars, museums, theatres, etc.)

➤ **Buddy system : “Alter Ego” and “Tandem linguistique” (free)**

The buddy system at the Université du Maine-Le Mans is twofold: it is designed not only to encourage immersion and foster friendships but also to provide students with the opportunity to improve their language skills not only in French but also in other languages.

- **“Alter Ego”** ([Facebook page Alter-Ego](#)) is a free student club open to everyone, which offers numerous excursions, gatherings, art contests, outings to the cinema or the theatre, shared meals, holiday celebrations etc. Alter Ego meets regularly at the Study Abroad building but also at the arts center and downtown. Excursions to the Loire Valley and its castles, the Mont Saint Michel, Paris, Nantes etc are organized.



Chinese or Arabic.

- The **“tandem linguistique”** is a program designed to pair students who want to begin learning a language or to improve their language skills in any language spoken by members, from French to English and Spanish but also languages such as Russian,

[Daily life in Le Mans]

[Improve your French]

Le Mans University- Université du Maine offers different programs in the field of languages and especially programs dedicated to learning French.

[Link on the University's website](#)

- **Campus accueil /Integration week**

The “**Campus d’accueil**” is **a free** and optional program of intensive French courses, taking place **only at the beginning of September**. We strongly advise incoming students to attend this integration week. Presentation and a French language test will be held on 28/08/2015 at the Humanities College.

Classes will start on 31/08/2015 and will end on 04/09/2015.

Schedule: 09: 00 - 12: 00 / 15: 00 - 18:00

For more information, see calendar provided by the IR office.

- **Campus Soir**

Campus Soir classes take place every week for 2 hours, from 6 to 8pm at the Humanities College. Students can attend for free several different classes: French, English, Spanish, German or Chinese. For each semester, students with a learning agreement can get 2 ECTS for the language classes they took.

They are then able to take between 2 to 4 hours of French classes, depending on their level but also English, Spanish, Chinese or German classes.

They cannot register for Campus Soir before enrolling in their host department administration at Le Mans University.

For more information, see calendar provided by the IR office.

- **(CRL) - Languages Resource Center**

Free additional language courses are also available at the CRL (Languages Resource Centre), located on the first floor of the CleL building. Students can attend several conversation classes: French, English, Spanish, Chinese, German and Russian. It may be a complementary way to learn languages and it may also result in the earning of 2 ECTS credits (for one semester and for each language) if stipulated in the Learning agreement officially signed.

During all the academic year, it is a free-access centre where students can develop self-learning of languages.

Different programs are also available at Le Mans University for summer sessions

- **International Summer Campus**

<http://summer-campus.univ-lemans.fr/fr/index>

69 hours of French classes, 6 hours of seminars and 21 hours of cultural and linguistic workshops spread out over 3 weeks in July.

Each student benefits from the Language Resource Center (CRL) which allows them to learn or to improve their French skills. The CRL is a multimedia computer facility where students work interactively with computers, helped and supervised by a tutor.

Cultural and touristic activities are also organized during these 3 weeks.

Contact Email: ri-summercampus@univ-lemans.fr

- **Summer DUFOS**

From the end of June until the beginning of September, the Summer DUFOS takes place in Le Mans University- Université du Maine. It is an academic training in French as a foreign language which offers two different training programs “exact Sciences” and “Humanities and Economics”. Diversified educational activities are also included. This program supports social integration for students and helps students in the preparation of the continuation of their studies our university during the following academic year. Upon successful completion of the course and examination, a University Degree is awarded to them.

Contact Email: dufos@univ-lemans.fr

[Transport facilities]

The travel costs from your country to Le Mans will be at your own expense.

The IR office provides you with a free transportation card (bus and tramway) valid for your first days in Le Mans (**provided that you have confirmed in advance your precise arrival date**).

The SETRAM is the local company which manages the urban transportation system in Le Mans and the surroundings (Le Mans Métropole).

SETRAM Student card Moovéa - <http://www.setram.fr/589-Find-the-best-fare.html>

[Link on the University's website](#)

[Restaurants on Campus]

Restaurants for students on the campus offer complete full meals and combos.

Meals cost 3, 20€ (2014-2015 price).

Get more information:

[Restaurants universitaires](#)



[Shopping facilities near the campus]

The campus is surrounded by lots of shops: post office, laundry facilities, pharmacy, restaurants, banks, etc.

A « Carrefour Market » store, located next to the city's tramway line terminus « Université », will allow you to purchase some food or household cleaning products when you arrive. See map of the campus.

[Sport and arts facilities at the University]

Students may choose from a wide variety of artistic or athletic activities.

- **Sport (30 euros in 2014/2015)**

Students can choose from more than **40 sports activities** in Le Mans University – Université du Maine. These activities are mentored by professionals. You will be able to register for these activities after the registration in your department's administration office.

Students can receive credit for those activities (the course(s) is/are free if they are taken for credit) or simply sign up for their own pleasure and for practice (the fee is then 30 euros for unlimited access to those activities). You may choose among horse-riding (50 euros instead of 30), fencing, swimming, ballet or modern dance, football, ping-pong, tennis, badminton, climbing, ultimate frisbee, basketball, aerobics, zumba, handball, rugby, yoga, volley ball, boxing, juggling, taek won do, karate, athletics, golfing, salsa and latin dances.

Get more information by downloading the [List of sports activities](#)
[Cultural activities and leisure at Le Mans University - Université du Maine](#)

- **Arts**

The fee is 50 euros for individual lessons or practice and 30 euros for collective lessons and practice. You may choose from piano, saxophone, guitar, drums, violin lessons, drawing and painting lessons, sculpture, drama (beginner or intermediate). World songs, Negro spirituals, choir.

Orchestra; Celtic music; Blues and Jazz; improvisation and composition; big band.

Get the list of the activities: [Liste des activités culturelles](#)

[Cultural activities and leisure at Le Mans University - Université du Maine](#)



[Going out in Le Mans]

➤ About Sarthe / Le Mans

Do not hesitate to watch the touristic film about the Sarthe department:

<http://vimeopro.com/user14024236/la-sarthe-1>

To find out about the city's museums, parks and cinemas as well as the major places, visit the website of Le Mans' tourist office:

[Site officiel Le Mans tourisme](#)

[Discover the city of Le Mans on the university's website](#)



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