

INTERNATIONAL STUDENT GUIDE 2020-2021





BREST



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WELCOME TO ISEN-BREST

The school

ISEN Brest is one of the four engineering schools managed by YNCREA west, a non-profit entity acknowledged by the state as a private higher education institution of general interest. It is authorized by the national commission of engineers (CTI) to deliver engineering degrees to students from both Brest and Nantes campuses.

ISEN Brest is accredited by the French Office of Higher Education and Research and is a member of the «Grandes écoles» convention. It has 3 research departments and labs. It is also certified by the European accreditations EUR-ACE and Erasmus+.

ISEN Brest hosts 650 students.



Studying at ISEN-Brest

Because digital technologies are everywhere, ISEN trains engineers to meet the needs of companies in a wide range of sectors.

With the twenty-first century, we have entered into a digital era and this has deeply changed our everyday life and the needs of businesses in a wide range of areas.


During the first three years of their academic journey, our students can choose between 4 options:

- **Engineering science:** for the students interested in exploring sciences while needing more time to make up their mind about a more focused field of study.
- **Computer science and software engineering:** for students who are enthusiastic about new technologies, especially digital matters: cyber security, software development, cloud computing, big data).
- **Life sciences and biotechnology:** with this option, students will understand the major role technologies play in the improvement of health care delivery as well as agriculture.
- **Digital economy and technologies:** Our modern world implies adaptability, creativity for businesses to continue existing in a globalized economy. While choosing this option, the students have the opportunity to study both engineering and business and learn about creating their own start-up or becoming business executives.

8 options for a Master's degree:

- Biomedical technologies
- Robots and drones
- Networks, connected objects, cybersecurity
- Technologies, business and management
- Energy and environment
- Digital embedded systems
- Computer science and software engineering
- Electrical energy and transports

Our institution is part of an ecosystem where students are able to dive in the business world through internship programs. During their final year (second year of their master's degree), students can also combine studying and working.



Throughout their five exciting years of education at ISEN, students develop their interpersonal skills, self-awareness as well as their general culture through mandatory communication and social sciences classes. We believe it is our responsibility to rise engineers who will be able to think critically and have the keys to understanding a complex world. Because the national committee sets high standards for engineering schools, it has been observed that French engineers are able to adapt quickly, that they find an interest in a diversity of problems and questions and that they are creative. The education of soon-to-be engineers at ISEN Brest is enriched by their commitment to the many clubs of the school (arts, sustainable development, sports, international life...).

Don't hesitate to visit our website: <https://isen-brest.fr>

PREPARING YOUR STAY

Applying to study at a French Higher-education establishment

- Two steps are essential: Apply for admission to the establishment(s) in which you are interested
- Then, if the reply is positive, apply for a student visa. (This only applies to students who are not citizens of member states of the European Economic Area).

Applications for admission vary according to whether you intend to study within the framework of an exchange programme (Erasmus) or on an individual basis as a so-called 'free mover'

List of documents essential for your stay:



- Erasmus students who are citizens of a European Union country
 - Student card from your home university
 - Written confirmation from your home university that it has authorised your period of study in Rennes.
 - Proof of your social security cover (form E 128, or European Health Insurance Card)
 - Identity card or passport
 - Birth certificate translated into F
- Students who are citizens of a non-European Union country
 - Original diplomas/certificates: most recent diploma/certificate (baccalauréat/A Level/high school diploma or equivalent). Certificates must be translated into French
 - Health record or vaccination certificate
 - Proof of parental income
 - Currency outflow authorization

- Sworn translation of birth certificate. Get information as to which birth certificates must have an apostille (legal certification). This depends on a person's nationality
- Passport
- Proof of health insurance (if you are registered with such a scheme in your home country)

Lodging:

In Brest, all sorts of lodging are possible: the important thing to remember is to look into it as soon as possible, even before you leave your country:

- **The CROUS** university residence rooms: the rooms in the university residences, also called *cités U* (U-residences), are managed by the CROUS (Regional Centres of University and Academic Services). **This is the cheapest type of student lodging.** Contact the international relations department of your institute to find out if they have a specific agreement with the CROUS. <https://international.lescrous.fr>
The application process for international students a room in a CROUS residence hall varies depending on whether they are on a formal exchange program or they are free movers.
 - **Free movers:** To make a request for a reservation of accommodation in a university residence managed by the CROUS, international students must go directly through the platform <https://trouverunlogement.lescrous.fr/> from July 9, 2020. You will find all the information and you need to choose your accommodation in a CROUS residence.
 - **Students on a formal exchange program or Erasmus +:** it is the international relations service of your host institution that takes care of booking your accommodation and sending you the procedures.
 - **Scholarship holders managed by Campus France:** Campus France is in charge of booking your accommodation and sending you the procedures.
- [.Lokaviz](#) lists all of the units available in CROUS residences, as well as space offered by individual property owners. There's no cost to review the posted vacancies. All of the units listed on the site have earned **the Lokaviz label, so students can be sure they're renting decent housing.**

- **Student lodging with private owners:** If you can't get student lodging with the CROUS, nor in a student residence or a private residence, you will have to go with a private lessor, either an individual or an estate agency, to find a room or flat.

<https://isen-immo.fr/>

www.leboncoin.fr

<https://housinganywhere.com>

<https://www.adele.org/en/>

<https://www.immojeune.com/en/>

<https://en.location-etudiant.fr/>

- **Flat sharing:** In this case, to lower your expenses, you can decide to share accommodation. You will share the lodging with other students, which will greatly reduce the cost of the rent: **an economical and social way to obtain student lodging.**
- ISEN-Yncréa Brest has got a partnership with <https://www.happy-appart.com/>. M. Toux, the owner can help you to find a flat near the school.
- Some organisations can also help you such as the Youth Information Center (BIJ <https://www.bij-brest.org>)

Here are some of the most common **phrases and abbreviations**:

- Studio: a single room with a kitchenette
- T2 or F2: a *deux pièces*, i.e., a bedroom and a living room, as well as a kitchen and bathroom
- T3 or F3: *trois pièces*—a three-room apartment (usually indicating two bedrooms)
- SdB: bathroom with tub
- Salle d'eau: bathroom with shower
- Appt.: apartment
- RdC: ground floor, street level
- Asc.: elevator
- TBE: very good condition
- CC: charges included. "Charges" cover the costs of maintaining the building (exterior, grounds, common areas) and providing common services (e.g., collecting trash).

Lease agreement (bail)

The « bail » is the contract between the owner and a tenant. The minimum duration varies according to the type of accommodation. The contract must be signed by both parts and read carefully. In this contract you must also write in details the inventory upon arrival.

Something else to keep in mind is the amount of time written in the contract for the “résiliation de bail”. Usually in France you must warn the owner 3 months in advance before leaving.

How to find a guarantor



When you rent a flat, you need a guarantor: it's is a **person who acts as surety for you, and guarantees to pay your rent if you are unable to do so**. In France, a guarantor is almost always required if you want to rent an apartment, whether you are French or not.

But your guarantor has to be French. If you don't have a guarantor, other options are available through the [VISALE](http://www.visale.fr) scheme, a free rental deposit if you rent an apartment in the private sector.

www.visale.fr

Property insurance

You are strongly advised to take out property insurance (*assurance habitation*) on your unit. **This will protect you against unexpected events** (such as water damage or burglary). You can

obtain property insurance from a bank or insurance agency. The cost (premium) will be proportional to the size of your unit.

Rent assistance



To help pay your rent and expenses, you can receive **housing aid (Personalised Housing Aid (Aid personnalisée au logement - APL))**, paid by the Family Allowance Fund (Caisse d'allocations familiales - CAF).

To draw up your budget, do a calculation of the housing aid you think you are entitled to. You can also follow the CAF guide, which details in videos and in questions / answers the whole process of applying for student housing aid. You can then track your application using the CAF smartphone app. Don't delay sending in your application, as the CAF grants cannot be backdated!

N.B.: Housing aid is **automatically suspended on 1 July** for all students, unless you inform the CAF that you will be staying in your accommodation beyond that date.

For more information, check on the CAF website: <http://www.caf.fr/>

Utilities

If you rent an apartment on the private real-estate market, you will be responsible for opening an account with providers of electricity and gas. Many energy providers operate in France. Some are traditional utilities (EDF, ENGIE); others have emerged more recently with the opening of the market to competition (Direct Energie, Total Spring, Eni, and Planète Oui, among others). Do not hesitate to compare their offers.

If you rent a room in a university residence, the cost of electricity and gas will probably be included in your rent. In this case, you will not be required to contact providers to obtain service.

Preparing one's budget

Example of a monthly budget:

Rent (including charges) : 300€
Insurance (lodging, liability) : 20 to 45 €
Medical insurance « mutuelle »: about 30€
Food : 200€
Transport : 25 €
Various (leisure...): 100€
About a monthly budget of 500€-700€

Some extra fees might add up such as:

- The tuition fees (the Erasmus+ students are not concerned): please contact Mme Karine SALAUN: karine.salaun@isen-ouest.yncrea.fr
- the Student and Campus Life Contribution(CVEC) about 92€
- the caution before you enter your flat
- additional charges such as buying towels, cookware...
- opening fees for utilities (phone, electricity, internet...)

DAILY LIFE IN FRANCE

Most shops and services are closed on Sundays and public holidays. For information on public holidays in France, see p.45.

Opening hours Shops: open between 10a.m. and 7p.m. from Monday to Saturday.

Supermarkets: open until 9p.m. from Monday to Saturday.

Banks: open between 9a.m. and 5p.m. (6p.m. in some cases) from Tuesday to Saturday. Most banks are open on Saturday mornings or all day Saturday and are closed on Monday.

ELECTRICAL APPLIANCES: The voltage in France is 220V (volts). If this differs from the voltage in your own country, adaptors, which can be bought in supermarkets, enable you to use your electrical appliances.

THE CITY OF BREST

Brest in France



Getting to ISEN-OUEST Brest

By plane: Brest Brittany Airport is 9 km from the city center, or 15 minutes by car. The city center is accessible from the airport by a shuttle + tram, taxi and car rental service. 10 regular airlines serve the airport: <http://www.brest.aeroport.bzh>

By train: The Brest train station is located in the heart of the city, 500 m from the Place de la Liberté, an ideal starting point to discover the metropolis, which is served by all public transport.

In order to reduce your carbon print, a few options are available:

By coach: in recent years a few green bus companies such as flibus and ouibus have been created. On their websites you can buy vouchers from 5€ that enable you to travel all over Europe.
<https://global.flixbus.com/>
<https://www.ouibus.com/>

By car: France is well-known for its carpooling platform: blablacar. It enables to travel at a very reasonable price:
<https://www.blablacar.co.uk/>

How to reach ISEN-Brest

By bus: Take the line 3 at “Place de la Liberté”, heading to “Lambézellec”
And get off at the stop “Gay-lussac”.
For further information : www.bibus.fr

Life in Brest

Maritime, modern and dynamic ... Brest is much more than you imagine! In perpetual motion, the metropolis exudes an undeniable charm. Authentic and friendly, you will appreciate the simple atmosphere while enjoying the multitude of possible activities! Come and discover this metropolis at the end of the world turned towards people as much as towards the future.

With 25,000 students every year, Brest is the second student city of Brittany after Rennes.



Transports

Getting around Brest is fairly easy since Bibus, the transport company runs the network: it's simple and efficient: it's the same ticket for the bus, tram and cable car.

More information on www.bibus.fr



Leisure

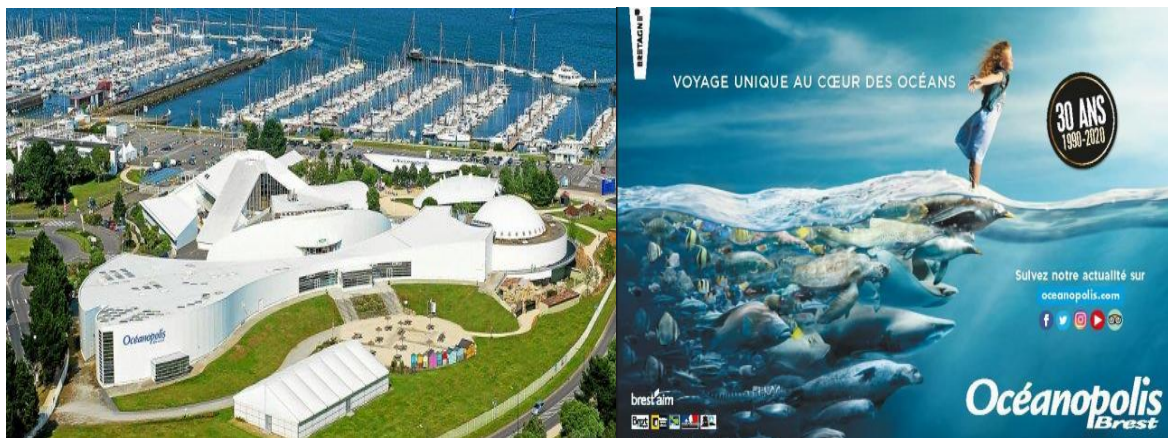
In Brest, you immediately feel like you are in the heart of the harbor. Apart from Sydney, this type of maritime configuration is unique in the world! In addition to the military port, the city has two marinas, including one in the city center, to accommodate pleasure craft boats. Clinking masts, chants of seagulls, sea air... Here the nautical atmosphere is in full swing! Sports and nautical activities are given pride of place, whether they are major races or strolls in the harbor aboard an old rig.

But it would be simplistic to limit Brest to its maritime atmosphere. It is much more than that! Cultural, historic, contemporary ... the metropolitan area of Brest is full of life!

Océanopolis

Océanopolis Brest is an exciting dive into ocean life. A unique place in Europe! Do not expect a classic aquarium: it is a real ocean discovery park which is also a Center for Scientific and Technical Culture of the Sea. Its mission is to explain to general public the richness and complexity of the marine environment. A must-see!

<https://www.oceanopolis.com/>



The capucins

In the heart of Recouvrance, the Capucins are built on the stones of Brest's industrial past. The trip to the Capucins alone is worth the detour, via the cable car and the unique viewpoint it offers on the Penfeld. You will find all the latest boutiques of Brest, the François Mitterrand library and a huge climbing venture. In recent years the Capucins has become the place to be!

<https://www.ateliersdescapucins.fr/fr>



The National Maritime Museum

At the heart of Brest Castle, the National Maritime Museum houses a unique heritage testifying to the great naval adventure. Between indoors and outdoors, it offers magnificent panoramas of the harbor and the city.

<http://www.musee-marine.fr/>



Brest's Museum of Fine Arts

The museum's collections offer a vast panorama of the history of painting, from the end of the 16th century to the present day. Free entrance every first Sunday of the month

<https://musee.brest.fr/musee-accueil-3171.html>



Sport equipment in Brest

A wide choice of sport activities can be found in Brest ranging from football to climbing.



Brest's closeness to the sea enables its inhabitants to try and practise many nautical sports: paddle, catamaran, kayak... More information on the **Brest Bretagne Nautisme** website: <https://brestbretagnenautisme.fr/>



Moreover, ISEN students have access to many different activities.

Show venue

The main show venues in Brest **La Carène, le Quartz, Mac-Orlan, Brest Arena...** They offer a wide choice ranging from plays to concerts.



There are also many parks in Brest: the botanical gardens of the Vallon du Stang Alar, the Keroual Forest, Penfeld Park, the jardin des explorateurs...



Movie theaters

In Brest you can find: 4 movie theaters. A special price is available to students. At the Studios most films are in their original version.



Events

To finish, Brest organizes events throughout the year:

- la Déambule: the welcome party for students in September



- the International Student Night in November



- the « Pétrarades » in January: a special musical event for students



- the « Printemps des sonneurs » in May: when you can see many Breton bands (called bagad) performing in the streets of Brest



- the « Festival des fanfares » in May where brass bands (dressed up) roam in the cities of Brest



- The « jeudis du port » during the summer holidays on Thursday nights in the harbour of Brest



- France and Brittany are also well-known for their summer festivals such as Astropolis in Brest (rave music), the « Festival des Vieilles Charrues » in Carhaix with all types de music, the Festival du Bout du Monde in Crozon ...



Don't hesitate to ask the Tourist Information Center to ask for advice.

Around Brest

There are many beautiful places to discover around Brest such as the Conquet and its very famous lighthouse, the peninsula of Crozon... It is easy to find a coach that will take you there.



ADMINISTRATIVE FORMALITIES

International Mobility Center (CMI)

CENTRE DE MOBILITE
INTERNATIONALE
de BREST

The International Mobility Center of Brest will help with the preparation of residence permit applications and the administrative procedures, e.g. CAF, CPAM, and CVEC
<https://cmibrest.u-bretagne.fr/en>

The French social security registration process for foreign students



Before coming to France for your studies, you need to apply for membership in the French social security citizen by signing up via the etudiant-etranger.ameli.fr official website.

You will need to submit the following documents :

- evidence of your identity (national ID card, passport, etc.),
- evidence of your enrollment in an institute of higher education for the appropriate academic year, to certify your student status,
- your bank account identification details (RIB), which will be used to transfer your reimbursements to your account,
- a civil status document, which is needed to generate your social security number ("numéro de sécurité sociale"). The following civil status documents are accepted:
 - a complete copy of your birth certificate,
 - a birth certificate showing your parents' information (or any document issued by a consulate),
 - a family record book ("livret de famille"),
 - a marriage certificate.
- Finally, if you are a foreign student, you will need to show a valid residence permit ("titre de séjour"). To check whether you have the permit you need, or to learn more about the residence permit application process, please contact the French consulate in your country of origin or refer to the information available on [Campus France](https://campusfrance.fr) website.
- Agreements may allow to submit other documentary evidence. Please refer to the chapter below entitled "Other documents for your registration as determined by your country of origin".

Keep the temporary social security number that has been automatically generated for you by the website, and print off your certificate of entitlement.

If you have not been able to register online, please contact by phone at **36 46** (0.06 €/min toll + cost of the call). If necessary, you may be referred over to an English-speaking helpline.

Exceptions

If you are a citizen of the EU/EEA or Switzerland, you can ask for a European health insurance card, before you come to France as proof of membership in a European health insurance scheme. You do not need to register online on etudiant-etranger.ameli.fr: when you arrive in France, you will submit this card to the health professionals and healthcare facilities you will go to.

Complementary Health Insurance

To increase the amount of your healthcare expenses that is reimbursed, you may take out complementary health insurance, or *mutuelle*. Many “*mutuelles*” are available. Ask your host International Department for advice.

You can find more information on the website:

<https://www.campusfrance.org/en/healthcare-student-social-security>

Medical check-up

For the students with a visa, it is compulsory to have a medical check-up during the first year. Students on an Erasmus exchange are not concerned by this.

CVEC

What is the CVEC?

The CVEC is the Student and Campus Life Contribution (Contribution vie étudiante et de campus). The law states that it must be collected by the Crous. The annual amount is €92, which you may have to pay or you may be exempt, depending on your case. <https://cvec.etudiant.gouv.fr/>

Opening a bank account

It can be very handy to get a bank account in France, in particular for paying bills (electricity, telephone, rent) and subscriptions (transportation, Internet). You will also be able to cash any wages you receive and it's easier to be reimbursed for healthcare expenses. A French payment card also lets you pay for most things so you don't have to carry large amounts of cash with you.

A foreign student can open a bank account in any bank in France. The different banks have branches in most cities; just open the door and make an appointment with a counsellor.

Compare what the different banks offer. The costs of the bank card, international transfers and cash withdrawals abroad may vary noticeably from one bank to another.

Three documents are needed to open a bank account: identification, proof of residence and an attestation of enrolment or a student card. If you still don't have any accommodation, you may be able to use the address of the service of international relations of your institution.

After you open a bank account, you will have the right to a bank card and a cheque book. With your *Relevé d'Identité Bancaire* (RIB - bank account information slip), you will be able to easily make the different monthly payments you have.

If you face difficulties to open an account, a process called "droit au compte" (right to account) can help you: the *Banque de France* will appoint a bank and force it to open an account for you. Details of this process, documents to provide and associations offering help are available on the **Banque de France website**: <https://particuliers.banque-france.fr/votre-banque-et-vous/droit-au-compte/jai-besoin-dun-compte-bancaire>

Life on the Brest Campus



Your arrival

As soon as you know your date of arrival, please contact your host International Office. They will help you.



In Brest, Ms Anne-Marie Miras is in charge of the incoming students
You may write to her at: anne-marie.miras@isen-ouest.yncrea.fr

In Nantes, Ms Lynn Andrews is in charge. You may contact her at lynn.andrews@isen-ouest.yncrea.fr

Food services

There are many possibilities:

- You can order a meal from Students of ISEN "Club foyer. Microwaves are also available.
- Two university restaurants (RU) are nearby :
 - ARMEN: 2 bis Avenue Victor Le Gorgeu
 - KERGOAT: 1 rue Commandant Paul Vibert
- Local stores:
 - A supermarket « Super U » is situated just opposite the school.
 - Many other stores are less than 10 minutes away on foot
 - A Netto supermarket
 - A bakery
 - Fast-food: Subway...



Disability

ISEN has information on the support available for students with disabilities. These students, for example, often receive dedicated administrative support, adapted access to premises, teaching assistance (tutorials, support, note-takers, etc.) and techniques.

Welcoming seminar

Shortly after your arrival, you will be invited to a welcoming seminar.

Integration weekend

An integration weekend is organized on the first weekend of September: it will enable you to meet your fellow classmates before starting the semester.



Clubs

Every student at ISEN-Yncréa Ouest has to take part in a student club. There are many clubs: the health club, the international club, the sport club... The International Club (BDI : bureau de l'International) organizes many events and visits for international students (Océanopolis, ice rink, museum...)



The Student Office (le BDE : Bureau des Elèves) also organizes events throughout the year :

La tanière

Every Wednesday evening the BdE hosts a party in the foyer. It is called “la Tanière”. It enables you to meet your classmates.



The annual Gala

In October, the Graduation ceremony takes place followed by the annual gala of the school.





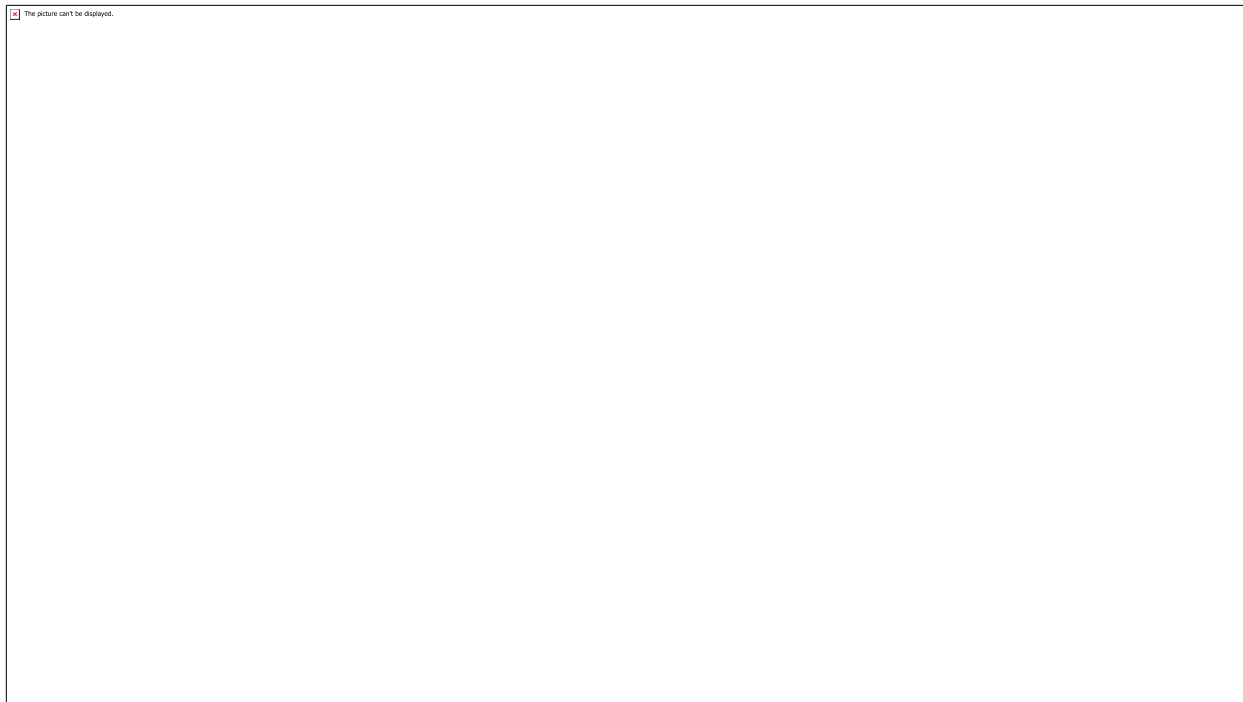
Theme nights

In addition to many day events, the BDE organizes parties: such as the Halloween Party, the Christmas Party, the After-exam party



Skisen

Every year in February a ski trip is organized by the students.



Sport at ISEN

Thursday afternoons at ISEN are devoted to sport. It is the occasion to try all sorts of sport : football, basket ball, rugby, dancing ...

Moreover, the closeness of Brest to the sea makes it the ideal place to try water activities such as sailing, surfing...



Brest Life



Every year, the City of Brest organizes events for international students :

- In September: a boat trip in the harbour of Brest followed by a welcoming musical party at the Carène



- In November, the International Students Night at the Ateliers des Capucins: A 100% Breton evening with Breton specialities and Breton music !



USEFUL INFORMATION

School holidays 2020-21

School holidays in France depend on the area location. For example, school holidays for pupils in Paris are different to those in Brest ...

Area A - Academies: *Besançon, Bordeaux, Clermont-Ferrand, Dijon, Grenoble, Limoges, Lyon, Poitiers*

Area B - Academies: *Aix-Marseille, Amiens, Caen, Lille, Nancy-Metz, Nantes, Nice, Orléans-Tours, Reims, Rennes, Rouen, Strasbourg*

Area C - Academies: *Créteil, Montpellier, Paris, Toulouse, Versailles*

Dividing school holidays like this makes it possible to extend winter and spring holiday periods over four weeks, extending tourism seasons in popular resorts - especially winter sports holidays - and alleviating traffic.

Pupils will return to school on **September 1**.

<i>Toussaint Holiday (for all areas):</i>	October 17, 2020 - November 2, 2020
<i>Christmas Holidays (for all areas):</i>	December 19, 2020 - January 4, 2021
<i>Vacances d'hiver (Winter Holidays)</i>	<ul style="list-style-type: none">• Area A: February 6, 2021 - February 22, 2021• Area B: February 20, 2021 - March 8, 2021• Area C: February 13, 2020 – March 1st, 2020

<i>Vacances de printemps (Spring Holidays)</i>	<ul style="list-style-type: none"> • Area A: April 10, 2020 – April 26, 2020 • Area B: April 24, 2020 - May 10, 2020 • Area C: April 17, 2020 - May 3, 2020
<i>Vacances d'été (Summer Holidays)</i>	July 6, 2020

Public holidays in France

- New Year's Day. 01 January
- Easter Monday. 13 April 2020.
- Labour Day. 01 May
- Victory Day 1945. 08 May
- Ascension Day. 21 May
- Whit Monday. 01 June 2020.
- Bastille Day. 14 July.
- Assumption. 15 August
- All Saint's Day : 1 November
- Victory Day 1918 : 11 November
- Christmas : 25 December

You should take advantage of the public holidays to visit our beautiful region.

USEFUL CONTACTS

Contact at ISEN-Ouest

For Brest: please contact Mrs Anne-Marie Miras: anne-marie.miras@isen-ouest.yncrea.fr

For Nantes: please contact Mrs Lynn Andrews: lynn.andrews@isen-ouest.yncrea.fr



Useful numbers

112: the European emergency number;

15: the SAMU (*Service d'Aide Médicale Urgente* - Emergency Medical Service);

18: the Fire Brigade;

17: the Police

And 3624: for a house-call doctor if you are too ill to travel. This service is available 24/7

A FEW BRETON-FRENCH WORDS



- **Gwen Ha Du**: the Breton Flag
- **Demat** ! bonjour ! Hello !
- **Degemer mat** ! Bienvenue ! Welcome !
- **Kenavo** ! au revoir ! Goodbye
- **Yec'hed mat** ! à la tienne, santé ! Cheers !
- **Trugarez** ! Merci ! Thank you !

Quelques mots bretons

- **Bagad** : troupe – Breton band
- **Binioù-kozh** : biniou traditionnel – Breton bagpipe



Membres d'un bagad jouant du biniou (cornemuse bretonne)

- **Breizh** : Bretagne - Brittany
- **Fest-Noz** : soirée dansante (fête de nuit) – typical Breton night party
- **Fest-Deiz** : fête de jour – typical Breton day party



- **Gouren** : lutte bretonne – Breton wrestling



- **Kreiz Kêr** : centre-ville – city center
- **Korrigan** : lutin – Breton Leprechaun



- **Kouign-amann** : gâteau au beurre – Breton speciality with butter
- **Krampouezh** : crêpes – Breton pancakes
- **Ti-Kêr** : mairie, hôtel de ville – City Hall
- **Traou mad** : bonne chose – a good thing
- **Ya** : oui - yes

BRETON GASTRONOMY



For the sweet tooth

- les crêpes sucrées: thin pancakes with sugar...



- le far breton : a flan based on eggs and milk



- les palets bretons : Breton biscuits



- Le Kouign-Amann – a traditional butter cake



- caramel au beurre salé : kind of salted caramel



- gâteau breton : Breton cake



Main dish

- les galettes : buckwheat pancakes



- Kig Ha Farz, le ragoût breton : the Breton stew



GLOSSARY

To help you understand French acronyms:

APL: Personalized housing allowance

BDE: Bureau Des Elèves

CAF: Family Allowance Fund

Caution: deposit

CMI: International Mobility Center

CPAM: the French social security

CROUS : Center for Student Affairs

CVEC: Student and Campus Life Contribution

ISEN: Institut Supérieur de l'Electronique et du Numérique

RIB: Relevé d'Identité Bancaire

RU: restaurant Universitaire

SHN: Sport de Haut Niveau

NOTES

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