

Université
de
Caen
Basse-
Normandie

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The University

With such a green and scenic setting, the University of Caen Lower-Normandy is one of the most pleasant in France. It offers its 24,500 students approximately 450 degrees in Law, Economics and Management, Social and Human Sciences, Life Sciences and health, and science and technology. The quality of education and training is guaranteed by the high standard of its research teams and the formation of professional relationships with the outside world.

The University also provides students with all the teaching tools and technology necessary for the success of their studies: libraries, computer rooms, language laboratories, etc, not to mention the many cultural activities and sports on offer.

Nearly 4,000 students from 43 different nationalities choose to come to the UCBN each year. Located a few kilometres from the sea, in the heart of a region's tourism and historical centre, the University has all the assets to welcome you and offer an attractive exchange experience.

Service des Relations Internationales (SRI)

Address:
Esplanade DE LA PAIX BP 5186
14032 CAEN

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Caen

Situated between land and sea on the Mont Saint-Michel road, 2 hours from Paris and with beaches just 10 minutes away, Caen is a thriving and dynamic city offering a rare wealth of culture and heritage. An estate founded by William the Conqueror in the 11th century, the city has retained through the ages the splendour and radiance desired by the Duke-King. Abbeys, a château, private houses, universities and other academies bear witness to the city's development over the centuries and following the terrible bombings of 1944.

Rising from its ashes like a phoenix, the symbol of its university, Caen has also been able to preserve its magnificent architectural heritage, which emerged unscathed from World War II. Enriched with 1,000 years of history, the soul of the city is today found nestled in the ancient quarters of its centre, and reveals itself to those who take the time to pause there. Narrow streets lined with lively shops, a marina right in the heart of the city, and an array of parks and gardens that have long charmed visitors are waiting to welcome you today.



Accommodation

All exchange students are offered university accommodation; however, the numbers of places are limited. University residences offer individual rooms measuring 9m² with a sink, communal bathrooms on each floor, communal kitchen and a common room with TV and living area. Sheets and blankets are provided. Rent is a flat rate of approximately €112 a week (which changes every year), and the period of occupancy is from October to May (this period cannot be changed). Payment must be attached to the file "*request for accommodation in Cite Universitaire*." If you decide to live in a student residence, you must register for accommodation as soon as possible to ensure you receive a place.

Travel

Getting to Caen:

At least one airline carrier flies from all major Irish airports to Paris, either Aer Lingus, Ryan Air, or Air France. Please note that while Aer Lingus and Air France fly into the main airport, Paris Charles de Gaulle International Airport (CDG), Ryan Air flies into a smaller airport, Beauvais Airport, which is approximately an hour and a half from the centre of Paris by bus. From Paris you can get to Caen by train from Saint-Lazare station. The train takes approximately two hours.

If you have applied for accommodation in a student residence, the first thing to do on arrival is to go to that residence to take up your room. Please check your arrival time against the opening hours of your residence, so if you arrive outside of their opening hours, you can make alternative accommodation arrangements for the first night.

How to get from Caen rail station to the students residences:

- To Campus 1 and University residences *Tilleuls* and *Peupliers*: take Line A (direction Campus 2) or Line B (direction *Hérouville St Clair*) and get off at CROUS-SUAPS.
- To the residence *Lébisey* take Line B (direction *Hérouville St Clair*) and get off at CITE U LEBISEY.
- To the residence *Côte de Nacre*: take Line A (direction Campus 2) and get off at CAMPUS 2.

Admissions Procedures

Pre-registration

You must pre-register on NCBN's website after your exchange has been ratified by the International Education Office in Cork at:

<http://www.unicaen.fr/sri/moveonline/incoming.fr.htm>

In pre-registration you will be able to book college accommodation and enrol in the preparatory French course offered.

IMPORTANT: To confirm your registration, you must download the PDF file, print and attach a photograph. This document must be sent by mail to the *Service des Relations Internationales* before the due date.

Academics

Choosing Courses

To choose your courses of study, it is recommended you take a detailed look at the training section of UCBN's website for details on all courses offered. You will see that the University is composed of several faculties, which are called Units Training and Research (UFR). These faculties are sometimes divided into several departments. You cannot register in more than 3 departments and / or faculties.

We recommend that the first UFR you choose is in the area of your major. Then later you can develop your study contract (list of courses) with your teacher, choosing among the courses offered by the Dept. This contract will be sent to your French coordinator after you have registered with a UFR. Please note that upon arrival, due to scheduling issues, you may need to make changes.

The Centre for French Teaching for Foreigners (CEFE)

CEFE offers students training and qualifications suited to their particular language needs. It offers short summer, intensive pre-term, and half-year courses from beginner level to a higher level. They also offer specialised language diplomas in French for Economics, Business, IT, and Science, as well as the possibility of taking DELF (diploma in French) and DALF (Diploma depth English) exams.

Practical Information

Residence Permit Application

French law requires all foreign nationals to apply for a residence permit within three months of their arrival in France (even if you are an EU citizen).

Requirements for the residence permit vary from one year to the next, but students are likely to need the following documents for their application:

- photocopy of a valid passport: pages concerning personal information, nationality, date and place of issue
- 4 passport photos (3.5 × 4.5 cms)
- Caen registration certificate (*attestation d'inscription*)
- *Fiche d'état civil* or a certified translation of your birth certificate
- Proof of sufficient financial resources, €5,160 minimum for the academic year (certified from your bank and/ or student grant authorities, tax declaration...)
- Proof of adequate health insurance (e.g. EHIC/ European Health Insurance Card)
- Proof of residence in France e.g. rent receipt (*quittance de loyer*) in your name or a photocopy of the identity card of the person with whom you are staying

*It is a good idea to have multiple copies of all these documents.

Health and Welfare

SUMPPS (University Service of Preventive Medicine and Health Promotion) is responsible for running the health centre on campus. There you can avail of the services of general practitioners, nurses, a psychologist, a psychiatrist, social workers, marriage counsellor and gynaecologist. For psychological, psychiatric, or birth control consultations, appointments are required.

If health difficulties are affecting social areas of your life, make an appointment with social assistance Service University of Preventive Medicine and Health Promotion where you will be put in contact with a SUMPPS social worker. Otherwise, please contact the social service of the *Regional Centre des Oeuvres Universitaires et Sociales*.

Home Health Handicap is the centre for disability support. If you have a health problem or a disability that may disrupt your studies (temporarily or permanently), please contact the Cell Home Health Handicap.

For more information on any of these services, please go to the section of the UCBN's website covering social issues and health at:

http://webetu.unicaen.fr/jsp/fiche_pagelibre.jsp?CODE=56738457&LANGUE=0&RH=1165825648246&RF=1171956674857

Student Matters

Culture and Sport

UNBN offers an overwhelming array of cultural, social, and sporting events. The academic calendar is packed full of student-oriented, as well as student-run, events that include exhibition, book launches, poetry reading, conferences, open lectures, symposiums, concerts, gigs, environmental awareness events, workshops, global seminars, humanitarian projects, sporting events and competitions.

For further information about events and activities, look at the culture and sports section of the website which can be found at:

<http://webetu.unicaen.fr/>

Student Tips

Erasmus is full of excitement and adventure, but also uncertainty and nerves. Although the International Education Office in UCC and the International Relations Services in Caen will help you as much as possible, nothing can beat the experience of being in your shoes. So here are some tips and tricks from UCC students who have studied in Caen.

Academic Matters:

- Take the chance to learn new things.
- Try and take some courses that allow you to learn more about French life, culture, history, or literature. You'll never have quite the same opportunity in Ireland.
- Exam structure is very different. Departments may seem disorganized, so be patient.
- Most French students generally only study one subject in their degree, not two.
- Keep up with your reading!

Accommodation:

- Always look through the peephole before answering the door. Be aware of your own security.
- Check whether linens are included in your accommodation contract or if you need to buy them on arrival.
- Bring pictures of home to put on the walls.
- Bring a 2-pin plug adapter for Irish electrical products.
- Check whether you can access your accommodation on arrival.

Travel:

- Remember generally the earlier you book the flights, the cheaper they are.
- Some clubs organise really cheap day and overnight trips.

- If you are coming home for Christmas, it is a good time to bring back excess luggage.
- SNCF's under-26 discount is a good idea if you plan to travel by train.

Bureaucracy:

- Bring multiple photocopies of any documentation you might need, including several copies of passport photos.
- Bear with the bureaucracy. It's probably more than you are used to in Ireland, but the majority of form-filling will be finished by the end of the first month.
- EU citizens do not need a *Carte de Séjour*.
- It is a good idea to carry some sort of ID with you at all times.

Social:

- Buy local newspapers and magazines, and listen to local TV, radio, and music.
- Immerse yourself in the culture! Caen is a small and relatively quiet city, so if you aren't proactive in getting involved, you're going to miss many opportunities.
- French students have a different manner than Irish students. Do not be offended if they do not come up to you – it may take some time to get to know them.

General:

- Bring a good French dictionary.
- Unlock your mobile phone before you leave Ireland if you want to put a French SIM card in it.
- Bring some books in English. Although you can buy some English language books in Caen, they can be expensive, and it is handy to have some for travelling and for when you first arrive.
- Look into phone cards – they are one of the cheapest ways to phone home.
- If you have a laptop and Internet access in your accommodation, look into getting Skype or other Internet phone packages.
- Set up Internet banking.