

PROJECTS

ACTIVITIES

STUDENT GUIDE

ROUEN-MÉTROPOLE

PRACTICAL
LIVING

2021-2022

CESAR brings together the main Higher Education Institutions in Rouen

www.cesar-rouen.fr facebook.com/livingandstudyinginrouen [CESAR_Rouen](https://twitter.com/CESAR_Rouen)



ROUEN NORMANDIE SUP'CUP

Inter-university
sports challenge





WARNING

At the time of publication when we do not know how the health crisis situation will change, we want to inform you that certain events and activities may be cancelled or postponed.

INTRODUCTION

With a strong belief that a major region or metropolitan area cannot exist without excellent higher education and a lively, dynamic student experience, the main institutions of higher education in Rouen – both public and private – decided to combine their efforts. This resulted in the creation of the Conference of Higher Education for the Rouen Metropolitan Area (Conférence de l'Enseignement Supérieur de l'Agglomération de Rouen or CESAR) thirteen years ago.

Through collective actions, eleven universities – CESI, CNAM Normandie, ENSA Normandie, ERFPS, ESADHaR, ESIGELEC, INSA Rouen Normandie, IRTS-IDS Normandie, NEOMA Business School, UniLaSalle and Université de Rouen Normandie – have joined forces to serve a common purpose: to improve the appeal of the Rouen metropolitan area by promoting higher education and research, and making their contribution to establish an excellent quality of life for students.

This is the exact purpose of this student guide, which we have strove to make as comprehensive as possible so that you can discover all of the activities and amenities that the wonderful metropolitan area of Rouen has to offer, from its excellent academic environment to its dynamic lifestyle.

The pandemic has driven us to reinvent ourselves. Métropole Rouen Normandie and its higher education have been able to adapt and demonstrate their creativity to offer something, which meets your expectations and needs.

We hope that you'll find this guide useful throughout the year and even further on in your life in Rouen and that it will give you the chance to meet and discover wonderful people and places throughout the area.

I hope you have an excellent academic year.

Mourad Abdelkrim BOUKHALFA

Director of INSA Rouen Normandie
Chair of CESAR

LIST OF ABBREVIATIONS USED

ADRESS	Agency for the Regional Development of Social and Solidarity Business
AGEFIPH	Fund Management Association for the Professional Integration of Disabled People
CCI	Chamber of Commerce and Industry
CESAR	Conference of Higher Education for the Rouen Metropolitan Area
CMA	Chamber of Trades and Craftsmanship
ComUE	Community of Universities and Higher Education Institutions (=HEIs)
CRIJ	Regional Youth Information Centre
Crous	Regional Centre of University and School Projects
CRSU	Regional Committee of University Sport
DRAJES	Regional academic delegation for youth, engagement and sport
ENSA Normandie	Normandy National School of Architecture
ERFPS	Regional Space for Training in Healthcare Professions
ESADHaR	Le Havre-Rouen School of Art and Design
HEI	Higher Education Institution
INSA	National Institute of Applied Sciences
ONISEP	National Office of Information on Teaching and Professions
SBN/SHN	High-Level Athlete/Elite Athlete
UFR	Training and Research Unit



= free



TABLE OF CONTENTS

INTRODUCTION	1
LIST OF ABBREVIATIONS USED	2
MÉTROPOLE ROUEN NORMANDIE	4
EDUCATION	5
THE ESSENTIALS	6
ACCOMMODATION	8
FOOD	13
TRAVEL IN ROUEN AND SURROUNDING AREA	15
HEALTH	19
LOW-COST SPORT	21
DISABILITY, STUDIES AND EVERYDAY LIFE	23
ENVIRONMENTAL INITIATIVES	27
GOING OUT: WHAT TO SEE AND VISIT	29
GREAT DEALS AND DISCOUNTS	36
LIBRARIES	37
WORK AND FUND YOUR STUDIES, FINANCIAL AID	39
TRAVELLING ABROAD: STUDIES AND INTERNSHIPS	40
CREATING, INNOVATING AND ENTREPRENEURSHIP	42

MÉTROPOLE ROUEN NORMANDIE

The primary economic hub and most populous area in Normandy, Métropole Rouen Normandie has nearly 45,000 students, 6 campuses, many grandes écoles and training across the region - a true student city. Just 1 hour and 10 minutes from Paris and 40 minutes from the sea, its catchment area of 800,000 people and 300,000 jobs offers a remarkable quality of life and plenty of professional opportunities for students and young graduates.

The Métropole is unique, lively and active. Its city centre Rouen has retained its authenticity and charm, and the Métropole - both historic and modern, urban, rural and by the river - is a region ideally suited for living and studying.

The Métropole also benefits from the economic momentum driven by a group of businesses made up of major groups and successful SMEs. An industrial stronghold of various innovative activities (logistics, cars, aircraft, health, eco-technology, chemistry, etc.), it also relies on the tertiary sector to provide jobs (banks, insurance, business services, digital economy with the national certification Normandy French Tech).

With over 3,200 researchers and around one hundred laboratories – many CNRS or INSERM certified – and many industrial units and competitiveness clusters, it is a real think tank which allows it to tackle the major challenges of the future such as the industry of the future and smart mobility, as illustrated by the Rouen Normandy Autonomous Lab project.

1 hr 10
FROM PARIS

45,000
STUDENTS

3,200
RESEARCHERS

EDUCATION

CESAR (Conference of Higher Education for the Rouen Metropolitan Area) member establishments offer a wide range of high-level education. Several Higher Education Institutions are ranked amongst the best in their field at a national or even international level.

- > **Architecture and the Arts:** ENSA Normandie and ESADHaR¹
- > **Business and management:** NEOMA Business School
- > **Further education for adults:** CNAM Normandie
- > **Healthcare:** ERFPS (Regional Space for Training in Healthcare Professions)
- > **Engineering:**
 - CESI
 - ESIGELEC
 - INSA Rouen Normandie
 - UniLaSalle (agronomy, food, environment)
- > **Social work:** IRTS-IDS Normandie

With its expansive multidisciplinary dimension, **the University of Rouen Normandy** offers programmes in various fields of the future to its 30,000 students enrolled in its 12 different academic structures (training research units, graduate and specialised schools, institutes).

FOR MORE INFO ON CESAR

its members and activities:

www.cesar-rouen.fr facebook.com/livingandstudyinginrouen [CESAR_Rouen](https://twitter.com/CESAR_Rouen)

¹ ESADHaR is also offering art workshops and courses for everyone.

THE ESSENTIALS...

Find various practical information, great deals and a diary with everything going on in the Métropole. As a bonus: a printed magazine in your mailbox (Métropole, cities and the Region and Department).

- **FREE WIFI ZONES**

Rouen train station forecourt, cathedral forecourt, Fine-Arts museum forecourt, Place du Vieux-Marché and in Rouen's city libraries : <https://rnbi.rouen.fr/>.

- **NORMANDIE UNIVERSITÉ EN POCHE**



Mobile App for IOS and Android.

The "Normandie Université en poche" app allows students to settle into campus life and find their bearings in the city easily by simplifying their transports, administrative procedures and accommodation searches as well as the search for university restaurants, canteens, sports equipment, etc.

- **NORMANDY REGION SITE FOR 15-25 YEAR OLDS**

Financial assistance and discounts to study, get stuck in and learn more about the world. To take advantage of the scheme, register at: www.atouts.normandie.fr

- **SEINE-MARITIME**

To find all youth schemes: www.seinemaritime.fr

- **MÉTROPOLE ROUEN NORMANDIE**

www.metropole-rouen-normandie.fr

Particularly the *Everyday life and services/Cadre de vie et services* section (waste, public transport, culture and sport).

www.facebook.com/MetropoleRouenNormandie

- **ENJOY ROUEN NORMANDY**

www.enjoyrouennormandy.com/en/ (practical guide for new arrivals)

- **CITY OF ROUEN**

GOOD TO KNOW: To safely enjoy your evenings out, you can find a list of essential precautions on: <https://rouen.fr/todolist-soiree-etudiante>
www.rouen.fr et www.facebook.com/villeroouen76

THE ESSENTIALS...

- **NORMANDY REGIONAL YOUTH INFORMATION CENTRE (CRIJ)**

It is full of information for young people on all the different subjects that concern them: directions, accommodation, summer jobs, international travel, civil service, access to social rights, etc.

The CRIJ Normandie publishes and distributes free guides for accommodation, jobs and access to rights.

www.info-jeunes-normandie.fr -   

- **JOIN THE “ETUDIANTS DE ROUEN” (ROUEN STUDENTS) GROUP**

Great deals (accommodation, shopping, outings, restaurants, lost and found, etc.) - www.facebook.com

- **LES RENCARDS ÉTUDIANTS (STUDENT ASSOCIATION)**

Cultural directory, ‘broke student’ guide...and finally, discounts for a low membership fee.

www.lesrencardsetudiants.wixsite.com

www.facebook.com/lesrencardsetudiants

- **SOME READING MATERIALS**

In the street, outside partner companies/shops

Free monthly magazines (+ websites – Facebook pages)

> **Bazart Normandie:** www.normandie-web.com/agenda @bazart.normandie

> **What’s up Rouen?:** @whats.uprouen

Free weekly newspapers (+ websites – Facebook pages)

> **Côté Rouen:** @CoteRouen - <https://actu.fr>

> **Tendance Ouest:** www.tendanceouest.com

ACCOMMODATION

The Métropole offers a wide range of accommodation in student residences (Crous university halls of residence or private residences) spread across the campus.

NB: INSA Rouen Normandie has its own student residences.

- **STUDENT ACCOMMODATION**

Normandy Crous

CROUS manages 9,758 homes across the sites of Mont-Saint-Aignan, Rouen, Saint-Étienne-de-Rouvray, Evreux, Le Havre, Caen and Hérouville-Saint-Clair.

☎ : 02 30 06 02 76

www.crous-normandie.fr



APPLICATION FOR UNIVERSITY ACCOMMODATION OR GRANT (DSE)

The **Student Social Application** is a procedure to allow students to apply for a grant based on social criteria and/or accommodation in a university residence. It must be submitted between **15 January and 15 May** for the September term.

www.messervices.etudiant.gouv.fr/envole/

- **CROUS TEMPORARY ACCOMMODATION**

Normandy Crous

Starting in October, you can consult the available accommodation in the Crous residences on the booking site.

<https://trouverunlogement.lescrous.fr> or by contacting the reception of the residence that you are interested in.

ACCOMMODATION

- **LOKAVIZ, THE STUDENT ACCOMMODATION SITE**

Students looking for private accommodation can view ads on this site. www.lokaviz.fr

- **DON'T HAVE A GUARANTOR?**

100% free guarantor for all students

Action Logement provides students with access to accommodation by acting as a guarantor for their future landlord.

The Visale guarantee is aimed at students from 18 to 30 years inclusive. It is not means-tested and is available for any type of accommodation.

A simple, 100% free solution available at www.visale.fr

- **OTHER ASSISTANCE DEPENDING ON YOUR SITUATION**

Assistance to fund a rental deposit

For students with jobs or a receiving a grant, Action Logement can cover all or part of the rental deposit required by a landlord when moving in for free. The tenant then repays it in small monthly repayments for a maximum period of 25 months. A helping hand to deal with the various costs of moving house.

A subsidy to reduce your rent

For young people under 30 with an apprenticeship or professional study contract, Action Logement can cover part of your rent for free, up to €100 a month, in order to help young people to live closer to their school or company.

For more information and the online application www.actionlogement.fr

ACCOMMODATION

- **HABITAT JEUNES RESIDENCES, HOMES AND OTHER SOCIAL RESIDENCES**

They offer temporary accommodation with the option of catering for young people between 16 and 30 who are studying. Two addresses:

- **Normandy Association for Accommodation and Hosting Young Workers (ANLAJT)** – 10 residences in Rouen.

📍 47 rue d'Elbeuf ROUEN (left bank) ☎ : 02 35 72 05 12

www.foyers-jeunes-travailleurs-rouen.fr

Welcome booklet with all the information available on request.

- **FJT (Home for young workers) in Elbeuf:**

📍 83 rue de la République - ☎ : 02 35 77 46 27

Contact the manager: CCAS d'Elbeuf 72 rue Guynemer - ☎ : 02 35 81 06 97

OTHER OPTIONS

"Accommodation offers in private residences / Accommodation Meetings"

www.info-jeunes-normandie.fr - "Offers and adverts section". Every two years, the CRIJ Normandie publishes the young tenant guide called "À chacun son igloo"

Check ads on the CRIJ site or: www.fr-fr.roomlala.com - www.location-etudiant.fr

- **PRIVATE RESIDENCES**

www.clubetudiant.com

www.adele.org

www.immojeune.com

www.residenceetudiante.fr : renting tourist accommodation for students with work-study contracts, internships or international students.



ACCOMMODATION

• ROUEN YOUTH HOSTEL

For one-off temporary accommodation... Completely renovated and located in a historic building, it offers shared rooms and some private rooms. Services: Wi-Fi connection, breakfast...

- > **“Le Robec”** – 📍 3, rue du Tour, route de Darnétal, ROUEN
☎ : 02 35 08 18 50 – TEOR Station T2 or T3: Auberge de jeunesse
www.hifrance.org

• SHARE & CHEERS HOSTEL

A brand-new hostel located on the banks of the Seine. Shared dorms for 4 or 6 people, but also private double rooms. Only for groups until further notice.

- 📍 28 quai Gaston Boulet, ROUEN. – ☎ : 02 32 10 10 12 - www.shareandcheers.com
Station T1, T2, T3: Pasteur Panorama

• ROUEN FAMILY ALLOWANCE FUND

Accommodation assistance:

Individual Accommodation Assistance (APL) ; Social Housing Benefit (ALS).
Station T4: CAF Rouen

- 📍 65 Avenue Jean Rondeaux, ROUEN left bank – ☎ 32 30 – www.caf.fr
Also available in English, Chinese and Spanish. See www.caf76.fr/foreign-students/

• CHEAP WAYS TO SETTLE IN AND FURNISH YOUR ACCOMMODATION IN THE MÉTROPOLE:

- > **Toutenvélo:** bicycle rental service – www.toutenvelo.fr
Résistes Reuse Centre: second-hand, repaired, refurbished items sold at a low cost – www.resistes.org
> **Emmaüs:** second-hand items, furniture, crockery, low-cost clothing.
www.emmaus-rouen.com
> **ENVIE:** sale of recycled, refurbished, guaranteed household appliances
www.normandie.envie.org
> **MondoPal:** MondoPal is a hub making student life easier. Home packs, essential services and exclusive discounts

There are also various car boot sales and flea markets.

ACCOMMODATION

LITTLE NORMANDY PERKS

THE HELPING HAND PASS

FOR PURCHASING FURNITURE AND HOUSEHOLD APPLIANCES

A personal cheque for €100 offered by the Seine-Maritime General Council if you are between 18-30 (inclusive), if you earn less than €1,602 gross per month (€2,139 for a couple) and if you have been a tenant for less than a year and for the first time in accommodation in Seine-Maritime. It is valid for 6 months and can only be used with partner associations or integration companies.

More info and list of partners at:

www.seinemaritime.fr – My Everyday/Youth section

COLOC'76 SCHEME

The Department provides accommodation support for young people aged 16-25 in Seine-Maritime who are looking for accommodation and want to experience a house share for educational and social purposes. Requirements:

- > Have lived in Seine Maritime for at least 6 months,
- > Meet the required criteria for social housing type accommodation,
- > Show an interest in group and community type projects

More info at: www.seinemaritime.fr – My Everyday/Youth section

FOOD

The Métropole offers many affordable brasseries, bars and restaurants, but university restaurants are still unbeatable for price.

UNIVERSITY RESTAURANTS

Find them here:

www.crous-normandie.fr/restauration

MONT-SAINT-AIGNAN CAMPUS

Panorama Resto'U

Boulevard Siegfried

☎ : 02 35 70 70 45

Crêperie La Terrasse

Boulevard Siegfried

☎ : 02 35 70 70 45

Brasserie la Boiserie and Pub La Soucoupe

33 rue du Maréchal Juin

☎ : 02 35 74 06 38

Lavoisier brasserie and café/takeaway

Rue Lavoisier

☎ : 02 32 76 93 67

Emile Blondel University Restaurant and Bar (table service)

Place Emile Blondel

☎ : 02 32 76 93 04

L'Express Cafét' cafeteria

Rue Lavoisier

☎ : 02 35 14 64 98

INSPE brasserie (non-Crous)

2 rue du Tronquet

Info: inspe.univ-rouen.fr

ROUEN CAMPUS (RIGHT BANK)

Pasteur Resto'U and cafeteria

3 rue Emile Leudet

☎ : 02 32 76 95 00

Martainville Resto'U and cafeteria

22 boulevard Gambetta

☎ : 02 35 14 85 16

FOOD

MADRILLET SAINT-ETIENNE DU ROUVRAY CAMPUS

L'Estudiantine cafeteria

Avenue de l'université

☎ : 02 35 65 00 06

INSA cafeteria

1060 avenue de l'Université

☎ : 02 32 95 98 01

ESIGELEC brasserie

Avenue Galilée

☎ : 02 32 91 59 18

Madrillet Resto'U

1 avenue de l'Université

☎ : 02 35 65 00 06

CESI cafeteria

84 rue Edmund Halley - ☎ : 06 07 79 54 80

Using payment cards and apps is now the norm where you pay for your meals with your student card, the Léocarte, with your smartphone by downloading and setting up an **Izly account or with your credit/debit card**.

More info on www.crous-normandie.fr

FOOD TRUCKS

Find out more information from your establishment or students' union about *food trucks*, which regularly visit your campus or the surrounding area.

HAVING PROBLEMS STOCKING YOUR FRIDGE?

Find out more information from student associations discreetly and in complete confidence. They can help. And also... community shops.

> **Solépi épicerie**, 2 addresses in Rouen:

📍 1 rue des Augustins – ☎ : 02 35 27 53 28

📍 8 rue du Grand Feu, place des Faienciers (left bank) – ☎ : 02 35 72 61 04.

Other addresses in the Métropole.

www.rouen.fr

> **Rouen Food Bank** : www.barouen.banquealimentaire.org

TRAVEL IN ROUEN AND THE SURROUNDING AREA

- **RÉSEAU ASTUCE** (TCAR: Public Transport in the Rouen Metropolitan Area)

Find prices and information at www.reseau-astuce.fr.

For your journeys, a free APP! (pre-paid tickets available). 1-hour ticket which you must validate for each journey!

The FREE Saturday ticket is valid from Saturday at 5am to Sunday at 5am on all Astuce network lines for METRO, TEOR, BUS and FILOR. Don't forget to still validate your ticket!

HOW IT WORKS

Your smartphone ticket:

1-hour ticket – €1.70 (€1.40 in Elbeuf): send V1 to 93000

24-hour ticket – €5.10: send J1 to 93000

(price debited from your mobile operator bill).

[Read the student guide](#) to learn about the different inter-campus transport options.

Buy from automatic ticket machines at TEOR and metro stations, from bus conductors (except TEOR), from certain shops or at an ASTUCE branch:

> In Rouen, 2 addresses:

📍 Place Bernard Tissot - Station: Gare/Rue Verte (metro and bus)

Near to the Théâtre des Arts, 📍 9 rue Jeanne d'Arc – Station: Théâtre des Arts (metro or TEOR T1, T2 or T3)

> In Elbeuf: Elbeuf transport space

📍 55 rue Jean Jaurès – Station: Mitterrand

- **AND FOR TRAVEL AT NIGHT**

Consider the **Noctambus** line (from 12:30am to 4:30am) as well as the TEOR and FAST lines (extended timetables) www.reseau-astuce.fr – *Travel/Timetables section*.

For your private events (birthdays, concerts, weddings, evenings out, etc.) consider car sharing with www.popsleigh.com

TRAVEL IN ROUEN AND THE SURROUNDING AREA

• TRANSPORT ON DEMAND

Service aimed at people living in rural and suburban areas available from 6:30am to 7:30pm (excludes Sundays and public holidays).

Info and booking **Filo'R**: ☎: 0 800 649 649 or www.reseau-astuce.fr

• RIDE YOUR BIKE IN THE MÉTROPOLE

For the sportier among you (or the environmentally aware!), there's a bicycle rental service: <http://cyclic.rouen.fr>

For public transport, visit the Réseau Astuce website, *Travel section*.

GOOD TO KNOW

A FREE app to find Cy'clic stations by address as well as real-time availability www.allbikesnow.com

For ASTUCE cardholders, 8 secure and FREE bicycle parks near to the main stations, accessible 24/7.

www.metropole-rouen-normandie.fr/les-parcs-velos

(You will also find the information on commuting times, the cycle path map and walking hiking trails).

Remember to properly put your Cyclic back into the terminal to avoid an extra charge.

You are allowed to cycle on TEOR routes in some sections ONLY!

(see www.reseau-astuce.fr)

Park-and-ride on the outskirts of the Métropole and near to public transport lines.

• GUIDOLINE

Looking for a cheap bicycle or want to fix your old bike?

Contact Guidoline in Rouen.

A bike workshop and cultural café. In return for an annual fee, you can repair your bicycle yourself whilst receiving advice.

More info at: www.guidoline.com

TRAVEL IN ROUEN AND THE SURROUNDING AREA

And if you prefer a new e-bike, the Rouen Métropole can help you with financing (regardless of income).

www.metropole-rouen-normandie.fr - *Everyday life and services section*

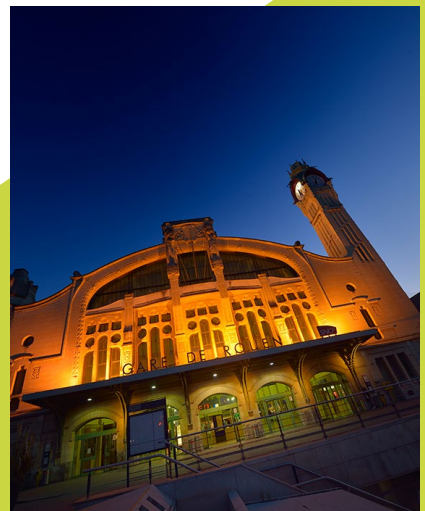
• TRAINS, BUS AND REGIONAL COACHES

Transport pass for students under 26 years of age: a simple, affordable "all in one" package.

www.ter.sncf.com/normandie/offres/bons-plans/tarif-jeune

And for those over 26: www.commentjyvais.fr

- > **Rouen railway station** : 📍 Place Bernard Tissot. Station: Gare/Rue Verte
- > **Saint-Aubin-les-Elbeuf railway station** : 📍 Place du Général de Gaulle
- > **Rouen bus station** : 📍 11 Rue des Charrettes
Station: Théâtre des Arts (bus, TEOR or metro)
- > **Elbeuf bus station** : 📍 1 rue Guynemer



TRAVEL IN ROUEN AND THE SURROUNDING AREA

- **FOR FURTHER AFIELD...**

Coach: cheap long-distance travel

In Rouen, there are links with the companies **BlaBlaCar Bus** and **Flixbus** departing from Avenue Champlain, ROUEN left bank (near to the Hôtel de Département).

Metro station: Joffre-Mutualité

www.flixbus.fr

www.fr.ouibus.com (now BlaBlaCar Bus).

Car sharing

www.covoiturage76.net: local car sharing

www.klaxit.com

www.blablacar.fr

www.popsleigh.com: Free app for your events

Rouen – Seine Valley Airport

The Rouen-Seine Valley Airport is located in Boos, 15 kilometres east of Rouen.

Rouen Airport has links to different European cities, depending on the season.

More info at www.aeroports-normandie.fr

Good to know : you can reach the airport on bus line no. 11 and then make demand-responsive transport reservations through Filo'r.



• SOCIAL COVERAGE (ILLNESS, ACCIDENT, ETC.)

Are you a foreign student? Interested in beginning or continuing your higher education in France?

Registering at a French institute of higher education for the first time? Don't have a French Social Security number? You will need to register for coverage of your health care expenses throughout your time in higher education on the dedicated Health Insurance site:

www.etudiant-etranger.ameli.fr (English website, also available in Spanish, Arabic and Chinese).

Registration is mandatory and free of charge and will entitle you to reimbursement of your health care expenses.

To be reimbursed for your health care expenses at the highest possible rate, you can take out supplementary health care coverage or coverage from a mutual fund ("mutuelle").

Student insurance funds continue to provide preventive health services, working in conjunction with the French public health service, and offer complementary healthcare services specifically adapted for students. You can also be added to your parents' insurance fund.

www.etudiant.gouv.fr

• STUDENT PREVENTIVE MEDICINE

Preventive medicine is a university service provided to ALL students. To consult a medical professional, simply go to one of the four centres located on three of the University of Rouen Normandy campuses (Mont-Saint-Aignan, Évreux, Madrillet / Saint-Etienne-du-Rouvray).

Whether for general or specialist care, addiction concerns, psychological support or contraception, the preventive medicine teams are there to assist you.

Email : med.prev@univ-rouen.fr - ☎ : 02 32 76 92 92 - www.sante-social.univ-rouen.fr

• YOUTH PRIORITY SCHEME

This scheme was established during the pandemic by Métropole Rouen Normandie

Are you a student or under 25, feeling isolated and eager to go out or get help? Or do you want to offer help to a young person? You can find various information on these pages:

www.metropole-rouen-normandie.fr/priorite-jeunes



• ROUEN UNIVERSITY HOSPITAL

📍 37 Boulevard Gambetta, ROUEN – ☎ : 02 32 88 89 90 – www.chu-rouen.fr

USEFUL NUMBERS

Ambulance	15
European emergency number	112 (mobile)
Emergency number for the deaf and hard-of-hearing	114 (free SMS)
Out-of-hours doctor after 8pm, weekends and from Saturday afternoon and public holidays - FREE call	116 117
Fire service	18
Police (emergency)	17
Youth Health Line (to talk + website) - FREE call	0800 235 236
Out-of-hours pharmacy	32 37
Out-of-hours dentist	02 35 15 81 27
Emergency services (UH)	02 32 88 82 51
Homeless emergency	115
Poison Control Centre (North-West region)	02 41 48 21 21
Suicide and isolation support line	02 35 88 57 62
Family planning (sexual health, contraception, etc.)	02 35 73 28 23
Free and anonymous HIV testing - Confidential call	0800 840 800

• FOR MORE INFORMATION...

> **La Boussole**

Offers preventive assistance and care for people with addiction problems (drugs, alcohol, video games) www.laboussole.asso.fr

> **Ta santé en un clic**

Advice on student life including risky behaviour, stress, nutrition, physical activity and sleep. www.tasanteenuncllic.org

LOW-COST SPORT

Métropole Rouen Normandie is home to sports clubs which enjoy regular success: **Rouen Hockey Elite**, the **Huskies** (baseball), the **Leopards** (American football), **ORM** (football), a wide range of sport from floorball to rowing, as well as various sports facilities (visit your local town hall website and the Métropole site, *Everyday life and services/Cadre de vie et services* section).

We offer an excellent low-cost solution:

> **University Physical and Sporting Activities Service (SUAPS)**

More than 90 activities are offered to students enrolled at the University of Rouen Normandy, for €25 (€15 for students receiving a grant), as well as all Rouen higher education students (€85 for the first slot/activity - €25 for UniLaSalle students - then €25 for each slot/activity after that).

You can only register for SUAPS once the CVEC (Contribution to student life and campus) has been paid.

> **The Atouts Normandie scheme** can use the €50 from the “sport and/or art” wallet.

For more information, contact Rouen SUAPS directly.

www.suaps.univ-rouen.fr

Consider contacting your establishment’s associations too.

• **OLA PASS’SPO RTS: FREE MATCH TICKETS**

The Métropole also invites you to attend FREE matches of the **Rouen Métropole Basketball**, **Oissel Rouen Métropole Handball** and **SPO Rouen Table Tennis** teams at Kindarena.

Reserve your ticket online now at:

www.metropole-rouen-normandie.fr



LOW-COST SPORT

• ROUEN NORMANDIE SUP'CUP

This sporting challenge organised by the Métropole Rouen Normandie, the city of Rouen, CESAR* and CRSU* is now a must-attend event for the métropole's students. In 2019, over 4,800 students took part! The next edition takes place in November 2022, if allowed in view of the public health situation : www.metropole-rouen-normandie.fr/la-sup-cup



• GET OUT AND GET MOVING (SORS ET BOUGE) SCHEME:

Along with partner associations, the Department of Seine-Maritime offers FREE sport, health and well-being sessions for young people. The sessions will take place from September to December 2021 across all Seine-Maritime campuses. Info and contact: <https://www.seinemaritime.fr/mon-quotidien/jeunesse/sors-et-bouge.html>



• ROUEN ASSOCIATION SPORTS AND LEISURE OFFER

Thanks to this online map, everyone can discover activities available in their area in Rouen (over and under 18): <https://rouen.fr/sport-culture-jeune>

• HIGH-LEVEL AND ELITE ATHLETES

Higher Education Institutions support SHN* (list defined by ministerial decree) and SBN* with their university course and arranging their studies.

For more information, please contact:

CRSU*: www.sport-u-normandie.com

For INSA Rouen Normandie: contact its sports department.

NB: the Department of Seine-Maritime can offer assistance to elite athletes registered with the French Parasport Federation (FFH).

• GOT A BOO-BOO?

Maison Médicale du Sport (Sport Medical Centre)

📍 : 28 rue Méridienne, ROUEN (left bank)

☎ : 02 32 18 88 08 – www.mms-europe-rouen.com

DISABILITY, STUDIES AND EVERYDAY LIFE

• ADVICE AND INFORMATION

Do not hesitate to contact, especially if your disability is not visible, the disabled persons contact representative at your institution. They can offer you all the advice and assistance necessary to ensure your academic pursuits progress smoothly regardless of your disability. At Maison de l'Université (MDU), you will find the Preventive Medicine University Service (see above).

☎ : 02 32 76 92 92 - Mél : med.prev@univ-rouen.fr
<http://sante-social.univ-rouen.fr>

• HANDISUP

Located on the campus of the University of Rouen Normandy, this association guides you through the necessary administrative procedures to prepare your entrance into a higher education institution, particularly with the various applications processes for MDPH, Crous*, the Department, etc.

☎ : 02 32 76 92 52 - Mél: secretariat@handisup.asso.fr
Infos sur www.handisup.asso.fr

📍 : Building Michel Serres (1st floor) 13 rue Lavoisier - 76130 Mont-Saint-Aignan
Bus : TEOR T1 station Campus

• MAISON DÉPARTEMENTALE DES PERSONNES HANDICAPÉES (DEPARTMENTAL DISABILITY CENTRE)

The MDPH offers local support to provide information, help you know your rights and obligations, potential assistance, track your application, receive advice, etc.

☎ : 02 32 18 86 87 - Email: mdph@seinemaritime.fr

📍 13 rue Poret de Blossville – ROUEN (left bank).

Metro: Joffre-Mutualité or T4 : station Orléans

DISABILITY, STUDIES AND EVERYDAY LIFE

- **ONISEP***

ONISEP offers various resources such as Higher education and disability, student experiences, etc.

📍 2 rue du Docteur Fleury – MONT-SAINT-AIGNAN

☎ : 02 32 08 98 30 - Mél: drorouen@onisep.fr

www.onisep.fr - Section: *Formation-et-handicap / Les-parcours-de-scolarite / Niveau-d-etudes / Etudes-superieures-et-handicap*

- **CROUS***

The social service welcomes students with a disability and helps them with their applications for personalised arrangements in Crous accommodation, for example. It works in partnership with the other organisations. [Crous website](#), “accommodation” or “social assistance” sections.

JOBS/INTERNSHIPS

- **CRIJ* NORMANDIE**

Information resource centre for disabled students covering various concerns: studies, jobs, training, practising a sport, going on holiday.

www.info-jeunes-normandie.fr

- **AGEFIPH***

This organisation can offer financial assistance for your transport, accommodation and workplace arrangement costs as part of a temporary or work-study contract.

DISABILITY, STUDIES AND EVERYDAY LIFE

It can also, in some conditions, provide financial assistance for internship expenses in France.

📍 Immeuble Galées du Roi, 30 rue Henri Gadeau de Kerville, ROUEN (left bank)

☎ : 08 00 11 10 09

Metro station: Saint-Sever.

www.agefiph.fr

• TRANSPORT

In Métropole Rouen Normandie, **HANDISTUCE**

Info on public transport accessibility and its guide: www.reseau-astuce.fr

For info on “transport on demand for disabled people”:

📍 Agence Handistuce: 9 rue Jeanne d’Arc – ROUEN

☎ : 02 32 08 30 57

GOOD TO KNOW

The Métropole has set up an accessibility problem reporting service on its website in the *Everyday life and services/Cadre de vie et services* section

www.metropole-rouen-normandie.fr

• SPORT AND DISABILITY

The “Sport & Disability” Normandy regional resources unit of DRAJES*

It has the following objectives:

- > **To encourage** disabled people to take up a sport,
- > **To provide** them with information about suitable venues

DISABILITY, STUDIES AND EVERYDAY LIFE

Visit the **DRAJES** site

<https://claco-ministeresports.univ-lyon1.fr>



As well as the sport **handiguide**:

www.handiguide.sports.gouv.fr



GOOD TO KNOW

Culture, outings for people with disabilities

A local app that lists all the places offering access to people with reduced mobility:

Deeky: worry-free travel : www.deeky.fr + free app - www.facebook.com/deeky.fr

ENVIRONMENTAL INITIATIVES

• MY HOUSEHOLD AND BULKY WASTE

On the **SMEDAR** website (which manages and processes waste) you will find the household waste collection calendar by street and city, the local collection points near to your home and the addresses and timetables for rubbish tips to drop off bulky items www.smedar.fr

GOOD TO KNOW

Can't get to a rubbish tip?

The Métropole offers FREE collection of your bulky items if you ring **0800 021 021** (*free call*) or by completing the request form at <https://www.metropole-rouen-normandie.fr/dechet/encombrant>.

• GET RID OF THINGS YOU DON'T NEED

Various websites are available, such as Donnons.org, Recupe.net, but also consider charity associations such as **Secours Populaire, the Salvation Army, Emmaüs** and **the Envie** network (household appliances).

You can also drop off your working equipment at the Résistes Reuse centre www.resistes.org (call **BEFORE** visiting)

For clothing, consider Relais, the Red Cross, Solidarité textiles (agreement with the Métropole).

Collection points (containers) found at: <https://refashion.fr>

ENVIRONMENTAL INITIATIVES

• ECO-EVENTS

The Métropole is committed to a unique local COP21 initiative. To find out more and take part, visit:

www.notrecop21.fr

Are you organising a student event?

Remember to have your event officially registered at least one month before it begins so you can receive advice and assistance on the proper environmentally respectful behaviour and easily implemented best practices, based on your needs and the size and scope of your event, to ensure that it is a success.

www.metropole-rouen-normandie.fr - *Everyday life and services/Cadre de vie*

Does this event aim to raise awareness of environmental challenges?

Also ask for the “COP21” certification (on the dedicated website)

• FOOD AND LOCAL PRODUCERS

Learn more from your establishment. Some of them have an association which offers food crates from local producers. Otherwise...

> **AMAP 76** (Community Farming Association):

www.reseau-amap.org

> **Local producers** : www.terre-normande.fr



GOING OUT: WHAT TO SEE AND VISIT

Other than its rich historic legacy, the Métropole offers an impressive range of outings and events: 18 theatres, an opera, large museums, over ten cinemas (including 2 “arthouse” certified cinemas), a conservatory, various art galleries, a fine arts museum, an architecture school and various festivals.

In brief: plenty of culture!

- **KEEP UP-TO-DATE:**

See “The essentials” (p.6)

> **Radio Campus Rouen - 92.9 FM** : www.radiocampusrouen.fr

> **Tourist Office Site** : www.rouentourisme.com/agenda

> **Concerts, shows, venues, outings and evenings in Rouen**

www.by-night.fr

www.76.agendaculturel.fr

- **LA RÉUNION DES MUSÉES MÉTROPOLITAINS**

An association covering **11 museums** in the Métropole.

Their permanent collections cover a wide range of topics:

Geology, zoology, painting, drawing, photography, decorative arts, archaeology, industrial history...

Good to know:

The tour of the permanent collections is **FREE** for everyone.

www.musees-rouen-normandie.fr



GOING OUT: WHAT TO SEE AND VISIT

• MODERN MUSIC

- > **Le Zénith** : www.zenith-de-rouen.com
- > **Le 106** : www.le106.com
- > **Le Kalif** : www.lekalif.com
- > **Espace Culturel François Mitterrand**
www.facebook.com/ecfmcanteleu76
- > **Trianon Transatlantique**
www.trianontransatlantique.com
- > **And much, much more...**



• CLASSICAL MUSIC

- > **Rouen Normandy Opera** : www.operaderouen.fr
- > **Théâtre de la Ville de Rouen** : www.letincelle-rouen.fr
- > **Churches** (Cathedral, St. Maclou, etc.), Saint Éloi temple
And many others...

• CINEMA

Multiplexes (Kinépolis, Gaumont, Pathé Docks) and Arthouses (Ariel in Mont-Saint-Aignan and Omnia in Rouen).

• THEATRE

The Théâtre du Présent is the Crous' theatre. It is located in the Bois Pléiade residence. Until August 2022, it will be hosting the Little Boy troupe, which offers shows and events to students. The purpose of this residence is to create better connections with students and develop their creativity.

www.crous-normandie.fr/service/theatre-du-present

And even, Charles Dullin (www.dullin-voltaire.com), l'Étincelle (www.letincelle-rouen.fr), l'Almendra (www.theatre-almendra.com), Centre National Dramatique de Normandie-Rouen (www.cdn-normandierouen.fr).

GOING OUT: WHAT TO SEE AND VISIT



GREAT DEAL

OPÉRA DE ROUEN NORMANDIE

PLACE(S) FOR YOUNG PEOPLE PREVIEWS

Two exclusive free evenings for students (with proof of status).

Are you under 28 years old? These two evenings are just for you!

Attend the show's preview and meet the artistic team which will give you all the information needed to enjoy it in full.

A bespoke offering for a successful evening!

THE TROUBADOUR

Wednesday, 22 September 2021 6:30pm

IPHIGÉNIE EN TAURIDE

Wednesday, 23 February 2022 6:30pm

Free when booking from 1 September at :

<https://www.operaderouen.fr/vous-et-l-opera/places-aux-jeunes/>

YOUTH CARD for people under 28

This card costs €15 and gives you access to a €10 ticket for all Rouen Normandy Opera events.

15-minute rate = €5 per seat, for any show – Buy at the venue

15 minutes before the start of the show, subject to available seats (Théâtre des Arts and Chapelle Corneille).

For young people aged 16 to 28 and recipients of RSA, AAH and ASPA on presentation of proof dated within the past month.

GOING OUT: WHAT TO SEE AND VISIT

• APPS TO DISCOVER ROUEN (TAKE A TOUR!)

> OhAhCheck

To discover heritage near you and chat with other community members. Take a photograph of a location to receive more information.

www.ohahcheck.com



> Cirkwi

Offers walking routes and circuits marked out by others. Ideal to discover Rouen and the Seine Valley.

www.cirkwi.com



> The **Rouen Enigma** app takes you on a journey to discover heritage through puzzles. Like treasure hunting? Why not combine Rouen heritage and mystery?

Free app available in French and English on iOS and Android.

Facebook page: [Rouen Enigma](#) – Instagram: [rouenenigma](#)



LITTLE NORMANDY PERKS

The Viking Guide

Free guide dedicated to Rouen developed by NEOMA Business School students, it lists restaurants, bars and shops. Available at the Rouen Office of Tourism, the CRIJ Normandie, the Rouen City Hall and NEOMA of course!

Comprehensive website at: www.le-viking.com

GOING OUT: WHAT TO SEE AND VISIT



• FESTIVALS

There are too many festivals to list (Spring, Curieux printemps, Graines de Jardin, Rush, Viva'Cit , various cinema festivals, etc.) but those dedicated to students or organised by students are worth a mention.

> **Les Zazimuts** (November-December 2021/March-April 2022)

THE festival for Rouen students, with a launch evening on Thursday 18 November 2021, friendly matches, broomball tournament on Thursday 9 December, cinema, quirky and unique visits, concerts, all COMPLETELY FREE.

To see photos of previous editions: www.rouen.fr/zazimuts



> **For travelling international students**

The International Students' Night will take place on Friday, 22 October 2021. More information from your Higher Education Institution.

More info at www.rouen.fr/nem



GOOD TO KNOW

Ask for Angela

Rouen feminist students have set up an Ask for Angela initiative at various shops and establishments which can be identified with a sticker. It is a solution to protect students against harassment or if they feel unsafe.

Facebook: Bars Op ration ANGELA

GOING OUT: WHAT TO SEE AND VISIT

• UNIQUE ROUEN

> Guided tours offered by the Rouen Tourist Office

Rouen has plenty of hidden gems, even some that Rouen natives don't know! To find out more, visit the Rouen Tourist Office.

You can also ask for the free guide *Rouen Medieval and Trendy* (in English):

📍 Place de la Cathédrale – Station: Cathédrale (TEOR T1, T2 and T3)

☎ : 02 32 08 32 40 – www.rouentourisme.com

Good to know:

Find proposals and ideas for specific outings on the "Être étudiant à Rouen" page on the Office of Tourism website.

> But also tours by the Greeters community

Enjoy a unique experience with one of Rouen's volunteer Greeters and discover the Métropole depending on your interests (craft, food, culture, etc.). Tours in French and English.

Information: www.rouentourisme.com



> Extra...ordinary outings

Rouen has several escape games, one of them is located in the dungeon of the former castle of French king Philippe Auguste.



GOING OUT: WHAT TO SEE AND VISIT

- **FRICHE LUCIEN**

AVRIL - EARLY OCTOBER 2021

Located on industrial wasteland in Rouen, this Berlin-style Normandy festival organised by ENSA Normandie students offers concerts, exhibitions and events.

Free entry, either free or paid events.

Fee for drinks and food.

📍 1 Place Carnot (left bank)

Metro station: Joffre - Mutualité

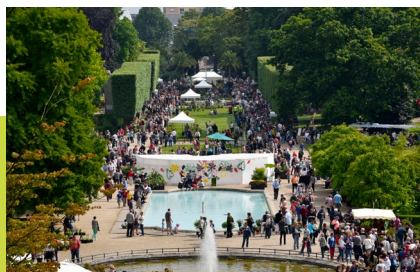


- **GRAINES DE JARDIN**

SATURDAY 11 AND SUNDAY 12 SEPTEMBER 2021

The Graines de Jardin Festival is a plant festival organised by Métropole Rouen Normandie and the City of Rouen. With around 100,000 visitors, it is one of the foremost festivals completely dedicated to gardening in Normandy...and in France! There is a theme each year (this year - garden wildlife). This plant festival takes place in a remarkable historic setting, the Jardin des Plantes de Rouen, certified as a Botanical Garden of France.

More info: www.metropole-rouen-normandie.fr/graines-de-jardin



GREAT DEALS

AND DISCOUNTS

- **ATOUTS NORMANDIE SCHEME (REGION)**

For young people 15 to 25 years of age: for a €10 membership, the Normandy region offers more than €200 in discounts on the cinema, artistic/sport pursuits, concerts/shows or at certain retailers that accept the Normandy currency, the Rollon.

www.atouts.normandie.fr

GOOD TO KNOW

Following lockdown, the Cinema, Sport and Art credits are increasing from 1 August 2021. It's the ideal time to take advantage!

- **STUDENT CULTURE CARD**

Students at the University and INSA Rouen Normandie can receive 3 x €5 coupons each to view shows and cinema screenings with partners.

www.mdu-univ-rouen.fr

- **CULTURE PASS**

Are you 18 years old? Receive €300 to discover culture near you!

This initiative by the French Ministry of Culture gives you access to an app when you turn 18, which offers you €300 over 24 months to discover and book local cultural activities and digital offers (books, concerts, theatres, museums, music lessons, digital subscriptions, etc.) that interest you.

If you are a foreign national, you must have lived in France for at least 1 year.

To download the app: www.pass.culture.fr



LIBRARIES

• UNIVERSITY LIBRARIES

6 specialist libraries at your service, open Monday to Friday and often Saturdays. Over 500,000 books, print materials and a wide range of online documentation.

www.documentation-univ-rouen.fr

> **Normandie Université students (CESI, ENSA Normandie, ERFPS, ESADHaR, ESIGIELEC, INSA Rouen Normandie, NEOMA Business School, UniLaSalle, Université de Rouen Normandie)** : Free registration either when you present your Léocarte or student card.

> **Other students**: €35.50 a year, on presentation of an identity document and proof of address dated within the past 3 months.

NB: INSA Rouen Normandy also has a well-stocked specialised library.

Catalogue at: catalogue.insa-rouen.fr

> **Affluences app** to discover available spaces at different establishments (sport, libraries, museums, etc.) It covers Rouen university libraries such as the Business, Economics and Law library, the Literature, Humanities, Sports Sciences, Le Madrillet University Sciences Library and Health library in Martainville, as well as the Rouen public library and the NEOMA Business School library.

• RN'BI NETWORK (ROUEN NOUVELLES BIBLIOTHEQUES)

In Rouen, take advantage of the Rn'Bi network, comprising 8 libraries, including a heritage library (Villon).

> **People residing in Rouen**: borrow for FREE upon presentation of proof of residence and an ID.

> **For students not residing in Rouen**: €9 per year upon presentation of their student card + an ID and proof of residence of less than 3 months. Borrowing terms and events: www.rnbi.rouen.fr + TEXTO, a free quarterly magazine found in the Rn'Bi network (agenda, free deals, workshops, screenings, etc.) Other cities: visit your town hall website.

• AND ALSO... FREE ACCESS OPEN TO ALL

> **Departmental Archives**

www.archivesdepartementales76.net

> **Rouen Conservatory Documentation Centre**

www.conservatoirederouen.fr

45,000 documents. Consultation open to everyone (2nd centre in France).



LIBRARIES

- **SECOND-HAND BOOKS**

Contact your Higher Education Institution's associations. Some offer previous years' books at a low cost.

- **NEW BOOKS**

In Rouen, two essentials: **L'Armitiere**, 📍 66 rue Jeanne d'Arc, and **FNAC** (📍 Espace du Palais). Metro/bus: Palais de Justice

In Mont-Saint-Aignan: **Librairie Colbert**, 📍 Place Colbert - Bus: TEOR T1 ou F2: station Colbert

Some specialist bookshops in Rouen (urban planning, religion, travel and hiking, English-language books, etc.)

GOOD TO KNOW

Reading boxes

Across Rouen, 33 "book sharing" reading boxes to drop off books or magazines you've finished reading, or to collect new ones, FREE, and to share some of your literary favourites.

Info at: www.rouen.fr/livres-en-partage



WORKING AND FINANCING YOUR STUDIES

- **JOB CENTRE (PÔLE EMPLOI)**

This site allows you to view Youth job offers by region. www.pole-emploi.fr
3949 Free service + cost of call

- **CROUS***

www.jobaviz.fr the student job centre, search by region.

- **CRIJ* NORMANDIE**

In the centre, on its website dedicated to information for young people in Normandy and on the social networks: job offers, civil service, etc. Information files on the sectors currently recruiting, advice on CVs and covering letters, "Working before turning 18". Each year, the CRIJ Normandie publishes the Normandy guide "Trouver un job"

<https://www.info-jeunes-normandie.fr>

📍 84, rue Beauvoisine, ROUEN – 📞 : 02 32 10 49 49 - Mél: secretariat@handisup.asso.fr
Station : Beauvoisine (métro) ou Hôtel de Ville (bus)

GREAT DEAL

"Find a summer job" forum

In partnership with the city of Rouen and Métropole Rouen Normandie, CRIJ Normandie and the Pôle Emploi organise a forum each year in March or April.

On the agenda: 5 themed villages (advice, job dating, workshops) and around twenty employers in attendance.

More info on the website, [Facebook page](#) and [Instagram](#).

Lots of offers on the *Etudiants de Rouen* group (see p.7):
restaurants, childcare, etc.

TRAVELLING ABROAD: STUDIES AND INTERNSHIPS

Looking to complete an internship or study overseas as part of your university course or training? First, find out more from the “International relations” department of your HEI* about support available for your project.

GOOD TO KNOW: check information before you leave due to the public health situation.

• TRAVEL GRANTS AND FINANCIAL ASSISTANCE

Normandy Region Passmonde (15 to 30 years old)

The Normandy Region international travel grant can be awarded subject to eligibility for internships or stays from 4 weeks to 26 weeks, and this can be split into two periods.

The amount varies depending on the destination country and can be combined with the ERASMUS+ and AMI grants.

Applications should be made **before leaving and must be submitted via the Normandy Region “Passmonde” website.**

Email: passmonde@normandie.fr

www.passmonde.normandie.fr

NEW !

On the **Atouts Normandie website**, you can also find info on assistance to finance a project overseas alone or as a group.

www.atouts.normandie.fr

TRAVELLING ABROAD: STUDIES AND INTERNSHIPS

• ERASMUS+ GRANT

The ERASMUS+ grant is given to students or interns travelling as part of the ERASMUS+ programme.

It varies depending on the destination country.

www.agence.erasmusplus.fr - "Higher education" section

• CROUS AMI GRANT

(International Travel Assistance)

Beneficiaries: Crous grant recipients for 2 to 9 months' travel during university studies. This financial assistance can be split into several periods.

www.crous-normandie.fr

Find out more information from your HEI.

• OTHER ASSISTANCE

Some teaching and training establishments or cities also offer assistance, don't hesitate to ask them for more information.

• LEARN MORE...

CRIJ Normandie: Information resources on international travel, studying, internships, volunteering: www.info-jeunes-normandie.fr

The CRIJ Normandie is an organisation that helps young people enter the European Solidarity Corps. "Becoming a volunteer in Europe" information workshops in videoconference or in-person formats. "Time to move" Mobility festival.



CREATING, INNOVATING AND ENTREPRENEURSHIP

• LEARN MORE

Métropole Rouen Normandie is one of the best equipped regions in France in terms of business incubators, and it has several specialised and non-specialised technology parks (Actipolis: all sectors, Biopolis: biology/health, Créapolis and Créapolis Sud: all sectors, Ecopolis: building/eco-construction, Innopolis: digital)

The Rouen Normandie Création network

Offers management and coordination. It is also a business hosting and setup assistance organisation (personalised support and monitoring, help with finance).

www.rouen-normandie-creation.fr

Do you have a community project that creates a real civic dynamic in the region?

The “JE PARTICIPE” call for projects is for you.

Whether a cultural, sporting, social/charitable or environmental project... start crowdfunding and receive aid from the Métropole which can total up to 50% of your funding requirements (limited to €4,000 per project).

<https://jeparticipe.metropole-rouen-normandie.fr/appele-projet/appele-projets-je-participe-edition-2021>

Creation Cafés in Rouen

The first Thursday of the month from 8:30am to 11am, no registration required, experts are on hand to talk about your business ideas alongside a coffee.

Métropole Rouen Normandie takes part in this Crédit Agricole Normandie-Seine initiative. Café de L'Échiquier, 📍 8 allée Eugène Delacroix – ROUEN

(Espace du Palais) Station: Palais de justice (Metro)

www.metropole-rouen-normandie.fr

Normandy Region - “Ici, je monte ma boîte”

The Region has created a one-stop-shop for business creators or buyers (at each site, a sole point of contact works with all operators) in collaboration with consular chambers: CCI*, CMA*, CRESS (Regional Social and Solidarity Economy Chamber).

www.normandie.fr/accompagner-les-entreprises

CREATING, INNOVATING AND ENTREPRENEURSHIP

AD Normandie, the Normandy Region Development Agency

One-stop-shop for economic and business development assistance.

www.adnormandie.fr

• **GOT A SOCIAL AND SOLIDARITY ECONOMY PROJECT?**

ADRESS aims to develop social and solidarity businesses in Normandy, with the support of project leaders and social and solidarity entrepreneurs, at all stages of their journey.

☎ : 02 35 71 12 12 - www.adress-normandie.org

• **INCUBATORS**

Business creation hosting and support organisations. They offer the tools and skills which are essential to start up a business.

www.normandie-incubation.com

> **NFACTORY** - <https://nfactory.school>

> **NEOMA Business School Rouen incubator**

www.startuplab-neoma-bs.fr

> **KATAPULT**, Normandy social innovation business incubator.

www.adress-normandie.org/etre-incube-par-katapult.



CREATING, INNOVATING AND ENTREPRENEURSHIP

- **SPECIFIC SCHEMES FOR STUDENT CREATORS/ENTREPRENEURS**

PEPITE Vallée de Seine

(Student unit for innovation, transfer and entrepreneurship)

A ComUE Normandie Université scheme managed within INSA Rouen Normandie.

Informs, supports and offers schemes to develop your skills.

Offers National Student Entrepreneur Status.

www.pepите-normandie.fr

Les Entrep'

What is Les Entrep'? An educational "learning by doing" course to help you create your business as a student!

One goal: Training the entrepreneurs of the future.

www.lesentrep.fr

- **DON'T MISS**

Higher education institutions organise or take part in events supporting student entrepreneurship:

> **Student Entrepreneur Forum** – Tuesday 5 October 2021 (04:00pm -08:00pm)

Students: student entrepreneurship leaders are coming to provide information on assistance and support for student entrepreneurship.

www.pepите-normandie.fr

> **Startup Weekend:** www.startupweekend.org

> **La Social Cup** – www.lasocialcup.com

CREATING, INNOVATING AND ENTREPRENEURSHIP

COWORKING SPACES

- **IN ROUEN:**

Boulevard des Belges / Place Cauchoise district:

> **L'Usine** : www.facebook.com/lusine.coworking.cafe.rouen

> **Le Studio** : www.lestudio-rouen.com

> **La Maison Bleue** : www.lamaisonbleue.mobi

> **Now Coworking** : www.now-coworking.com

Rouen Centre district:

> **Le Studio** : <https://lestudio-rouen.com>

- **IN PETIT-QUEVILLY:**

> **La Cantine Numérique at NWX**

At the Seine Innopolis premises, 📍 72 rue de la République

www.nwx.fr

> **Le Kaléidoscope**

A blended space created and managed by the cooperative Les Copeaux Numériques.

Offer: collaborative fabrication workshops, co-working spaces, courses and workshops where you can hire different machines and tools.

📍 : 12 rue Ursin Scheid (entrance on Rue Victor Hugo)

www.lescopeauxnumeriques.fr – 📞 : 02 35 63 35 07

COMPETITIONS



• CRÉACTIFS COMPETITION

The Créactifs competition is a must for all young people aged 18 to 30 in Métropole Rouen Normandie with an innovative project in mind.

Maximum aid of €5,000

Applications close 10 September 2021

Next edition April-May 2022.

www.metropole-rouen-normandie.fr/concours-creactifs

• BOURSE TREMPLIN

The Bourse Tremplin Rouen is financial aid offered by the city of Rouen specifically for young people from "Lab→Fab, les jeunes font Rouen!"

It is aimed at young people between 18 and 25 years of age with no proof of income required, for individual and collective projects that must be completed or visible in Rouen. It aims to encourage the development of civic projects, build general interest (culture, sports, sustainable development, solidarity, fight against discrimination, etc.) and support the creation of innovative and experimental projects.

Maximum aid of €2,000

www.rouen.fr/boursetremplin

• LES TROPHÉES DE L'ÉCONOMIE NORMANDE BY AD NORMANDIE

Candidates take part in 5 categories (Creation, Innovation, Future Challenges, Development, Made in Normandy). 5 x €10,000 prizes and advice and training days to be won! Awards currently suspended due to the pandemic.

www.trophees-economie-normandie.fr

• CROUS NATIONAL COMPETITIONS

Each year between December and June, Crous Normandy offers comics, short film, news, photo, theatre, music and dance competitions in partnership with other Crous and university cultural departments.

www.crous-normandie.fr/culture

THE ROUEN METROPOLE STUDENT GUIDE 2021/2022

Publication director:

Mourad Abdelkrim BOUKHALFA (INSA Rouen Normandie)

Chief editor and coordinator:

Carole ANGENOT

Editorial committee:

Carole ANGENOT, Marie-Noël BOUBOUR (Crous NORMANDIE),
Evelyne JAUNault and CRIJ Normandie's team, Audrey MAREL
(ESADHaR)

and also our partners, Métropole Rouen Normandie and the City of
Rouen for their information!

Layout:

Egami creation

Translation

Agence Normandie Traduction

*Warning: subject to change. Editor will not be held liable for any changes
after publication.*

July 2021 – Do not copy

**For any comments or suggestions:
cesar.rouen@gmail.com**



STUDENT GUIDE

ROUEN-MÉTROPOLE

2021-2022