



WELCOME TO ISEN OUEST

BREST CAMPUS

2025

**YOUR PRACTICAL GUIDE
FOR A SUCCESSFUL START TO THE YEAR**



ISEN
OUEST





Summary ✦

- 04** Introduction
- 05** The Brest campus
- 06** The ISEN Ouest campuses
- 07** The city of Brest and places of interest
- 09** Transport
- 12** Accommodation
- 16** Restaurants
- 17** Preparing your budget
- 19** Student services
- 22** How to make your first year a success
- 23** First day at school
- 24** Student life on campus

Introduction

Dear Students,

I am delighted to welcome you to a school where excellence, innovation and humanity come together. This guide has been designed to accompany you during your exchange semester at ISEN Ouest.

The entire ISEN team is at your disposal to help you succeed in your studies and to help you achieve your full potential. Welcome to ISEN Ouest!



Marc Faudeil
General Director of ISEN Ouest

Brest campus in numbers

789

students

25

clubs and
associations

97%

find a position within 6 months
of graduation

7

research teams in the school's
LabISEN laboratory



Brest campus

ISEN Ouest's Brest campus is a modern establishment dedicated to training at the heart of technology and AI. Located by the sea, it offers a dynamic learning environment with innovative laboratories, collaborative spaces and a strong international outlook. It benefits from a rich technological ecosystem, encouraging links with companies and the development of research projects.

General Director

Marc
Faudeil

Director of Studies

Virginie
Buhé

Director International Relations

Marie Anne
Le Squeren

International Relations coordinator

Anne-Marie
Miras

Head of Year 1 & 2

Yann Riou

Director Research

Ayman
Al Falou

Head of Academic Affairs

Céline
Kerhuel

Head of Communications

Bénédicte
Morucci

Coordinator of Corporate Relations

Pauline
Vallecillos

Head of Apprenticeships

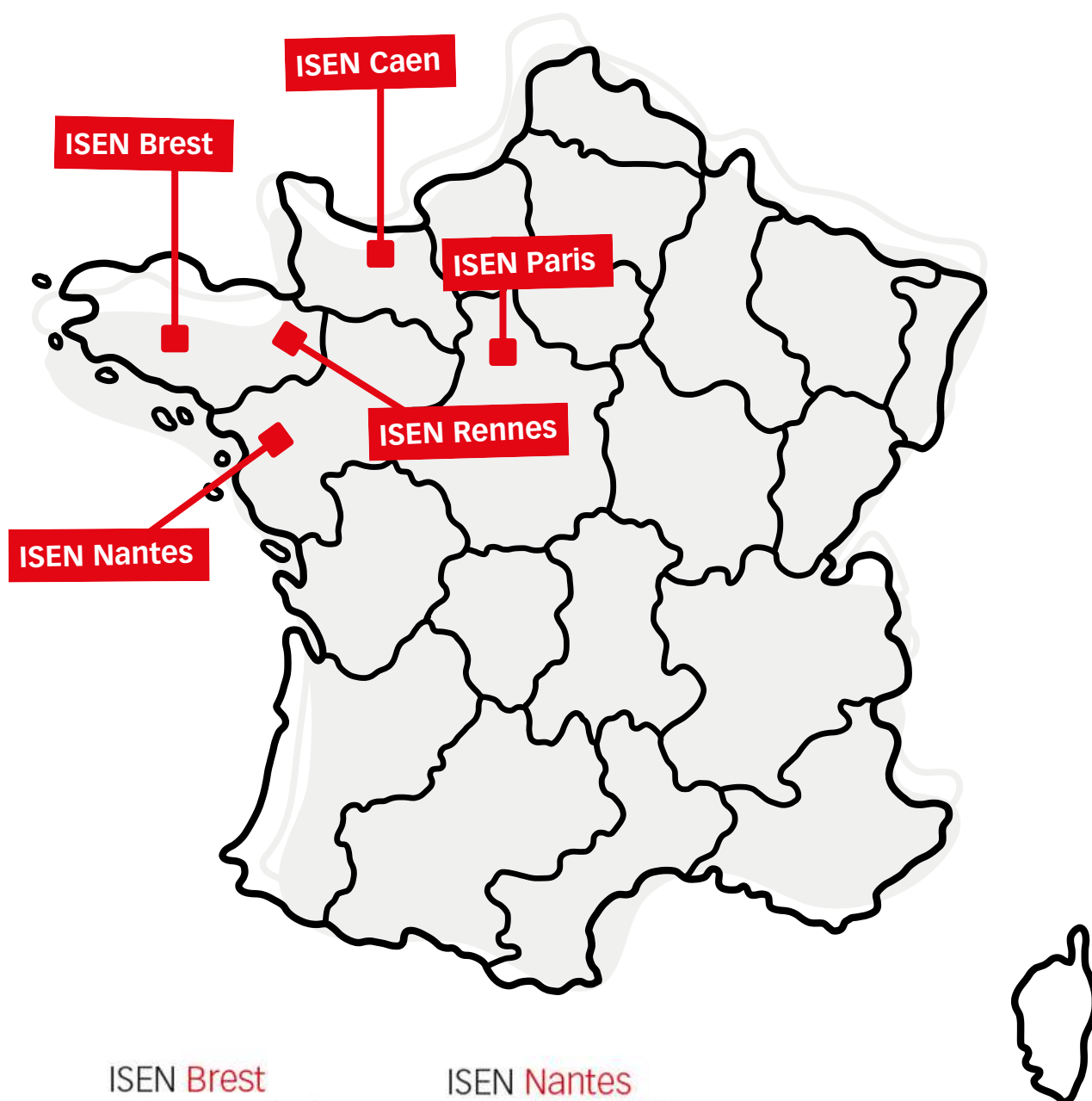
Jean-Pierre
Martineau

Campus access



From Monday
to Friday

7h30 to
22h30



ISEN Brest

20, rue Cuirassé Bretagne
CS 42807
29228 Brest Cedex 2
Tél. : +33 (0)2 98 03 84 00

ISEN Nantes

33 Q, av. du Champ
de Manœuvres
44470 Carquefou
Tél. : +33 (0)2 30 13 05 60

ISEN Rennes

2, rue Robert d'Arbrissel
35065 Rennes
Tél. : +33 (0)2 30 13 02 50

ISEN Caen

8, avenue Croix Guérin
14000 Caen
Tél. +33 (0)2 30 31 03 20

ISEN Paris

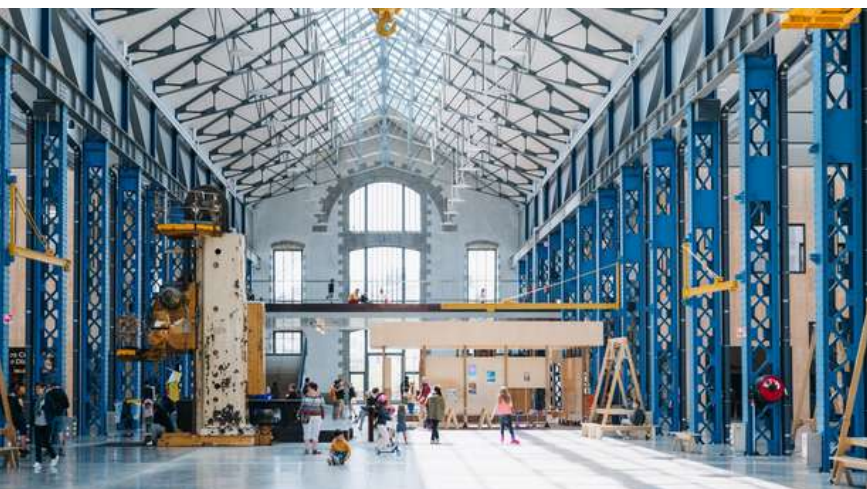
Campus Saint-Jean
5 rue Maurice Labrousse
92160 Antony
Tél. : +33 (0)2 30 31 30 40

Brest

Brest, a dynamic port city in Brittany, offers an ideal setting for students. With its renowned universities and schools, it attracts many young people and is a friendly city to study and live. Brest has a population of around 212,000 and 29,000 students, including almost 3,000 international students.

Its affordable cost of living makes it a cost-effective alternative to major French cities. Student life is lively here, thanks to the many bars, festivals and cultural events.

Close to the sea, it also offers a wide range of water sports and activities and its transport network makes it easy to get around.



MUST SEE PLACES

selected by students

1 **Château de Brest et Musée National de la Marine**

Boulevard de la Marine

3 **Océanopolis**

Port de Plaisance du Moulin Blanc

7 **Musée des Beaux-Arts**

24 Rue Traverse, 29200 Brest

9 **Plage de Sainte-Anne du Portzic**

Route du Portzic, 29200 Brest

2 **La Tour Tanguy**

Square Pierre Péron

4 **Conservatoire Botanique National**

Rampe du Stang-Alar, 29200 Brest

8 **Marina du Château**

Quai Eric Tabarly, 29200 Brest

10 **Plage du Moulin Blanc**

Avenue de la Plage du Moulin Blanc

5 **Ateliers des Capucins**

25 Rue de Pontaniou

6 **Rue Saint-Malo**

Rue Saint-Malo



Transport

Brest's public transport network, known as Bibus, offers a variety of services to help you get around the city.

Fares are the same for the entire Bibus network, regardless of the mode of transport used. Here is the essential information about the different options available

Fares 2024 for students



	Monthly pass	Annual pass
Standard scholarship Student pass	€30	€270
Subsidized scholarship Student pass		
Tempo (Scholarship holders levels 5, 6, 7)	€4.60	
Tango (Scholarship holders levels 3,4)	€11.30	€125
Rythmo (Scholarship holders levels 0Bis, 1, 2)	€16.80	€185

1hr ticket :

€1.60

10 tickets :

€14.40

3 days bus pass: €10

For more information, visit www.bibus.fr or the application of the same name.

Here you can get timetables in real time for all public transport services, buy tickets calculate routes, etc.





Tramway

More information at:
bibus.fr

The A tramway line is a fast and efficient way of getting to ISEN Brest from several districts of Brest and the surrounding towns. A second tram line (line B) is planned for February 2026.

There are 22 lines serving the entire city, on weekdays until 10:40 p.m., and on Fridays and Saturdays until midnight. You can purchase your tickets at the Bibus ticket office, the Brest Métropole public transport network, or on their website. To get to the ISEN OUEST Brest campus, you can take **lines 04, 30 and 03**.

Bus



Cable car



The Brest cable car does not go directly to ISEN, but provides easy access to the Ateliers des Capucins and the Left Bank from the city centre. Convenient and accessible, it operates at the same fares as the Bibus network: approximately €1.60 one way and €3.40 round trip.

Vélocibus

More information at:
bibus.fr

Vélocibus allows you to hire electrical bicycles long term and to enjoy the city in complete freedom.

Various models are available, including city bikes, folding bikes or cargo bikes, to suit your needs.

Reservations can be made online, with subscriptions for 3 to 12 months, from €52 for Bibus subscribers and €90 for non-subscribers.



Carpooling

More information at:
blablacar.fr



Carpooling with BlaBlaCar is a cheap and practical option for travelling to and from Brest, with many daily journeys available.

Transports

to come to Brest or for travelling

The airport

More information at:

www.brest.aeroport.bzh

Aéroport
Brest Bretagne

Brest-Bretagne airport (BES) offers students convenient connections to many French and European destinations, including Paris, Lyon, Nice, Marseille, Nantes, Birmingham, Exeter and Southampton.

Several airlines, such as Air France, EasyJet, Ryanair and Vueling, operate from this airport. Brest is only a 1-hour flight from Paris, with many flights a day.

Airport shuttle



Line 20 of the Bibus network provides a link between Brest city centre and the airport.

Brest city centre and Brest Bretagne airport. From the city centre, just take the tram to 'Porte de Gouesnou' station where you can transfer to line 20.

Train

More information on:

www.sncf-connect.com

Brest is well connected by train, with 5 daily journeys to Paris via a connection at Rennes. The journey takes around 4h30 hours, offering a convenient and comfortable alternative to flying. Thanks to reduced fares for young people and SNCF discount cards, students can travel more cheaply.



By coach

More information on:

www.flixbus.fr

several coach companies charter coaches to and from Brest every day.



ACCOMMODATION

Vocabulary you need to know

Lease

Tenancy agreement between the tenant and the owner/manager. It sets out the terms and conditions of the tenancy and is binding. You need to provide a number of documents when signing : identity card, bank details, pay slips and tax forms from both the tenant and guarantor.

Guarantor

A person who undertakes to pay the rent if the tenant is unable to pay. If you have difficulty finding a guarantor, you can use the Visale scheme: a free service offered by Action Logement, which can act as your guarantor under certain conditions.

+ More info at:
www.visale.fr

Charges

Charges include cleaning of communal areas, council tax and water, electricity, heating, etc. Be sure to ask what the monthly charges are.

T1/T2/T3...

The figure corresponds to the number of rooms excluding kitchen and bathroom (number of bedrooms, living room...).

HOME INSURANCE

If you do not have this insurance, the landlord has the right to refuse you access to the flat. This insurance costs approximately €91 per year. Before signing an insurance contract, you should first check with your landlord if it is not already included in the rent.

SECURITY DEPOSIT

The security deposit, equivalent to one month's rent, covers any eventual damage. It must be paid before or on arrival and will be returned within 2 months of departure.

⚠ It cannot replace the last month's rent



ACCOMMODATION

What you need to know

Inventory of fixtures

An inventory of fixtures and fittings must be drawn up on entering the property and on handing over the keys. Don't hesitate to make a note of any defects, be precise, take photos and read the meters.
After the inventory of fixtures, you usually up to 10-15 days to make any changes.

Housing benefit

The CAF (Caisse d'Allocations Familiales) can pay monthly housing assistance (APL for state-affiliated housing, ALS for other housing for people on modest incomes.

Unfortunately this benefit is not available for exchange students



Tips for your looking for accommodation

Accommodation in the town centre as well as in the Lambézellec and Kerinou neighbourhoods are good options as close to ISEN. The presence of numerous faculties nearby has led the development of numerous student residences.

1 Start your search a few months in advance.

2 Agree on a budget.

3 Decide on an area.

Types of accommodation

1 Offers from private individuals

Many landlords rent out their accommodation directly, without an intermediary via online platforms or classified ads. This method of renting often allows greater flexibility in lease terms and rental periods. It is advisable to visit the properties before committing yourself and to check the terms of the rental contract.

3 CROUS university residences

There are numerous university residences in Brest (including 4 managed by the CROUS). To obtain accommodation in a CROUS residence, you need to submit an application between January and May for the following academic year. CROUS accommodation is allocated as a priority on the basis of social criteria.

2 Estate agencies and notaries' offices

They offer a wide range of accommodation, from studio flats to shared flats, and furnished and unfurnished flats. They help students in finding accommodation, arranging viewings, and preparing rental applications. This service involves an agency fee, generally equivalent to one month's rent.

4 Student residences

There are numerous private student residences in Brest and they offer services tailored to students' needs: furnished accommodation, internet connection, common areas, laundry facilities, etc. You couldn't be closer to school!

+ MORE INFO AT:
crous-rennes.fr

Some useful websites

isen-immo.fr
leboncoin.fr
seloger.com
lokaviz.fr

etudiant.gouv
letelegramme.ffr
ouest-france.fr
appartager.com
lacartedescolocs.fr

Student residences in partnership with ISEN OUEST



Parthénon



Athéna



Jardin des sciences



If you haven't found accommodation before you arrive, there are always temporary solutions such as youth hostels. You can also consult the town's Tourist Office for a list of the different types of temporary accommodation

<https://www.brest-metropole-tourisme.fr/>



Restaurants

on campus

Although our campus does not have a canteen or a self-service restaurant, there are several options to get something to eat

Campus foyer:

The foyer is equipped with a microwave and a kitchen, so you can heat up food prepared at home or bought outside.

Club initiatives:

Regular themed meals at affordable prices are organised

Super U supermarket:

Located just opposite the school at a 2-minute walk and offers a wide range of food products. There is a cafeteria inside where you can eat your purchases on the premises and is a popular meeting place for students

[17 Rue Cuirassé Bretagne, 29200 Brest](#)

University restaurants:

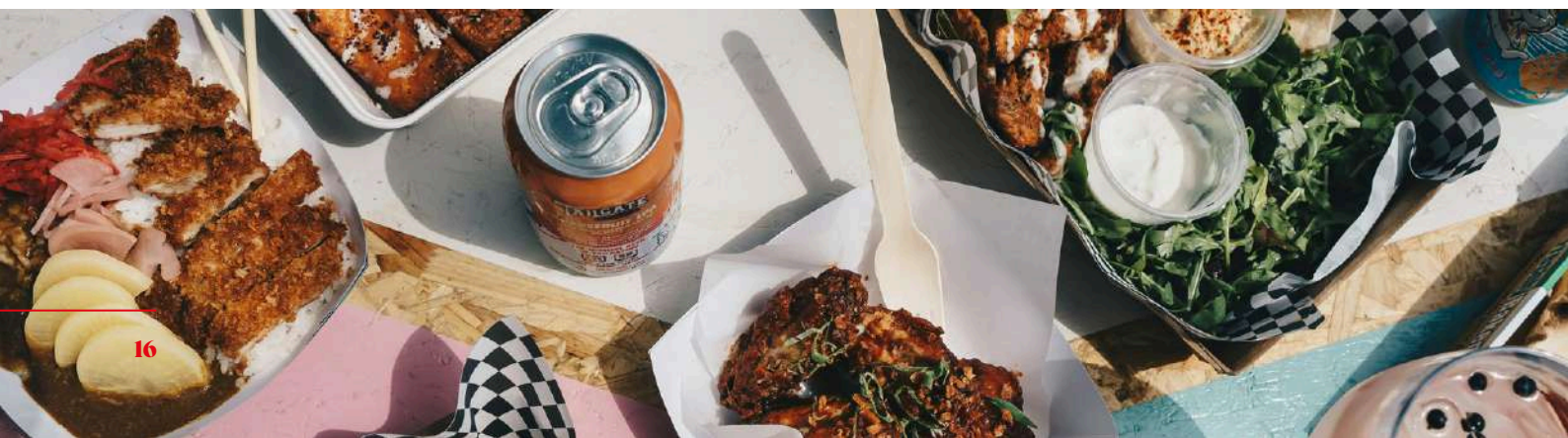
The University restaurant nearest to ISEN is Kergoat, accessible in 5 minutes by car from ISEN, offers complete and balanced meals at €1 for students and €3.30 for non-grant-holders.

[1 Rue Commandant Paul Vibert, 29200 Brest](#)

Bakery:

L'Atelier du Boulanger is located about 10 minutes' walk from ISENBrest. This bakery offers a variety of sandwiches, salads and other takeaway products,

[31 Rue Professeur Langevin, 29200 Brest](#)





Prepare your budget

It's important to have a monthly budget in mind before you arrive.
This budget also differs depending on the city you arrive in

Monthly budget an example :

- **Rent including charges (water, electricity): € 450 to € 550 per month**
- **Insurance (home, civil liability): €20 to €45 per month**
- **Private health insurance: approx. €30 per month**
- **Food: approx. €200 per month**
- **Transport: approx €30 per month**
- **Miscellaneous (leisure activities, outings): approx. € 100 per month**

i.e. a monthly budget of approx. € 800 to € 950 per month

There are also additional costs on arrival.

The first month, you will have to pay :

- your tuition fees (which can be paid in instalments)
- the compulsory Student Life and Campus Contribution (CVEC), €105 for 2025-2026 (exchange students excluded)
- a security deposit when you move into your accommodation in addition to the first month's rent
- any installation costs (sheets, towels, kitchen utensils, etc.).

It is advisable to set aside an additional budget for these initial expenses.

Services for students

1 CROUS Brittany

Although your school is not part of the Université de Bretagne Occidentale (UBO), students can take advantage of CROUS Bretagne services:

- Food: Access to restaurants and cafeterias with meals at student prices.
- Accommodation: Offers via the Lokaviz service for rentals reserved for students.
- Grants and financial aid under certain conditions.

+ More info at
crous-rennes.fr

2 Brest CCAS (Community Social Action Centre)

This service offers financial assistance to young Brest residents aged 18 to 24 in difficulty (housing, food, health, etc.).

+ More info at
brest.fr

3 Student Health Network

Even if they are not affiliated to the Université Occidentale de Bretagne, students can consult general practitioners and specialists via health centres such as :

- The UBO Student Health Centre
- Multidisciplinary health centres
- Family Planning and Education Centres

4 Annual travel pass

For travel, the Bibus public transport network offers an annual pass for young people under 26 or students over 26. This season ticket costs €270 for 12 months (with 3 free months), unlimited travel on the entire Bibus network, including bus, tram and cable car. Payment can be made in a single payment or in nine monthly payments of €30

+ More info at
bibus.fr

5 Coworking spaces and municipal libraries

There are several places to work in a pleasant environment,:

- The multimedia libraries offer a free subscription for students. You can borrow books, comics, CDs, DVDs, magazines, games and video games, use the computers, reserve small study rooms (particularly at the François-Mitterrand - Les Capucins multimedia library), play video games and access online resources (video courses, digital books, VOD films, online press).
- Student coworking spaces such as La PAM, Beaj Kafe and La Cantine brestoise.

+ More info at
bij-brest.org

6 Access to sports facilities

+ More info at
brest.fr

Students can take part in sports at reduced rates at municipal facilities:

- Municipal swimming pools, Rinkla Stadium skating rink, climbing gyms, etc.
- The Brest Life Pass offers students discounts in a range of areas, including sport, throughout the city.
- Brest also offers free-access areas such as multisports areas, outdoor fitness areas and skateparks.



Student services

Your digital tools
at ISEN Ouest

Digital Workspace (ENT)

Here you will find all the resources and tools necessary for your studies.

Web Aurion

This is where you can consult your timetable, your grades and enter details about internship and international mobility.

Moodle

This platform is used to have access to course materials and carry out certain assessments

E-mails

When you arrive at ISEN, you will automatically be allocated an isen-ouest.yncrea.fr email address. This is your main means of communication with your teachers and the school's administrative staff and must be consulted regularly.



Useful Links

1 **ISEN OUEST** Official site

isen-ouest.fr

information on courses, events and campus news.

3 **CROUS** Bretagne

crous-rennes.fr

University accommodation, grants and catering.

3 **Jobaviz** (CROUS)

jobaviz.fr

Platform for part-time student jobs

4 **Brest Metropole and city**

Access Brest Métropole's e- and information services to carry out all your formalities.

[Brest.fr](https://brest.fr)

5 **Bibus**

bibus.fr

Information on tramway and bus services as well as student and cycle passes.

6 **Linked In**

LinkedIn.com

To create your professional network from the very start of your student life

7 **Doctolib**

doctolib.fr

Doctolib, the fast way to book a medical appointment online.

8 **SOS Medecins**

sosmedecins-france.fr

Doctors available 24 hours a day at their surgery or at home.





Tips for success

your first year

The first year at an engineering school marks an important turning point in your studies. Here are a few essential tips to approach this new stage serenely.

Organisation and method

- Work regularly: don't let the lessons pile up. Re-read your notes after each session and make sure you understand the key concepts before moving on.
- Join self-help groups: talking to your fellow students can help you to learn certain and stay motivated throughout the year.
- That's what the ISEN'entraide student club is for!
- Ask questions: don't hesitate to ask your teachers or supervisors if a point remains unclear.

Exam preparation

- Use the resources available: tutorials and revision sheets are available on the Moodle platform to help you structure your learning.
- Practise regularly: re-doing mock exams and exercises will help you to be familiar with assessment expectations

Practical advice

Use a diary (paper or digital) to plan your revision sessions and avoid last-minute stress. Good time management is the key to success.

By adopting these good habits from the outset, you will be in good stead to succeed in your first year.

Your first day

at ISEN Ouest - Brest campus

The first day at ISEN Nantes is designed to welcome you in the best possible conditions and make you familiar with your new environment. It generally lasts half a day for first-year students, followed by the arrival of second-year students in the afternoon.

1 Reception and sign-in

On arrival, you will be welcomed by the administrative team to sign in and distribute access badges. These badges allow you to move freely around the building throughout the year.

2 General introduction

Then head to the amphitheatre for a general presentation of the school and its courses. This introduction will allow you to rediscover ISEN, the course of your academic path and the resources available to you to help you succeed in your studies.

3 Meeting with head teachers

After this introduction, you will be grouped together with the teachers of your speciality. This will be an opportunity to get to know your educational adviser and to be able to anticipate the coming year.

4 Discover student life

The Bureau des Étudiants (Student Union) will help you to discover student life on campus. They will inform you about the clubs, associations and events at ISEN. A tour of the student areas will enable you to discover the relaxation areas, the work rooms and the corridor dedicated to community life.

5 Safety visit

Finally, the building's technical manager will organise a safety visit. This step is essential for you to know the safety instructions, emergency exits and evacuation procedures in the event of an emergency.

6 Getting off on the right foot!

This first day is an opportunity to get to know your classmates, meet your teachers, and quickly feel comfortable on your new campus. Be curious and take advantage of this time to ask all your questions!



Student life

on campus

ISEN Brest actively encourages its students to participate in around twenty clubs and associations, covering a variety of fields such as music, sports, video games, cooking, electronics, robotics, and the environment. This diversity allows everyone to pursue their passions or discover new ones. The Student Union (BDE) plays a central role in coordinating these activities and supporting student initiatives. The BDE is elected every year and organizes key events such as the induction weekend, the gala, and numerous activities, contributing to a friendly atmosphere on campus.





Emergency numbers

15 **SAMU**

Medical emergencies

(fainting, chest pain, haemorrhage, poisoning, etc.)

17 **POLICE**

offences, violence, assaults, burglaries,
public order disturbances

18 **FIRE BRIGADE**

fires, road accidents, drowning, personal assistance

112 **EUROPEAN EMERGENCY NUMBER**

can be contacted anywhere in the European Union, and redirects the
call to the appropriate service (ambulance, police, fire brigade)

114 **Emergency via text message or video**

for people who are deaf, hard of hearing or unable to speak

ISEN

OUEST

ISEN OUEST CAMPUSES

CAMPUS DE BREST

20 rue Cuirassé Bretagne
29200 Brest
Tel : +33 (0)2 98 03 84 00

CAMPUS DE PARIS

5 Rue Maurice Labrousse
92160 Antony
Tel : +33 (0)2 98 03 84 00

CAMPUS DE CAEN

8 Avenue Croix Guérin
14000 Caen
Tel : +33 (0)2 30 31 03 20

CAMPUS DE RENNES

2 Rue Robert d'Arbrissel
35065 Rennes
Tel : +33 (0)2 30 13 02 50

CAMPUS DE NANTES

33 Q Avenue du champ de Manoeuvres
44470 Carquefou
Tel : +33 (0)2 30 13 05 60

