



WELCOME TO ISEN OUEST

NANTES CAMPUS

2025



YOUR PRACTICAL GUIDE
FOR A SUCCESSFUL START TO THE YEAR



ISEN
OUEST



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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!



Deputy General Director, ISEN Ouest
Director Nantes Campus, ISEN Ouest

Nantes campus in numbers

350 students

25 clubs and associations

98% find a position within 6 months of graduation

7 research teams in the school's laboratory



The Nantes Campus

The ISEN campus in Nantes, located in Carquefou (13 kms north of Nantes), offers an exceptional and green setting of 9 hectares. The campus opened in 2021 where students benefit from modern infrastructure, including a connected lecture theatre, specialised laboratories and collaborative spaces, all designed with sustainability in mind.

Campus Director

Jean
Le Guen

Director of Studies

Benoît
Lardeux

Head of International Relations

Susan
Gibbs

Head of Research

Maher
Jridi

Head of Academic Affairs

Léa
Pochon

Head of Communications

Manon
Sivarajah

Year 1 (Generalist , Mechanics cycle)

Carole Ménard

Year 1 (Computer, Business Environment)

Marion Ogloza

Year 3 & Master 1

Sandrine Brohan

Master 2

Marie Berg

Campus access :



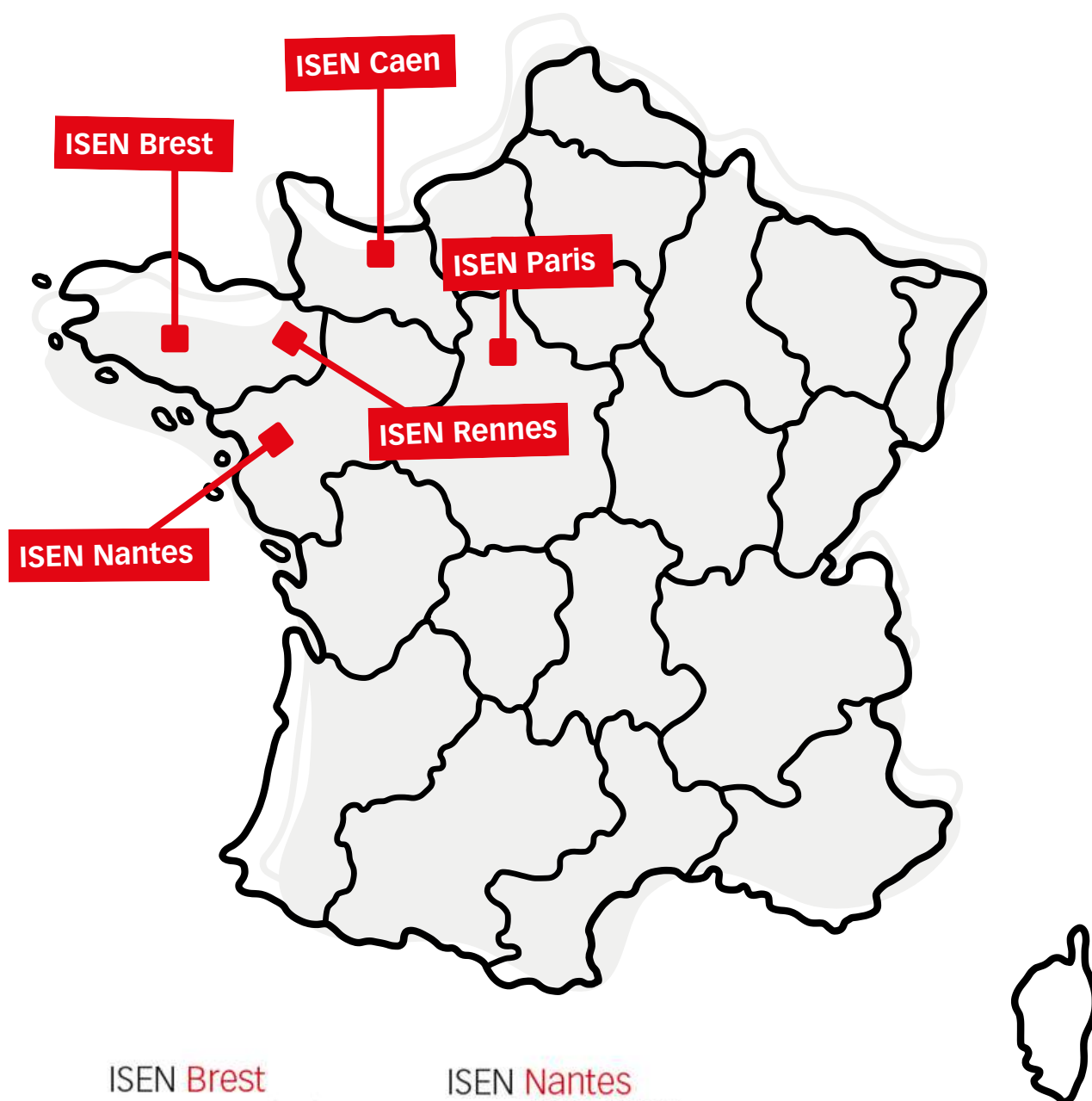
From Monday
to Friday

7h45^{to}
22h00

ISEN

OUEST

ISEN OUEST campuses



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

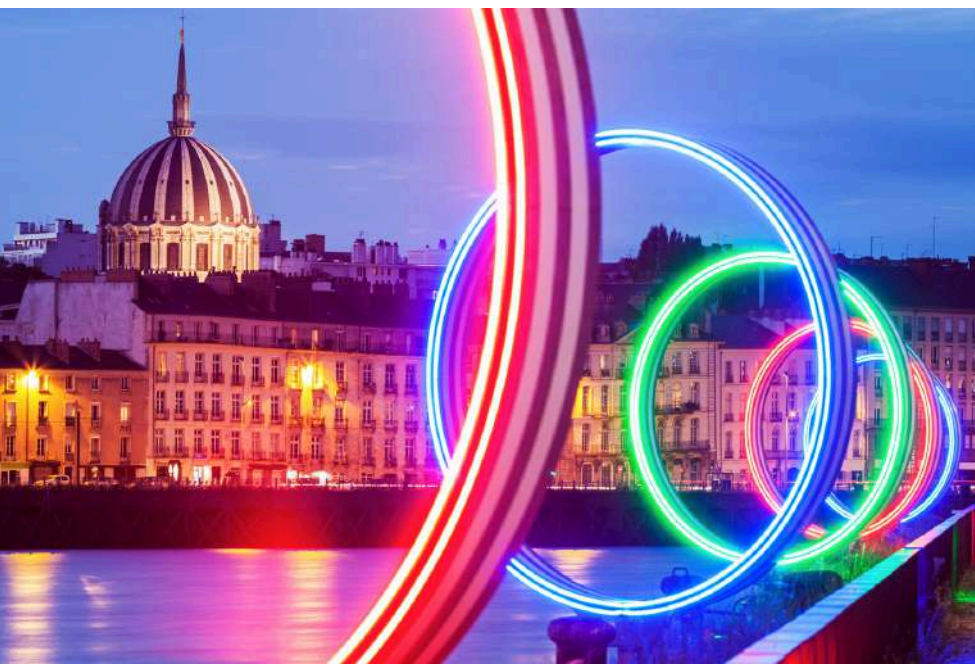
ISEN Paris

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

Nantes

Nantes is France's 6th largest city with nearly 320,000 inhabitants, 54,000 students and a high quality of life considered as one of the best in Europe.

Nantes is continually growing, particularly in the field of higher education, where it has established itself as a metropolis of knowledge. The city boasts numerous facilities for sports, entertainment (clubs, bars, restaurants), and culture (performance venues). Nantes is also "a city on the move," with numerous festivals and other events.



Must-see places selected by students :

1 **Graslin Opéra**

Place Graslin. City centre

3 **Museum of Arts**

10, rue Georges Clemenceau
near the Garden of Plantes
(Jardin des plantes)

7 **Dobrée Museum (archelology)**

18 rue Voltaire. Nantes city centre.

9 **Pommeraye Passage**

magnificent shopping arcade from 1843
in the city centre, a favorite location for
filmmakers

2 **Terrain Neutre Theatre**

11, allée de la Maison Rouge.
Centre- Ile Feydeau.

4 **Planetarium**

8, rue des Acadiens.

8 **Jules Verne Museum**

3 rue de l'Hermitage, in the west of Nantes

10 **The Bouffay district**

Place du Bouffay and surrounding area
(historical medieval quarter in the city
centre)

5 **The Machines de l'île**

Bd Léon Bureau
on the Ile de Nantes

6 **Castle des ducs de Bretagne**

4, place Marc Elder.



Transport

Nantes is well served by the Naolib network: **three tram lines run in the heart of the city center, 55 regular bus lines, as well as river shuttles, an airport shuttle, Chronobuses for frequent connections, and a Busway line.** Naolib also offers the option of combining cycling and public transportation with folding bike rentals, the Cyclotan, available with any Naolib subscription



Fares

1-hour ticket: **€1.80**
(€2.50 if bought on board)*

10 tickets: **€17.50**

Airport shuttle ticket: **€10**

*Annual, unlimited, monthly, or customized passes are available (card must be ordered). This is the most cost-effective option for students using public transportation.

2024 fares

for young people under 26:

Monthly ticket: **€36/month**

Unlimited subscription: **€245/year**
(sometimes discounted)

The network is free every weekend!

For more information, please visit **www.naolib.fr** or the mobility centre (Allée Brancas, in the city centre) and download the Naolib mobile app: it allows you to obtain real-time timetables for all public transport, purchase tickets, and calculate routes.





The ALEOP transport network

More information at :
aleop.paysdelaloire.fr

ALEOP was created in 2019 and is a regional public transport network in the Pays de la Loire region. It includes regional trains (TER), departmental bus lines, and the ferry connection between the Ile d'Yeu and the mainland. Some lines allow the use of TAN tickets (the only condition being that the journey must take place in the Nantes metropolitan area).

Two stops are available: ICAM and Nantes - ICAM. Remember to always check the timetables

SNCF Train Station: 2 entrances

Nantes train station is located in the heart of the city centre, near the Château des Ducs de Bretagne. |

Entrance to the North Station: 27, Boulevard de Stalingrad, opposite the Jardin des Plantes. North Station stop for lines 1 (tram) and 12 (bus).

Entrance to the South Station: Quai de Malakoff, near the Maison des Compagnons du Devoir. Stop at Quai des Antilles (C5) or Boulevard de Doulon (C3).

To reach the station from ISEN Nantes: take bus 95 from ICAM to the Haluchère-Batignolle stop, then tram 1 towards François Mitterrand-Jamet to the North Station stop.

Timetables and fares on www.voyages-sncf.com



The airport



The airport is located in Bouguenais, south of Nantes. It is served by the airport shuttle from the SNCF train station and Place du Commerce in the city centre. The website provides timetables, fares and destinations.

www.nantes.aeroport.fr

Carpooling and Car Sharing



The department promotes carpooling with numerous rest areas and two carpooling sites for the Loire-Atlantique region.

covoiturage.loire-atlantique.fr

www.ouestgo.fr

marguerite

The city of Nantes offers a carpooling system for urban journeys. It's a self-service car rental service that operates by the hour, with or without a Naolib subscription. Prices depend on the duration. For more information:

imarguerite.com



Bike Rental

Nantes Métropole has a self-service bike rental network. The principle is simple: you pick up your bike at one station and drop it off at any other station.

velo.naolib.fr



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. To sign, you need to provide a number of documents: identity card, bank details, pay slip and tax forms for the tenant and guarantor.

Guarantor

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

All exchange students are strongly advised to use this service.

More information 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...).

Tips for your housing search

Look for accommodation in the areas northeast of Nantes or in Carquefou which are not too far from ISEN. The Chronobus C6 line crosses Nantes from west to east and may also allow you to find accommodation near a bus stop

1 Start your search a few months in advance.

2 Set your budget.

3 Decide on an area.



Accommodation

types of

1 Offers from private individuals

Many landlords rent out their accommodation directly, without via online platforms or classified advertisements. 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.

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.

3 CROUS university residences:

There are numerous university residences in Nantes (including 19 managed by the CROUS). Housing allocation is based on family resources (a scholarship student will have a better chance of securing the desired residence) and the number of available spaces.

The CROUS website also offers private rentals reserved for students through its LOKAVIZ service.

More information at
crous-nantes.fr

4 Residences

There are numerous private student residences in Nantes and they offer services tailored to students' needs: furnished accommodation, internet connection, common areas, laundry facilities, etc. ISEN Ouest has established partnerships with residences close to campus to facilitate access to housing for its students. See p.13

Student residences in partnership with ISEN



Les Estudines

Students must submit their housing application on the Estudines platform: www.estudines.com. They must complete the required information and express their housing preferences before uploading the necessary documents.

Once the application is submitted, the student will receive a reference number and must contact the following by email to benefit from prioritization and obtain assistance in finding housing that meets their needs.

Mr. Mathieu RAJAONELISON :
mathieu.rajaonelison@reside-etudes.fr

Please cc:

Mme Awa DIEME : awa.dieme@reside-etudes.fr

Mme Yulia AZDEJKOVIC : julia.azdejkovic@reside-etudes.fr

Mme Aline AUBERT : aline.aubert@reside-etudes.fr

Les Arlézines

This secure residence is located 500m from the ISEN Nantes campus and offers furnished and equipped apartments of 21m² or more. Rates: starting at €513/month for a one-bedroom apartment. Access from Nantes city center: Chronobus line C6, Moulin de Porterie stop. Lines 75 and 95 to reach Carquefou city center.

Contact : Mr Christophe BONNET, Site Manager

Reception : 06 14 54 22 04 (Monday to Friday, 8:15 a.m to 12:30 p.m and 3 p.m. to 6:15 p.m.)

Website : studently.fr

Email : lesarlezines@studently.fr



Espacil

The Altair/Aldebaran residences located 4 km from the school, and Persee, located 1.5 km away, offer accommodation ranging from single-room to three-room apartments. Access to accommodation in one of these residences is facilitated by a partner code, which must be provided when booking your accommodation. The partner code can be provided to you at the school reception desk or upon request by email.





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 have ten to fifteen days to make any changes and two weeks to add any extra information.

Housing benefit

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

+More information at
caf.fr

This aid is not available to exchange students.





Restaurants

on campus

A restaurant service, shared with ICAM, is available to students every lunchtime from Monday to Friday. It offers a self-service restaurant (prices for a full meal range from **€5.70 to €8**) and a snack bar for takeaway meals.

A cafeteria is available on the ISEN premises with microwaves and a vending machine selling sandwiches, salads, and hot meals.

In the surroundings :

Moulin Tartine Bakery

is located 500m from the school
(19 rue de la Mainguais, 44470 Carquefou).

Super U Carquefou

Route de Sucé Sur Erdre, 44470 Carquefou. Quickly accessible by car
(10 minutes from the school))

Carrefour Shopping Centre

Route de Paris, 44300 Nantes

Access : bus 60 arrêt Malraux/ tram L1 terminus la Beaujoire

Paridis Shopping Center (Leclerc)

10 Route de Paris, 44305 Nantes More than 68 stores (fashion, sports, etc.), easily accessible by car. Has a drive-through service.





Prepare your budget

It's important to have a monthly budget in mind before your arrival.
This budget will also vary depending on the city you live.

Monthly budget an example :

- Utilities included (water, electricity): **€500 to €600/month**
- Insurance (home, liability): **€25 to €45/month**
- Health insurance: **approximately €30/month**
- Food: **approximately €220/month**
- Transportation: **approximately €25/mois**
- Miscellaneous (leisure, outings): **€120/month**

Monthly budget: €920 to €1040

Additional costs upon arrival should also be anticipated. In the first month, you will have to pay:

tuition fees (payment can be spread out) the mandatory Student and Campus Life Contribution (CVEC), approximately €100 (**exchange students are not concerned**)

a security deposit upon moving into your accommodation (usually one month's rent) in addition to the first month's rent any installation costs (sheets, towels, kitchen utensils, etc.) It is advisable to budget additionally for these initial expenses.

Student services

1 CROUS Nantes Pays de la Loire

Although ISEN is not affiliated with Nantes University, its students can benefit from CROUS services, including:

More information at:
crous-nantes.fr

- Food: Access to restaurants and cafeterias with meals at student rates.
- Housing: Offers through the Lokaviz service for student-only accommodations.
- Scholarships and financial aid are available under certain conditions.

2 The Nantes CCAS (Communal Social Action Center)

This service offers financial aid for young people from Nantes aged 18 to 24 in difficulty (housing, food, health, etc.).

More information at:
metropole.nantes.fr

3 Student Health Network

Students can consult general practitioners and specialists through health centers without being affiliated with Nantes University, such as:

- The LMDE Student Health Center and SMENO Multidisciplinary Health Centers Family Planning and Education Centers
- Exchange students are advised to take out the appropriate medical insurance in their home country

4 The City of Nantes' "Carte Blanche" programme

This pass allows young people aged 15 to 26 to access discounts for cultural and sporting activities (theater, concerts, cinemas, sporting events, etc.).

More information at:
metropole.nantes.fr/carte-blanche

5 Coworking spaces and local libraries

More information at:
bm.nantes.fr

Several locations are available if you wish to work in a pleasant environment:

- Municipal libraries with free access to workspaces and Wi-Fi.
- Student coworking spaces like La Cantine Numérique or Dojo Nantes.

6 Sports

Students can play sports at reduced rates at municipal facilities:

- Swimming pools, gymnasiums, soccer fields, and basketball courts.
- Nantes also offers free access to spaces such as the Machines de l'Île skatepark or the sports fields at Parc de la Beaujoire.



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 classes, events and campus news.

2 **CROUS** **Nantes Pays de la Loire**

crous-nantes.fr

University residences, scholarships and restaurant

3 **Jobaviz** **(CROUS)**

jobaviz.fr

Platform for part-time student jobs

4 **Nantes** **Métropole**

eservices.nantesmetropole.fr

Access to e-services for all
your administrative procedures

6 **Linked In**

LinkedIn.com

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

5 **Naolib**

naolib.fr

Information on tramway and
bus services, student passes and self-service bicycles (Bicloo)

7 **Campus France**

Information and help for international
students to study in France

campusfrance.org





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 for a successful start

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 - Nantes 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 exchange students

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

You will 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.

Does not apply to exchange students

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!

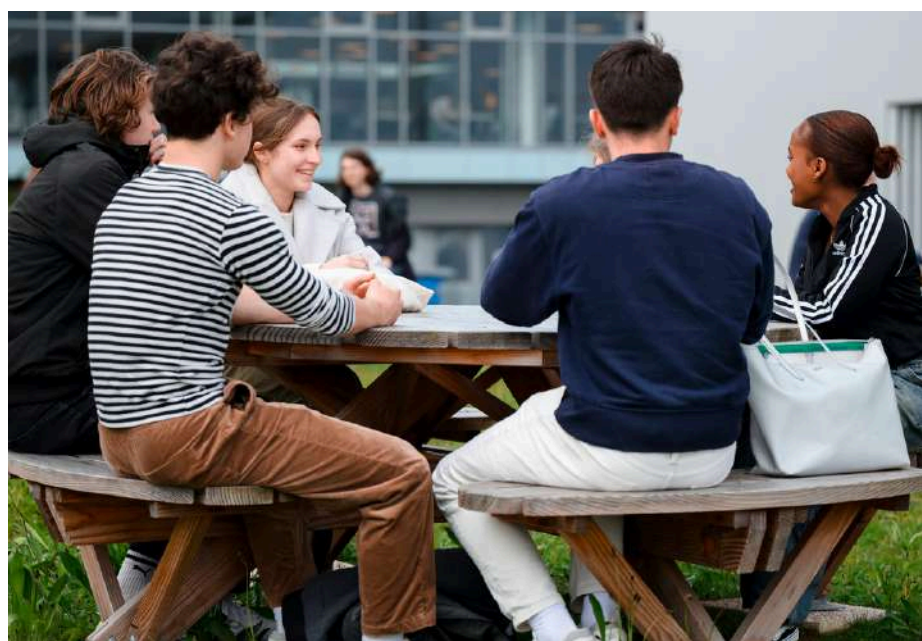
This first day is an opportunity to get to know your classmates, meet your teachers, and quickly feel comfortable on your new campus. Be curious and take advantage of this time to ask all your questions!



Student life

on campus

ISEN Nantes 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

