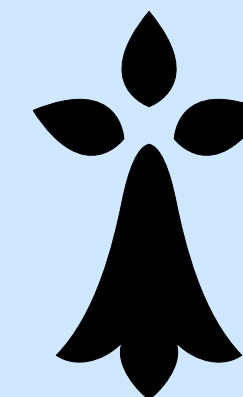
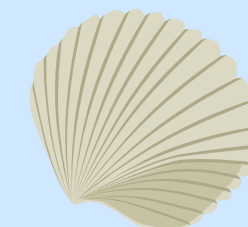


SURVIVAL GUIDE



BEST COURSE IN AUTUMN 2026

ROBOTson Crusoe : Let's explore the lost city!



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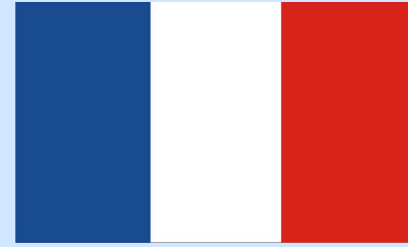
1. ABOUT BEST

BEST (Board of European Students of Technology) is a constantly growing non-profit and non-political organisation. Since 1989 we provide communication, co-operation, and exchange possibilities for students all over Europe. BEST was created in 1989 and has 82 local groups.

BEST Courses complement your knowledge in different fields of study. During BEST Courses, you can visit companies, industrial plants, and research centres, take part in case studies, and attend interesting classes covering many different technology fields, economics, marketing, and management. Also, in some courses you can receive ECTS credits. You will also discover new cultures and meet new people.



2. ABOUT FRANCE



Official language: French

Capital: Paris

Currency: Euro €

Population: 68M

President: Emmanuel Macron

Time zone: UTC +1 (Central European Time)

Calling code: +33

Driving side: right

you will
be here



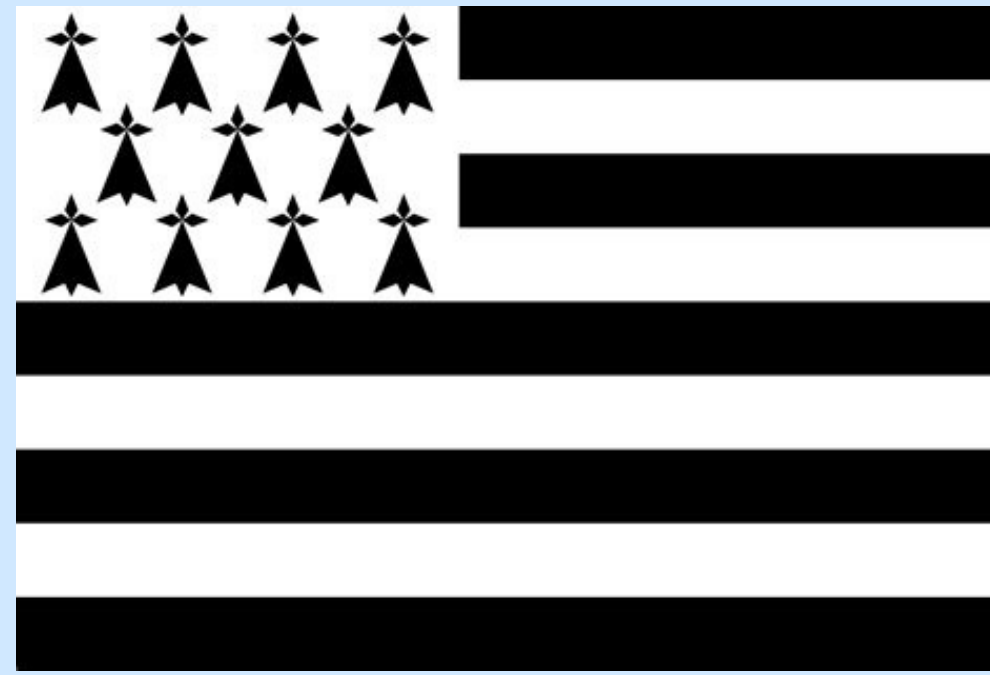
3. a. ABOUT BRITTANY

Flag:

Unofficial language: Breton (you often see it on road signs but only 5% of people in Brittany speak it)

Capital: Rennes (but it's a controversial topic)

Population: 4.7 M



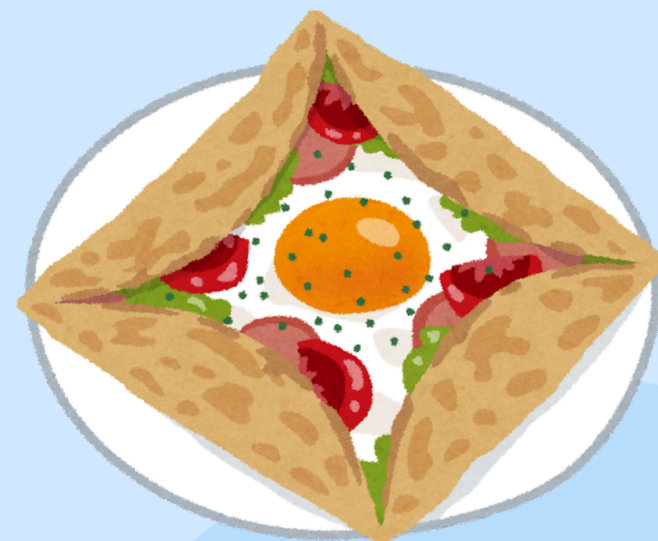
Ancestors:



3. b. BRETON FOOD



Crêpe (sweet)



Galette (savoury)
Careful, it is NOT a
savoury crêpe!

Kouigh-amann
(basically, just
loooooots of
butter and sugar but
reallly
nice!)



If you get butter, there is probably salt
in it!!
you don't want salt in your butter watch
for
beurre doux not beurre salé



3. c. BRETON DRINKS

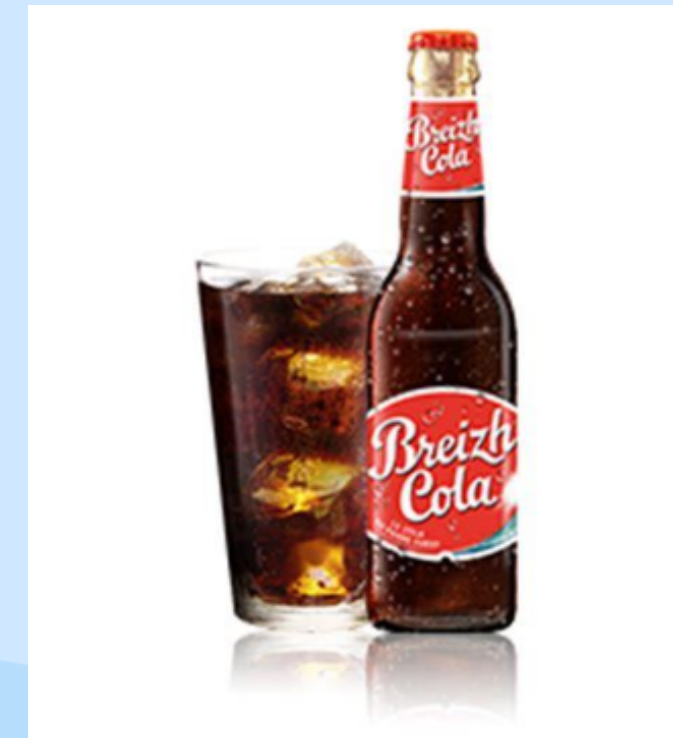


Cider
(usually drunk in
bowls)

Chouchen
(also called hydromel; it's a
form of mead made from
the
fermentation of honey in
water)



If you are looking for Coca-Cola, forget it!
Brittany is the only place in the world where it is not the n°1 soft drink.
Here we drink:



4. ABOUT BREST



Population: 140 000

Area: 50 km²

Region: Brittany

Department: Finistère (29)

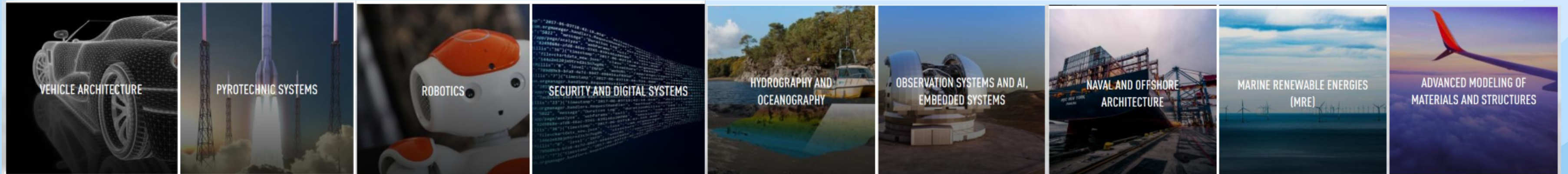


Brest is one of the most important harbours in France because it is the second biggest French Navy base. Brest's history has always been linked to the sea due to its location

5. ABOUT ENSTA, CAMPUS BREST

As a multidisciplinary graduate and postgraduate engineering school and research institute, ENSTA delivers training and conducts research activities in high level ICTs (information and communication technologies), mechanical sciences and human sciences.

With one of its campus in Brest, this public establishment works in close relationship with numerous industrial and academic partners in France and abroad. Its activities contribute to innovation in numerous fields of application: maritime, defense and more generally high-tech sectors (transport, aerospace, energy, digital technologies, research...). It is a military-funded school and 20% of its students are in the military on the campus.



6. USEFUL VOCABULARY

ENGLISH	FRENCH
Hello	Bonjour
Please	S'il vous plait
Thank you	Merci
Goodbye	Au revoir
Sorry	Pardon
Yes/no	Oui/non

ENGLISH	FRENCH
How are you ?	Comment ça va ?
I don't speak French	Je ne parle pas français
A beer	Une bière
I love you	Je t'aime
Help!	Au secours !

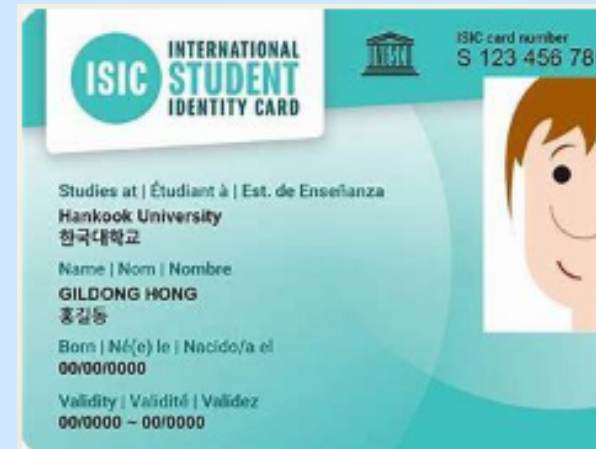
ENGLISH	FRENCH
Come with me	Viens avec moi
My name is...	Je m'appelle...
Where is?	Où se trouve ...?
I'm hungry	J'ai faim
What is this ?	Qu'est-ce que c'est ?

7. PRACTICAL INFORMATIONS

Emergency number : 112



1 beer	6.50 € (1 pint)
1 pizza	5-10 €
1 kebab	5 €
1 ice-cream	3 €
1 sandwich	3-5 €
1 crêpe	2-3 €
1 postcard	0.50 €
1 bus/tram ticket	1.60 €



A student ID will get you discounts in some museums and free entrance in others. You can also get discounts in restaurants, clothes shops... (but you must ask for it).

Water is drinkable and (in most places) tastes good, don't waste your money on bottled water.



Electricity sockets look like this (230 V, 50 Hz)



The weather in Brittany is the basis of most jokes made by French people. The climate is mild and in October, you are as likely to see the sun every day as you are to feel a few drops of rain.

8. Getting to the meeting point

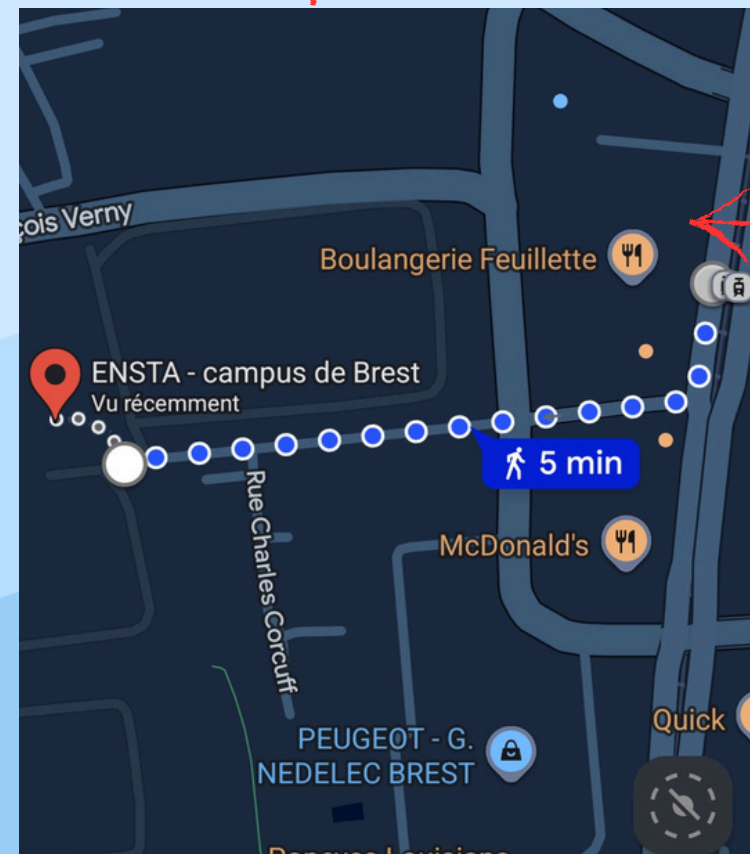
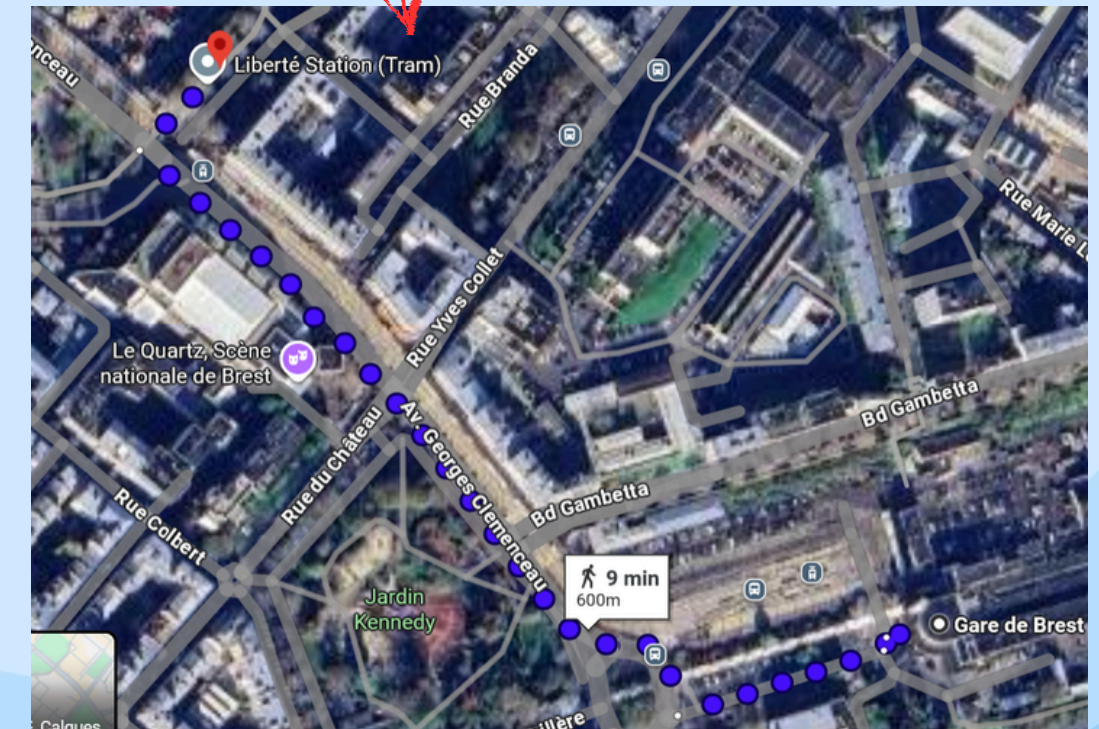
ENSTA Brest
2 rue François Verny
29220 Brest

→ By plane

- Take the bus 20 to Porte de Gouesnou.
- Once there, take tram A (it's the only line). Porte de Gouesnou is the terminus so there is only one direction. If you see a tram, just jump in it! It's the right one. And then jump out at Mesmerrien.
- From Mesmerrien tram station, follow this path
- For further information go on the website of our city transport <https://www.bibus.fr/> Or just call us.

→ By train

- Once at the train station, follow this path (8 min) to reach the tram A (CAREFUL, the tram station at the train station is NOT the right line)
- Take the tram A in direction of Porte de Gouesnou and you may arrive at Mesmerrien (approximately 20 minutes)
- Once at Mesmerrien tram station, you have less than 5 minutes to walk to reach ENSTA campus Brest, following the second itinerary



9. Don't forget this!

- Sleeping bag and pillow
- Clothes which can get dirty for social events/activities, we don't want your best clothes to be ruined
- Water-resistant clothes: raincoat and waterproof shoes
- Personal sanitary products: toothbrush, shampoo, towel ...
- Camera: in case you want to immortalize all those precious memories. You can't always count on your own memory.
- ID Card or Passport
- Visa (If needed)
- Medical and travel insurance (European Health Insurance Card (EHIC), if you come from the EU).
- Money and credit card
- Student card (for the discounts)
- Your personal medication (Without prescription you can buy painkillers, allergy meds etc., but not much more)
- Food for the international evening: in BEST events, there is a tradition that every participant brings something from their home country for International Evening (IE). Then we eat everything and get to know the different cultures a little better. But please take into account that the cooking facilities are limited. There are also shops in France, so you don't have to bring everything with you; we have the basic stuff here. In case you are not sure if we have some ingredient that you need, just ask. Don't plan something that needs more than 30 minutes of preparation

REMINDER: if you have a special diet, inform us in advance by sending an email to the contacts below.



10. CONTACTS



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