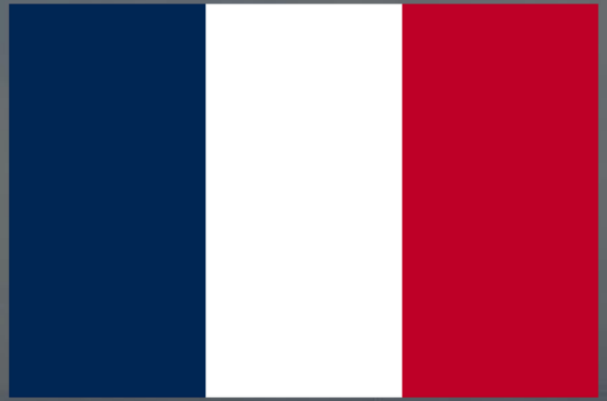


Survival Guide

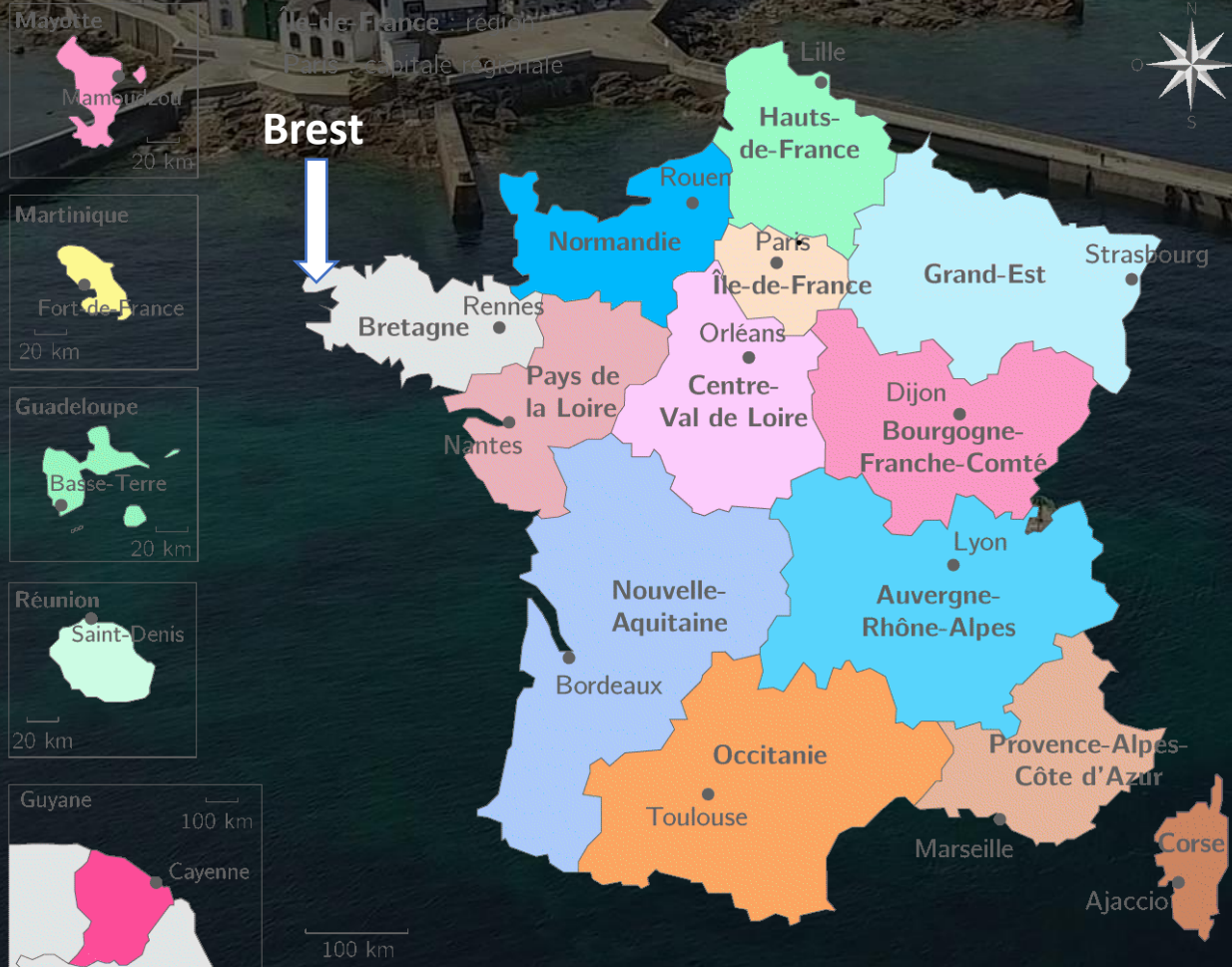
BEST Course in Autumn 2022



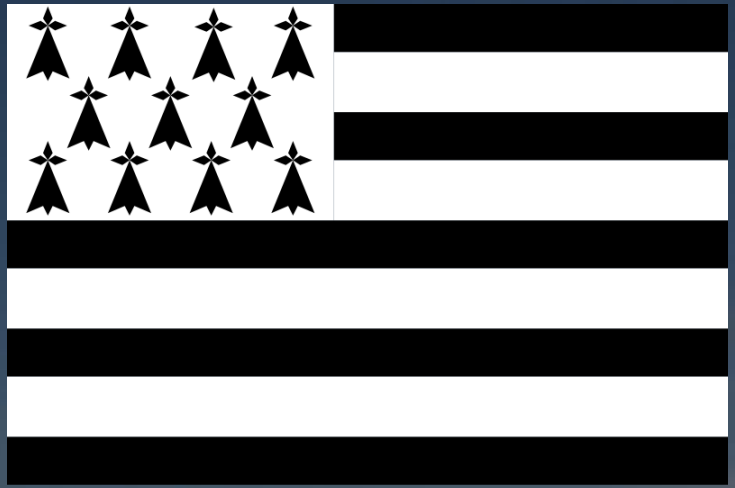
About France



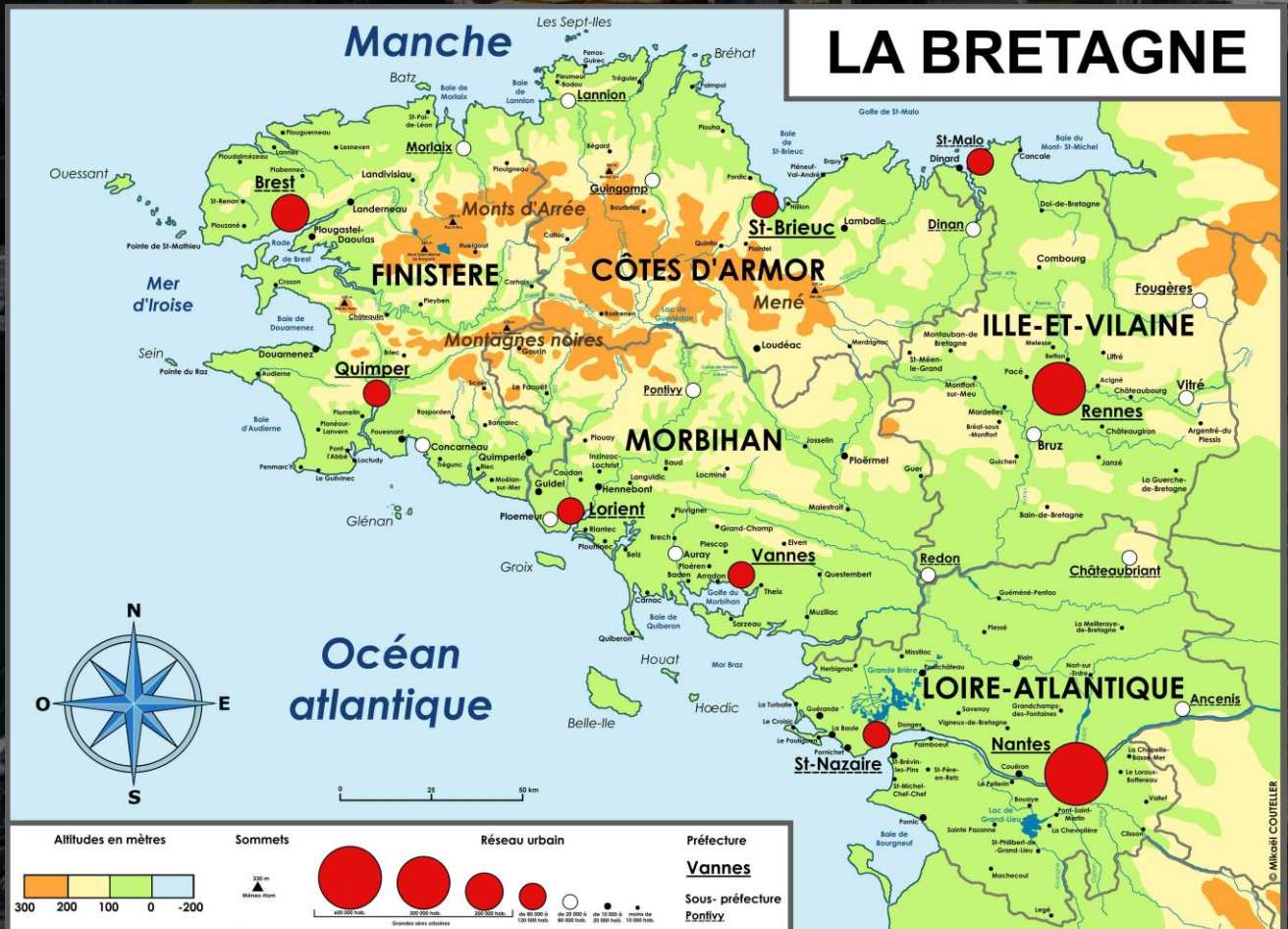
- Capital: Paris
- Official language: French
- President: Emmanuel Macron (till 24 April, maybe)
- Population: 67M
- Currency: Euro (€)
- Time zone: UTC+1 (Central European Time) (UTC+2 in summer, Central European Summer Time)
- Driving side: right
- Calling code: +33



About Bretagne

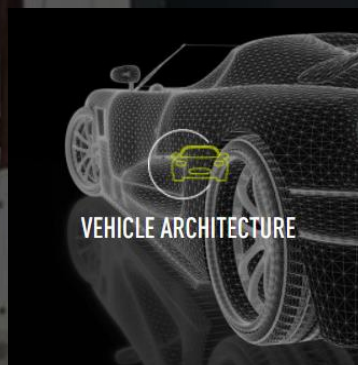
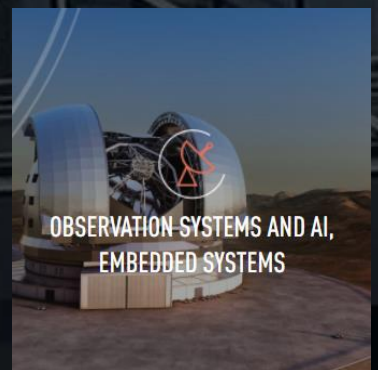
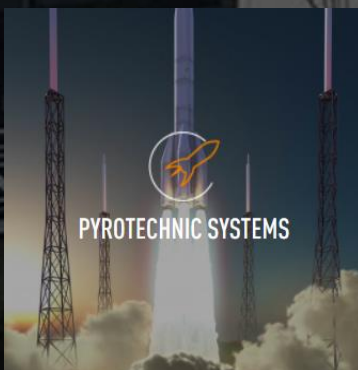
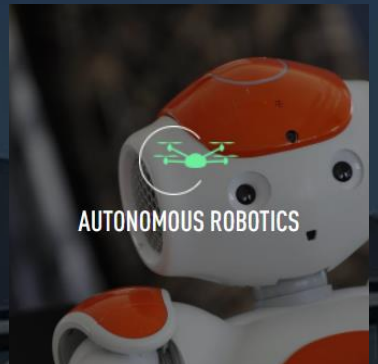
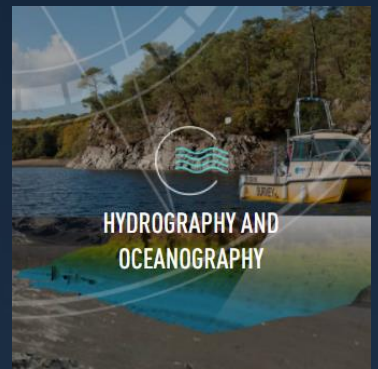


- Capital: (controversial topic)
- Language: Breton (on every road sign but don't get scared, nearly nobody speaks it)
- Population : 4.5M



About ENSTA Bretagne

As a multidisciplinary graduate and postgraduate engineering school and research institute, ENSTA Bretagne delivers training and conducts research activities in high level ICTs (information and communication technologies), mechanical sciences and human sciences. Situated in Brest, this state 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: the maritime, defense and more generally hi-tech sectors (transport, aerospace, energy, digital technologies, research...).

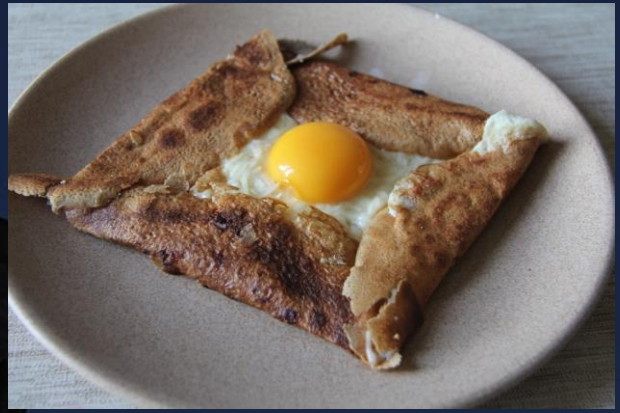


Breton Food

Crêpes and galettes: the first one sweet the other is salty. Don't call a galette a salty crêpe, it's a galette. Some people are really serious about that, it's also a controversial topic ... all you should remember is that it's good.

Kouign amann: the prodigious concentration of butter and sugar it contains remains one of humanity's greatest mysteries.

The butter will be salted, if you don't want salt in your butter (we respect each other's mistakes and flaws) you should look for “beurre doux” instead of “beurre salé”.



Breton drinks

- Cider, often drunk in bowls (other people in France will say that cider comes from them, they are thieves without personality, don't be fooled).
- Chouchen (also called hydromel, it's a form of mead made from the fermentation of honey in water).
- Breizh Cola (yep, Bretagne is the only place in the world where Coca-Cola does not lead the soft drinks market).



Some French vocab ...

English	French	Pronouciation
Yes	Oui	Wii
No	Non	Non
Please	S'il vous plaît	Sil voo play
Thank you	Merci	Mercy
Sorry	Désolé	Desolay
Hello	Bonjour	Bon-joor
Goodbye	Au revoir	Oh-rvwar
Water	Eau	Oh
Beer	Bière	Bee-ay-r
Cheers!	Santé !	Santay
Bottoms up!	Cul sec !	Cu say-k
I don't speak French	Je ne parle pas Français	Well, good luck!
How are you ?	Comment vas-tu ?	Common vah tu
My name is ...	Mon nom est ...	Mon non hey ...
I'm thirsty	J'ai soif	Jay soo-ahff
I'm hungry	J'ai faim	Jay funh
Where is ... ?	Où est ... ?	Ew hay ... ?
What is this ?	Qu'est ce que c'est ?	Kay skeh say ?
Help !	A l'aide !	Ah led
I love you	Je t'aime	(you'll see)
How is your blanquette ?	Comment est votre blanquette ?	Common ay vow-tr blanket ?
Kiss me	Embrasse-moi	(you'll also see)
You're beautiful	T'es beau/belle	Tay bow/bell
I have a hangover	J'ai une sacré gueule de bois	...

Useful tips

-1 beer	6.50 € (pint)
-1 pizza	9€-10€
-1 kebab	5€
-1 ice cream	3€
-1 sandwich	3€-5€
-1 «crêpe»	2€-3€ (sugar)
-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. If you have ISIC card, you can also get discounts at fast food restaurants such as Macdonald's or so (but you have to ask for it).

Electricity: 230V at 50Hz
Socket look like this



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

The **weather** in Bretagne is the basis of most jokes made by French people. The climate is mild and at this time of year you are as likely to see the sun every day as you are to feel a few drops of rain.

Although **strikes** are quite common, don't be intimidated, it's as normal as buying a baguette.

Don't forget to bring

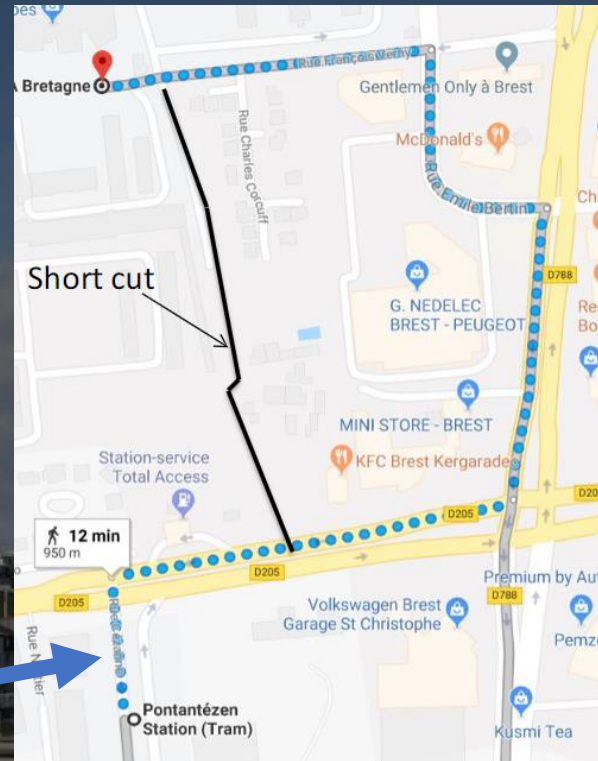
- **Sleeping bag and pillow**
- **Clothes for parties:** it could get wild, and we don't want your best clothes to be destroyed
- **Clothes that resists to rain:** raincoat and waterproof shoes
- **Personal sanitary products:** toothbrush, shampoo, towel ...
- **Camera:** in case you want to make sure that all those precious memories will be preserved. 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 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 doubt 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.

How to get to the meeting point ?

ENSTA Bretagne, Rue François Verny, 29200 BREST

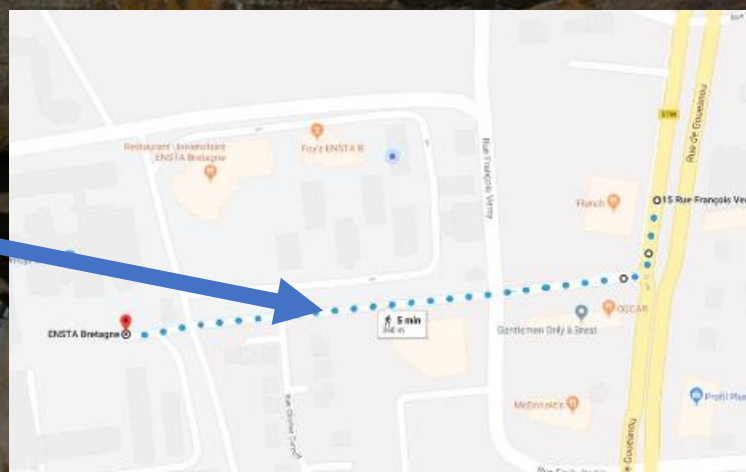
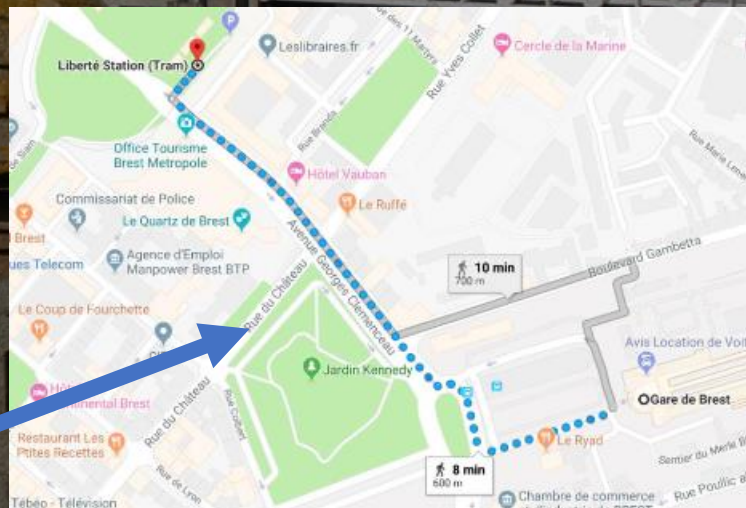
→ By plane

- Take the bus 40 to Porte de Guipavas.
- Once there, take the tram A (it's the only line). Porte de Guipavas 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 Pontanezen.
- From Pontanezen 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
- Take the tram 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 Bretagne, following the second itinerary



Contact



- Jérémy Lemaitre
Main Organizer
+33 7 57 63 83 79



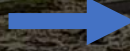
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