



# STUDENT GUIDE

2020-2021

LE HAVRE





**CAMPUS**  
LE HAVRE-NORMANDIE

# Édito



Édouard  
PHILIPPE

Mayor of Le Havre

Président  
Le Havre Seine Métropole

“  
*Choosing Le Havre  
means choosing a  
pleasant city.*”

## Congratulations,

Congratulations! More than 13,300 students have made a very good decision in choosing the campus of The Le Havre Normandy to study and prepare their professional future. Within this campus found at an exceptional location, you will find quality teaching, an attractive living environment, a strong identity focused on the maritime and port sectors and a place of innovation without equal. Le Havre is proud to welcome you.

Our campus is first and foremost a place of excellence that cultivates talent. An illustration of this attractiveness: the Le Havre campus welcomes many foreign students attracted by internationally renowned schools and the diversity of the courses offered in a city whose port is known throughout the world.

It is also an innovative campus that relies on 14 research laboratories and knows how to reinvent itself. The Cité numérique will open its doors at the start of the 2020 academic year with quality training courses provided by a competent and attentive teaching team.

This new venue will bring together innovation players and help the digital transformation of local businesses.

Finally, a support system for student entrepreneurship encourages creation and innovation.

Located in the city centre, 2 hours from Paris, the Le Havre Normandie campus offers an exceptional, atypical and individual living environment for each and every student. Students can take advantage of the local transport offers, shops close to student life, water sports and the beach. Attractive prospects for sea lovers.

To choose Le Havre is to choose a pleasant, modern and innovative city. An area that stands out for its economic position, its UNESCO-listed heritage and its taste for nature. An area that will conquer you.

Choosing Le Havre means seizing an opportunity for your studies and your professional future.

I wish you all an excellent year on the Le Havre Normandie campus!



# ONE DESTINATION, MANY AMBITIONS

Located in the city centre and on the seafront, the Le Havre Normandie campus provides excellent teaching. With more than 13,300 students, a university, 8 Grandes Écoles and 14 research laboratories, it offers more than 200 diversified training courses and a maritime and port identity recognised by the professional world.





# CAMPUS

## LE HAVRE-NORMANDIE



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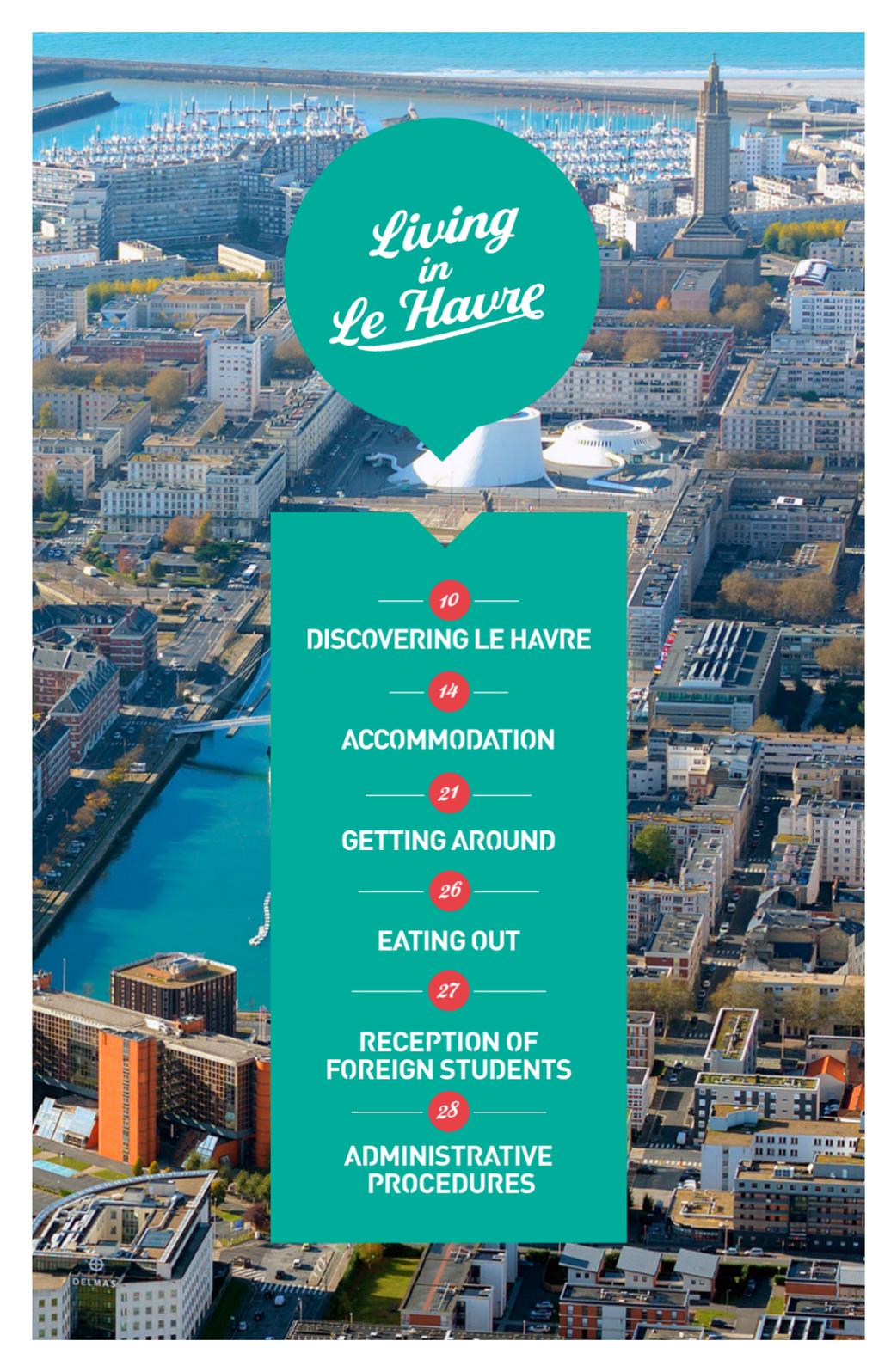
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# DISCOVERING LE HAVRE



## A LITTLE BIT OF HISTORY

On 7<sup>th</sup> February 1517, François I<sup>st</sup> commissioned Admiral Bonnivet to build a fortified port in Lieu-de-Grâce. The city of Le Havre was officially created on 8<sup>th</sup> October 1517 when François I<sup>st</sup> signed the charter of foundation of the city to be built in Port-de-Grâce.



## LE HAVRE, A UNESCO WORLD HERITAGE SITE

From the town centre to the beach, the city was destroyed by the bombing in 1944. Auguste Perret, an architect, was then commissioned to rebuild this part of the city. It is this rebuilt 150-hectare area that has been listed as a UNESCO World Heritage Site since 2005. The rebuilt centre forms the administrative, commercial and cultural centre of Le Havre.

## PERRET ARCHITECTURE, SIMPLE ARCHITECTURE?

*"To reach the original beauty, the artist must rise in simplicity"* Auguste Perret.

The architect renounced decorative art in favour of the simplicity and nobility of the materials.

His work is defined by structural classicism. Defender and promoter of concrete, he does not use any paint and uses the system known as "column-beam". His idea was to create a modular and completely transparent structure, so that no structural elements are hidden.



*Dive into the 50's and discover  
the Perret architecture.*

A show flat allows you to discover the facilities proposed to rehouse the inhabitants after the Second World War, it allows you to familiarise yourself with the city and its past (cf. p70).

## LE HAVRE, GREATEST PORT IN FRANCE

→ The construction of the port, currently covering an area of 10,000 hectares, was at the origin of the foundation of the city of Le Havre. The port of Le Havre is the leading port in France for container traffic, the leading port for foreign trade and the leading cruise port on the Atlantic coast. In addition, the Normandy region is the greatest seafront of France. It constitutes the leading port complex, as well as the leading French logistics territory.



## WHY ARE THERE SO MANY RESERVOIRS IN THE HARBOUR OF LE HAVRE?



→ The construction of these different basins is the consequence of the different phases of expansion of the port. Moreover, they have always followed the evolution of ships, from the 16th century to Port 2000. Real assets, these inland basins become marinas or leisure areas (sailing, stand-up paddle, rowing, etc.).

## ARE THERE GREEN SPACES TO RECHARGE YOUR BATTERIES?



→ With 41m<sup>2</sup> of green space per inhabitant, there are many places in Le Havre and on the territory of the urban community such as the forest park of Montgeon, the park of Rouelles and the Jardins Suspendus (Hanging Gardens), where you can recharge your batteries, have a picnic, ride a bike or practice sports.

## WHAT ARE THE TYPICAL DISHES OF THE REGION?

→ The flagship products that you will find in Normandy dishes are apples, butter, cream, Camembert, cider and Calvados. Normandy is also the leading region for the production of oysters, mussels and scallops in France. The cheese *Le petit Havrais* and the *Paillette* beer, local production since 1596, are also worth mentioning!

## WHAT ARE THE 2 BIG CHIMNEYS?



→ When you arrive in Le Havre, you can't miss the two huge chimneys overlooking the lower town. Visible from the upper town and even as far as the landing beaches, they measure 240m. These chimneys are those of the EDF thermal power station. Since 2017, they have been lit at nightfall, with programmes that change throughout the year or during events taking place in the city.

# Le Havre in a few figures

→ 13<sup>TH</sup> LARGEST CITY IN  
FRANCE WITH  
**172 769** inhabitants

→ **LARGEST**  
town in Normandy  
in terms of surface  
area and population

→ **13 300**  
students

→ LE HAVRE > PARIS  
**2 HOURS**

→ URBAN COMMUNITY  
**273 568** inhabitants,  
**54** municipalities,  
496 km<sup>2</sup>

→ More than **2 500**  
shops and services  
for individuals

→ More than **6 000**  
companies

→ LE HAVRE > ROUEN  
**90 KM**

→ AREA  
**47 KM<sup>2</sup>**

→ **509** hectares  
of green spaces

→ **1 à 2**  
daily crossings  
to England

→ LE HAVRE > CAEN  
**87 KM**

## Hyppolite SOULARD

Bachelor's Degree in Literature Student

### *The interview*

“

When I left La Roche-sur-Yon at the age of 20 to study in Le Havre on a whim, I was immediately seduced by this city whose charms are praised far too little. The importance of the book policy that attracted me for my degree in Contemporary Literature is not insignificant; its streets radiate with an eclectic poetry. From one street to another, two totally different worlds seem to come together, forming a city where disharmony forms a whole of unprecedented beauty. When you get there, the simple walk becomes an adventure at every turn.

”



# Coloc Logeo



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Rendez-vous sur :  
**coloc.logeo.fr**

Contactez-nous :  
**coloc@logeo.fr**

Logeo Seine Estuaire   
Groupe ActionLogement

Logeo Seine Estuaire - Société Anonyme d'RLM à Directoire et Conseil de Surveillance au capital de 14 776 640,00 euros  
Agréée par arrêté ministériel du 8 juin 1967 - SIREN : 567 500 899 - RCS Le Havre - N° intracom - FR30 567500899 - APE : 6820A

# ACCOMODATION



## THE RESIDENCES OF THE CROUS NORMANDY POLE OF LE HAVRE

In Le Havre, the Crous (Regional Student Welfare Organisation) offers nearly 1,200 student housing units in 9 student residences.

### SECRETARIAT AND MANAGEMENT

117, rue Casimir Delavigne  
76600 Le Havre

☎ 02 35 42 30 28



🚏 A et B Université stop

## THE KAPS

AFEV programme supported by the COLOC76 scheme of the Seine-Maritime department

☎ 06 28 98 01 83

✉ lehavre@afev.org

🌐 Rejoins.afev.org/kaps/



→ **First steps in student life, first apartment, alone, in a shared flat or as a couple, be attentive and shrewd.**

At the time of installation, various steps must be taken: insurance, opening of water and electricity meters... You must not forget anything so as to spend the year in peace and quiet and calculate your expenses well so that you don't find yourself in financial trouble!

## *Good to know*

For all the accommodation offered by the Crous, the fee includes water, electricity and Internet charges. In addition, no housing tax is charged.

### RESIDENCES

Le Havre lower town

→ **Clovis Residence**

12, rue Clovis  
76600 Le Havre

→ **Labédoyère**

**Residence**  
29, rue Labédoyère  
76600 Le Havre

→ **Bougainville**  
**Residence**

119, rue Casimir  
Delavigne  
76600 Le Havre

→ **Delavigne Residence**

43 - 47, rue Casimir  
Delavigne  
76600 Le Havre

→ **Jules Lecesne Residence**

124, rue Jules Lecesne  
76600 Le Havre

→ **A'Dock Residence**

37, rue des chargeurs  
réunis • 76600 Le Havre

→ **Saint-Nicolas Residence**

10, rue de l'Aviateur  
Guérin 76600 Le Havre

→ **Duguay Trouin Residence**

23, rue Duguay Trouin  
76600 Le Havre

### RESIDENCE

Le Havre upper town

→ **Caucriauville Residence**

36, rue Boris Vian  
76600 Le Havre

More information on [Crous-normandie.fr](http://Crous-normandie.fr)

→ **The Kolocations à Projets Solidaires are 2 or 3-bedroom low-rent flats with a commitment to volunteer work to help out the inhabitants.** Refurbished, furnished and equipped, close to transport, everything is done to simplify your life! The commitment to volunteer work extends from 2 to 4 hours per week, you are trained and monitored by AFEV which accompanies you throughout the process.

Living a human experience of sharing, enriching one's career path and CV, while studying, is possible thanks to Kaps!

## PRIVATE RESIDENCES

In Le Havre, there is an offer of private student residences, managed by real estate professionals, covering nearly 1000 units.

- **Boieldieu Residence**  
29 - 31, rue Boieldieu  
76600 Le Havre  
02 76 81 28 70 • Peltier Immobilier
- **Dauphine Residence**  
99, rue Dauphine  
76600 Le Havre  
02 76 81 28 70 • Peltier Immobilier
- **Jean-Jacques Rousseau Residence**  
20, rue Jean-Jacques Rousseau  
76600 Le Havre  
02 35 42 49 00 • Foncia
- **Jules Verne Residence**  
4, rue Michel Dubos  
76600 Le Havre  
0 810 461 461  
Groupe Akerys
- **L'Amirauté Residence**  
22 - 24, rue Duguay Trouin  
76600 Le Havre
- **Le Cambridge Residence**  
7 - 9, rue du Bastion  
et rue Paul Souday  
76600 Le Havre
- **Saint-Exupéry Residence**  
35, rue Gabriel Péri  
76600 Le Havre  
02 35 42 49 00 • Foncia
- **Universitis Residence**  
49, cours de la République,  
76600 Le Havre  
02 35 42 49 00 • Foncia
- **Villa des sciences Residence**  
37 - 39, rue Demidoff  
76600 Le Havre  
02 35 42 49 00 • Foncia
- **Service Fénelon Residence**  
23 - 29, rue Fénelon  
76600 Le Havre  
02 35 11 32 40 • Appart City
- **Cosy & Study Residence**  
14, rue Voltaire  
76600 Le Havre  
06 59 78 07 45  
cosyandstudy.com
- **Sergic Dock City Student Residence**  
74, rue Marceau  
76600 Le Havre  
09 73 01 92 15  
sergic-residences.com
- **Coloc Logeo**  
139, cours de la république  
76600 Le Havre  
06 09 22 74 78  
coloc@logeofr

More information at [lehavre.fr/practice/accommodation](http://lehavre.fr/practice/accommodation)

Le Havre Résidence Jeunes Salariés  
**Germaine Coty**

Vous avez moins de 30 ans ?

Vous êtes jeune salarié(e), en alternance, en formation professionnelle, stagiaire, apprenti ...

Contactez-nous au  
02 35 06 87 97  
www.sodineuf.fr

36 studios meublés de 21 à 27 m<sup>2</sup>, à partir de 435€/mois\*, à 10 min du centre-ville!

\*selon ressources et âge du candidat (simulation possible sur [www.caf.fr](http://www.caf.fr))



Plus d'informations sur la  
Résidence en flashant ce code



## INTERGENERATIONAL HOUSING

### PARTAGEONS UN HAVRE ASSOCIATION



→ The association **Partageons un Havre (Let's Share a Haven/Havre)** bases its action on putting a student looking for accommodation in touch with a host with a room in his or her home.

### PARTAGEONS UN HAVRE

1, rue Henri Lioust  
76620 Le Havre

- ☎ 09 79 71 48 98
- ✉ [contact@partageonsunhavre.org](mailto:contact@partageonsunhavre.org)
- 🌐 [partageonsunhavre.org](http://partageonsunhavre.org)

## LABELLED HOUSING FROM THE PRIVATE STOCK

### ASSOCIATION HAVRAISE POUR LE LOGEMENT ÉTUDIANT (AHLOET)

→ The **AHLOET** association brings together the Le Havre Seine Métropole urban community and higher education institutions (University, ENSM, EM Normandie, Sciences Po, IFEN, INSA, ESADHaR, Mary Thieullement Institute of Paramedical Training).

→ It offers students from these institutions, as well as students from Saint-Jo, Saint-Vincent de Paul and

Jeanne d'Arc, quality and labelled housing. This service, which is free of charge, offers more than 1,500 apartments that meet the requirements of its quality label.

→ **Ahloet's website also offers a digital guide to help students in their search for accommodation, which explains the steps to follow and presents housing assistance.**



### AHLOET

Bât. ENSM, 10, quai Frissard  
76600 Le Havre

- ☎ 06 86 40 22 94
- ✉ [Logement.etudiant@ahloet.fr](mailto:Logement.etudiant@ahloet.fr)
- 🌐 [Ahloet.fr](http://Ahloet.fr)
- 🏠 8 Bains des Docks

You can find this guide at **ahloet.fr Student Home section → Guide**

### AGENCE DÉPARTEMENTALE D'INFORMATION SUR LE LOGEMENT (ADIL)

→ ADIL's vocation is to offer the public legal, financial and tax advice on all matters relating to housing.

### ADIL

100, boulevard Clemenceau  
76600 Le Havre

- ☎ 02 35 43 71 61
- 🏠 1 Saint-Joseph
- 🏠 4 Augustin Normand



**COMITÉ POUR LE LOGEMENT  
ET L'HABITAT DES JEUNES  
DE SEINE-MARITIME  
(CLHAJ)**

CLHAJ 76 is an association that welcomes young people under the age of 30, regardless of their social, professional and family situation.



**CLHAJ76**

1, rue Lemaistre  
76600 Le Havre

**OPENING HOURS**

**Tuesday, Thursday and Friday by  
appointment from 1:30 p.m. to 6 p.m. by  
appointment and Wednesdays from  
9 a.m. to 12:30 p.m.**

 02 35 19 69 76 | 02 35 19 69 71

 [Info.clhaj76@orange.fr](mailto:Info.clhaj76@orange.fr)

 [Clhaj76.org](http://Clhaj76.org)

 **5 et 6** Sous-préfecture stop

**Le CLHAJ 76 vous :**

- informs you and helps you build a realistic project
- supports you in any procedures
- helps you in case of difficulties (*problems with the landlord, unpaid bills, budget...*)
- accompanies you in your search for accommodation (*please note that CLHAJ does not offer housing lists, but can put you in touch with landlords*)
- offers concrete solutions for temporary housing

## THE PROCEDURES



### INVENTORY OF FIXTURES

→ During the inventory of fixtures, take the time to go around the accommodation with the owner. Do not hesitate to ask questions and especially note any defects you may find.

### THE SECURITY DEPOSIT

→ The security deposit is paid to the lessor when the lease is signed and corresponds to one month's rent excluding charges for unfurnished accommodation. The amount will be returned at the end of the lease, within a period of one month if the inventory of fixtures of exit is in conformity with the inventory of fixtures of entry, or two months in the event of nonconforming inventory of fixtures of exit, deduction made of the possible damage noted, at the time of the restitution of the apartment. In the absence of a fixed and regular income, it is often

requested for a third party to act as a guarantor for the rental of an apartment.

**For furnished accommodation, the deposit must not exceed 2 months' rent, excluding charges, and must be indicated in the rental contract (lease).**

### INSURANCE AND PROPERTY TAX

→ At the time of taking possession of the dwelling, it is obligatory to have taken out a home insurance policy. If you are a student and you have a dwelling on the 1st January of the year, you have to pay the housing tax for that dwelling. So remember to save-up! However, some student housing is exempt from property tax.

### OPENING OF METERS AND LINES

→ After signing the lease, anticipate the opening of electricity and gas meters, if necessary. You can consult the list of access providers present in Le Havre on [energie-info.fr](http://energie-info.fr)

*Don't forget the indispensable contract with an internet service provider to stay connected.*

*Tip: Remember to ask the landlord for the name of the former tenant, which is sometimes requested.*

### OPENING THE WATER METER IN YOUR HOME

→ For all subscriptions, cancellations, monthly payments, online payments, please contact us online at [hariane.fr](http://hariane.fr) or by phone at 02 35 22 25 25.

### LE HAVRE SEINE MÉTROPOLE

19, rue Georges Braque  
76600 Le Havre

Monday to Friday from  
8:00 a.m. to 4:30 p.m.

 [lehavreseinemetropole.fr](http://lehavreseinemetropole.fr)

 3, 4 et 6 Hôtel d'agglo stop

 A et B Hôtel de Ville stop

## HOUSING SUBSIDIES

### HOUSING SUBSIDIES FROM THE CAISSE D'ALLOCATIONS FAMILIALES (CAF)

→ First of all, in order to benefit from housing assistance and to claim aid from the CAF (Family Allowance Fund), you must already have found your accommodation and be a tenant or co-tenant. Before applying for housing assistance, do an estimation on caf.fr, this will allow you to calculate, in a few minutes,

an estimate of the amount you will receive. As soon as you enter the premises, don't waste time, apply for housing assistance because it will only be effective from the month following your entry into the premises. The first payment is generally made two months after the application.

CAF • 222, Bd de Strasbourg • 76600 Le Havre

For more information, call 0 810 29 29 29 (cost of a local call from a landline). For advice and tips, go to the Caf - Logements Etudiants page

 3 et 5 Général Sarrail stop  3, 8 et 9 Gares stop

 A et B Gares stop

### THE STUDENT SOCIAL FILE (DSE) OF THE CROUS

→ The student social file is the procedure that allows students to apply, from a single file, for a bursary based on social criteria and/or accommodation in a university residence.

*This file must be compiled each year from the etudiant.gouv.fr website, from 15 January to 31 May, for the following academic year.*

CROUS • Secrétariat de la Résidence du Bougainville  
117, rue Casimir Delavigne • 76600 Le Havre

 02 35 42 30 28

### THE LOCA-PASS LOAN

→ THE LOCA-PASS loan is a zero-rate intended to cover all or part of the security deposit required by the owner when you enter the premises. The LOCA-PASS guarantee acts as a security deposit for the landlord by covering the payment of the rent and charges in the event of non-payment.

*To find out if you can benefit from these services, you can connect to [actionlogement.fr](http://actionlogement.fr) or go directly to Action Logement.*

Loca-Pass : Action Logement  
208, Bd François 1<sup>er</sup> • 76600 Le Havre

Plus d'informations au

 02 32 74 05 05

 1 La plage ou 3 Saint-Vincent stop

 A et B Saint-Roch stop

### VISALE

→ VISALE is a Housing Action device. It is a guarantee that facilitates access to housing for students and ensures that the landlord receives their rental income for the entire duration of the rental period in the event of default by the tenant. Young people between the ages of 18 and 30 are eligible, regardless of their situation.

How do I get the VISALE deposit? The process is at the initiative of the tenant. The adhesion to this rental guarantee is free and must be done before the signature of the lease. It can be filled out online on the [Visale.fr](http://Visale.fr) website.



# The interview



## Frédéric GARCIA

Scriptwriter and creator of the Netflix series *Mortel* shot in Le Havre

### You're a 30-year-old screenwriter. What has been your background?

→ Coming from the Paris suburbs, nothing predestined me for the audiovisual professions. Following my degree in American literature and cinema, I obtained a master's degree in audiovisual production at the INA (Institut National de l'Audiovisuel). After two and a half years in a short film and commercials production company, I felt like writing my own stories. It was only after developing a project with a scriptwriter that I entered a training program at the Femis de Paris - École nationale supérieure des métiers de l'image et du son - and then realised my dream of making it my profession. My career then took off.

“*Le Havre offers a wealth of decors and atmospheres...*”

### Project *Mortel* was born. A series for teenagers. What's it for?

→ I started writing this story in 2009. *Mortel* was made possible thanks to a meeting with a producer who wanted to propose a fantasy series to Netflix. I never thought of it as a series for teenagers. You just create interesting characters and stay true to the story you want to tell. The very contemporary music and the aesthetics make this series a pop object that appeals to 13-25-year-olds. We also claim the French identity of the series by the absence of good-guy or bad-guy American-style characters, by the use of voodoo and of course by its sets.

### How do you explain the choice of Le Havre?

→ The series should not be identified as taking place in a specific city. Le Havre offers a wealth of scenery and atmosphere with interesting suburban architecture, French-style housing estates, but also magnificent forests and wide open spaces. It is easier to shoot here in real settings than in the Paris region. Our production director had already filmed in Le Havre and I fell in love with this city, its inhabitants, the local extras and the film crew. Filming season 2 took three and a half months: it will show more of the maritime atmosphere of the city. See you in November 2020!

# GETTING AROUND



The LiA Pass is nominative. It allows unlimited use of buses, trams, funiculars and LER throughout the year.

You can buy it in the LiA agencies located near the Town Hall and at the Le Havre bus station..

## LiA HÔTEL DE VILLE

9, avenue René Coty  
76600 Le Havre

1, C2, 3, 5 et 7 Place Thiers stop

1, C2, 3, 4, 5, 6 et 7

Hôtel de Ville stop

A et B Hôtel de Ville stop

## LiA STATION

1, cours La Fayette  
76600 Le Havre

3, 4, 5, 8, 9, 12, 13,  
15, 18, 19 et 22 Gares stop

A et B Gares stop

Buses run 7 days a week, all year round (except 1<sup>st</sup> May). Bus lines 1, 2, 3, 4, and 22 accompany the tramway and run until 00:30.

## GETTING AROUND IS EASIER WITH LiA!

→ With 2 tramway lines, 21 bus lines and a funicular railway, the urban community of Le Havre Seine Métropole has a transport network so as to get about easily in the city centre and reach your main points of interest (beach, shops, museums...). Whether you are on foot or by bike, it is possible to mix all means of transport - train, LER, funicular, bus and tram - to get around the area easily.

## Good to know



→ No tickets are sold on board the tram: Ticket vending machines are available at the various stations.

→ To travel on the LiA network, you must stamp your ticket each time you board the vehicle, including for connecting trips.

→ A TER (called LER) serves several communes of the urban community : Le Havre, Harfleur, Montivilliers, Épouville and Rolleville. For more information, contact the SNCF.



Application



à télécharger gratuitement sur



## SUBSCRIPTIONS

Subscriptions under 20 years old and students (from 20 to 28 years old with proof) :

→ Annual fee 20 € per month or 240 € (2.5 months free)

→ Monthly fee 25 € per month

For students with a bursary on presentation of a certificate issued by the CROUS for the current school year

→ Annual subscription 1/2 price 18.75 € per month or 225 €

→ Monthly subscription 1/2 price 21.50 €



## LIA AT NIGHT

→ Do you want to enjoy the night activities and get home safely without worrying about time constraints?

From Monday to Sunday all year round, LiA offers night transport based on the principle of transport on demand between all the stops in the municipalities served by this service:

Le Havre, Montivilliers, Gonfreville-L'Orcher,

Harfleur, Sainte-Adresse, Octeville-sur-mer, Fontaine-la-Mallet and Gainneville. All you have to do is book your trip via the LiA application on your smartphone.

→ Getting on and off is done at the bus stops. This service works with LiA pricing. If necessary, you can buy tickets in the taxis that provide this service.

## Good to know



### TRAMWAY

Bicycles only enter through the double doors in the middle of the vehicle and outside rush hours.

### FUNICULAR

It closes every summer for a month for technical shutdown. It is possible to travel with your bike.

## THE TRAMWAY



The tramway runs 7 days a week, all year round (except 1<sup>st</sup> May):

→ Monday to Saturday, 5:00 a.m. to 12:30 a.m.

→ Sundays and holidays, from 6:00 a.m. to 12:30 a.m.

**No sale of securities is carried out on board the tramway:** Vending machines are available at each station.



New

### SMS service:

you can now buy your 1-hour title by text message. Send 1 h to 93 333 (€ 1.80)

## THE FUNICULAR

The funicular connects the lower town to the upper town of Le Havre. It runs 7 days a week, all year round (except 1<sup>st</sup> May):

→ Monday to Saturday, 7:30 a.m. to 9 p.m.

→ Sundays and holidays from 7:30 a.m. to 7:30 p.m.

All LiA tickets are valid for use on the funicular. Special funicular tickets are also available.

More information on [transports-lia.fr](https://transports-lia.fr) and on the LiA application

→ To date, more than 135 km of secure cycling facilities allow you to travel the territory.

By 2021, an additional 45 km will have been completed by the urban community of Le Havre Seine Métropole.

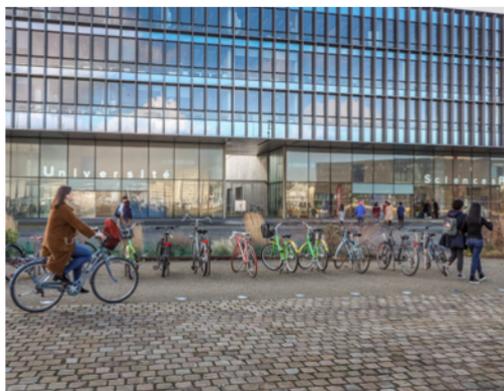
An opportunity to explore the territory in a different way!

## 12 SECURE BIKE PARKS

→ Bike parks (P+V), are accessible 24 hours a day, to holders of a registered LiA Pass.

→ Parking is free and secure in the public car parks of the Hôtel de Ville, Coty and the Gare.

→ Two inflating stations are at your disposal and free of charge: one at the beach near the skate park and the other near the Hôtel de Ville bus station.



More information on [transports-lia.fr](https://transports-lia.fr)

## Good to know

→ Repair workshops are held on the first Wednesday of every month at the university.

→ Other events are organized regularly (bicycle grants, thematic bike rides).

Programming information:  
[la-roue-libre.com](https://la-roue-libre.com)

A flexible and non-polluting mode of transport, the bicycle symbolizes a form of freedom, without time constraints and without parking problems! You should also know that in the city, cycling is the fastest way to cover 3 km (15 minutes on average). Plus, it's great for your health!



### DO IT BY BIKE

An interactive map of the cycle network is available on [lehavreseinemetropole.fr](https://lehavreseinemetropole.fr)

## DON'T YOU HAVE A BIKE? THINK ABOUT RENTING!

→ The "LiA les vélos" service offers both short- and long-term rental of classic, electric and folding bicycles (750 in total) to meet the needs of both tourists and residents of the urban community.

→ A central rental point at the railway station is complemented by a mobile rental point in the dancs

communes and at the beach in summer. Everyone can have access to a bicycle all year round during extended opening hours.

→ A mobile rental point all year round: from 15th June to 15th September, will be set up at the beach, every day from 10 a.m. to 8 p.m. for short-term renters of classic bikes.



*Classic bikes are free for students.*

## AND FOR THE MAINTENANCE OF YOUR BIKE?

→ La Roue Libre offers repair and self-repair workshops to maintain your bike. Several activities, including a cyclo-cultural café, have been set up to encourage exchanges and share moments of conviviality.

Tuesday to Friday from 1:30 to 6:00 p.m. and Saturday from 10:00 to 12:00 a.m. and 1:30 to 6:00 p.m.

3, rue Bonnavet • 76600 Le Havre

☎ 09 84 11 52 95

✉ contact@la-roue-libre.com

🌐 la-roue-libre.com

📍 La Roue Libre

## CAR PARKING

### ON-STREET PARKING:

→ The student season ticket allows you to park on the public highway, in the green area, in a delimited area around the higher education establishment.

The hours for taking out a student road season ticket are: from 8 a.m. to 4:50 p.m. from Monday to Friday and on Saturdays from 9 a.m. to 11:50 a.m. (hours of the Accueil Unique État Civil service).

The student can also do this on [Hariane.fr](http://Hariane.fr).

The 02 35 19 45 45 is the number which allows the student to have all the necessary information (conditions, documents to provide...) before subscribing to his parking subscription. This service is open from Monday to Friday from 8 a.m. to 5 p.m.

### PARKING BARRIERS:

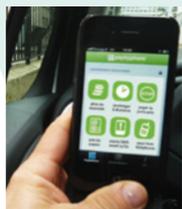
→ The student pass is available for 10 € per month for access from Monday to Saturday from 7 a.m. to 9 p.m., in one of the 3 barrier car parks managed by EFFIA: To take out a subscription for the P4 Vauban or J.J. Rousseau car parks, go to the reception desk of the P4 Vauban car park: 52, quai Frissard (Vauban Shopping Centre), Monday to Friday from 8 a.m. to 8 p.m., Saturdays and Sundays from 10 a.m. to 8 p.m.

To take out a subscription in the Les Halles car park, go to the reception of the René Coty car park: 22 rue Casimir Périer (Espace Coty shopping centre), Monday to Saturday from 8 a.m. to 8 p.m.

Subscriptions can be taken out over the phone with EFFIA customer service: 0 806 000 115 (price of a local call) Monday to Friday from 8:30 a.m. to 6 p.m. / [service.clients@effia.fr](mailto:service.clients@effia.fr) To take out the student subscription, you only need to present the following supporting documents: Copy of the vehicle registration document, bank details, proof of address, insurance certificate and student card.

### TAXI

→ 24 hours a day, 7 days a week, 365 days a year, sightseeing tours are also available. One number: 02 35 25 81 81



Thanks to the PayByPhone application, it is now possible to pay for parking from your smartphone; no more need for a ticket and change, possibility to consult the remaining parking time, to extend it or to stop it remotely...

More information on [lehavre.fr/pratique/stationnement](http://lehavre.fr/pratique/stationnement)

### OPENING HOURS

September 4, 2020

to April 13, 2021

Tuesday to Saturday

1 p.m. - 7 p.m.

(except holidays)

April 15 to September 14, 2021

Monday to Saturday

10 a.m. - 7 p.m.

A mobile rental point all year round: from 15th June to 15<sup>th</sup> September, will be set up at the beach, every day from 10 a.m. to 8 p.m. for short term rentals of classic bikes.

## TO GO FURTHER!

### BUS & COACH

→ The main destinations by bus from Le Havre.

Line 12 to Etainhus station via  
Saint-Romain-de-Colbec

Ligne 13 to Étretat

Line 22 towards Gonfreville-l'Orcher - Parc de l'Estuaire

Pricing: go to [www.normandie.fr](http://www.normandie.fr)

DESTINATIONS	RATES 1 JOURNEY (under 26 years old)	LINES
CAEN	€4.20	20
HONFLEUR	€4.20	20 / 39 / 50
DEAUVILLE	€4.20	20
ÉTRETAT	€2	24
LISIEUX	€4.20	50



*Several bus companies offer  
journeys from Le Havre  
to Paris at low prices*



### LE HAVRE STATION

12, rue Magellan  
76600 Le Havre

**BUS** 02 35 22 35 00

**COACH** 0 810 214 214

**3, 4, 5, 8, 9, 12, 13,  
15, 18, 19 et 22 Stations**

**A et B Stations**



Flixbus : [flixbus.fr](http://flixbus.fr) → Ouibus : [ouibus.com/fr](http://ouibus.com/fr)  
Eurolines : [eurolines.fr/fr](http://eurolines.fr/fr) → Megabus :  
[megabus.com](http://megabus.com)

### TRAIN



### LE HAVRE STATION

Cours de la République  
76600 Le Havre

36 35

**3, 4, 5, 8, 9, 12, 13,  
15, 18, 19 et 22 Stations**

**A et B Stations**

**Train - LER**

(Lézarde Express Régionale)

### PLANE



→ Le Havre -  
Octeville airport  
mainly offers  
national and  
European charter  
flights.

More  
information  
[lehavre.aeroport.fr](http://lehavre.aeroport.fr)



### LE HAVRE OCTEVILLE AIRPORT

Rue Louis Blériot • D940  
76620 Le Havre

02 35 54 65 00

[lehavre.aeroport.fr](http://lehavre.aeroport.fr)

# EATING OUT



## RESTAURANTS

### IN THE LOWER CITY

→ **University Restaurant**  
(400 seats)  
From 11:30 a.m. to 1:30 p.m.  
30, rue Demidoff  
02 35 53 29 12

→ **Brasserie**  
(120 seats)  
From 11:30 a.m. to 2:00 p.m.  
30, rue Demidoff  
02 35 53 29 12

→ **Cafétéria Lebon**  
(80 seats)  
8:30 a.m. to 4:30 p.m.  
25, rue Philippe Lebon  
(University of Le Havre)

### IN THE HIGHER CITY

→ **Cafétéria IUT  
Caucriauville** (125 seats)  
Monday to Friday  
8:30 a.m. to 12:30 p.m. and  
1:15 p.m. to 3:15 p.m.  
Place Robert Schuman  
02 35 51 62 48

## THE RATES

Until 31 August 2021, the university restaurants offer you a full meal from €3.30 upwards. You can choose between several methods of payment: by credit card, with your Léocarte or with your smartphone thanks to the Izly by Crous application.

## THE LÉOCARTE

You can also pay for your meals with the Léocarte, managed by your home establishment, common to most establishments in Normandy and compatible with the Izly by Crous payment solution.

More information on  
[univ-lehavre.fr](http://univ-lehavre.fr)

## IZLY by Crous

Three ways to pay for your meals with Izly: the Léocarte, the Crous card and your smartphone with the Izly application.

**1. Activate your account on:**  
<https://mon-espace.izly.fr>

Log in with your email address and temporary password contained in the IZLY by Crous activation email. In a few steps, activate your account

**2. Recharge your account on:**  
<https://mon-espace.izly.fr>

You can also top up your account by downloading the Izly by Crous app available on the Appstore,

Google Play or Windows Phone Store.

**3. Pay for your meal.** Use your Crous card, the Léocarte card or your smartphone to pay for your meal. To pay with your smartphone, open the Izly by Crous application, click on "Pay", a QR code is generated, present it in front of the reader at the checkout and the meal is paid for.



à télécharger gratuitement sur



# RECEPTION OF FOREIGN STUDENTS



## SCHOOL SERVICES

### THE DEPARTMENT OF SCHOOLING AND STUDENT LIFE OF THE UNIVERSITY LE HAVRE NORMANDIE

The Department of Schooling and Student Life is the contact point for students for all questions related to the administrative follow-up of their file and their registration until the issuing of their diploma. Its teams help, inform and guide students who are not part of the exchange programme in their various procedures: applying for a residence permit, looking for accommodation, social assistance, etc.

**Contact the teams  
in charge of schooling:**

+33 (0)2 32 74 40 01  
scolarite-centrale@univ-lehavre.fr

**Contact the teams  
in charge of student life:**

+33 (0)2 32 74 40 14  
vie-etudiante@univ-lehavre.fr

## THE INTERNATIONAL RELATIONS DEPARTMENT OF THE UNIVERSITY LE HAVRE NORMANDIE

→ The University's International Relations Department manages incoming mobility within the framework of programmes and conventions. International students come from the European Union (Erasmus), the ISEP program with the United States, the BCI program with Quebec and

bilateral agreements with countries in Asia, Latin America and Africa. A personalised welcome system is reserved for them, where reception tutors help them prepare for their arrival, pick them up at the station and accompany them in their administrative procedures (housing, insurance, bank, etc.).

### Le Havre Normandy University

25, rue Philippe Lebon • 76600 Le Havre

☎ +33 (0)2 32 74 42 25 ✉ sri@univ-lehavre.fr

## INTERNATIONAL SERVICE OF THE NORMANDY SCHOOL OF MANAGEMENT (EMN)

→ The international service of the EMN is at the disposal of foreign students in case of difficulties during their stay in Le Havre. A welcome guide is available on

[ecole-management-normandie.fr](http://ecole-management-normandie.fr)

☎ +33 (0)2 32 92 52 65 ✉ international@em-normandie.fr

## SCIENCES PO WELCOME

→ The aim of this association is to put Le Havre families in touch with foreign students from the Sciences Po (Political Science) Le Havre campus. They meet

once or twice a month. This allows them to discover the language and culture of our country and to share family moments.

✉ info.euro-asie@sciencespo.fr

# ADMINISTRATIVE PROCEDURES



Here is some practical information to help you in your procedures from the moment you arrive in France.

## RESIDENCE PERMIT

### First-time applicants

(except Algerians and minors)

→ The student has to follow the online procedures, upon arrival in France, on the following website:  
[administration-etrangers-enfrance.interieur.gouv.fr/particuliers/](http://administration-etrangers-enfrance.interieur.gouv.fr/particuliers/)

### Renewal of the residence permit

→ For Algerian and minor first-time applicants and for renewals, the approach will be dematerialized from 1<sup>st</sup> June 2020.

## STUDENT WELFARE REFORM

→ 16<sup>th</sup> March 2018 - Directorate of Legal and Administrative Information (Prime Minister)

→ Act No. 2018 - 166 of 8<sup>th</sup> March 2018 on student guidance and success provides for the abolition of the student social security scheme by 31<sup>st</sup> August 2019. Student mutual insurance companies will be able to continue to offer complementary health services, as well as preventive actions on campus.

→ If you are a European student, you must use your European Health Insurance Card to access health care in France or apply for it at the relevant organisation.

→ However, depending on your situation, you may need to take other steps.

→ Before you leave, check with your affiliate organization and the French National Health Insurance.

[ameli.fr/assure/droits-demarches/etudes-emploi/traite/](http://ameli.fr/assure/droits-demarches/etudes-emploi/traite/) [etudes-stages/etudiant](http://ameli.fr/assure/droits-demarches/etudes-emploi/traite/)

## Lexicon

**OFII** \_\_\_ French Office for Immigration and Integration

**CPAM** \_\_\_ Primary Health Insurance Fund

**ACS** \_\_\_ Supplementary Health Assistance

**CMU** \_\_\_ Universal Health Coverage

**CMUB** \_\_\_ Basic Universal Health Coverage

**CMUC** \_\_\_ Complementary Universal Health Coverage

The CPAM reception desk is open by appointment from Monday to Friday from 8:30 a.m. to 4:30 p.m.

42, cours de la République  
76600 Le Havre

 36 46

 3, 5, 8 et 9 Gares stop

 A et B Gares stop

To find out more about the reform and the new steps to be taken, go to [etudiant.gouv.fr](http://etudiant.gouv.fr)

If you have any problems or doubts, do not hesitate to contact the international department of your school.



## Close up



### INTERNATIONAL STUDENT NETWORK LE HAVRE

An association dedicated to the internationality of students!

## Steven PÉRIOT

Steven PÉRIOT is from Le Havre. He is now a student in a management and international trade Master's Degree course.

Last September, he created the International Student Network Le Havre association, which already takes up a large part of his as well as the small team he has gathered around his project's time.

« Before going back to school, I spent three years in Mexico. When I came back, I spontaneously got closer to foreign students, before I realised that there were many community associations, but none open to all nationalities. »

Thus its purpose is twofold:

« On the one hand, we are trying to improve the reception of foreign students to enable them to acclimatize and integrate better. On the other hand, we want to make Le Havre students

more aware of international exchanges ».

Thus Steven and his association organized visits of sites, an escape game dating, a trip to Mont Saint-Michel, outings to games...

 International Student Network - Le Havre

## Good to know



→ To assist the many non-French speaking international students arriving in Le Havre, a 100% English version of the student guide is available online on the City and Le Havre Seine Métropole websites, as well as any interested organisations websites:  
[campus-lehavre-normandie.fr](http://campus-lehavre-normandie.fr)



→ Pour faciliter l'arrivée au Havre des nombreux étudiants internationaux non francophones, une version 100% anglophone du guide de l'étudiant est proposée en ligne sur le site :  
[campus-lehavre-normandie.fr](http://campus-lehavre-normandie.fr)

Qui  
m'aime  
me suit

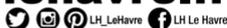


 lh\_lehavre  
suivez-nous !

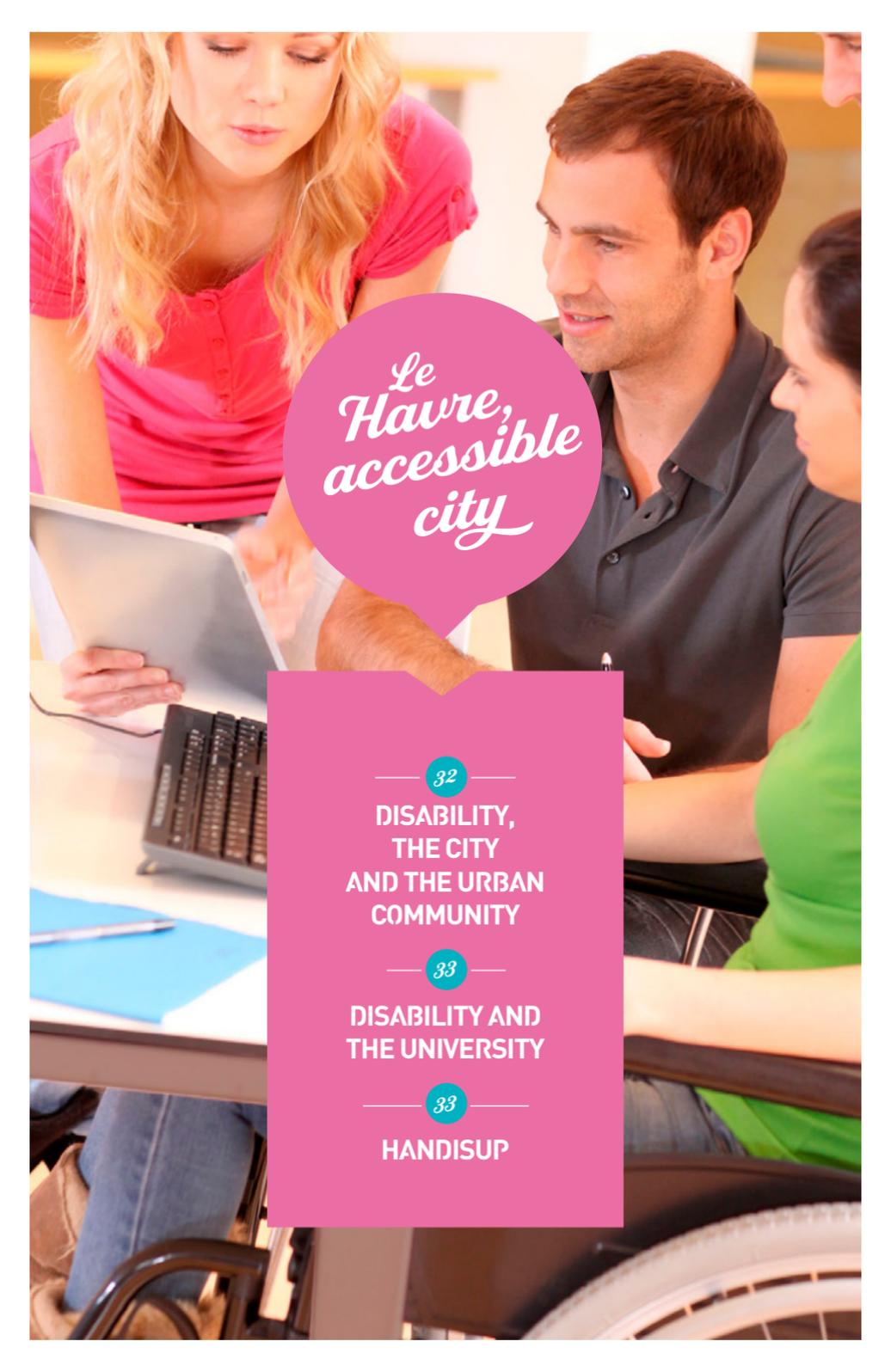
Ville du Havre - 2019

#Monhavre

lehavre.fr



  
leHavre



*Le  
Havre,  
accessible  
city*

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DISABILITY,  
THE CITY  
AND THE URBAN  
COMMUNITY

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DISABILITY AND  
THE UNIVERSITY

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HANDISUP

# DISABILITY, THE CITY AND THE URBAN COMMUNITY



The City of Le Havre and its partners are mobilising to make the daily life of people with disabilities and their families easier. The Handicap dans la Ville mission informs, guides and accompanies people with disabilities and their families to the various structures or services dedicated to them on a daily basis. It works continuously for better accessibility to the various facilities.



## MISSION HANDICAP IN THE CITY RDC MAIRIE DU HAVRE

1517, place de l'Hôtel de Ville  
76084 Le Havre Cedex

☎ 02 35 19 44 33

✉ [servicehandicap@lehavre.fr](mailto:servicehandicap@lehavre.fr)

### OPENING HOURS

Monday to Friday from 9:00 a.m.  
to 12:30 p.m. and  
from 1:30 p.m. to 4:30 p.m.  
and with appointment

## THEIR OBJECTIVES

- Organising a global care system for the disabled, and directing people with disabilities to the different structures.
- Carrying out awareness-raising actions with the general public and the City of Le Havre's departments.
- Federating associations and providing them with logistical support.
- Being a consultant in the accessibility commissions of the City of Le Havre.
- Informing the disabled public about the different services and devices set up by the City of Le Havre.



## MOBI'FIL : Transport on demand for people with reduced mobility



Set up by Le Havre Seine Métropole, Mobi'Fil is an on-demand transport service adapted for people with reduced mobility.

To book, just one number:  
02 35 22 34 34  
[Transports-lia.fr /](http://Transports-lia.fr/)  
[lehavreseinemetropole.fr](http://lehavreseinemetropole.fr)

# DISABILITY AND THE UNIVERSITY

The Disability Department of the University of Le Havre Normandie aims to improve the daily life of students with disabilities. It works in close collaboration with the department of preventive medicine in order to find adapted solutions for students with specific needs.



25, rue Philippe Lebon  
76600 Le Havre

☎ 02 32 74 44 41 • 02 32 74 41 97  
✉ service-handicap@univ-lehavre.fr  
Plus d'infos sur univ-lehavre.fr

📍 9 Beaux-Arts stop  
📍 A et B Université stop

## HANDISUP

Handisup helps young people with disabilities make the leap between higher education and professional integration.



### HANDISUP HAUTE-NORMANDIE

Maison de l'Université  
76821 Mont-Saint-Aignan Cedex

☎ 02 32 76 92 52  
✉ secretariat@handisup.asso.fr  
🌐 handisup.asso.fr

## SES MISSIONS

- Welcoming, informing and accompanying
- Setting up study arrangements laid out by the Preventive Medicine Department
- Working in conjunction with the teaching teams
- Providing a reception room
- Providing examination facilities
- Providing suitable technical equipment
- Creating a link between the student, the family and the teaching staff.
- Integrating the student into the life of the university and beyond through cultural activities and sports.
- Coordinating with the different associations of the disability network within the City of Le Havre.

→ Le Havre Normandie University employs students in order to facilitate access for students with disabilities.

The disability department of the University of Le Havre Normandie participates in other missions with its partner the **Handisup association**:

- To put students and young graduates with disabilities in contact with companies in the region for internships and work-study programs.
- Advising young graduates in their professional integration.

## OBJECTIVES

- Advising young graduates in their professional integration
- Connecting students and recent graduates with companies in the region

→ Since 2012, Handisup has been promoting the social and professional integration of young autistic people.



## The interview

### Tom AUBER

Standup paddleboarding champion

2<sup>nd</sup> highest ranked European  
SUP Racer

16<sup>e</sup> mondial

Champion de France  
de Technical Race Flat Water



#### What do you remember about your studies?

→ I have good memories of my studies in Le Havre. Being in my home town helped me to reconcile my studies and my sports project.

It's been a long road to get here! We had to spend a lot of time on the water, from very young age, in order to progress more and more.

→ I think the main thing is that I've always been passionate about what I do. I want to train and go to the water every day and that's probably what makes it work.

Having my brother, Marius, more and more involved in the competitions also gives me an extra motivation.  
We try to train together as often as possible in order to better each other.

“ I try to combine sport and studies as best I can ”

#### How do you reconcile higher education and competition?

→ Since September 2019, I have been studying at the École Nationale Supérieure Maritime de Marseille, in the navigation engineering program. Since September 2019, I have been studying at the École Nationale Supérieure Maritime de Marseille, in the navigation engineering program.

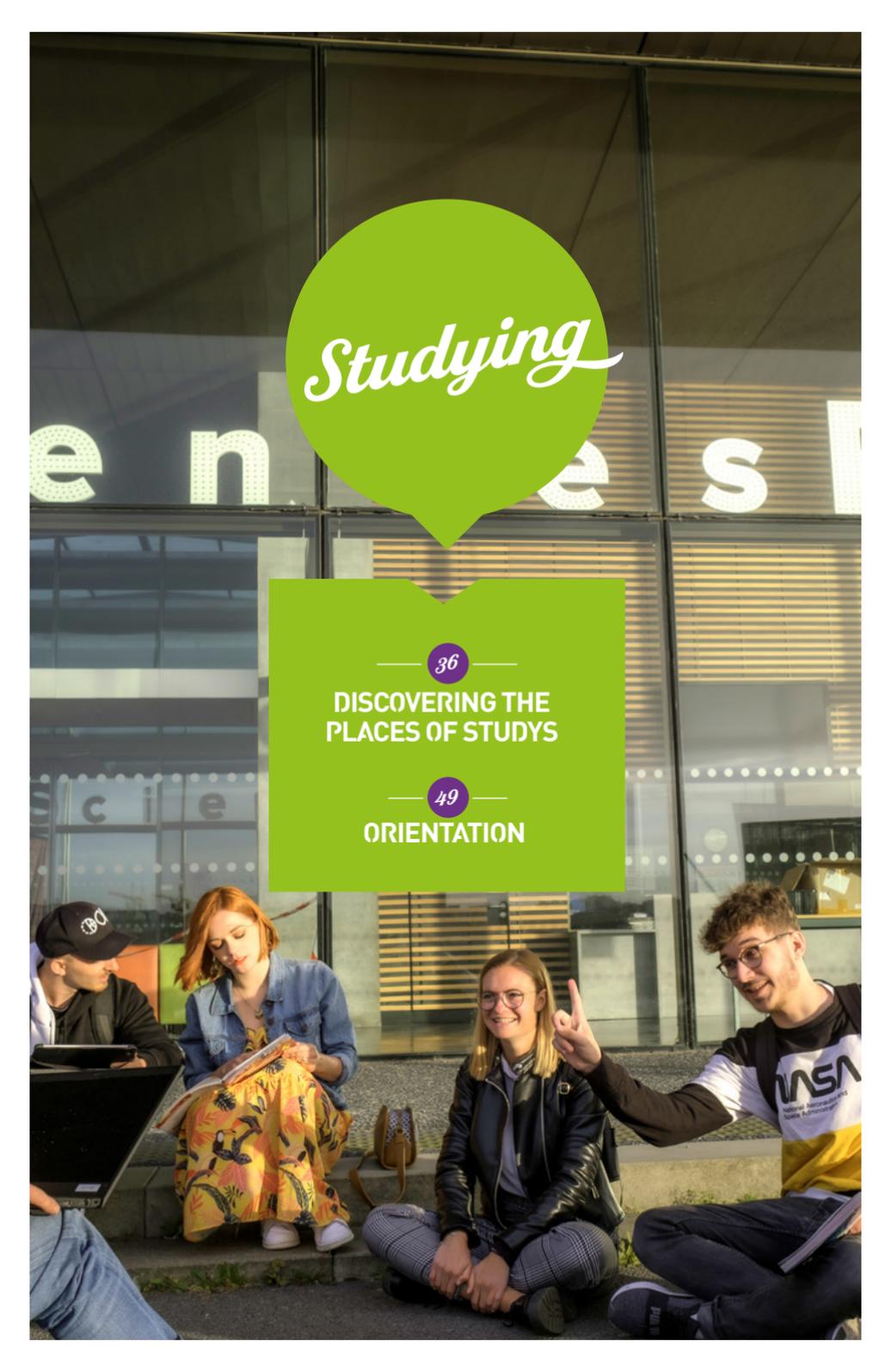
#### What would be your best competition memory?

→ My best memory is without a doubt my first participation in the biggest standup paddleboarding race in California in 2017. I finished 6th after leading the race for a while. However, my original goal was only to qualify for the final with the top 20 in the world. This result is without a doubt the one that allowed me to progress to the top level.

#### Do you have any dreams of an Olympic participation if one day standup paddleboarding was approved for the Olympic Games?

→ Unfortunately, there are no plans at the moment to integrate standup paddleboarding at the Olympics, but the international federation is working hard so that our discipline becomes Olympic in the future.

In any case, if standup paddleboarding becomes an Olympic discipline, it would be a dream for me to take part in such a prestigious event!



# Studying

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DISCOVERING THE  
PLACES OF STUDYS

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ORIENTATION

# DISCOVERING THE PLACES OF STUDY



## UNIVERSITY LE HAVRE NORMANDY

25, rue Philippe Lebon  
BP 1123 • 76600 Le Havre

☎ 02 32 74 40 00 🌐 univ-lehavre.fr

🗨 9 Université stop

📖 A and B Université stop

### *Did you know?*

#### WORK-STUDY COURSES

Numerous training courses on Le Havre Normandie Campus can be done by alternating work and study. This novel way of training, mixing theory and practice, alternates periods of lessons and periods in the company. Following a work-linked training course propels the student within the company as soon as he or she starts school. The student acquires professional experience, company culture and know-how during the course of their training. The company compensates the student for his work and pays the tuition fees. At the end of his or her contract, the student has a validated professional experience, an address book and a network facilitating his or her entry into working life.

## UNIVERSITIES AND SCHOOLS

→ Bolstering the offer of higher education is a priority for Le Havre. The Campus, with its numerous higher education institutions and 13,300 students, offers numerous and diversified courses, from baccalaureate +2 years to master's degrees.

### UNIVERSITY LE HAVRE NORMANDY

**10 DUT** (University Diplomas in Technology), **19 bachelor's degrees**, **22 professional bachelor's degrees** and **33 master's degrees** are offered by the University of Le Havre Normandy, which currently welcomes more than 8,200 students.

The student will find within the University Le Havre Normandie a set of places and services dedicated to him/her:

→ The Direction de la Scolarité et de la Vie Étudiante (DSVE – School Administration Office), which accompanies you from the administrative registration to the issuing of the diploma, helps you in your administrative procedures and accompanies you in your projects.

→ The International Relations Service (SRI)  
→ THE SUIO, the Information and Guidance Service  
→ The University Library (BU)  
→ The Cultural Service  
→ The Sports Service and its gymnasium, with more than forty leisure or competition activities (S.U.A.P.S)



The University comprises of three Training and Research Units (UFR): International Affairs, Science and Technology, Literature and Humanities; a University Institute of Technology (IUT); an Engineering School (ISEL). It also hosts a branch of the Ecole Supérieure de Professorat et de l'Éducation (ESPE – Teaching School) of the Rouen Rectorate and offers the PASS (Specific Health Care Curriculum) and LAS (Health Access Bachelor's Degree).

**The Conférence Havraise des établissements d'Enseignement et de Recherche du Supérieur (CHEERS) is an association which brings together the following establishments and institutions:**



Conférence Havraise  
des établissements d'enseignement  
et de recherche du supérieur

- Normandy School of Management
- École Nationale Supérieure Maritime
- School of Art and Design Le Havre Rouen
- Normandy Educator Training Institute
- City of Le Havre
- National Institute of Applied Sciences of Rouen
- Sciences Po, Le Havre Europe-Asia campus
- Le Havre Normandy University
- Le Havre Seine Métropole
- Saint-Jo Sup
- Saint-Vincent-de-Paul Group
- Lycée François 1<sup>er</sup>
- Lycée Schuman Perret
- Lycée Claude Monet
- IFP Mary Thieullent
- The COMUE (Community of Universities and Institutions)

*By offering institutions a forum for discussion, consultation and action, CHEERS aims to make higher education in Le Havre more attractive, more visible and to offer an improved living environment to students in the urban community.*

## IUT LE HAVRE

UNIVERSITY INSTITUTE OF TECHNOLOGY  
UNIVERSITY LE HAVRE NORMANDY

The IUT Le Havre has developed 10 departments within its 2 sites:

### → IUT Caucriauville

Mechanical and Production Engineering (GMP), Business and Administration Management (GEA), Electrical Engineering and Industrial Computing (GEII), Marketing Techniques (TC), Logistics and Transport Management (GLT), Computer Science (INFO), Social Careers (ST).

### → IUT Frissard

Health, Safety and Environment (HSE), Civil Engineering (CE), Information Communication (Info-com)

☎ 02 32 74 46 00 ✉ iut-scol@univ-lehavre.fr

## Good to know

The university library of the IUT is located on the Caucriauville campus. It is open Monday to Friday from 8:30 a.m. to 6:00 p.m.



## IUT CAUCRIAUVILLE

32, rue Boris Vian • 76610 Le Havre

🚗 9 🚇 B Schuman stop

## IUT FRISSARD

Rue Théodore Nègre • 76600 Le Havre

🚗 3, 5, 8 and 9 🚇 Gares stop

🚗 8 🚇 Paul Vatine stop

🚗 A and B 🚇 Gares stop

## ISEL

HIGHER INSTITUTE OF LOGISTICS STUDIES



→ This engineering school, specialised in logistics, is evolving towards the status of a logistics campus of international scope.

This sector is reinforced by the Engineering and Logistics Centre (PIL), which enables the Le Havre region to assert its expertise in this field. The particularity of the programme is the creation of

a unique space on French territory: the Logistics Learning Center. It ensures the capitalisation of knowledge and its dematerialised dissemination to its users. ISEL is the only school in France authorised to issue a diploma in logistics engineering.



## ISEL

11, Quai Frissard • 76600 Le Havre

☎ 02 32 74 40 00

🌐 isel-logistique.fr

🚗 3, 5, 6, 8 and 9 🚇 Gares stop

🚗 8 🚇 Paul Vatine

🚗 A and B 🚇 Gares stop

**PACES**, THE FIRST YEAR COMMON TO ALL HEALTH STUDIES COURSES BECOMES PASS (SPECIFIC HEALTH CARE CURRICULUM) AND LAS (HEALTH ACCESS BACHELOR'S DEGREE).

→ Do you want to become a doctor, physiotherapist, dentist, pharmacist or midwife?

Every year, nearly 250 students join the University of Le Havre Normandy to follow the courses and prepare for the health studies entrance exam.

**The working and study conditions are optimal:** courses broadcast by videoconference from the Faculty of Medicine and Pharmacy of the University of Rouen Normandy, a dedicated lecture hall, directed studies in the presence of professors, tutoring...

The objective is to offer the same opportunities for all with perfect equity between the students of the two universities. The success rate in Le Havre is moreover comparable to that of Rouen.

→ **The plusses of the reform**

- More diversified student profiles thanks to the Bachelor's Degrees in Health Access, Economics and Management and Chemistry - Life Sciences.
- A possible reorientation with validation of prior learning for students entering this first year.

**PASS AND LAS**, courses offered by the University Le Havre Normandy and actively supported by the urban community Le Havre Seine Métropole. Don't hesitate any longer, it's time to register and put the chances on your side by studying near you.



## UNIVERSITÉ LE HAVRE NORMANDIE

25, rue Philippe Lebon  
BP 1123 - 76600 Le Havre

- ☎ 02 35 22 24 06
- ✉ unvi-lehavre.fr
- ✉ univ-rouen.fr
- 🌐 Lehavreseinemetropole.fr
- 📍 9 📍 A and B Université stop

## EM NORMANDIE



→ Created in 1871 in Le Havre, EM Normandie is one of the oldest business and management schools in France. EM Normandie is a private higher education and research establishment with

associative status, located on 4 campuses in Caen, Le Havre, Paris Dublin and Oxford.

→ At the start of the 2020 academic year, the school will move to its new campus in Le Havre, a magnificent high-tech architectural building in the heart of the Le Havre Normandy Campus.

🌐 em-normandie.com



## EM NORMANDIE

20, quai Frissard  
76600 Le Havre

- ☎ 02 32 92 59 99
- 📍 3, 5, 6, 8 and 9 Gares stop
- 📍 8 Paul Vatine stop
- 📍 A and B Gares stop

## ENSM

NATIONAL MARITIME COLLEGE

→ This school, with its architecture and original Ship in School concept, trains Merchant Navy officers. With various technical equipment integrated into the school and the presence of several navigation simulators, the ENSM building in Le Havre offers students an outstanding educational tool at the national and international level.

🌐 Supmaritime.fr



## ENSM

Quai du Cameroun  
76600 Le Havre

- ☎ 09 70 00 03 73
- 📍 3, 5, 8 and 9 Gares stop  
8 Paul Vatine stop
- 📍 A and B Gares stop



## SCIENCES-PO

→ The Le Havre Campus, the first European-Asian cycle of Sciences-Po Paris, offers teaching in the basic disciplines of political science by approaching them from a dual perspective: European and Asian.

**Most of the teaching is given in English.**

 [college.sciences-po.fr/sitehavre/](http://college.sciences-po.fr/sitehavre/)

## SciencesPo

### SCIENCESPO

77, rue Bellot  
76600 Le Havre

 02 32 92 17 20

 8 Bains des Docks stop

## ESADHaR

### COLLEGE OF ART AND DESIGN

→ The École Supérieure d'Art et Design Le Havre - Rouen is devoted to higher education and research in the fields of art, graphic design and literary creation.

The School also offers its students two certificates of professionalisation: a certificate of cultural mediation and a didactic certificate of artistic teaching, allowing them to more easily access the status of teacher in associative or private structures.

ESADHaR is developing many international projects, particularly in Europe within the framework of the Erasmus + programme, but also with South Korea, Brazil, China and Israel.

 [Esadhar.fr](http://Esadhar.fr)



### ESADHaR

65, rue Demidoff  
76600 Le Havre

 02 35 53 30 31

 9 Beaux-Arts stop

 A and B Université stop

## ARTOTHÈQUE

→ Thanks to its various exhibition venues and through major events that the establishment co-organises, notably *Une saison graphique* and *Art Sequana*, ESADHaR is one of the major cultural players in Normandy and today has its own cultural exhibition space, the Artothèque. The Artothèque is a place of cultural awakening dedicated to the conservation and loan of contemporary creations: engravings, serigraphs, photographs, posters, editions, paintings, sculptures...

 [esadhar.fr/fr/artotheque-lesadhar](http://esadhar.fr/fr/artotheque-lesadhar)

## ARTOTHÈQUE

74-76, rue Paul Doumer  
76600 Le Havre

 02 35 45 60 49

 [contact-artotheque@esadhar.fr](mailto:contact-artotheque@esadhar.fr)

 1, 2, 3, 4 and 7 George V

 A and B Square Saint-Roch

### OPENING HOURS

**Wednesday and Saturday:** 10 a.m. to noon and 2 p.m. to 6 p.m.

**Thursday and Friday:** 2 p.m. to 6 p.m.

**IFEN**  
SCHOOL OF SOCIAL WORK INSTITUTE OF TRAINING OF NORMANDY EDUCATORS

→ The IFEN offers initial or continuing training courses for professionals working in the social and medico-social field. Most of the training courses offered are based on work-study programs. The IFEN attaches great importance to practical training and has developed a partnership with all establishments and institutions in the social and medico-social sectors. In 2016, IFEN joined the Erasmus + scheme in order to be able to offer internships abroad.

34 bis, rue Amiral Courbet • 76600 Le Havre

☎ 02 35 42 10 30 🌐 Ifen-formation.com

🚶 3 Grands Bassins stop

**INSA NATIONAL INSTITUTE OF APPLIED SCIENCES**

→ The largest engineering school in Normandy, with a total enrolment of close to 2,000 students, INSA Rouen Normandie opened a Le Havre branch for its Civil Engineering and Sustainable Construction Department (GCCD) in 2008..

73, rue Bellot • 76600 Le Havre

☎ 02 32 95 99 50 🌐 Groupe-insa.fr

🚶 8 Bains des Docks stop

**IFP INSTITUTE FOR PARAMEDICAL TRAINING) (IFP MARY THIEULLENT)**

→ IFP Mary Thieullent trains in three care-related trades: nurse, nursing assistant and childcare assistant. Entrance to these training courses is attained by competitive examination. The training provided by the IFP is based on work-study courses and leads to a state diploma.

28, rue Foubert • 76600 Le Havre

☎ 02 32 73 38 30 🌐 Ch-havre.fr

🚶 3 Frédéric Bellanger stop

**SAINT-JO SUP**  
INSTITUTION SAINT-JOSEPH

**THE 5 TRAINING COURSES OFFERED AT ST-JO SUP:**

**2 state-verified preparatory classes:**

→ Preparatory economic and commercial class - economic option

→ Preparatory class for the École Nationale Supérieure Maritime

**1 Bachelor's Degree offered in cooperation with ESAIP Engineering School:**

→ Digital Bachelor's Degree. 3 options offered in partnership with the Saint-Vincent School Group: Creative technology, Cyber security, Virtual reality design.

**2 state-controlled BTS (equiv. HND):**

→ BTS Computer Services for Organisations (SIO)

→ BTS Communication

**Opening up to the international scene:** through school trips and internships abroad (China, United States, Brazil, Argentina, Mexico...), and the partnership with the CEGEP de la Pocatière in Canada for BTS SIO students.

**TOEIC® preparation:** Saint-Jo Sup is an approved centre for the organisation of TOEIC® tests for its students.

**Euroscol certified establishment:** created by the Ministry of National Education and Youth, the Euroscol certification is discerned to establishments that are open to Europe and that reinforce mobility and language learning. Establishment accessible to people with disabilities.

182, quai Georges V • 76600 Le Havre

☎ 02 35 46 51 52

🌐 secretariat@stjosup.com

🚶 3 and 4 🏠 A or B





## ADEN FORMATIONS

→ **ADEN Formations, a grouping of major players in the field of training in Normandy, now offers a wide range of quality training courses open to all audiences, long and short training courses, with diplomas and certificates, in line with the needs of companies and territories.**

→ **Thanks to the expertise of its 480 employees and its network of professional contributors but also to a presence on 10 geographical sites, ADEN Formations has become a key player in the training sector.**

 [aden-formations.fr](http://aden-formations.fr)

## ISPN LE HAVRE NORMANDY HIGHER PROFESSIONAL INSTITUTE

→ **The ISPN Le Havre campus was created in September 2018.** The school offers students work-study courses (apprenticeship and professionalisation) and initial training ranging from BTS to Master's Degree in various fields: sales, communication, human resources and innovative project management.

**The ISPN network has been around for more than 5 years and welcomes more than 950 students every year.**

**4 campuses: Caen - Rouen - Le Havre - Cherbourg.**

 [ispn-lehavre.fr](http://ispn-lehavre.fr)

## LA MANU THE DIGITAL VOCATIONAL SCHOOL

**Training specialists in the digital industry (web development, webdesign...)**

→ Since 2016, the school has been offering level 5 and 6 (baccalaureate +2 years to baccalaureate +4 years), RNCP state professional qualifications in various digital professions:

- Web and mobile web developer
- Web design and digital communication
- Application designer and developer

**LA MANU focuses on excellence and the development of talent, through high-quality face-to-face teaching, innovative teaching methods and continuous interaction with the local digital ecosystem.**

LA MANU continues its development with the opening in Le Havre in September 2020 of the Bachelor's Degree in Digital Technology for Post-Baccalaureate students.

Campus du Havre  
2, rue Dombasle - 76600 Le Havre

 09 86 27 17 04

 [contact-lehavre@lamanu.fr](mailto:contact-lehavre@lamanu.fr)

 [lamanu.fr](http://lamanu.fr)

## LES LYCÉES

### LYCÉE ANTOINE-LAURENT DE LAVOISIER

→ The Antoine-Laurent de Lavoisier secondary school in Lavoisier offers several specialised training courses in the vehicle maintenance sector with a BTS in Vehicle Maintenance (option Peculiar Cars) and a BTS in Vehicle Maintenance (option Road Transport Vehicles) in order to train qualified and competent professionals.

51, rue des Moteaux • 76620 Le Havre

📍 [lycees.ac-rouen.fr/lavoisier](http://lycees.ac-rouen.fr/lavoisier)

### LYCÉE FRANÇOIS 1<sup>ER</sup>

→ The establishment offers 4 CPGE courses in science or economics and business:

MPSI-MP, PCMI-PC (preparing engineering schools), ECS (preparing managing schools) and the "Law and Economics" preparatory class, D1 series (mixed with the University of Le Havre, preparing for the ENS law exam).

These are public training courses of excellence delivering knowledge of a very high level, in favourable learning conditions.

2, rue Jean-Paul Sartre • 76600 Le Havre

📞 02 35 19 20 00

📍 [www.lycee-francois1er.fr](http://www.lycee-francois1er.fr)

### LYCÉE FRANÇOISE DE GRÂCE

→ The Françoise de Grâce secondary school welcomes you to train you for the various occupations of the medical profession.

It offers you a DTS in Medical Imaging and Therapeutic Radiology as well as a preparation for nursing courses (different rates possible). It also trains Senior Technicians capable of occupying positions of responsibility in the fields of maintenance through a BTS in Environmental Services.

16, rue de la Vallée • 76600 Le Havre

📞 02 35 24 63 40

📍 [fdgrace.spip.ac-rouen.fr](http://fdgrace.spip.ac-rouen.fr)

## Remember this

### RAGGING IS AGAINST THE LAW!

Act No. 98-468 of 17 June 1998 on the prevention and punishment of sexual offences provides that: « Except in cases of violence, threats or sexual offences, the fact that a person causes another person, against his or her will or otherwise, to suffer or commit humiliating or degrading acts during demonstrations or meetings related to the school and socio-educational environment is punishable by six months' imprisonment and a fine of €7,500. ». This offence is punishable by one year's imprisonment and a fine of €15,000 when committed on a minor or vulnerable person.

### LYCÉE JEANNE D'ARC

→ The Jeanne d'Arc Institute offers you five choices of BTS training courses: a BTS in Operational Commercial Management (ex-BTS MUC), a BTS in Services and Benefits in the Health and Social Sectors, a BTS in Support for Managerial Action (ex-BTS - Managing Assistant), a BTS in Tourism and finally a BTS in Social and Family Economy.

It also teaches a preparatory course for paramedical and social training.

22, rue Général de Gaulle • 76310 Sainte Adresse

📞 02 35 54 65 50

📍 [Jeannedarc.steadresse@ac-rouen.fr](mailto:Jeannedarc.steadresse@ac-rouen.fr)

### LYCÉE JEAN PRÉVOST

→ The Jean Prévost secondary school offers a BTS in International Commerce (common European reference diploma) with a first 9-week internship abroad which aims to carry out customer prospecting for a foreign company. These two years allow students to enter the working world with a diploma that is appreciated by company managers. This diploma also gives students the opportunity to continue their Bachelor's Degree year 3 studies in the same fields.

Avenue Jean Prévost • 76290 Montivilliers

📞 02 32 79 57 77

## LYCÉE CLAUDE MONET

→ The Claude Monet high school offers a **BTS Support to Managerial Aid** which provides training adapted to the labour market to analyse economic situations, based on project and workshop management. The lycée also offers a Hypokhâgne B/L and A/L preparatory course to prepare for the literary entrance exams. From

In 2016, a module to prepare for the competitive exams of the Institutes of Political Studies (IEP) was opened to students in the final year of secondary school and the Literary higher education preparatory class.

267, rue Félix Faure • 76620 Le Havre

☎ 02 35 54 61 81

🌐 [monet-lyc.spip.ac-rouen.fr/?lang=fr](http://monet-lyc.spip.ac-rouen.fr/?lang=fr)

## LYCÉE JULES SIEGFRIED

→ Four Post-Bac training courses are available at the Jules Siegfried secondary school: **BTS Product Process Design (CPRP)**, **BTS Engineering Technical Assistant (ATI)**, **BTS Digital Systems (SN)** and finally **BTS Euro Plastics and Composites (EPC)**..

1, rue Dumé d'Aplemont • 76600 Le Havre

☎ 02 35 41 31 32

🌐 [siegfried-lyc.spip.ac-rouen.fr/?lang=fr](http://siegfried-lyc.spip.ac-rouen.fr/?lang=fr)

## LYCÉE PORTE OCÉANE

→ Porte Océane offers you three **BTS specialising in the fields of banking and management**: **BTS Banque (Banking)**, **Client Advisor (individuals)**, **BTS Comptabilité et Gestion (Accounting and Management - CG)** and **BTS Gestion de la PME (SME management)**. These training courses will train you as a customer manager or as a senior accounting technician in the banking and financial sector.

44, rue Emile Zola • 76600 Le Havre

☎ 02 35 21 30 08

🌐 [porte-oceane.spip.ac-rouen.fr](http://porte-oceane.spip.ac-rouen.fr)

## LYCÉE SAINT-VINCENT-DE-PAUL

→ Focused on higher arts education, the Saint-Vincent-de-Paul secondary school offers a **Multimedia preparatory course in Applied Arts** that will bring any candidate up to date with his or her skills in the arts. It also offers a **DNMADE Graphic Design and Communicating Objects** course which is a three-year training cycle, as well as a **BTS in Photography**, opening doors to the world of digital images.

35, rue Dumont d'Urville • 76600 Le Havre

☎ 02 35 25 07 18

🌐 [lycee-saint-vincent-le-havre.com](http://lycee-saint-vincent-le-havre.com)

## LYCÉE SCHUMAN-PERRET

→ The Schuman-Perret du Havre secondary school offers a **two-year section of preparatory classes for engineering colleges (CPGE)**. Le lycée vous offre également 5 formations en **BTS** : **BTS Conception et Réalisation de Systèmes Automatiques (CRSA)**, **BTS Contrôle Industriel et Régulation Automatique (CIRA)**, **BTS Étude et Réalisation d'Agencement (ERA)**, **BTS Études et Économie de Construction (EEC)** et **BTS Métiers de la chimie**.

51, avenue du 8 Mai 1945 • 76610 Le Havre

☎ 02 35 13 49 00

🌐 [schuman-lyc.spip.ac-rouen.fr](http://schuman-lyc.spip.ac-rouen.fr)

## UNIVERSITY LE HAVRE NORMANDIE

### LE SERVICE UNIVERSITAIRE D'INFORMATION ET D'ORIENTATION (SUIO)

→ **SUIO** groups together all the activities around orientation, information, support, in finding internships and help in the professional integration of students and young graduates.

Open Monday to Thursday from 9 a.m. to 12:30 p.m. and 1 p.m. to 5:30 p.m., and Friday from 9 a.m. to 12:30 p.m.

☎ 02 32 74 42 29

✉ oiseau@univ-lehavre.fr

### LE BUREAU DE L'INFORMATION ET D'ORIENTATION (BIO)

→ Its mission is to inform students about graduate studies and guide them in their choice of orientation.

☎ 02 32 74 42 29

✉ bio@univ-lehavre.fr

### LE BUREAU D'INSERTION PROFESSIONNELLE DES ÉTUDIANTS (BIPE)

→ Its mission is to help students develop their professional project, familiarise them with job search techniques and enable them to meet the economic world.

☎ 02 32 74 41 31

✉ bipe@univ-lehavre.fr

## THE STUDENT HOUSE

→ The Maison de l'Étudiant is an essential place that brings together all the services necessary for student life at Le Havre Normandie University.



### LA DIRECTION DE LA SCOLARITÉ ET DE LA VIE ÉTUDIANTE (DVSE)

At the heart of university life and listening to students, the Direction de la Scolarité et de la Vie Étudiante (DSVE) welcomes you from the moment you register and accompanies you throughout your student life:

#### → FOREIGN STUDENTS:

accompanying students to the Sub-Prefecture for the issue of residence permits.

#### → STUDENT HOUSING:

information about university residences, the private rental sector, temporary and emergency accommodation, Lo-ca-pass, housing allowance, AHLOET, intergenerational housing.

→ **SOCIAL ASSISTANCE:** the DSVE puts you in touch with the university social worker or the preventive medicine service and manages requests for exemption from registration fees.

#### → GRANTS, AID:

information about the CROUS, the Committee for Housing and Youth Housing, the Restos du Cœur, the Food Bank, the CCAS and student jobs.

→ The DSVE is the students' contact point for all questions relating to the administrative follow-up of their file, from their registration to the issuing of their diploma.

The City of Le Havre can also accompany you and support you methodologically and financially in your projects.

☎ 02 32 74 40 01 ✉ scholarite-centrale@univ-lehavre.fr

✉ vieetudiante@lehavre.fr



## THE CULTURAL SERVICE OF THE LE HAVRE NORMANDIE UNIVERSITY

At the heart of university life and listening to students, the **Direction de la Scolarité et de la Vie Étudiante (DSVE)** welcomes you from the moment you register and accompanies you throughout your student life:

→ The mission of the university's cultural service is to promote access to students' artistic and cultural practices. This service energises the campus with varied cultural proposals and allows artistic encounters and sharing.

**This service is available to all students on the Le Havre campus!**

**You'll find:**

- An auditorium, which offers concerts, shows and conferences open to all,
- An exhibition gallery, which welcomes local and national artists, professionals and amateurs,

- A rehearsal studio,
- Photo processing labs.

**The cultural service also offers you artistic activities: dance, theatre, circus arts, photography, fine arts...**

Registrations are made mid-September and annual fees range from 40 € to 60 €.

## LE BUREAU DU SERVICE UNIVERSITAIRE DES ACTIVITÉS PHYSIQUES ET SPORTIVES (S.U.A.P.S.)

See page 84 .

## THE STUDENT HOUSE

50, rue Jean-Jacques Rousseau  
76600 Le Havre

- ✉ [service.culturel@univ-lehavre.fr](mailto:service.culturel@univ-lehavre.fr)
- f Service Culturel Université du Havre
- 📍 @ServculturelULH
- 📍 9 Beaux-Arts stop
- 📍 A et B Université stop

## THE CULTURAL SERVICE OF THE CROUS NORMANDY

→ **A cultural centre for students in Le Havre:** workshops for artistic practices, exhibitions, artists' residencies, support for student projects (Culture'Actions scheme), student creation competitions (reading, comics, short films, photography, dance...), Tremplin musique, Theatre Festival.

41, rue Casimir Delavigne  
76600 Le Havre

**8:30 a.m. - 12 o'clock**  
**and 1:15 p.m. - 5:15 p.m.**

- ✉ [culturelhv@crous-normandie.fr](mailto:culturelhv@crous-normandie.fr)

## you have a cultural project?

Whether as part of a tutored project or from a personal initiative, the cultural service accompanies you by providing methodological, logistical and financial assistance.

For more information:

**Open Monday to Thursday from 10 a.m. to 5 p.m. and Friday from 1 p.m. to 4 p.m.**

*Good deal*

*Le Havre Seine Métropole finances research theses:*

*every year, Le Havre Seine Métropole supports PhD students in fields related to the economic development strategy of the area.*

## *Did you know?*

How and why is Europe organised? Can I use the Euro in Croatia? How can I buy a car in the Union?

The House of Europe answers all your questions at conferences, exhibitions, colloquia, parties, etc.

**Open Monday from 8:30 a.m. to noon and from 2 to 5 p.m. and Tuesday, Wednesday and Thursday from 8:30 a.m. to noon and from 1 to 3 p.m.**

### MAISON JULES VERNE

Impasse Huart  
76930 Octeville-sur-Mer

☎ 09 86 30 07 15

☎ 07 51 63 57 19

✉ [maisondeleurope76@gmail.com](mailto:maisondeleurope76@gmail.com)

🌐 [maisonseurope76.wordpress.com](http://maisonseurope76.wordpress.com)

## INTERNATIONAL AND EUROPEAN MOBILITY

UNIVERSITY OF LE HAVRE NORMANDIE  
IN A FEW FIGURES (2019-2020)

# 90

partnership agreements signed with institutions in 25 European Union countries within the framework of the Erasmus + programme (the preferred destinations are Hungary, Ireland, the United Kingdom and Spain).

# 1

partnership agreement for double degrees (Hungary)

# 93

foreign students hosted in exchange programs

# 89

international agreements with 27 countries outside the European Union (the main destinations are China, Korea, Canada, Colombia, the United States and Indonesia).

# 207

students who went to Europe and abroad under exchange programmes and conventions (including 116 students who went under the Erasmus+ programme).

For more information:

**do not hesitate to contact the International Relations Department (SRI)**

☎ 02 32 74 42 26 🌐 [sri@univ-lehavre.fr](mailto:sri@univ-lehavre.fr)

You can also visit the site of the University [univ-lehavre.fr](http://univ-lehavre.fr) in the "international" section.

Find out more about the Erasmus+ programme:  
[agence-erasmus.fr](http://agence-erasmus.fr)



## LIBRARIES

→ The Le Havre library network has an extensive programme of activities and online resources available on [lireauhavre.fr](http://lireauhavre.fr)



### UNIVERSITY LIBRARY

→ The library is open to all freely. It offers on-site and remote collections, adapted services and a rich cultural programme\*.

- **Hours:** Monday to Friday from 8:30 a.m. to 7:00 p.m. and Saturday from 10:00 a.m. to 6:00 p.m.
- **Extended hours:** Monday to Friday from 7:15 p.m. to 10 p.m. on presentation of student card.

25, rue Philippe Lebon • 76600 Le Havre

☎ 02 32 74 44 14

📖 A et B Université Le Havre Normandie stop

### CITY LIBRARIES

→ The Le Havre library network has an extensive programme of activities and online resources available on [lireauhavre.fr](http://lireauhavre.fr).

#### OSCAR NIEMEYER LIBRARY

→ Open Tuesday to Sunday from 10 a.m. to 7 p.m. During the school holidays the Oscar Niemeyer Library will be open from Tuesday to Saturday from 10 a.m. to 5 p.m.

Espace Oscar Niemeyer • 76600 Le Havre

☎ 02 32 19 70 00

📖 1, 2, 3, 4, 5 et 7 Richelieu stop

#### ARMAND SALACROU LIBRARY

17, rue Jules Lecegne • 76600 Le Havre

☎ 02 35 19 70 00

📖 5 et 6 Sous-préfecture stop

📖 A et B Université stop

#### MARTIN LUTHER KING MEDIA LIBRARY

115, rue Théophile Gautier • 76600 Le Havre

☎ 02 77 61 30 00

📖 3 et 4 C. Marot stop ou 6 A. Samain stop

#### CAUCRIAUVILLE MEDIA LIBRARY

40, rue Jules Vallès • 76600 Le Havre

☎ 02 35 47 12 35

📖 B Atrium stop

#### ROUELLES LIBRARY

3, rue de la Bouteillerie • 76600 Le Havre

☎ 02 35 45 61 02

📖 9 Clos du Puits stop

#### LEOPOLD SEDAR SENGHOR MEDIA LIBRARY

67, rue Gustave Brindeau • 76600 Le Havre

☎ 02 35 13 99 27

📖 5 Place Humbert stop

#### ANNE DE GRAVILLE\* LIBRARY

161, rue de verdun • 76600 Le Havre

☎ 02 35 13 99 27

📖 5 Place Humbert stop

#### RAYMOND QUENEAU LIBRARY\*

17, place Raymond Queneau • 76600 Le Havre

☎ 02 35 44 04 81

\*More information on [bu.univ-lehavre.fr](http://bu.univ-lehavre.fr)  
[instagram.com/bulehavre/](https://www.instagram.com/bulehavre/)  
[facebook.com/BUduHavr](https://www.facebook.com/BUduHavr)

\*More information on [bu.univ-lehavre.fr](http://bu.univ-lehavre.fr)



## READING IN LE HAVRE

→ Because reading offers an opening to the world and conditions the access of everyone to culture and information, the City of Le Havre has been deploying an ambitious project in favour of books, reading and access to knowledge since 2012: *Lire au Havre (Reading in Le Havre)*.

→ Thanks to the many actions and projects set up, the ranks of Le Havre readers have grown, with more people enjoying the pleasure of reading. They have welcoming and comfortable places, bookshops and libraries, 8 reading relays,

nomadic books. They can also read in the open air, after school, with the help of an animator, an educator, "godparents", and if they are isolated, Domicilivres is there for them to bring books, CDs and DVDs home!

→ But reading isn't just about that! The City of Le Havre has opened a new chapter of Lire au Havre and proposes to Havrais (residents of Le Havre), of all ages, to share a new adventure. Lire au Havre explores three new paths: reading aloud and its benefits, reading that inspires and reading together. Welcome to this new adventure!

## MUNICIPAL ARCHIVES

A player in the conservation and development of Le Havre's heritage, the municipal archives offer a documentation service specifically dedicated to the history of the city.

Open Tuesday and Thursday from 8:30 a.m. to 4:30 p.m., and Wednesday and Friday from 12:30 to 4:30 p.m.

55, rue du 329<sup>ème</sup> RI  
76620 Le Havre

☎ 02 35 54 02 70  
🌐 archives.lehavre.fr

## *Did you know?*

### SHORT STORY COMPETITION

The City of Le Havre, the Literature and Humanities Training and Research Unit of Le Havre Normandie University, Sciences Po and ESADHaR have been organising a short story competition for several years. A unique project due to the diversity of its partnerships (Lire au Havre, la Galerie, CHEERS...), this event carried by the students of the university is open to French and English-speaking students as well as Le

Havre primary, secondary and high school students. The aim of this competition is to raise awareness of writing among this public and to highlight the creative literary sector in Le Havre. In addition, the Youth and Associative Life Department and the Cultural Mediation and Public Knowledge Department are setting up workshops to support writing for pleasure in schools and reading centres for the "Childhood" and "Youth" categories.



# GUIDANCE



## YOUTH INFORMATION OFFICE

Open Monday to Friday from 9 a.m. to 12 p.m. and from 1:30 p.m. to 5 p.m.  
(closed on Thursday mornings)

2, rue Léon Gautier  
76600 Le Havre

 02 35 22 27 27

 5 et 6 Sous-préfecture stop

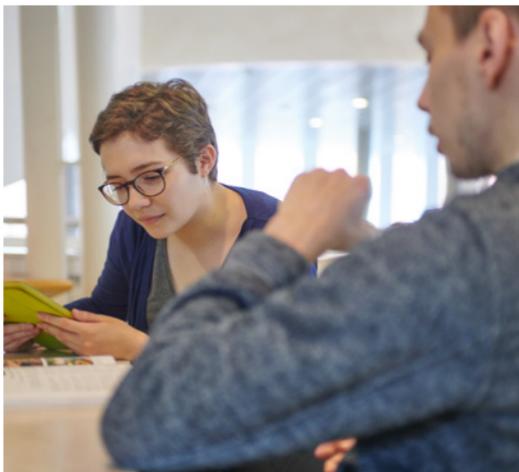
 A et B Hôtel de Ville stop

More information at  
[lehavre.fr/annuaire/  
bureau-information-jeunesse-bij](http://lehavre.fr/annuaire/bureau-information-jeunesse-bij)

## BUREAU INFORMATION JEUNESSE (BIJ)

→ The Youth Information Office accompanies, informs and guides young people. It makes documentary resources classified in nine areas of competence available to the public: education, professions and training, further education, society and practical life, leisure, sports, holidays and the abroad.

→ Every term, the BIJ organises a forum focused on a theme such as sports professions, animation professions... It also accompanies the initial projects: International Civic Service (SCI) and CES (European Solidarity Body).



## INFORMATION AND GUIDANCE CENTRE

→ Monday: 1:30 to 5:30 p.m., Tuesday to Friday: 9 a.m. to 12:30 p.m. and 1:30 to 5:30 p.m.

17, quai de Southampton - 76600 Le Havre

 02 32 08 98 41

 2 (end of the line) Perrey stop



POUR LES  
**15 / 25**  
ANS



AVEC

# ATOOTS

## NORMANDIE

BÉNÉFICIE D'AVANTAGES POUR  
**TES LOISIRS**

 [atouts.normandie.fr](https://atouts.normandie.fr)



RÉGION  
**NORMANDIE**  
[www.normandie.fr](https://www.normandie.fr)



# *Practical life*

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# INSURANCE

## MUTUAL INSURANCE COMPANY

As social security only covers part of your health costs, you can subscribe to a mutual insurance company to be better reimbursed. SMENO and LMDE offer you complementary mutual health insurance.

**More information on their website or directly at the social security centres.**



**S.M.E.N.O**

103, cours de la République  
76600 Le Havre

### OPENING HOURS

**Monday, Tuesday and Friday**  
from 10:00 a.m. to 1:00 p.m. and  
1:45 p.m. to 5:30 p.m., and **Thursday**  
from 10:00 a.m. to 1:00 p.m.

 09 72 67 60 00

 smeno.com

 **A et B** Université stop



**L.M.D.E**

112, boulevard de Strasbourg  
76600 Le Havre

### OPENING HOURS

**Monday 10:00 a.m. to 12:30 p.m.**  
and **1:30 p.m. to 5:00 p.m.** and  
**Tuesday to Friday 8:45 a.m. to**  
**12:30 p.m. and 1:30 p.m. to 5:00 p.m.**  
except **Thursday 1:30 p.m. to 5:00 p.m.**

 0 811 505 633  
(€0.06/min + standard rate)

 lmde.com

 **A et B** Hôtel de Ville stop

## *Good to know*

Developments for the start of the 2020-2021 academic year in the social security system for students

### For students already enrolled at the University

→ Since 1<sup>st</sup> September 2019 and without any action on their part, they automatically switch to the general scheme.

Usually it is the parents' or legal guardians' scheme, regardless of which one it is (general, agricultural or other). On this date, all students will be attached to the Caisse Primaire d'Assurance Maladie of their place of residence.

### For first-time registrants

→ They will remain under their parents' scheme until the end of their studies (80% of them will be under the general social security scheme but some will be under specific regimes: agricultural, SNCF, etc.).

→ They'll just have to update their carte vitale...

→ They will be independently insured from the age of 18 onwards.

### For foreign students

→ Since 2019, they have switched to the general scheme.

→ For new registrants, it will be necessary to apply for affiliation to the French Social Security on the website [etudiant-etranger.ameli.fr](http://etudiant-etranger.ameli.fr).

This is also the case for French citizens from New Caledonia, Wallis and Futuna, or born abroad.

→ If you are a European, you do not need to register on the above-mentioned site, but you must take another step depending on your situation.

### For students leaving school in 2020-2021

→ They will have to contact the primary health insurance fund of their place of residence at the end of the academic year. It will take charge of their file and the reimbursement of their health expenses as of 1<sup>st</sup> September of the current year.

# MEDICAL ASSISTANCE



Taking care of your health is crucial to the success of your studies! In the urban community, there are many establishments and structures offering a wide range of treatments.



## *Good to know*

→ By calling 116 117, on weekdays, a regulating doctor refers you to a doctor on-call available in your area of residence to allow you to access care at the rate of a regular appointment.

→ By calling 116 117, in the evening and at weekends, a regulating doctor will direct you, if urgent, to DOMUS MEDICA to see a doctor.

In the territory of the urban community, there are many establishments and structures offering a wide range of treatments. Numerous services follow students and offer them specific support.



## HEALTH

### PREVENTIVE MEDICINE AT THE UNIVERSITY

→ At the University, doctors and nurses are at the disposal of students: nursing reception, psychological and dietary appointments, answers on contraception, referral to free vaccination sites.

#### SITE LEBON

Science and Technology building

 02 32 74 42 22

 Monday to Friday from 8:45 a.m. to 5:00 p.m.

#### SITE CAUCRIAUVILLE

On the ground floor of the large building

 02 32 74 47 09

 8:00 a.m. to 5:00 p.m. (breaking for lunch) except Wednesday mornings

#### SITE FRISSARD/ISEL

 02 32 74 48 81

 Available on Wednesday mornings

## EMERGENCY SERVICES IN NORMANDY: LET'S ADOPT THE RIGHT REFLEXES



Contactez en priorité votre médecin traitant

Lorsque les cabinets médicaux sont fermés



Composez le 116-117, numéro unique pour joindre un médecin de garde aux heures

de fermeture des cabinets médicaux :

- en semaine de 20h à 8h,
- les weeks-end
- les jours fériés



Vous pourrez :

- recevoir des conseils médicaux
- être orientés vers un médecin généraliste ou une maison médicale de garde
- être pris en charge sans délai par le SAMU si nécessaire



En cas d'urgence vitale, composez le 15 (numéro d'urgence)

## POINTS D'ACCUEIL PRÉVENTION SANTÉ (PAPS)

→ The Health Prevention Reception Points welcome you, inform you and accompany you in all your health procedures.

### Le Lieu Solidaire

274, rue Aristide Briand  
76600 Le Havre

☎ 02 35 24 39 72

🚏 2 Berthelot stop

### La Fabrique des quartiers Sud

50, rue de la Vallée • 76600 Le Havre

☎ 02 35 13 43 40

🚏 3 et 8 Vallée Béreult stop

→ For more information, especially about availability, do not hesitate to contact the PAPS team, by phone or by email, or to go to the following website: [lehavre.fr](http://lehavre.fr)

## ACCESS TO HEALTH CARE ON DUTY (PASS)

### Hôpital Gustave Flaubert

55 bis, rue Gustave Flaubert  
76600 Le Havre

☎ 02 32 73 38 08

🚏 2 R. Coty 1, 5 et  
7 Coty/Place Thiers stop

## CONTRACEPTION & SEXUALITY

### FAMILY PLANNING

→ Family planning is a place to talk about sexuality and relationships. It provides information on contraception and abortion, referrals to doctors and partners...

### Jacques Monod Hospital - Women Mother Child Pavilion

29, rue Pierre Mendès France • 76290 Montivilliers  
Monday to Friday from 8:30 a.m. to 5:00 p.m.

☎ 02 32 73 40 85 🌐 [ch-havre.fr](http://ch-havre.fr)

🚏 1, 9 et 12 TER Jacques Monod stop

### FREE INFORMATION, SCREENING AND DIAGNOSIS CENTRE (CEGIDD)

→ Centre for the Screening and Diagnosis of Human Immunodeficiency Viruses (HIV), Hepatitis and Sexually Transmitted Infections (STIs), carries out personalised counselling on the risks related to sexuality in a comprehensive sexual health approach.

→ It allows the screening of HIV and viral hepatitis B and C, as well as the screening and management of other STIs.

→ The centre provides care for accidents involving exposure to HIV and hepatitis B and C viruses. A Prep (pre-exposure prophylaxis) consultation is also offered.

→ The centre operates in collaboration with the gynaecology department, the centre for family planning and education, microbiology and hepatology of the Groupe Hospitalier du Havre.

### Hôpital Gustave Flaubert

55 bis, rue Gustave Flaubert • 76600 Le Havre  
3<sup>rd</sup> floor of the Normandie Pavilion

☎ 02 32 73 35 55 🌐 [ch-havre.fr](http://ch-havre.fr)

🚏 2 R. Coty 1, 5 et 7 Coty/Place Thiers stops

### AIDES

→ AIDES is the largest French association for the fight against HIV/AIDS and viral hepatitis in France.

8, rue d'Après Manneville • 76600 Le Havre  
from 5:30 p.m. to 7:30 p.m. (Sexual Health and Screening Centre),  
Thursday: from 4:30 p.m. to 7:30 p.m. (Centre reception)

☎ 02 35 24 22 03 🌐 [aides.lehavre@wanadoo.fr](mailto:aides.lehavre@wanadoo.fr)

🚏 5 et 6 Général Sarrail stop

## NAUTILIA

→ Nautilia is a medical-social establishment whose mission is to welcome, accompany and treat on an outpatient basis any person in difficulty with their use of psychoactive substances (alcohol, illicit drugs, tobacco, etc.).

→ Its action extends to helping people with a non-substance addiction (such as excessive gambling) as well as the entourage of those affected. It participates in the implementation of prevention, training and counselling actions.

6, place Jules Ferry • 76600 Le Havre

✉ [nautilia@oppelia.fr](mailto:nautilia@oppelia.fr)

🌐 [oppelia.fr/etablissement/nautilia-le-havre/](http://oppelia.fr/etablissement/nautilia-le-havre/)

## DENTIST

→ **Appointments, dental care, gum care, prosthesis fitting, oral surgery, implants, emergency...** If you have difficulties in making an appointment with a dentist,

you can contact the LH Dental Care and Education Centre. 5th and 6th year students from the dental faculty of Lille will take care of you as soon as possible.

**LH DENTAIRE** (by appointment only)

Hôpital Gustave Flaubert

55 bis, rue Gustave Flaubert • 76600 Le Havre  
(on the left of the concierge desk)

**Monday to Friday from 8:30 a.m. to 12:30 p.m. and 1:30 p.m. to 5:30 p.m.**

☎ 02 32 73 35 85

🌐 [ch-havre.fr](http://ch-havre.fr), [lehavreseinemetropole.fr](http://lehavreseinemetropole.fr)

🚗 2 R. Coty 1, 5 et 7 Coty/Place Thiers stops

## OPHTHALMOLOGIST

→ **LH Ophtalmo can receive you by appointment.** A wide range of examinations, from eye check-ups to the treatment of various eye pathologies is carried out

there from Monday to Friday by specialist assistants in a dedicated area within the Flaubert Hospital's specialist consultation centre.

**LH OPHTALMO** (by appointment only)

Gustave Flaubert Hospital

55 bis, rue Gustave Flaubert • 76600 Le Havre  
(on the left of the concierge desk)

**Monday to Friday from 8:30 a.m. to 12:30 p.m. and 1:30 p.m. to 5:30 p.m.**

☎ 02 32 73 35 05

🌐 [ch-havre.fr](http://ch-havre.fr), [lehavreseinemetropole.fr](http://lehavreseinemetropole.fr)

🚗 2 R. Coty 1, 5 et 7 Coty/Place Thiers stops

## HOSPITALS

### LE HAVRE HOSPITAL GROUP JACQUES MONOD HOSPITAL

29, rue Pierre Mendès France  
76290 Montivilliers

☎ 02 32 73 32 32

✉ [sec.dg@ch-havre.fr](mailto:sec.dg@ch-havre.fr)

🌐 [ch-havre.fr](http://ch-havre.fr)

🚗 1, 9 et 12 TER Jacques Monod stop

### ORMEAUX CLINIC

36, rue Marceau • 76600 Le Havre

☎ 02 32 74 32 74

🌐 [ormeaux.com](http://ormeaux.com)

🚗 3 Docks Café stop

### PRIVATE ESTUARY HOSPITAL

505, rue Irène Joliot Curie  
76620 Le Havre

☎ 02 52 68 02 02

✉ [hpe-contact@gsante.fr](mailto:hpe-contact@gsante.fr)

🌐 [generale-de-sante.fr/hopital-prive-de-l-estuaire-le-havre](http://generale-de-sante.fr/hopital-prive-de-l-estuaire-le-havre)

🚗 3 et 6 🚗 A Grand Hameau stop



# NEED FOR SUPPORT



## SOCIAL ASSISTANCE

### SOCIAL SERVICE OF THE UNIVERSITY LE HAVRE NORMANDIE

There's a social worker at the university. She is responsible for listening, advising, supporting and accompanying students who encounter various difficulties. The social worker receives students by appointment with the Direction de la Scolarité et de la Vie Etudiante.

☎ 02 32 74 40 35

📍 9 Gares stop

🚏 A et B Gares stops

### SOCIAL SERVICE OF THE CROUS NORMANDY CROUS, LE HAVRE CENTRE

→ It provides information, advice and support to students who encounter difficulties in their daily lives, whatever their nature: personal, medical,

family, financial, administrative, etc...  
The social worker receives the students by appointment with the secretariat.

117, rue Casimir Delavigne • 76600 Le Havre

Monday to Friday from 8:30 a.m. to 12:30 p.m.  
and 1:30 p.m. to 4:15 p.m.

☎ 02 35 19 74 74

🚏 5 et 6 Général Sarraill stops



### RÉSEAU JEUNES SOLIDAIRES SECOURS CATHOLIQUE

→ Secours Catholique Young Caritas offers a welcome, service for students every other Thursday from 6:30 to listening and guidance 7:30 p.m.

54, rue Michelet • 76600 Le Havre

☎ 02 35 21 92 92

✉ [reseaujeunes.760@secourscatholique.org](mailto:reseaujeunes.760@secourscatholique.org)

📍 Young Caritas LH

🚏 2 Ormeaux stop

### MAISON DE L'ADOLESCENT

→ The Maison de l'Adolescent (Teenager's home) welcomes young people between 13 and 20 years old, with or without

their parents, for individual appointments: listening, counselling and social support.

69, rue d'Ingouville • 76600 Le Havre

☎ 02 32 74 27 30

🚏 1, 4, 5, 6 et 7 Ingouville stop

## LE LIEU SOLIDAIRE

→ Le Lieu Solidaire is a place of welcome, information, orientation and social support. There is a Point d'Accueil Prévention Santé (PAPS), a social grocery store...

274, rue Aristide Briand

76600 Le Havre

Open Monday to Friday from 9 a.m. to 12 p.m. and from 1 p.m. to 4:30 p.m.

☎ 02 35 24 39 72

✉ ccaslieusolidaire@lehavre.fr

🚶 2 Berthelot stop

More information on [lehavre.fr/annuaire/le-lieu-solidaire-epicerie-sociale](http://lehavre.fr/annuaire/le-lieu-solidaire-epicerie-sociale).



## FOOD AID

### RESTOS DU CŒUR

→ The Restos du Cœur association offers food parcels to students every Thursday from 2 to 6 p.m. on presentation of the student card.

19, rue Lesueur • 76600 Le Havre

☎ 02 35 19 91 30

🚶 3, 5, et 9 🚶 A et B Gares stops

### SECOURS POPULAIRE FRANÇAIS

→ Secours Populaire Français offers food distribution to students every Wednesday from 3:00 p.m. to 6:30 p.m. Sale of cinema tickets. Possibility of temporary computer loan.

IUT Caucriaווille

Rez de Chaussée PB 006

Rue Boris Vian • 76610 Le Havre

🚶 B Schuman stop

Registration on :

[lehavrespf76.org](http://lehavrespf76.org) / nos actions solidaires

ANTENNE ÉTUDIANTS

👤 étudiants Spf Le Havre

✉ [etudiantsspf76600@gmail.com](mailto:etudiantsspf76600@gmail.com)

☎ 02 35 45 73 69

### L'AUMÔNERIE DES ÉTUDIANTS

→ The Aumônerie des Étudiants (Student Chaplaincy) offers food assistance to students on certain Thursdays from 6:30 p.m. to 7:30 p.m. upon presentation of the student card.

Find the distribution dates on the Facebook «Aide alimentaire des étudiants du Havre».

Secours Catholique, 54, rue Michelet • 76600 Le Havre

☎ 02 35 42 07 49

🚶 2 Ormeaux stop 🚶 A et B Université stops

### LE HAVRE AND POINTE DE CAUX FOOD BANK

→ The Food Banks offer food assistance to the most deprived French people via a network of 5,300 partner associations and CCAS.

You wish to give a helping hand: the Food Bank is regularly looking for volunteers.

170, boulevard Jules-Durand • 76600 Le Havre

☎ 02 35 24 00 82.

🌐 [ba76.banquealimentaire.org](http://ba76.banquealimentaire.org)

🚶 5 R. Viviani 31-131 Rosambo stop

Find the list of places of food solidarity in Le Havre on [banquealimentaire.org](http://banquealimentaire.org)

## MATERIAL AID

### SECOURS POPULAIRE FRANÇAIS

→ Clothes, small furniture, crockery

10, allée Politzer • 76600 Le Havre  
Open Tuesdays and Thursdays from 2 to 4:30 p.m. or by appointment.

✉ lehavre@spf76.org

🚏 7 et 17 Docteur Lamaze stop

🚏 B Pré Fleury stop

### CÔTÉ CŒUR CÔTÉ FRINGUES SECOURS CATHOLIQUE

→ Sale of clothing

Open to the public from Tuesday to Saturday from 2:30 to 6:00 p.m.  
44, rue Lesueur • 76600 Le Havre

☎ 06 75 06 03 77

🚏 3, 5, 8 et 9 🚏 A et B Gares stop



### RED CROSS VESTIBOUTIQUE

→ Sale of clothing

115, avenue René Coty • 76600 Le Havre  
Open to the public from Tuesday to Friday from 10 a.m. to 12 p.m. and from 2 p.m. to 6 p.m.

☎ 02 35 53 39 42

🚏 2 Ormeaux stop

141, rue du Commandant Abadie  
76600 Le Havre

Open Mondays, Tuesdays, Thursdays and Fridays from 9 a.m. to 12 p.m. and from 2 p.m. to 4 p.m.

🚏 8 Jules Deschaseaux stop



### EMMAÛS

→ Sale of clothing, furniture and crockery

Open Wednesdays and Thursdays: 1:30 to 5:00 p.m. and Saturdays from 10:00 to 12:30 p.m. and 2:00 to 5:30 p.m.

56, rue d'Iéna • 76600 Le Havre

☎ 02 35 20 20 45

🚏 5 Place Humbert stop



### LE GRENIER

→ Collection, recycling and sale of clothing

#### Points de vente

241, avenue du 8 Mai 1945  
76610 Le Havre

🚏 B Saint-Pierre stop

71 cours de la République  
76600 Le Havre

🚏 A et B Université stop

#### Sale by weight at the head office

28, rue du Capuchet  
76620 Le Havre

☎ 02 35 21 18 24

✉ secrétariat.legrenier@orange.fr

🚏 3 Denis Cordonnier stop

### LA MALLE AUX AFFAIRES

→ Sale of clothing, furniture, household appliances and crockery

Open Mondays, Wednesdays and Fridays from 2 to 5 p.m.

11, rue Général Lassalle • 76600 Le Havre

☎ 02 35 53 31 04 ✉ info@la-malle-aux-affaires.fr

🚏 3 Marceaux stop

# USEFUL NUMBERS

## EMERGENCY

- 112** European emergency number  
**15** Samu (medical emergencies)  
**115** Samu social (homeless reception and emergency accommodation)  
**18** Firefighters  
**02 32 73 32 33** On-call doctors  
**114** Emergency number for the deaf and hard of hearing (by fax and text message)  
**17** Police rescue  
**02 35 19 20 20** City Police  
**16 16** Sea Rescue

## SOLIDARITY

- 0 800 858 858** Red Cross listening  
**113** Drugs, alcohol, tobacco info service  
**0 800 803 803** Sexual advice - contraception - abortion  
**0 800 840 800** Aids info service  
**0 800 05 95 95** SOS rape  
**119** Child abuse helpline  
**0 800 202 223** School violence  
**39 19** SOS domestic violence  
**02 35 43 24 25** SOS suicide  
**0 892 701 238** SOS depression  
**0 810 108 135** SOS homophobia  
**02 35 21 55 11** SOS friendship problems  
**0 805 160 075** SOS unpaid rents  
**0 810 012 014** SOS missing children

## ASSISTANCE

- 0 810 333 376** EDF Repairs  
**0 800 473 33** GRDF Gas Safety  
Emergency

# BUDGET MANAGEMENT

*Students spend almost 75% of their resources on living expenses, the main item being housing.*

## 10 TIPS FOR MANAGING YOUR BUDGET

- 1.** Do your accounting and draw up your budget each month: keep your credit card receipts, your bills and systematically fill in the stub of your cheque book
- 2.** Plan from month to month what your future cash inflows and outflows will be in order to anticipate as well as possible any unexpected events.
- 3.** Always pay your bills on time. In case of major financial problems, contact your creditors to find a solution.
- 4.** Choose direct debit, which will allow you to limit problems in the event of unpaid bills.
- 5.** Some invoices are sent every two months. If this is not convenient for you, you can pay monthly!
- 6.** Avoid losing money on agios and bank charges and know that it is possible to negotiate an overdraft authorization with your banker. Don't overdo it, it will still cost you money.
- 7.** If you have a positive balance in your current account at the end of the month, put the money in a savings account, even if the amount seems negligible!
- 8.** Favour "available" savings where money can be released at any time
- 9.** If you want to take out a loan to finance your education, consider a student loan.
- 10.** Favour carpooling: more economical, more ecological and more friendly!

# LOOKING FOR A JOB

## AFTER-SCHOOL JOBS

→ Are you looking for a student job? You are available from 7:30 to 8:45 a.m. and/or from 4:30 to 6:00 p.m.?

You have good interpersonal skills, a sense of responsibility and enjoy working with the public?

→ Recruitment for extracurricular activities

takes place all year round. More information on [lehavre.fr/page/postuler-pour-une-offre-emploi-de-la-ville-du-havre](http://lehavre.fr/page/postuler-pour-une-offre-emploi-de-la-ville-du-havre)

You can also submit your CV and cover letter, indicating your availability, to the University's student affairs department.

### Maison de l'étudiant

50, rue Jean-Jacques Rousseau • 76600 Le Havre

 9 Beaux-Arts stop  A et B Université stop

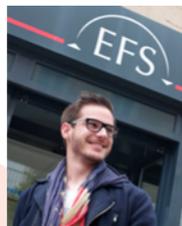
Find other student job offers on:

[jobaviz.fr](http://jobaviz.fr) • [jobetudiant.net](http://jobetudiant.net) • [studyrama-emploi.com](http://studyrama-emploi.com)



# HELPING OUT

## DONATING BLOOD



→ The French Blood Establishment (EFS) regularly organises campaigns. It is also possible to come without an appointment to the EFS premises to donate blood. A civic and generous act that saves lives.



ÉTABLISSEMENT FRANÇAIS DU SANG

### EFS ÉTABLISSEMENT FRANÇAIS DU SANG

75, rue Bernardin de Saint-Pierre • 76600 Le Havre

 02 35 21 19 33  [dondusang.net](http://dondusang.net)

 1, 2, 3, 4 et 7 Georges V stop

 A et B Hôtel de Ville stop

## WASTE MANAGEMENT

→ A night out with friends? Glass and plastic bottles and pizza boxes piled up in your kitchen? With every piece of waste its destination, it's time to sort it out! Nothing could be simpler, just follow the guide...



Download the *Tripratik* app developed by Le Havre Seine Métropole



## Good to know

To acquire equipment at a low price, think about going to associations. You will find furniture, crockery and household appliances.

More info at:  
[lehavreseinemetropole.fr](http://lehavreseinemetropole.fr)

## ASSOCIATIVE LIFE OF THE CITY OF LE HAVRE

→ The City of Le Havre supports and accompanies Le Havre's associations in various fields, such as access to information or project assistance..

### ACCOMPANYING AND SUPPORTING ASSOCIATIONS

#### → ADVICE

The Associative Life sector allows you to benefit from administrative assistance in the running of your association, support and assistance in setting up a project, in particular for the creation of your association, up to the search for funding, premises, etc.

#### → ACTS

**Cafés des Associations :** time for exchanges between professionals and associative actors, on a targeted theme according to your expectations and needs.

**The trainings:** provided by professional-teachers over 1 or 2 days, depending on the subjects.

**Blabl'assos appointments:** exchanges and sharing of practices between association leaders pooling your experiences

**The practical workshops:** over a short time allowing to learn simple tools of associative operation.

#### → A DIRECTORY

If you are looking for activities, the City of Le Havre offers you the possibility of consulting the "directory of associations" on the [lehavre.fr](http://lehavre.fr) website.

The associations that are registered there offer you various and varied activities in fields such as sport, culture, environment, leisure, etc... You can also register your association to make your activity known on the site: [www.lehavre.fr/annuaire](http://www.lehavre.fr/annuaire)

→ To find out more about the news of the Associative Life sector or to register for its events, go to the "Services aux associations" section on the City of Le Havre website: [lehavre.fr/pratique/services-aux-associations](http://lehavre.fr/pratique/services-aux-associations) or contact the Associative Life sector at **02 35 19 67 37** or [vieassociative@lehavre.fr](mailto:vieassociative@lehavre.fr)

### PROMOTING VOLUNTEERING

→ **Would you like to participate in the life of your city and get involved in some volunteering work?** Are you looking for volunteers to carry out your associative project? The Associative Life sector:

- **Directs** and accompanies you towards an association of your choice.
- **Has a catalogue** of volunteer assignments.
- **Informes about existing tools** to highlight your commitment.
- **Accompanies you in your search** for volunteers.
- **Allows you to view or post** volunteer classified ads on the dedicated platform.

→ **To find out more, go to the City of Le Havre website: [lehavre.fr/pratique/benevolat](http://lehavre.fr/pratique/benevolat) or to the Vie Associative sector on **02 35 19 43 54** or [vieassociative@lehavre.fr](mailto:vieassociative@lehavre.fr)**

### ENCOURAGING INVOLVEMENT

→ **By relying on a reactive and non-formal operation**, Pop'Up enables all young people in Le Havre to get involved in helping others. Whatever the theme, the aim is to inspire and promote projects that participate in improving the well-being and living environment for all.

Find all the news of the device on the Instagram account [pop\\_up\\_lh](https://www.instagram.com/pop_up_lh)  
**02 35 19 67 37** or [popup@lehavre.fr](http://popup@lehavre.fr)





## STUDENT ASSOCIATIONS

**Would you like to get involved in the life of the Campus Le Havre Normandie?**

Would you like to create or join a student association?

Do you need to contact an association in order to set up a tutored project as part of your degree?

More information on  
[univ-lehavre.fr/spip.php?article69](http://univ-lehavre.fr/spip.php?article69).



**FÉDÉRATION DES  
ASSOCIATIONS  
ÉTUDIANTES DU HAVRE**

 [fedlh.fr](http://fedlh.fr)



 02 32 74 40 00

 [communication@univ-lehavre.fr](mailto:communication@univ-lehavre.fr)

 Newzin University LH

 NewZinvercity

## LA FED'LH

**Federation of Student Associations of Le Havre - is a major youth organisation of the Le Havre Campus, Normandy.**

It brings together 12 student associations whose aim is to represent and energise the daily lives of the 13,300 students currently studying in higher education in Le Havre!

**For example, two of its major events are held at the beginning and end of the university year:** Welcome Night and Goodbye Night. Through its missions, it acts for the constant improvement of the living and study conditions of young people. Thus, the association has launched the FED'LH Card which allows discounts in partner shops.

## STUDENT INITIATIVES AND PROJECTS

### NEWZIN

→ **Newzin is the web newspaper of the Campus Le Havre Normandie.** A video webzine which has its own Youtube channel and deals dynamically with all the news of the campus.

→ **The Newzin is run by a team of 15 students, from all fields of study,** who offer an invigorating and practical look at campus life, with each member bringing his or her own touch of originality and humour.



 buzz radio

### BUZZRADIO

Student Web Radio  
of the IUT



 QIF Frissard

### QIF

QIF is the student magazine of the Information Communication department distributed to the students of the IUT Frissard..



## PROJECT SUPPORT

### YOUTH SERVICE AND ASSOCIATIVE LIFE

→ Are you a student? Do you have a tutored project to carry out or do you have an innovative project that is close to your heart? The Jeunesse et Vie Associative service will help you to make it happen. The support can be methodological, administrative or financial.

→ To apply for support, simply fill out the application form for student projects on the following page [lehavre.fr/sites/default/files/atoms/files/dossier\\_appui\\_projets\\_etudiants.pdf](http://lehavre.fr/sites/default/files/atoms/files/dossier_appui_projets_etudiants.pdf) and to submit it to the Jeunesse et Vie Associative service.

→ The outcome and success of a project can be measured by good foresight and a dose of patience: don't wait until the last moment! Our support depends on a number of criteria, the first of which is the animation and enhancement of the City of Le Havre.

### SERVICE JEUNESSE ET VIE ASSOCIATIVE

2, rue Léon Gautier • 76600 Le Havre

Open Monday to Friday from 9 a.m. to 12 p.m. and from 1:30 p.m. to 5 p.m.

☎ 02 35 22 27 71

✉ [vieetudiante@lehavre.fr](mailto:vieetudiante@lehavre.fr)

🌐 [lehavre.fr/pratique/services-aux-associations](http://lehavre.fr/pratique/services-aux-associations)

📍 A et B Hôtel de Ville stop

**AFEV** Association de la Fondation Etudiante pour la Ville fights against social and educational inequalities



→ The AFEV offers students the opportunity to make a commitment to accompany a child or young person aged 6 to 16 years old who is in a fragile situation. The accompaniment of 2 hours per week in his or her needs and interests so as to work on motivation, self-confidence, cultural openness,

autonomy, etc... The student is trained and benefits from the support of the AFEV through tools and a follow-up of the accompaniment. As a partner of the University of Le Havre Normandie, the commitment can be highlighted through a bonus or a free teaching unit.

☎ 06 46 21 36 37 ✉ [lehavre@afev.org](mailto:lehavre@afev.org)

🌐 [rejoins.afev.org](http://rejoins.afev.org)



### LH VALLEY

→ A device dedicated to students who want to be entrepreneurial. Today, 46% of French people aged between 18 and 24 years old want to create or take over a company. If you too have an entrepreneurial spirit, LH Valley is your solution. This system gives you access to the entire student entrepreneurial offer on the Le Havre campus:

- Events to stimulate creation and sharing
  - Interventions to pass on good practices
  - An accompaniment to boost access to success
- This program is free and open to everyone, students and recent graduates alike!

Do you have an idea, a desire to participate?  
Join the LH Valley adventure!

🌐 [lhvalley.fr](http://lhvalley.fr) ✉ [contact@lhvalley.fr](mailto:contact@lhvalley.fr)



## *The interview*

**Nadja CECILLE**

3<sup>rd</sup> year special educator  
IFEN

“ Student life in Le Havre is rich and diverse. For cinema lovers, the "Le Sirius" cinema, located in the university district, offers all recent films at affordable student prices.

You can also go to see shows at the Volcan or attend café debates on current topics, books or films, which allows you to meet people!

The city of Le Havre offers a wide range of activities and leisure for students with the help of associations and BDEs that also make it possible to party! Le Tetris, a

concert hall located in the Tourneville fort, offers concerts and festivals all year round and for all tastes!

Finally, I find that the city of Le Havre offers some very beautiful landscapes and viewpoints such as the Hanging Gardens or the new Nelson Mandela esplanade.

Feel free to walk around!

”

“ As a student at the Europe-Asia campus of Sciences Po Paris, I had the chance to live two wonderful years in the Cité Océane.

I have forged unique memories thanks to the people I met, the things I learned, and most of all, the hours I spent wandering around the city. I will remember the theatre club on my campus, but also the sailing club that offered me wonderful sea trips. I will also remember the solidarity-based dynamism of Le

Havre, especially the Le Havre des Familles association where I met some great people, but also the Athlés Solidaires race that we organised with other students to raise funds for the Raymond Lerch centre.

See you soon Le Havre!

”

## *The interview*

**Constantin LU**

2<sup>nd</sup> year Political Science  
Political Science





# *Leisure*

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# THE BEACH



## RELAX

The beaches of Le Havre and Sainte-Adresse have developed numerous infrastructures offering an exceptional living environment to their inhabitants.. An accessible coastline to get closer to nature, notably thanks to the cliffs, or even to Cap de la Hève, a "end of the world" as it is called. A place where it is possible to breathe and to observe the incredible beauty of the seaside. Without forgetting all the other beaches of our beautiful coastline, Le Tilleul, Saint-Jouin-Bruneval, Étretat...to discover on weekends with friends



## EATING OUT

From the beginning of April to the end of September, the beach of Le Havre has the charm and the advantage of welcoming restaurants, from one end of its promenade to the other.

You will taste local and international cuisine (French, Italian, oriental, crêpes, etc.).

You can also enjoy a drink in the nearby bars which remain open all year round.

# Focus



## THE SKATE-PARK

→ The skate-park of Le Havre is the largest open-air skate-park in France. Inaugurated in 2006, it is located just by the sea, while also being close to the city.

With more than 1,800m<sup>2</sup> of concrete, the skate-park has one of the richest facilities in France in this area: snake, spine, bumps, slopes, walls and quarters. You will be able to observe BMX, rollerblades and skateboard tricks. Its access is free and it welcomes amateurs as well as professionals.



## HAVING FUN

→ Le Havre beach is also a remarkable leisure site, where cultural and sports activities take place throughout the year, especially during the summer period with *Un Été Au Havre*, Un été en forme and the Week-end de la glisse, among others.



## SPORTS

→ The beach is also a place where you can practice several sports freely, in more ways than one. This space, which covers more than 3,000m<sup>2</sup>, is intended for all sports that can be practised all year round: kite surfing, stand up, paddle-boating, kayak, jogging, beach volleyball, beach football, basketball, pétanque...

→ During the summer season, Les Bains Maritimes du Havre offer you the rental of nautical equipment: funboat, catamaran, stand up paddle-board, simple canoe...



# PARKS & GARDENS OF THE URBAN COMMUNITY



Since 2018, the City of Le Havre has been developing the "Le Havre Nature" public policy, a commitment that takes into account environmental issues and helps rediscover the benefits of nature in the city.

Through many actions, the City encourages the emergence of projects to improve your living environment and let biodiversity flourish. The enhancement of existing natural spaces should foster even closer links between nature and the people of Le Havre. *Le Havre Nature* also offers you the opportunity to make natural areas in the public domain available for development, gardening or entertainment.

More information on [lehavre.fr/ma-ville/le-havre-ville-verte-par-nature](http://lehavre.fr/ma-ville/le-havre-ville-verte-par-nature)

**In Le Havre, nature rubs shoulders with the city.**

Quickly, you can get away from it all by taking the hiking trails or by opting for a simple stroll through the many parks and gardens in our area.

## SAINT-ROCH SQUARE

→ The Square Saint-Roch is an ideal place to stroll or picnic, an exceptional green space in the city.

lehavre.fr

3 Frédéric Bellanger stop A et B Saint-Roch stop

## HANGING GARDENS

→ Built in a former military fort, the Hanging Gardens are a privileged place for a walk for the people of Le Havre. They offer visitors evocative landscapes of many regions of the world over nearly 8 ha. The richness of the botanical collections associated with the heritage and landscape character of the site, allow it to be doubly labelled "Remarkable Garden" and "Botanical Garden".

### Opening hours

#### THE GARDENS

→ April to September from 9:00 a.m. to 8:00 p.m.

→ October to March from 9:00 a.m. to 5:00 p.m.

→ Free entry

(except for exceptional events)

#### COLLECTION GREENHOUSES

→ 8<sup>th</sup> February to 29<sup>th</sup> March and 3<sup>rd</sup> October to 15<sup>th</sup> November: Saturdays, Sundays and holidays from 10:30 a.m. to 12:30 p.m. and 1:45 p.m. to 5 p.m.

→ 4<sup>th</sup> April to 30<sup>th</sup> September: daily from 10:30 a.m. to 12:30 p.m. and from 1:45 p.m. to 6 p.m.

#### Entry

→ 2 € or card for 10 entries at 15 €.

→ Free for children under 12 years old

#### Access

→ Southern Entrance 65, rue du Fort

→ Northern Entrance 29, rue Albert Copieux

→ 3 free car parks

### Arrival GR 21 - Outdoor picnic area - Tea room - Free toilets

rue du Fort et rue Albert Copieux • 76620 Le Havre

02 35 19 45 45

4 Église de Sanvic et Cochet stop

5 Jardins Suspendus stop

## MONTGEON FOREST PARK

→ Stretching over nearly 270 ha and offering more than 30 ha of lawns, it is the ideal place to relax and enjoy nature. Nowadays, hikers and sports enthusiasts enjoy the wide, open spaces offered to them, while others indulge in outdoor leisure activities such as tree climbing and cycling of all kinds. In addition, the caniparc offers dog owners a space designed for them where they may let them loose.

### Arrival GR 21 or short hike Picnic area

lehavre.fr A et B Jenner stop

1 Jenner stop et 6 Montgeon et Jenner stop

## THE ROUELLES PARK



→ In the heart of our territory, the park of Rouelles is easily accessible by public transport or bicycle paths. 189 hectares of meadows, woods, ponds and marshes are available for you to relax, picnic or practice sports activities..

 lehavreseinemetropole.fr  lehavre.fr

 1 et 9 Hérons stop

## CAP DE LA HÈVE

→ From the Cap, you have a breathtaking view of the Alabaster Coast (Côte d'Albâtre) and the Seine Bay from where you can observe the high cliffs and the coast of the Calvados department: Deauville, Trouville, Honfleur, up to a few buildings in the city of Caen.

## HIKING ON THE TERRITORY

→ Notice to walkers!

Come and discover the richness of the area by taking the 11 hiking trails offered by the Le Havre Seine Métropole Urban Community Tourist Office.

More or less long journey times, varied landscapes between land and sea... all the elements are there to enjoy nature in complete freedom!



## GROMESNIL CASTLE

→ Situated in Saint-Romain-de-Colbosc, the castle stands in the middle of a wooded park with an arboretum of 400 hundred-year-old trees and a magnificent beech grove.

Having become a cultural, tourist and environmental landmark, the castle and its Renaissance-inspired setting remain a place of history and an exceptional site that it is pleasant to discover or

rediscover during events or simple walks.

→ The building, while dating back to the 16th century, was also restored at the end of the 19th century at the request of Louis-René Preverand de la Boutresse, then owner of the premises, by a pupil of Viollet-le-Duc.

Said pupil added two towers and dormer windows in the style of the Loire castles to the building.



An interactive map is available on the Le Havre Seine Métropole website.  
[lehavreseinemetropole.fr](http://lehavreseinemetropole.fr)

# TOURISM & HERITAGE



**Le Havre offers a wide range of outings.** Concert fans, film buffs, and lovers of live shows and art. Everyone can find something to enjoy in our cultural outings, in Le Havre and throughout the region. Le Havre Seine Métropole.



## Good deal

→ Museums are free for under-26-year olds.

On the 1<sup>st</sup> Saturday of each month, the museums are free for everyone!

→ Every year, the European Heritage Days invite you, throughout France, to discover our heritage during the 3<sup>rd</sup> weekend of September.

On the territory of the urban community, more than 70 heritage sites are open free of charge. Find the programme, at the end of August, at the Maison du patrimoine and on [lehavreseinemetropole.fr](http://lehavreseinemetropole.fr)

## MAISON DU PATRIMOINE

→ Are you a student in Le Havre, a native of Le Havre, a resident of the urban community Le Havre Seine Métropole or have you just arrived from another region and would like to know more about your living environment?



→ The Pays d'art et d'histoire team is at your side to guide you in the discovery of your environment and to unveil unsuspected heritage treasures.

→ Our appointments give you the keys to deciphering the history and heritage that shape your daily life. Walking or bus tours, conferences, hikes, dramatised visits, workshops or demonstrations...

In the company of a guide, an actor or a specialist, come:

→ **Admire the reconstructed centre of Le Havre**, inscribed on the World Heritage List, from the 17<sup>th</sup> floor of the Town Hall tower.

→ **Plunge into the heart**

**of the 1950s**, wandering through the Perret show flat.

→ **Discover the secrets** of the picturesque Costière Stairs

→ **Hike** on the majestic cliffs of Étretat

Reduced rates for students.

### Maison du Patrimoine

181, rue de Paris • 76600 Le Havre

☎ 02 35 22 31 22

🌐 [Lehavremetro-patrimoine.fr](http://Lehavremetro-patrimoine.fr)



# Discover

*We invite you to explore and discover all the riches of the area by getting any necessary information at the Tourist Office of the urban community, which offers several information sites.*



## LE HAVRE

186, bd Clemenceau  
76600 Le Havre

☎ 02 32 74 04 04

🌐 lehavretourisme.com

🚏 1 S. de Champlain stop

🚏 A et B La Plage stop

## MAISON DU PATRIMOINE

Atelier Perret,  
181, rue de Paris  
76600 Le Havre

☎ 02 35 22 31 22

🚏 1, 2, 3, 4 et 7  
George V stop

## MONTVILLIERS

Place Général Leclerc  
76290 Montvilliers

☎ 02 35 30 27 11

🚏 1, 9, 11, 13 et LER  
Gare Montvilliers stop

🚏 10 Terminus  
S<sup>th</sup> Croix stop

## HERITAGE & MUSEUMS

### SHOW FLAT - PERRET



→ This apartment with its 1950s design allows you to discover the facilities offered by the Perret workshop to rehouse the inhabitants in the aftermath of the war. From the style of René Gabriel to that of Marcel

Gascoin, through that of André Beaudoin, the origin of the "Trente Glorieuses" is recounted here through everyday objects. It allows one to become familiar with the city and its past.

Maison du Patrimoine • 181, rue de Paris • 76600 Le Havre

Guided tours: opening hours on

[lehavre.fr/annuaire.maison-du-patrimoine](http://lehavre.fr/annuaire.maison-du-patrimoine)

✉ [maison-patrimoine-info@lehavre-etretat-tourisme.com](mailto:maison-patrimoine-info@lehavre-etretat-tourisme.com)

☎ 02 35 22 31 22 🌐 [lehavremetro-patrimoine.fr](http://lehavremetro-patrimoine.fr)

🚶 3 et 4 Perret stop



### DUBOCAGE HOTEL IN BLÉVILLE

→ Located in the heart of the Saint-François district, this 17<sup>th</sup> century mansion belonged to Michel-Joseph Dubocage, navigator, privateer of the king and first-rate merchant. It allows you to discover objects, prints, plans, models and paintings referring to the history of Le Havre and its port.

1, rue Jérôme Bellarmato • 76600 Le Havre

☎ 02 35 42 27 90 🌐 [lehavre.fr](http://lehavre.fr)

🚶 3 Lamblardie stop 7 Notre-Dame stop

### GRAVILLE ABBEY



→ A masterpiece of Romanesque art in Normandy, the Abbey of Graville overlooking Le Havre and the Seine Estuary. The monastery buildings house a museum with religious statuary, among the most beautiful in Normandy.

Rue de l'Abbaye • 76600 Le Havre

☎ 02 35 42 27 90 🌐 [lehavre.fr](http://lehavre.fr)

🚶 9 Sainte-Honorine stop

### MONTIVILLIERS ABBEY



→ The Abbey of Montivilliers is one of the most beautiful and prestigious abbeys in Normandy. Listed as a historical monument in 1992, the abbey has been entirely restored: installation of the Condorcet Library, creation of a scenic route, fitting out of a temporary exhibition room.

Jardin de l'Abbaye • 76290 Montivilliers

☎ 02 35 30 96 66

🌐 [abbaye-montivilliers.fr](http://abbaye-montivilliers.fr)

🚶 1, 11, 14 et 21  
François Mitterrand stop



## ANDRÉ MALRAUX MUSEUM OF MODERN ART

→ Located on the seafront, at the entrance to the marina, the MuMa - André Malraux Museum of Modern Art - offers modern architecture. This glass and steel building houses one of the most prestigious impressionist collections in France. Come and admire Boudin, Monet, Renoir, Degas, Sisley, Pissaro, Raoul Dufy from Le Havre...

→ Throughout the year, numerous temporary exhibitions are also on offer.

2, boulevard Clemenceau • 76600 Le Havre

☎ 02 35 19 62 62 🌐 [muma-lehavre.fr](http://muma-lehavre.fr)

🚏 4 Musée Malraux stop

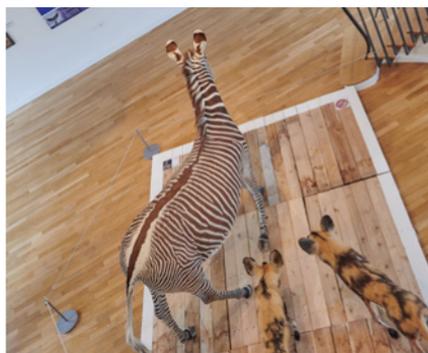
## NATURAL HISTORY MUSEUM

→ In an 18<sup>th</sup> century building, the Natural History Museum offers you temporary exhibitions that are fun and interactive to discover and understand the riches of the animal, plant and mineral worlds.

Place du Vieux Marché - 76600 Le Havre

☎ 02 35 41 37 28 🌐 [museum-lehavre.fr](http://museum-lehavre.fr)

🚏 2, 3, et 7 Guillaume de Marceilles stop



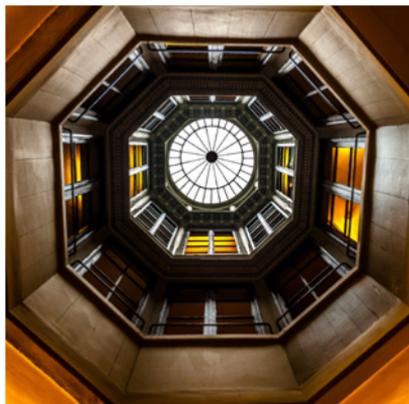
## THE ARMATEUR HOUSE

→ The Armateur house, with its 18<sup>th</sup> century architecture and its interior composition organised around a central skylight, is a museum emblematic of Le Havre's history, recreating the special atmosphere of a rich bourgeois residence. It retraces the life of a great merchant and edifice builder, Martin-Pierre Foäche.

3, quai de l'Île • 76600 Le Havre

☎ 02 35 19 09 85 🌐 [lehavre.fr](http://lehavre.fr)

🚏 3 Saint-François stop



## EXHIBITION AREAS



### LH PORT CENTER

LH Port Center, perfectly situated in the former terminal of Ireland, is a place of discovery and encounters dedicated to port culture.

→ This users' laboratory is a place for understanding, participating, experimenting and sharing the industrial-port world, in a fun and friendly atmosphere.

→ Port Center offers permanent and temporary exhibitions, educational activities, civic meetings, conferences, port visits...

These various approaches and experiences should enable everyone to better understand the city - port - industry ecosystem and become an enlightened and participatory citizen.

→ Open to citizens, residents and tourists on weekends and Wednesdays during school holidays, from 2 p.m. to 6 p.m. Rates: 2 € / free for under 26-year olds and every first Saturday of the month.

→ Find all the practical information (prices, opening hours...) and our programme on the website.

→ Open to teachers, schoolchildren, students, professionals, users and actors of the territory, all throughout the week, on reservation.

### LE PORTIQUE

→ Le Portique is a space for contemporary art and graphic design. It supports emerging artists and also presents confirmed artists, in line with a global artistic vision

→ Open from Tuesday to Saturday from 2 to 6:30 p.m.

Free admission from Wednesday to Saturday from 2:00 to 6:30 p.m.

→ Advance booking for guided tours and creative workshops.

### ESPACE D'ART CONTEMPORAIN

30, rue Gabriel Péri  
76600 Le Havre

### ESPACE DESIGN GRAPHIQUE

3, rue d'Après Mannevillette  
76600 Le Havre

☎ 09 80 85 67 82

✉ info@leportique.org

🌐 leportique.org

📍 5 et 6 Général Sarrail stop

Espace André Graillot • Chaussée John Kennedy  
76600 Le Havre

☎ 02 32 74 70 49 ✉ info@lehavreportcenter.com

🌐 lehavreportcenter.com 📘 Le Havre Port center

🐦 @lhportcenter 📷 LHPortCenter

🚏 7 MuMa stop - TRAM C2 Grand Quai stop

## LA FORME

→ La Forme aims to be a space for discovery, curiosity and lighting on artistic and architectural current events accessible to the general public. It regularly proposes exhibitions of works and large-scale projects, which are the bearers of a collective dynamic.

8, rue Pierre Faure • 76600 Le Havre

☎ 02 35 43 31 46 📍 La Forme Le Havre

🚏 1, 2, 3, 4 et 7 George V stop

🚏 A et B Hôtel de Ville stop

## LA GLACIÈRE

→ An old ice-house transformed into an art gallery, La Glacière is a unique exhibition space in Le Havre that welcomes painters, photographers, sculptors, visual artists and poets.

9, rue Rollon • 76600 Le Havre

☎ 06 80 11 21 04 📧 contact@laglaciere-lh.fr

📍 La Glacière Le Havre

🚏 2 Condé stop

## LE CARRÉ DU THÉÂTRE DE L'HÔTEL DE VILLE

→ Living to the rhythm of the seasons of the theatre that houses it, the Carré du THV is a Le Havre exhibition space that must be discovered!

→ Open from September to May, and with free admission, the Carré du THV hosts six to eight exhibitions each year - painting, photography, graphic design... - of emerging or established artists whose common point is a strong and creative relationship with Le Havre.

For 2 years now, the Carré also presents the 7<sup>e</sup>, seven Happy-hour rendezvous<sup>1</sup>, where you can come with friends to discover small artistic forms around dance, reading, music...

→ With the exception of drinks at the bar, the 7<sup>e</sup> are free and open to all.

Place de l'Hôtel de Ville • 76600 Le Havre

☎ 02 35 19 45 74 📧 culture@lehavre.fr

📍 lehavre.fr

🚏 1, 2, 3, 4, 5, 6 🚏 A et B City Hall stop



## CINEMAS

### LE SIRIUS

5, rue du Guesclin • 76600 Le Havre

☎ 02 35 25 24 34 📍 cinemasirius.com

🚏 A et B Université stop

### LE STUDIO

3, rue du Général Serrail • 76600 Le Havre

☎ 02 35 21 36 28

📍 cinema-le-studio.fr

🚏 5 et 6 Général Serrail stop

### GAUMONT DES DOCKS VAUBAN

Quai des Antilles • 76600 Le Havre

☎ 0 892 69 66 96

📍 cinemasmaumontpathe.com

🚏 3 et 8 Docks Vauban stop

### LES ARTS

1-3, rue des Verdiers  
76600 Montivilliers

📍 les-arts-cinema.com

🚏 1 et 9 Castors stop

## CONCERTS AND LIVE PERFORMANCES

### DOCKS OCÉANE

→ The Océane Docks host major festive events such as concerts, shows, national and international sporting events.

Quai Frissard • 76600 Le Havre

☎ 02 35 53 69 00

🌐 dockslehavre.com

🚏 3 et 8 Docks Vauban stop

🚏 A et B Gares stop

### LE VOLCAN SCEE NATIONALE

→ Le Volcan is one of the most important national stages in France. It is a place of production and artistic diffusion of national reference in the fields of theatre, music, dance, circus...



Espace Oscar Niemeyer  
76600 Le Havre

☎ 02 35 19 10 20

🌐 Levolcan.com

🚏 1, 2, 3, 4 et 7 Richelieu stop



### LE TÉTRIS

→ Located in the Fort de Tourneville, Le Tétris is an important cultural site in the Le Havre region. **This concert hall offers a dense and diversified range of concerts, but also opens its premises to live shows: dances, theatre, circuses...**

→ **A lively area, the Tétris also welcomes you in its restaurant, le Snake.** It makes it a point of honour to offer you fresh and local products, working with local producers.

**Note: every Wednesday, homemade burgers!**

Fort de Tourneville • 55, rue du 329<sup>e</sup> R.I. • 76620 Le Havre

☎ 02 35 19 00 38 🌐 letetris.fr 📘 LeTétris

🚏 1, 4, 5, 6 et 7 Cronstadt stop

### MAGIC MIRRORS

→ **Are you familiar with the Magic Mirrors?** The Magic Mirrors is an atypical, convivial venue, located between the bassins and the station, offering a varied

programme of concerts and shows. This wood, velvet and mirrors marquee, in the style of the 1930s, offers a unique space for culture and festivals.

🌐 lehavre.fr 🌐 magicmirrors.lehavre.fr

📘 Magic Mirrors Le Havre

🚏 8 P. Vatine stop 🚏 3, 5 et 9 Gares stop

🚏 A et B Gares stop

## CARRÉ DES DOCKS

→ Inaugurated at the end of 2016 by Le Havre Seine Métropole and the City of Le Havre, in place of the former Docks Café, the Carré des Docks is a new, attractive and singular place by relying on urban developments around the basins. Mainly dedicated to congresses and shows, it offers a varied programme.



Quai de la Réunion • 76600 Le Havre

☎ 02 35 19 45 74

🌐 dockslehavre.com/fr

## THÉÂTRE DE L'HÔTEL DE VILLE

→ Adjacent to the town hall and opposite the tramway station, the Théâtre de l'Hôtel de Ville du Havre, more often referred to as THV, offers, from September to May, a programme rich in great successes from Parisian theatres, headliners, emerging or confirmed local talents, works from the repertoire...

→ Among the must-see shows of the 2020/21 Season: *Et tout le monde s'en fout (Le Spectacle)*, *ML King 306 (Cie. Caliband)*, *Bérangère Krief, Le syndrome du banc de touche, ...*

The THV is open from Tuesday to Saturday from 12:45 to 6:30 p.m. and on Wednesday mornings from 9:30 to 11:30 and has an online ticket office: [billetterie.lehavre.fr](http://billetterie.lehavre.fr)  
Find all the THV season on [thv.lehavre.fr](http://thv.lehavre.fr)

Place de l'Hôtel de Ville • 76600 Le Havre

☎ 02 35 19 45 74 🌐 [thv.lehavre.fr](http://thv.lehavre.fr)

🚏 1, 2, 3, 4, 5, 6, 7

🚏 A et B Hôtel de Ville stop



→ For each match and major event, Le Havre Seine Métropole provides free shuttles from the train station to the stadium.  
More information on [transports-lia.fr](http://transports-lia.fr)

## STADE OCÉANE

→ Would you like to go to football or rugby matches, attend concerts and parties with friends? The largest stadium in Normandy with 25,000 seats, Stade Océane welcomes HAC football teams throughout the championships for both girls and boys.

Subscribe to [hac-foot.com](http://hac-foot.com) and come support your team at home!

→ But that's not all! Stade Océane also organises concerts, sports events, shows, exhibitions, seminars and congresses all year round. To keep you informed of the latest news: [hac-foot.com](http://hac-foot.com)

Boulevard de Léninegrad • 76600 Le Havre

☎ 0 810 76 20 00 🌐 [hac-foot.com](http://hac-foot.com)

🚏 2 et 8 Docteur Lamaze stop

🚏 12 Stade Océane stop

🚏 3 et 8 Auguste Blanqui stop

🚏 5 Champs Barets stop

## LE PETIT THÉÂTRE

→ Nestled in the heart of the Old Centre, the Petit Théâtre is a popular venue for local amateur and professional companies.

28, rue du Général Sarraill  
76600 Le Havre

☎ 02 35 42 52 18 🌐 lehavre.fr

🗺 5 et 6

🚏 A et B Palais de Justice stop

## LE BASTRINGUE

→ The Bistringue is an original place of artistic discovery, meetings and exchanges, bubbling with culture, dedicated to the performing arts.

136, rue Docteur Postel • 76620 Le Havre

☎ 02 76 80 77 27 🌐 lebastringue.fr

🚏 A Mare au Clerc stop

## THÉÂTRE DES BAINS DOUCHES

→ The Théâtre des Bains Douches all styles: theatre, music, circus...

is a place of contemporary diffusion and creation.

It offers a wide variety of shows in

→ The Théâtre des Bains Douches hosts a theatre school that

offers courses for amateurs.

22, rue Louis Lô Basso • 76620 Le Havre

☎ 02 35 47 63 09

🌐 theatrebainsdouches.fr

🗺 3 🚏 A et B Place Jenner stop

## LA FORGE

→ La Forge is the associative and cultural centre of the town of Harfleur. It welcomes various actors of the cultural scene.

Rue Frédéric Chopin • 76700 Harfleur

☎ 02 35 13 30 09 🌐 La Forge Harfleur

🗺 7, 12 et 14 La Forge stop

## LE PHARE CENTRE CHORÉGRAPHIQUE NATIONAL DU HAVRE

→ Le Phare - Centre Chorégraphique National du Havre, directed by Emmanuelle Vo-Dinh, is a place of creation around contemporary choreographic writings.

30, rue des Briquetiers • 76600 Le Havre

☎ 02 35 26 23 00 🌐 lephare-ccn.fr

🗺 7 et 8 Docks Vauban stop

## LE POULAILLER

→ This associative and amateur theatre is a place for rehearsals and performances. You may find, in particular, the Fédération Régionale d'Improvisation Théâtrale (Regional Federation of Theatric Improvisation - FRIT) as well as local amateur groups.

7 bis, rue Général Sarraill • 76600 Le Havre

☎ 02 35 43 32 10

✉ contact@lepoulailler-lehavre.fr

🌐 lepoulailler-lehavre.fr

🗺 5 Gares stop 🚏 A et B Gares stop

## THÉÂTRE LA MANICLE SATELLITE BRINDEAU

→ La Manicle is an alternative venue dedicated to visual arts plastic arts, video, photography, painting...) and performing arts (theatre, artist performances...).

56, rue Gustave Brindeau • 76600 Le Havre

☎ 02 35 25 36 05 ✉ lamanicle@orange.fr

🌐 lamanicle.com

🗺 7 Pl. Humbert stop



## NIGHTLIFE IN LE HAVRE

If you want to relax with friends over a drink, you will easily find what you are looking for in the city centre.

► Le Volcan is surrounded by bars where it is not uncommon to be able to watch a game or attend a small concert: go to Rue Racine where you will be welcomed in a friendly and good-natured atmosphere! Just beside, along the pedestrian streets Bernardin de Saint-Pierre and Victor Hugo, in the streets of Paris, Louis Brindeau and Paul Doumer or along the Southampton Quay, you may find many other places where the atmosphere is always very lively.

► Beyond that, near the beach, you can also enjoy a drink by the sea all year round. And to return home safely after a nice evening spent with friends, consider using the LiA night service (see p 21).

► If you're looking for a chic, simple, quiet or lively restaurant, don't hesitate to visit the historic Saint-François district, which has more than 70 restaurants for all tastes.



# PLAYING A SPORT



*The City of Le Havre's Service Jeunesse et Vie Associative (Youth and Associative Life) offers sports activities for young people between 16 and 25 years old:*

### *Futsal*

*7 gymnasiums in Le Havre welcome young people in the evening for indoor football matches. This activity is free.*

### *Multisport / Fitness*

*The Polygone sports area offers you multisport and fitness training. These activities cost 20 € per year for two sessions of 2 hours per week maximum.*

## *Did you know?*

19,000 participants in *Un été en forme* activities  
Free activities for all: beach volleyball, paddle-boarding, football, rollerblading, to get around with friends.

## LE HAVRE EN FORME

→ With its *Le Havre en forme* public policy, the City of Le Havre proposes to Le Havre residents to reintegrate physical activity into their daily life by implementing actions based on 3 simple principles:

MOVE, SHARE and DISCOVER.



→ **Initiatives are put in place throughout the year** to ensure that all Le Havre residents know and understand the benefits of physical activity: moving simply and safely in public spaces, being offered physical and sporting activities adapted to their needs and desires.

→ **With quality public spaces**, a seaside promenade, 750 hectares

of forests, parks, gardens and squares, and 128 kilometres of secure cycling facilities, Le Havre is in itself a real playground - an open-air gymnasium.

It's ideal for walking, running, playing games, going to school by bike... to move, feel good and improve your health!

All the programme on [lehavreenforme.fr](http://lehavreenforme.fr)

## ACTIVITIES

### WATER SPORTS



#### ROWING

**Société Havraise de l'Aviron (SHA)**

14, quai Lamandé • 76600 Le Havre

☎ 06 46 81 69 47 ✉ avironlh@gmail.com

🌐 avironlehavre.org

🚏 3 Lamblardie stop

#### KITE-SURF

**Planetair Vol Libre**

101, sente aux Matelots • 76400 FECAMP

☎ 02 35 29 17 19 ✉ le.bossenec@wanadoo.fr

🚏 1 La Hève stop

#### STANDUP PADDLEBOARD WINDSURFING

**Sport Nautique et Plaisance du Havre (SNPH)**

Quai Éric Tabarly • 76600 Le Havre

☎ 02 35 21 01 41 ✉ snph@snph.org snph.org

#### WINDSURFING

**Société des Régates du Havre (SRH)**

Quai Éric Tabarly • 76600 Le Havre

☎ 02 35 42 41 21 ✉ srh@lesregates.com

🌐 lesregates.com

🚏 A et B La plage stop

#### SAILING / SAND YACHT / KAYAK

**Centre Nautique Paul Vatine (CNPV)**

Terre-plein digue nord • 76600 Le Havre

☎ 02 35 42 15 58 ✉ cnpv@vatine.net vatine.net

🚏 A et B La plage stop

## SWIMMING POOLS

### MUNICIPAL POOLS

**Piscine du cours de la République**

37, cours de la République

76600 Le Havre

☎ 02 35 25 20 93

🚏 3, 5, 6 et 9 🚏 A et B Gares stop

**Piscine Édouard Thomas**

27, rue Pierre Ternon • 76600 Le Havre

☎ 02 35 26 57 18

🚏 3 et 8 Auguste Blanqui stop



**Piscine de la Mare Rouge**

105, rue Florimond Laurent

76620 Le Havre

☎ 02 35 46 37 87

🚏 6 🚏 A Mare Rouge stop

**Piscine de Caucriauville**

181, rue Édouard Vaillant • 76610 Le Havre

☎ 02 35 47 14 41

🚏 B Saint-Pierre stop

lehavre.fr

## POOL COMPLEXES

### LES BAINS DES DOCKS

→ **50-metre outdoor pool**, play pools, slide, balneo and fitness area, the choice is yours!

Quai de la Réunion • 76600 Le Havre

☎ 02 32 79 29 55

🌐 [vert-marine.com/les-bains-des-docks-le-havre-76](http://vert-marine.com/les-bains-des-docks-le-havre-76)

🚗 3 et 8 Docks Vauban stop 🚏 A et B Gares stop

### COMPLEXE AQUATIQUE BELLE ÉTOILE

→ **Sports pool, activity pool**, play-pool and outdoor solarium, this aquatic complex has everything to please!

5, rue Henri Matisse • 76290 Montivilliers

☎ 02 77 61 15 00 🚗 1 Belle Étoile stop

### AB SPORTS, PISCINE ET SPA

→ **From fitness classes to learning to swim and self-care activities...** Take advantage of a complete programme with more than 100 classes per week to finally take care of yourself...

2, rue de Mondeville • 76280 Criquetot l'Esneval

☎ 02 35 27 02 69

### COMPLEXE AQUATIQUE GD'O



→ **25-metre sports pool**, learning pool, play pool, wild river, cardio and flumes (open only in the summer), come and have fun with friends!

7, rue des Sports • 76700 Gonfreville-l'Orcher

☎ 02 77 61 10 10 🚗 2, 7, 10, 12 et 14

### CENTRE AQUATIQUE L'EFFET BLEU

→ **25-metre swimming pool, play lagoon**, outdoor area dedicated to relaxation, including a 200m<sup>2</sup> outdoor heated pool and finally 500m<sup>2</sup> of ideally sunny and grassy beach.



Rue Jules Lemercier,  
Espace Henri Odièvre

76430 Saint-Romain-de-Colbosc

☎ 02 35 20 12 84 🌐 [leffetbleu.com](http://leffetbleu.com)

🚗 12

[Lehavreseinemetropole.fr](http://Lehavreseinemetropole.fr)

### ICE RINK

→ **The skating rink welcomes the public as well as sports clubs** and even shows. We also do theme nights on some Fridays, from 9 p.m. to midnight.

→ The rink is closed **from 1<sup>st</sup> June to 1<sup>st</sup> September**.



106, rue Louis Blanc • 76620 Le Havre

☎ 02 35 47 02 11

📧 [patinoire@lehavre.fr](mailto:patinoire@lehavre.fr) 🌐 [lehavre.fr](http://lehavre.fr)

🚗 1 Patinoire stop

🚏 A et B Place Jenner stop

# The interview

## Guillaume TALBOT

2<sup>nd</sup> year BTS photography  
Saint-Vincent-de-Paul  
school group



“ Being originally from Basse-Normandie, I had a lot of prejudices about the city of Le Havre, but during my 2 years of studies I was able to discover a welcoming, pleasant city. Moreover, the Perret architecture gives a real harmony to the city centre. One of the main advantages of Le Havre is its beach which allows you to air your mind, but also to organise evenings on the beach when the sunny days and the heat return. As a photographer, I took great pleasure in photographing it. ”



## ADVENTURE

### INDOOR TREETOP ADVENTURE

→ Progress on a high course, between 6 and 10 m, with different levels of progression and in complete safety:

21 different workshops, 2 vie ferrate and 2 zip lines, one of which is more than 25m long!

8, rue Marcel Toulouzan • 76600 Le Havre

☎ 02 35 26 38 66 🌐 artsportcafe.com

### LH AVENTURES

→ Come and discover the branching routes of the Montgeon forest: two zip lines over the lake, three courses in the trees, one of which is more than 16 metres above the ground.

Rue Raoul Mail • Forêt de Montgeon

✉ contact@lhaventures.fr 🌐 lhaventures.fr

📍 A et B Place Jenner stop



### ESCAPE YOURSELF

→ Locked in a room with your friends, you only have 60 minutes to solve the puzzles and escape!

61, rue de Fleurus • 76600 le Havre

☎ 02 78 93 02 11

✉ contact@escapeyourselflehavre.fr

🌐 escapeyourselflehavre.fr

## STUDENT SPORT

### THE S.U.A.P.S.

The University Physical Activity and Sports Service (SUAPS) offers you a wide range of possibilities to practice a sport or leisure activities during your university studies:

→ **Team sports:** basket-ball, football, indoor football, handball, volley-ball, rugby.

→ **Individual sports:** athletics, badminton, climbing, swimming, diving, tennis, table tennis, sailing.

→ **Combat sports:** English boxing, Savate, full contact, fencing, judo / jujitsu, self-defence, taekwondo.

→ **Fitness sports:** rock & latino dance, zumba, bodybuilding, soft gym, combat fitness, gym step, strength training, weight training, pilates, tonic yoga.

Registrations can be made at the SUAPS office from September onwards. The cost of the activities varies between € 40 and € 60 yearly depending on the activity.

**For any registration, you will need to bring:**

→ **A medical fitness certificate:** rugby, English boxing, Savate, full contact, diving.

→ **Your payment:** by cheque, payable to the university's accountant, or by credit card.

→ **Your student card.**

### COMPETITIVE SPORT

→ **Le Havre Normandy University has its own sports association, ASUH,** affiliated to the French University Sports Federation. It allows you, via a multi-sport licence, to practice individual or team sports in a spirit of university competition. The licence is free for students of the University of Le Havre Normandie.

The medical fitness certificate for practice of sport in competition is compulsory.

### HANDISPORT

→ **SUAPS can also welcome students with disabilities** as long as the material corresponding to the activity is available.

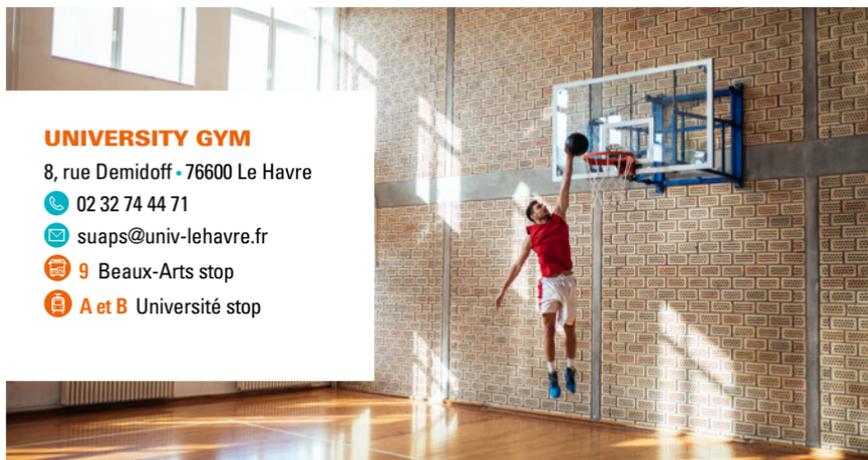
More information on [univ-lehavre.fr/spip.php?rubrique22](http://univ-lehavre.fr/spip.php?rubrique22).

### Service Universitaire des Activités Physiques et Sportives

50, rue Jean-Jacques Rousseau - 76600 Le Havre

☎ 02 32 74 44 71 ✉ [suaps@univ-lehavre.fr](mailto:suaps@univ-lehavre.fr) 📘 SSUAPS Université du Havre 🐦 @lhsuaps

📍 9 Beaux-Arts stop 🚏 A et B Université stop



### UNIVERSITY GYM

8, rue Demidoff - 76600 Le Havre

☎ 02 32 74 44 71

✉ [suaps@univ-lehavre.fr](mailto:suaps@univ-lehavre.fr)

📍 9 Beaux-Arts stop

🚏 A et B Université stop

## PROFESSIONAL SPORT

The SUAPS welcomes, supports and accompanies high and strong level athletes. It offers them study facilities in order to reconcile their double project: higher education and a high-level sports career. A system that has proved its worth and which encourages their sporting development and academic success.

☎ 02 32 74 44 71

✉ suaps@univ-lehavre.fr

## FOOTBALL

HAC Football (Men's and Women's Football)



→ The magnificent Stade Océane is also the garden of "Heaven and Sea".

If you go there you can see the professional men's team playing in League 2 but also the women's team which has just reached Division 1 and which will play against the best French

teams... some of them (Lyon and PSG) are among the best European teams! One stadium for two shows, don't hesitate!

☎ 0 811 650 422 ✉ accueil@hac-foot.com

🌐 hac-foot.com

## BASKET



Saint-Thomas Basket (Men's basketball)

→ In the space of only a few years, the STB has gone from the best French team to the 3<sup>rd</sup> national team!

The new management team is determined to restore the club to its former glory. A work that is bearing fruit but that needs the unfailing support of the Docks Océane public.

Let yourself be tempted by the experience and don't hesitate to come and transmit your enthusiasm to help the club take up the challenge!

☎ 02 35 11 70 00

✉ secretariat@stblehavre.com 🌐 stblehavre.com

AL Aplemont (Women's Basketball)

→ The top women's basketball club in Seine-Maritime, the ALA has got into the Normandy Top 7 with more than 300 members.

Its pride is to have remained a family entity focused on training and oriented towards the top level with 4 teams in the national championship.

☎ 02 35 51 53 06 ✉ a.l.aplemontbasket@orange.fr

📘 ALA Le Havre Basket Association

AVEC  
LE HAVRE SEINE  
MÉTROPOLE

NOUS  
SOMMES  
HAUT  
NIVEAU

#LeHavreMetro  
SOUTIENT LE SPORT  
DE HAUT NIVEAU

LE  
HAVRE  
SEINE  
MÉTROPOLE



## HANDBALL

### HAC Handball (Women's Handball)

→ After a fine season last year, Les Ciel et Marine are approaching this new year with ambition and determination. To achieve their goals, the team will rely on a solid and motivated team of players, but also on a loyal audience that is also ready to lift mountains.

☎ 02 35 53 05 67

✉ hachand@orange.fr

🌐 hachandball.fr

### Handball Octeville (Women's Handball)

→ After a remarkable season last year, the HBO continues to combine a passion for handball with a desire to do things seriously. These two values have always carried HBO. By going to the magnificent Espace du Littoral, you will be sure to see a top level match and a team from Octeville-Sur-Mer who will give everything to win!

f handball octeville-sur-mer

### Gonfreville Handball (Men's Handball)

→ If there is one thing you must experience when arriving at the Le Havre Normandy Campus, it is to go, on a Saturday evening, to the Auguste Delaune hall to attend a Gonfreville handball match. This room, which has seen the debut of some great players, notably the "Nutters": Grégory Anquetil and Gaël Monthurel, exudes a passion for handball. Convinced for a long time that "home-made" training was the most reliable, the club does not hesitate, every year, to throw some "home-made treasures" into the unknown. Come and discover these future champions in this sports hall which is also getting a new coat of paint.

🌐 gonfrevillelorcher-handball clubeo.com

To find more activities within clubs or associations, do not hesitate to visit the directory of associations in the city on [lehavre.fr](http://lehavre.fr)

# ARTISTIC PURSUITS

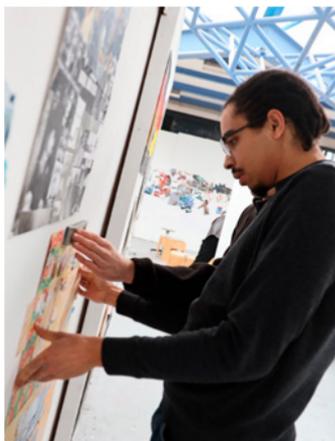
→ It is possible, within the framework of the free units, at the University Le Havre Normandie, to perfect an instrumental, choreographic or theatrical practice allowing the mastery of artistic expression and a technical enhancement. To do so, you must enrol at the Arthur Honegger Conservatory and take a test and/or an entrance interview.

Conservatoire Arthur Honegger,  
70, cours de la République  
76600 Le Havre

☎ 02 35 11 33 80

✉ conservatoire@lehavre.fr

🕒 9 📍 A et B Université stop



→ On the Le Havre Normandie Campus, the Le Havre-Rouen School of Art and Design (ESADHaR) offers courses in amateur artistic practices for children, teenagers and adults: history of art, drawing, live model, painting and modelling.

Annual registrations each year at the beginning of September. More information and prices on [esadhar.fr](http://esadhar.fr)

## PLAYING MUSIC

→ You can play music at the Centre d'Expressions Musicales (CEM). The CEM is a school of contemporary music that offers individual or

group lessons. It also offers a rehearsal centre composed of 6 rehearsal studios and a pedagogical stage (le Tube).



## The "Test Tubes" concerts

Concerts are organised once a month at the Tube, the Sonic's concert hall, which can accommodate up to 150 spectators.

### → LE FORT !

55, rue du 329<sup>e</sup> RI  
76620 Le Havre

### → LE SONIC

77, rue du 329<sup>e</sup> RI  
76620 Le Havre

Open from Tuesday  
to Sunday

☎ 02 35 48 95 25

✉ sonic@le-cem.com

🕒 6 et 7 Cronstadt stop

### → LE CEM

55, rue du 329<sup>e</sup> RI  
76620 Le Havre

Open Monday to Friday  
from 9 a.m. to 12 p.m. and  
from 2 p.m. to 7:30 p.m.

☎ 02 35 48 48 80

✉ contact@le-cem.com

🕒 5 et 6

Palais de justice stop

📍 A et B

Palais de justice stop



## The cross interview

### Jean BLAISE

Artistic Director *Un Été Au Havre*

### Helen EVANS

Member of the graphic design  
collective *HéHé*

Pedagogical advisor on the ESADHaR  
partnership - *Un Été Au Havre*

“ *Le Havre is positioned as a fertile ground for creation in the widest variety of forms.* ”

#### What is the partnership between Un Été au Havre and ESADHaR?

**Jean Blaise** → The idea is to integrate the existence of an active and interesting Beaux-Arts school on the territory we share into Un Été Au Havre. All the more so since artists we know teach there and that bringing them to Un Été Au Havre is as interesting for them as it is for us.

#### How are the artists selected to exhibit in a season?

**Jean Blaise** → Students who wish to do so are asked to make a proposal, then a selection is made. We reserve the right not to retain projects. We choose the projects according to a certain artistic quality and the respect of the creative principal of the work inside the city.

Our attention is focused on the appropriateness of the proposals according to the places treated, and this varies greatly from one artist to another. For example, we did not select a project for the 2020 season.

We are therefore carrying out a project from the previous edition which we had to give up for technical reasons: a creation by Alice Baude which floats in one of the basins in the centre of Le Havre.

### Why is it important for ESADHaR to have its students exhibited at an international event?

**Helen Evans** → The collaboration with *Un Été Au Havre* gives incomparable visibility to our activity within the school. The Le Havre-Normandie Campus has a long tradition of art in the public space. Students are invited to work on projects that respond to a specific public context and to collaborate with cultural and scientific partners. Those selected as part of the *Un Été Au Havre* partnership learn a professional process of production and dissemination: tests and prototypes, working with manufacturers, thinking about the layout of the space...

The encounter between students and a local and international audience, through their own artistic productions, is an incredible opportunity.

### Looking back on the 2019 edition, what has this operation changed in the careers of Antoine Dieu and Baptiste Leroux?

**Helen Evans** → For most artists, the career begins after graduation, but where to start is not easy to decide. The integration of Baptiste and Antoine into the official program of *Un Été Au Havre* marked the beginning of their activity and gave them the status of artist. But they are still students, and the path leading to an artistic career is often difficult and uneven. This first professional experience brings an impressive breadth to their body of work, attests to their ambition and professionalism and, most importantly, sends a strong signal that their vision of the world has already found a place in today's art scene. This first recognition by a renowned contemporary art curator is a tremendous springboard.

### How does the general public view the creations of these local artists alongside internationally renowned artists

**Jean Blaise** → Insofar as, in our presentations and in our communication on the programming of *Un Été Au Havre*, we do not make a distinction between ESADHaR students and confirmed artists, visitors have the same view of the works of all the artists presented.

**Helen Evans** → To my knowledge, the fact that young art students exhibit alongside established artists on the international scene, with the same level of support and guidance, is a unique situation in the world, which breaks down the usual hierarchies.

This is a remarkable opportunity for generosity. The students' works have been well received by the press and presented to the public without any distinction between "local" and "international" young artists. In my opinion, it is important to present the "artists of the future".

And I hope that Le Havre will position itself as a fertile ground for creation in the greatest diversity of forms. This next generation of artists will invent other ways of doing things, points of reference and ways of thinking.

“ We choose projects according to a certain artistic quality. ”

# UN ÉTÉ AU HAVRE

## REGARDER LA MER...

LA SAISON EST MAINTENUE

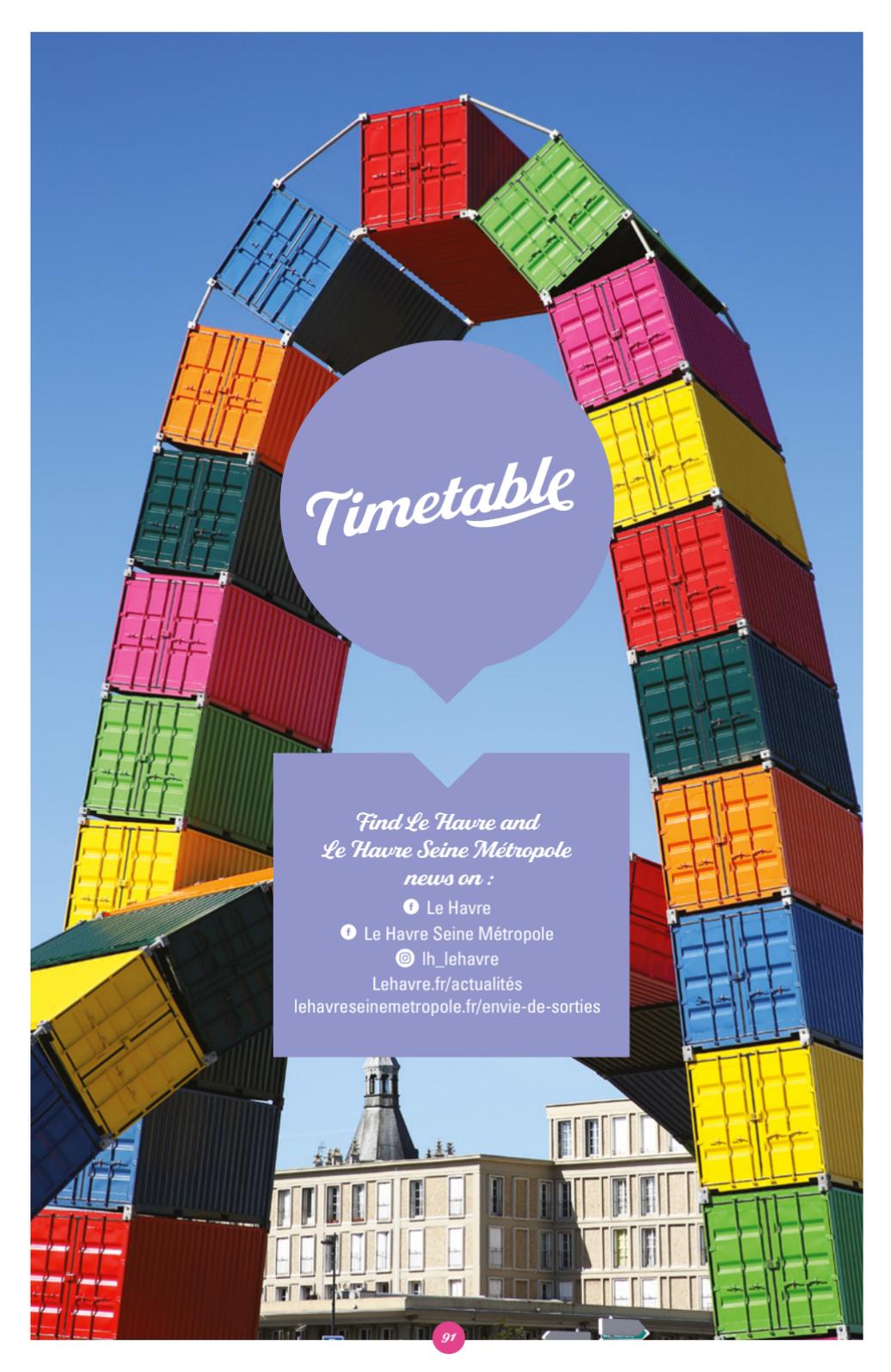
11 JUILLET >  
04 OCTOBRE  
2020

PROGRAMME SUR  
[UNETEAUHAVRE.FR](http://UNETEAUHAVRE.FR)

18 œuvres et installations  
dans l'espace public  
4 parcours d'art dans la ville  
3 grandes expositions



LAURE BELLAÏNE, LUPAT DUBOIS - © PHILIPPE BÉGAUD, VALÉRIE DU HAVRE - RÉALISATION HAVRE BRAND&GILLOT



# *Timetable*

*Find Le Havre and  
Le Havre Seine Métropole  
news on :*

- 📍 Le Havre
- 📍 Le Havre Seine Métropole
- 📍 lh\_lehavre

Lehavre.fr/actualités  
lehavreseinemetropole.fr/envie-de-sorties

## Campus events

One theme, one event! Every month, the Campus offers students free visits to help them discover the area, the infrastructures, the employment pool...

### IN SHORT, 4 THEMES ARE ON THE AGENDA:

Culture, sport, business and sustainable development. Stay connected to discover the timetable! Don't hesitate to consult the [campus-lehavre-normandie.fr](http://campus-lehavre-normandie.fr) website to access the full timetable for Le Havre. [www.campus-lehavre-normandie](http://www.campus-lehavre-normandie)



## CAFÉ DES LANGUES

→ **Come and chat over coffee in the language of your choice:** English, Spanish, Italian, German, French and other languages... Whatever your level, don't hesitate to try!

**Au Bon Retour** (april - sept) • **Au Café Décalé** (sept - april)

Every Tuesday night at 8:30 p.m.

 [cafedeslangueslehavre.blogspot.fr](http://cafedeslangueslehavre.blogspot.fr)

 Café des Langues du Havre

## UN ÉTÉ AU HAVRE

→ **Discover 18 pieces and installations in the public space.** The Un Été Au Havre experience is lived through 4 art trails in the city that allow visitors to discover the city's emblematic places and points of cultural and tourist interest.

More information on [uneteauhavre.fr](http://uneteauhavre.fr)

## LA FÊTE DE LA MER

→ **As every year, the traditional Fête de la Mer will honour those involved in the maritime world who are proud of their know-how.** On the programme: festive music and entertainment throughout the weekend to spend a pleasant moment under the banner of the festival!

**JULY & AUGUST 2020**

→ Communes of  
Le Havre Seine Métropole

**FROM 11<sup>TH</sup> JULY  
TO 4<sup>TH</sup> OCTOBER 2020**

**5<sup>TH</sup> AND 6<sup>TH</sup> SEPTEMBER 2020**

→ Quartier Saint-François

## FORUM DES ASSOCIATIONS

→ A major event highlighting the local associative fabric and the activities offered throughout the year.

All fields will be represented, with the opportunity to meet, compare and, why not, work together!

More information on [lehavre.fr](http://lehavre.fr)

## LES JOURNÉES EUROPÉENNES DU PATRIMOINE

→ For two days, the major historical and cultural sites of Le Havre Seine Métropole are open to the public free of charge. Visits and events are

organised to animate the heritage, you will have the opportunity to enter places only rarely accessible.

More information on [journeesdupatrimoine.culture.fr](http://journeesdupatrimoine.culture.fr) and [lehavreseinemetropole.fr](http://lehavreseinemetropole.fr)

## LH FORUM 9<sup>ÈME</sup> ÉDITION



→ For the 9<sup>th</sup> consecutive year, the City of Le Havre is hosting the Positive Economy Forum. An event open to all who wish to participate in the emergence of a positive society for future genera-

tions. Meetings, debates, conferences, workshops... an event not to be missed!

More information on [positiveeconomy.co](http://positiveeconomy.co)

## VÉLOTOUR



→ Discover Le Havre as you've never seen it before! The 6th edition of the Vélotour offers a new route to discover the

port, punctuated with activities (DJs, brass bands, graffiti workshops, tasting, etc.). A tour that allows everyone to (re)discover Le Havre's heritage from a different perspective. Although cycling is of course compulsory, everyone can also come in disguise if they wish!

More information on [lehavre.fr](http://lehavre.fr)

13<sup>TH</sup> SEPTEMBER 2020



19<sup>TH</sup> AND  
20<sup>TH</sup> SEPTEMBER 2020

FROM 24<sup>TH</sup> TO  
26<sup>TH</sup> SEPTEMBER 2020

→ Le Volcan, national stage of Le Havre

27<sup>TH</sup> SEPTEMBER 2020

## VOILES ÉTUDIANTES



→ Every year, the voiles étudiantes group invite crews from French and foreign universities and colleges for

a weekend of competition and celebration. A friendly, festive and sporting event!

**f** Voiles Etudiantes

## QUEST PARK FESTIVAL



→ In Le Fort! an atypical place and setting, the 16<sup>th</sup> edition of the festival offers Le Havre a varied programme of contemporary music: rock, rap, electro, jazz, world.

Marquees, photo and video caravans, games... You'll feel like you're at a fairground in this village square where people, styles and generations mingle.

More information on [ouestpark.com](http://ouestpark.com)

## LA NUIT DU TOURISME

→ The Le Havre Seine Métropole Tourist Office invites you to take a different look, to set off to find places unknown or bathed in a different

atmosphere.

→ On the programme: friendly and lively moments set up on a dozen sites in the area.

More information on [lehavre.fr](http://lehavre.fr)

17<sup>TH</sup> AND 18<sup>TH</sup> OCTOBER 2020

FROM 16<sup>TH</sup> TO  
20<sup>TH</sup> OCTOBER 2020

→ Le Tetris

OCTOBER 2020

## FESTIVAL « DU GRAIN À DÉMOUDRE »

→ **Come and participate in the 20<sup>th</sup> edition of the Du Grain à Démoudre international film festival.** A week of cinema for all with on the programme: competition of short and feature films, workshops to practice film techniques, film-concerts, meetings with professionals...

More information on [dugrainademoudre.net](http://dugrainademoudre.net)

## SALON RÉINVENTIF

→ **Le Havre Seine Métropole is organising the 5<sup>th</sup> edition of the Salon Réinventif, the urban community's meeting place for reuse and recycling.** On the programme, in particular, sales of vintage and second-hand objects, arts and crafts workshops, exhibitions of local artists. An opportunity to learn tips and tricks in the art of reusing objects.

More information on [lehavreseinemetropole.fr](http://lehavreseinemetropole.fr) and on [reinventif.fr](http://reinventif.fr)

## FORUM FOR HIGHER EDUCATION AND PROFESSIONS

→ **Visitors will be able to discover all the training courses available after the baccalaureate.** Higher education establishments and training and guidance organisations as well as professionals will be on hand to discuss the guidance opportunities offered in Le Havre and discover the professions of tomorrow. Open to all audiences

More information on [lehavreseinemetropole.fr](http://lehavreseinemetropole.fr)

## FESTIVAL LE GOÛT DES AUTRES (10<sup>E</sup> ÉDITION)

→ **The festival "Le Goût des Autres" (The Taste of Others) is the festival of literature and literary creations in Normandy.** The artistic project of the festival proposes to rediscover an issue, which literature and the world of ideas have taken hold of. The festival brings together writers, actors, musicians, illustrators, dancers, visual artists, film scriptwriters...

More information on [festival-legoutdesautres.fr](http://festival-legoutdesautres.fr).

16<sup>TH</sup> TO 24<sup>TH</sup> NOVEMBER 2020

→ Espace Culturel de la Pointe de Caux/Gonfreville l'Orcher - Le Havre - Montivilliers

FROM 21<sup>ST</sup> TO 24<sup>TH</sup> NOVEMBER 2020



→ Le Fort !

22<sup>ND</sup> AND 23<sup>RD</sup> JANUARY 2021

FROM 21<sup>ST</sup> TO 24<sup>TH</sup> JANUARY 2021



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## MONDIAL DE L'IMPRO

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→ **Over five days, artists** (actors, dancers, musicians, directors and visual artists) from different French-speaking countries will offer new and spontaneous

shows. **The country with the most votes from the public will be chosen as the winner.**

APRIL 2021

→ At the Petit Théâtre and Magic Mirrors

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## LA NUIT EUROPÉENNE DES MUSÉES

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→ **The European Night of Museums** is an opportunity to discover the museums

of the urban community Le Havre Seine Métropole in a new light... But not daylight!

MAY 2021

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## UNE SAISON GRAPHIQUE

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→ **Une Saison Graphique (A Graphic Season)** is an annual event dedicated to contemporary graphic creation bringing together several events in Le Havre spread over different cultural venues in the city.

A real journey into graphic cultures, an urban itinerary that offers exhibitions, meetings, workshops, conferences, concerts and events.

JUNE 2021

More information on [unesaisongraphique.fr](http://unesaisongraphique.fr).

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## LA FÊTE DU CIRQUE

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→ **La Fête du Cirque** is a festival of circus and street arts, with about 50 performances over the weekend and a big ball on Saturday night!

- Free outdoor shows and entertainment
- Show under a big marquee student rate: €6

JUNE 2021

→ Saint-Romain-de-Colbosc

More information on [lehavreseinemetropole.fr](http://lehavreseinemetropole.fr)

## COURSE DE L'AMAZONE



→ This 6km race, devoted to the fight against breast cancer and especially dedicated to women, takes place on the first Sunday

of June. Registration fees are partly donated to the ligue contre le cancer and to local associations to support prevention.

6 JUNE 2021

More information on [courselamazone.com](http://courselamazone.com).

## MOZ'AIQUE



→ On the sumptuous site of the Hanging Gardens, the 10th edition of the MoZ'aique festival offers you a series of open-air concerts dedicated to music from all over the world: jazz, blues, soul, rock,

reggae, latino world music... Demanding programming that remains accessible and that has maintained its festive and friendly spirit over the years.

JULY 2021

→ Hanging Gardens

More information on [mozaique.lehavre.fr/agenda](http://mozaique.lehavre.fr/agenda)

## CINÉSEINE

→ With CinéSeine, every first Tuesday of the month Le Havre Seine Métropole allows you to discover two films still

in theatres at very accessible prices (except in July and August).

→ Le Siroco, espace Henri Odièvre, Saint-Romain-de-Colbosc

More information on [lehavreseinemetropole.fr](http://lehavreseinemetropole.fr)

## UN ÉTÉ EN FORME

→ The City of Le Havre is transformed into a huge playground and offers sports and well-being activities for all, supervised by qualified sports educators. Come and discover more than 70 free activities, alone, with friends or family.

Get moving in your neighbourhood, at the beach, at the Bassin du Commerce, the Montgeon forest or the Polygone with a programme full of activities.

**JULY - AUGUST 2021**

→ Le Havre

More information on [lehavreenforme.fr](http://lehavreenforme.fr)

## WEEK-END DE LA GLISSE



→ For more than 10 years now, the City of Le Havre has been hosting every year the Week-end de la Glisse (Freestyle Weekend), part of the FISE Xperience tour. The opportunity to enjoy three days of festivities for freestyle sports fans (BMX, scooter, roller and skate). Thrills and chills guaranteed! Ride on in Le Havre!

**AUGUST 2021**

→ Skatepark Esplanade de la plage

More information on [mozaique.lehavre.fr/agenda](http://mozaique.lehavre.fr/agenda)

## WEEK-END BÉTON

→ A crossover weekend that puts Le Havre at the top of the bill! Multidisciplinary, accessible and creative, Béton is the great music, architecture and food late summer event in Le Havre.

For 3 days, come and stroll through the streets of Porte Océane to (re) discover all its creativity. Béton happens in Le Havre! (The most beautiful city in the world)

**27<sup>TH</sup>, 28<sup>TH</sup> AND  
29<sup>TH</sup> AUGUST 2021**

→ Quai Southampton et Place Niemeyer

More information on [lehavre.fr](http://lehavre.fr) and on [beton.cool](http://beton.cool)

# STAY CONNECTED

## MOBILE APPLICATIONS

LH & Vous  
Le Havre Impressioniste  
Le Havre Grand Ecran  
The MuMa  
LiA  
TriPratik  
Normandie en poche

## USEFUL WEBSITES

[campus-lehavre-normandie.fr](http://campus-lehavre-normandie.fr)  
[lehavreseinemetropole.fr](http://lehavreseinemetropole.fr)  
[lehavre.fr](http://lehavre.fr)  
[lehavre-etretat-tourisme.com](http://lehavre-etretat-tourisme.com)  
[news.fr/normandie](http://news.fr/normandie)  
[travail-emploi.gouv.fr](http://travail-emploi.gouv.fr)  
[crous-normandie.fr](http://crous-normandie.fr)  
[univ-lehavre.fr](http://univ-lehavre.fr)  
[handi-u.fr](http://handi-u.fr)  
[lia.fr](http://lia.fr)

## FREE WIFI HOTSPOTS

Niemeyer Library  
Docks Vauban  
Black café  
Mc Daid's  
L'Étable  
Flunch  
McDonalds  
Tramway LiA



## ● Studying

- |  |                                |
|--|--------------------------------|
| 1 Université Le Havre Normandie        | 9 ESADHaR                      |
| 2 IUT du Havre (Site de Caucriauville) | 10 IFEN                        |
| 3 IUT du Havre (Site Frissard)         | 11 INSA                        |
| 4 ISEL                                 | 12 IFSI                        |
| 5 Études de santé                      | 13 Saint Jo Sup                |
| 6 EM Normandie                         | 14 Bibliothèque Universitaire  |
| 7 ENSM                                 | 15 Bibliothèque Oscar Niemeyer |
| 8 Sciences Po                          | 16 Cité Numérique              |

## ● Housing

- |                       |                       |
|-----------------------|-----------------------|
| 17 Rés. Labédoyère    | 21 Rés. A Docks       |
| 18 Rés. Bougainville  | 22 Rés. Saint nicolas |
| 19 Rés. Delavigne     | 23 Rés. Caucriauville |
| 20 Rés. Jules Leceste | 24 Rés. Duguay Trouin |

## ● Food

- 25 Restaurant Universitaire
- 26 Cafétéria Lebon
- 27 Cafétéria IUT de Caucriauville

## ● Services

- |  |                                   |
|--|-----------------------------------|
| 28 Maison de l'étudiant  | 31 Sous Préfecture                |
| 29 CROUS   | 32 Hôtel de Ville                 |
| 30 Bureau Information Jeunesse Service Jeunesse et vie Associative | 33 Hôtel de la Communauté urbaine |

## ● Healthcare

- |                          |                                |
|--------------------------|--------------------------------|
| 34 S.M.E.N.O             | 37 Clinique des Ormeaux        |
| 35 L.M.D.E               | 38 Hôpital Privé de l'Estuaire |
| 36 Hôpital Jacques Monod |                                |

## ● Transportation

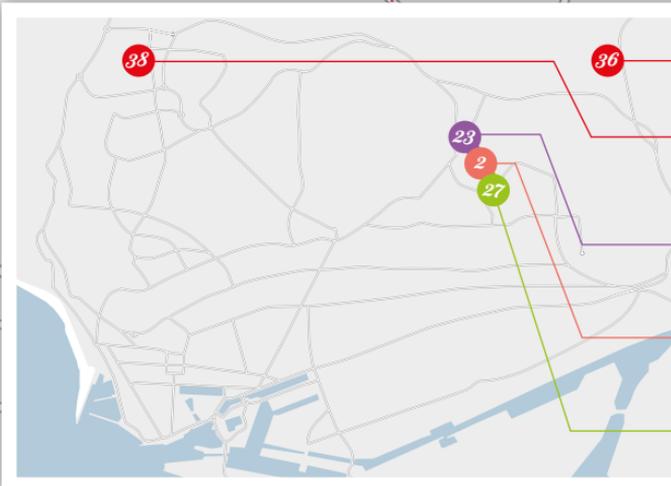
- |                        |                                   |
|------------------------|-----------------------------------|
| 39 LiA - Les boutiques | 42 Parc Vélos de la plage         |
| 40 Gare SNCF           | 43 Parc Vélos des Bains des Docks |
| 41 Gare routière       |                                   |

## ● Distract

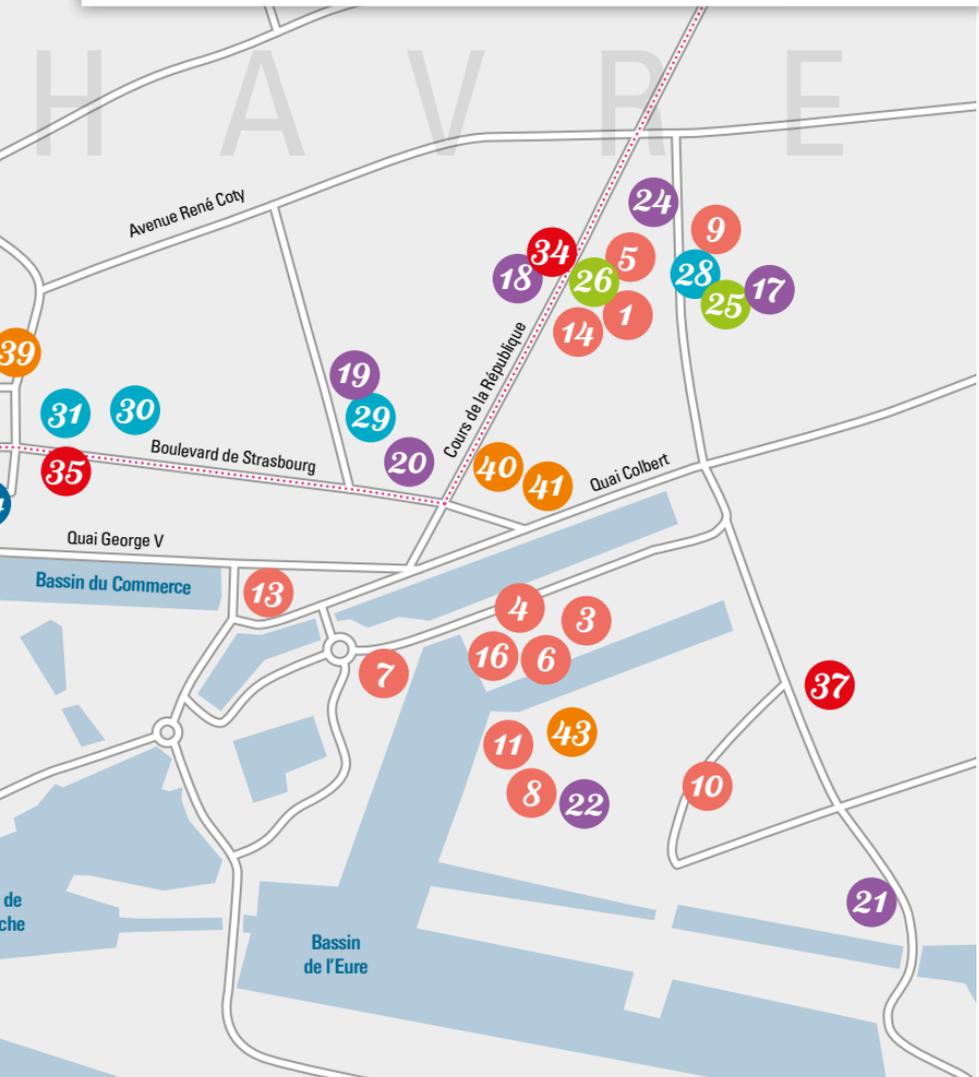
- 44 Maison du patrimoine
- 45 Office de tourisme

## ●●●●● Tramway





- 36** Hôpital Jacques Monod
- 38** Hôpital Privé de l'Estuaire
- 23** Résidence Caucriaville
- 2** IUT du Havre (Site de Caucriaville)
- 27** Cafétéria IUT de Caucriaville



# H A V R E



**CAMPUS**  
LE HAVRE-NORMANDIE

# STUDENT GUIDE

2020-2021

**LE HAVRE**

*This guide is proposed and offered by*



  
**leHavre**

**campus-lehavre-normandie.fr**

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