



WELCOME IN RENNES

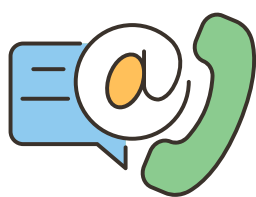


Langue et
communication

Welcome!

We are pleased to welcome you to our French school located in the heart of Rennes. We strive to provide you with effective French learning in the best conditions. Our mission is also to help you discover the city of Rennes and our region.

Do not hesitate to ask us if you have any question.



Contacts

Svetlana LADINA - Director of studies
Zinaïda MARGARYAN - Reception officer

And the entire teaching team!

In case of absence, please inform reception by email or phone.

Opening hours

Monday, Tuesday, Thursday and Friday

9 am - 12:30 pm

2 pm - 4:45 pm

Closed on Wednesday



02 99 38 12 55



contact@langueetcom.fr



35 rue Saint Melaine



Free wifi



Language and Communication can offer support tailored to each individual's situation. To help us better meet your needs, please contact our disability coordinator



Anne-Marie OKEWUIHE

06 01 43 82 23, am.okewuihe@langueetcom.fr

Building accessible to people with reduced mobility.



La ResSource



A friendly and welcoming place to work, to get advices and to meet people while speaking in French.



Opening hours

Monday and Thursday
From 2:30 pm to 5:30 pm



Open space

You want to work with others in a calm environment?

Some classrooms remain open during the day for your use; please check the notice board in the lobby for opening times.”

Accommodation

You are looking for a place to stay?



Host family accommodation

Accueil à la maison association



Langue et Communication has a partnership with the association “Accueil à la maison” which offers various accommodation formulas (one-night stay, full board, half board, art and culture activities).

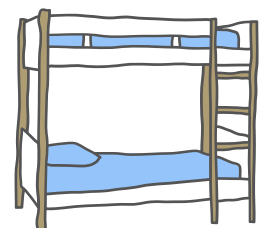
We invite you to get in touch with the association by e-mail at accueilalamaison@hotmail.fr or by phone at +33 2 99 27 89 39 by indicating that you will be taking French classes at our school in order to benefit from discounted rates.



Youth hostel

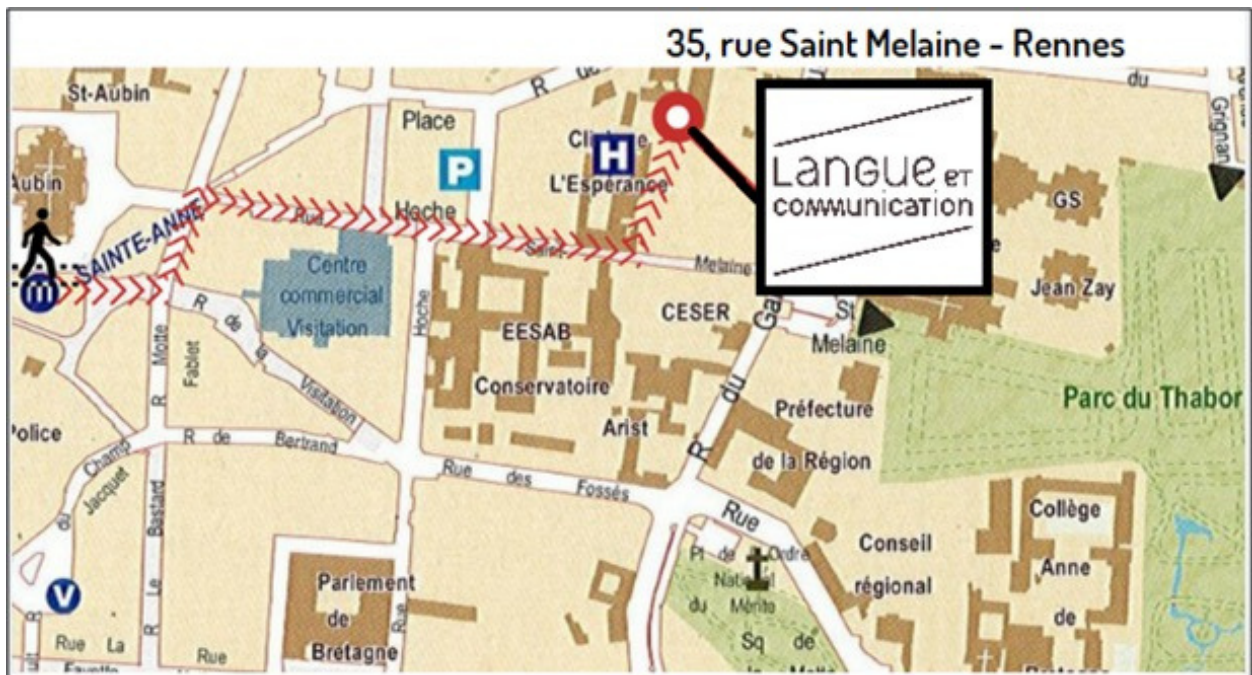


10-12, canal Saint Martin
35700 - Rennes
From 24€/night.
+33 (0) 2 99 33 22 33 -
rennes@hifrance.org



Accessibility

You can find us at the end of an alley, between the bar “Plan B” (33 rue Saint-Melaine) and “L’attrape-rêve” (37 rue Saint-Melaine), in front of the number 42.



Metro

Sainte-Anne station (lines A and B)

Bus

Séigné STOP: lines C2, C3, 10, 12

Car

Hoche car park

Hungry?



Delicious restaurants near Langue & Communication :

Restaurants (8-15 €)

Crêperie

Saint-Melaine

13 rue Saint-Melaine



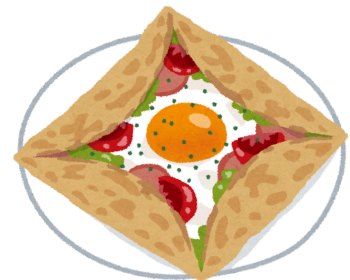
Ouzh-Taol

27 rue Saint-Melaine



Sakura Ya

15 rue Saint-Melaine



Coppa

32 rue Saint-Melaine



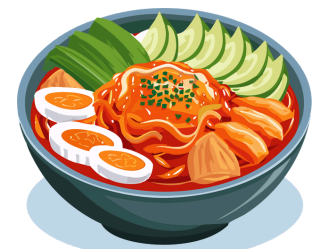
Supino

1 rue Saint-Melaine



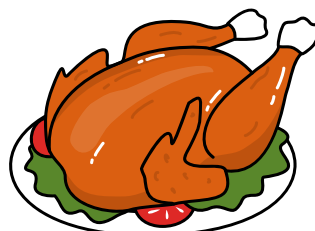
Wagga Wagga

3 rue Vasselot



Le Coucou Rennais

20 rue d'Antrain



Le Petit Bistro

1 rue Duguesclin

Eat on the go (2-8 €)

U Express

Rennes Hoche
10 place Hoche



Brook

8 rue de la Visitation



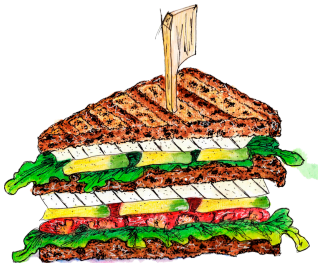
Crêpe House

20 rue du Champ Jacquet



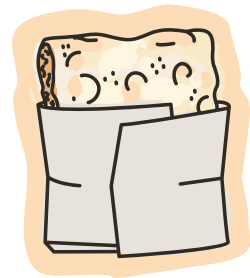
La Lichouille

12 rue de la Visitation



Kôlochô

8 rue Saint-Melaine



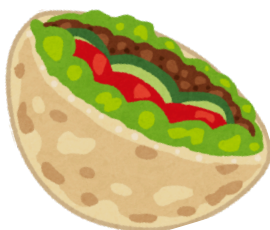
Novettino

3 rue de la Visitation



Bánh Bánh

place Hoche
(food-truck only
only on Friday)



Al Saj

5 rue de la Motte Flabet

Le Camion Grec

place Hoche
(food-truck only
on Thursday)



A craving for a snack or a coffee?



*Les Trois
Marguerites*

30 rue Saint-Melaine



L'enchanté

2 rue Saint-Melaine



**It's five o'clock
somewhere**

12 rue Saint-Melaine



Café 1802

34 rue d'Antrain



7 grammes

3 rue Saint-Melaine



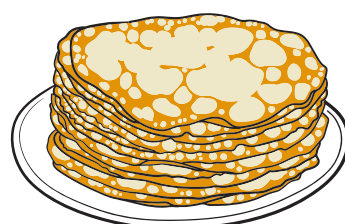
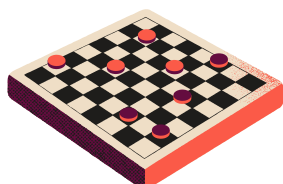
*La crêperie
Sainte-Anne*

4 place Sainte-Anne



L'Heure du jeu

11 boulevard Magenta



Columbus Café

1 place Sainte-Anne

Local amenities

Boulangerie Hoche

17 rue Hoche
02 99 63 61 01



Copy Room

22 rue Saint-Melaine,
Place Hoche



La Poste

11 place Sainte-Anne



Library

Le Failler
8-14 rue Saint-Georges

Emergency contacts

15 (SAMU) or 18 (Firefighter)



Police

Emergency number - 17
16 rue de Penhoët
02 57 87 10 40

Tourist office

1 rue Saint-Malo
0 891 67 35 35



U Express

10 place Hoche
02 23 21 10 60



Activities

Tourist office- Agenda

A Sunday in Rennes

Every Sunday, you will find events for everyone in Rennes!

For more information: dar.rennes.fr



Cinema

- **L'Arvor**
11 rue de Châtillon
(5,50€ - 9,50€)



- **Le Gaumont**
Esplanade Charles-de-Gaulle
(7,50€ - 13,60€)

Pool

- **Piscine Saint-Georges**
2 rue Gambetta

- **Piscine de Brequigny**
10 boulevard Albert 1er



- **Piscine des Gayeulles**
16 avenue des Gayeulles



Library

Free registration!

- **Les champs libres**
(with access to
online ressources)

- **Les bibliothèques de Rennes**



Markets in Rennes

Marché Sainte-Anne

Place Hoche
Thursdays
3 pm - 8 pm

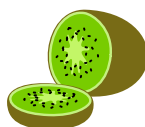
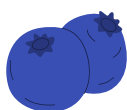


Marché des Lices

Place des Lices
Saturday
7:30 am - 1:30 pm

La Criée - Marché central

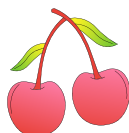
Boulevard de la Liberté
Rue de Nemours
Monday to Saturday
9am to 7pm
(Sunday until 1pm)



Marché du livre
Place Sainte-Anne
Monday to Sunday
10 am to 6 pm

Le Marché à Manger (street-food)

Boulevard de la Liberté
Rue de Nemours
Every first Sunday of the month



For further details: [La liste des marchés de Rennes](#)

Museums



Musée des Beaux Arts

20 quai Emile Zola
Tuesday to Sunday: 10 am - 6 pm
Closed on Monday and bank holiday

Musée de Bretagne

10 cours des Alliés (Champs Libres)
Tuesday to Friday: 12 pm - 7 pm
Saturday and Sunday: 2 pm - 7 pm



La Criée centre d'art contemporain

Place Honoré Commeurec
Tuesday to Friday: 1 pm - 7 pm

FRAC

Fond régional d'art contemporain de Bretagne

19 avenue André Mussat
Tuesday to Sunday: 12 pm - 7 pm



Ecomusée de la Bintinais

Châtillon-Sur-Seiche road
Tuesday to Friday:
9 am - 12 pm / 2 pm - 6 pm
Saturday: 2 pm - 6 pm
Sunday: 2 pm - 7 pm



Parks

Parc du Thabor

Place Saint-Melaine

Every day

From 1st October to 28th February: 7:30 am – 6:30 pm

From 1st March to 30th April: 7:30 am – 8:00 pm

From 1st May to 31st August: 7:30 am – 8:30 pm

From 1st to 30th September: 7:30 am – 8:00 pm

Parc des Gayeulles

Rue du professeur Maurice Audin

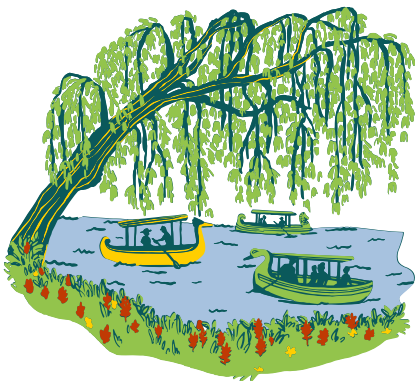
24h/24

Parc de Maurepas

16 Boulevard Raymond Poincaré

Every day

8:15 am - 7:45 pm



Parc Hamelin Obertür

82 rue de Paris

Every day

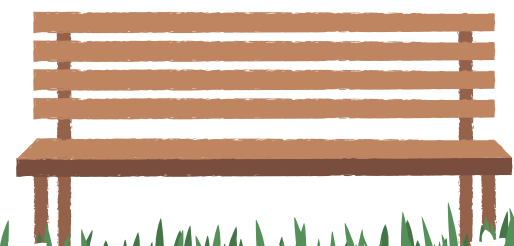
9 am - 8 pm

Parc de Brequiny

Rue d'Angleterre

Every day

8 am - 7 pm



Rennes' surroundings

Where to go:

Bécherel

the city of books



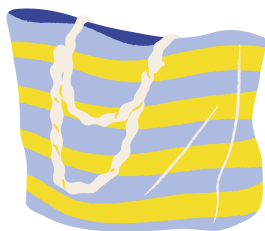
La forêt de Brocéliande

Plélan-Le-Grand



Saint Malo

for its beaches and fortifications



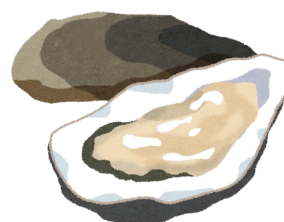
Fougères

for its majestic castle



Cancale

for its oysters and restaurants



La Baie
du Mont Saint-Michel



Vitré
where art meets history



Dinard
for its charm and its beaches



Combourg
for its charm and its castle



Transports:



T.E.R (Gare de Rennes)
Metro station: Gares
Times and prices: [TER Bretagne](#)



Carshare
[BlaBlaCar](#)



Bus (Rennes' bus station)
Station: Gares
[BlaBlaCar](#)
[BreizhGo](#)
[Flixbus](#)

Enjoy your stay!



Langue et Communication, training center

This training activity is registered under number 53 35 08708 35 with the prefect of Brittany Region.

35 rue Saint Melaine – 35 000 RENNES – 02 99 38 12 55 - www.languetcom.fr

Siret n° 333 734 820 00041