

TRAVEL INFORMATION

2020

7 – 11 July

More information on

ishn.org



25th MEETING OF THE INTERNATIONAL SOCIETY FOR THE HISTORY OF THE NEUROSCIENCES

Rennes, France





- **Currency** : The official currency of France (and therefore Rennes) is the **Euro** (€). Most of the restaurants, shopping centers, hotels, etc. accept **credit cards**.
- **Language**: The official language of the ISHN meeting is **English**. **French is the language spoken in Rennes**. English can be spoken in some restaurants and hotels, but it is advised to bring along a French-English dictionary or an electronic translator.
- **Passports and Visas**: For attendees requiring additional entry documentation, **advance travel planning** and **early visa application** are important. All attendees should review the website below and/or contact their local embassy to determine what, if any, **travel documents** they will need to travel to France.

The Official Visa Website for France: https://france-visas.gouv.fr/en_US/web/france-visas/

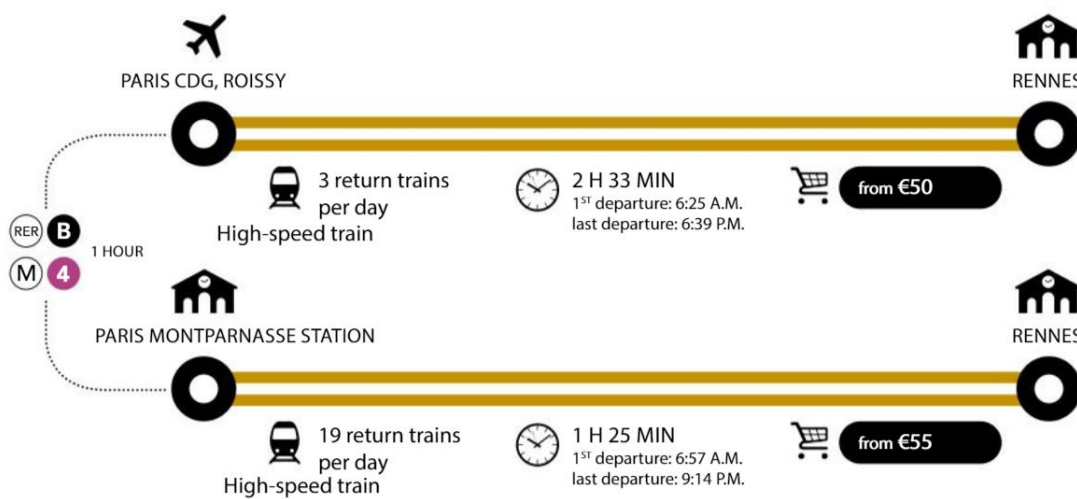
- **Personal Insurance** : It is recommended that all attendees take out a **personal travel and health insurance policy** for their trip to the ISHN meeting in Rennes.
- **Phone Calls**: In order to make a call to a landline phone in Rennes from abroad, first enter the country code (0033) and then the area code for Rennes (02). The rest of the dialed number consists of 8 digits.
- **Public transport**: Don't stick to taking taxis (which are expensive in France). Instead, try to use public transportation such as train, buses, or subways.
- **Temperature**: In Rennes, you are most likely to experience good weather during the month of July with pleasant average temperatures that fall between 20 degrees Celsius (68°F) and 25 degrees Celsius (77°F) –even though we had higher temperatures in the past years. On average, the warmest month is July.
- **Tipping**: Tipping in France isn't required and there is no set rule for how much to tip. It is solely up to you.
- **VAT**: The sales tax on goods and services in France is known as the Value Added Tax (VAT). The standard VAT rate in France is 20%. Restaurants and fast-food outlets will charge 10% VAT.
- **Voltage**: In France, the standard electrical voltage is 230 volts and the frequency is 50Hz. You can use your electric appliances in France if the standard voltage in your country is between 220 – 240V.

Getting to Rennes

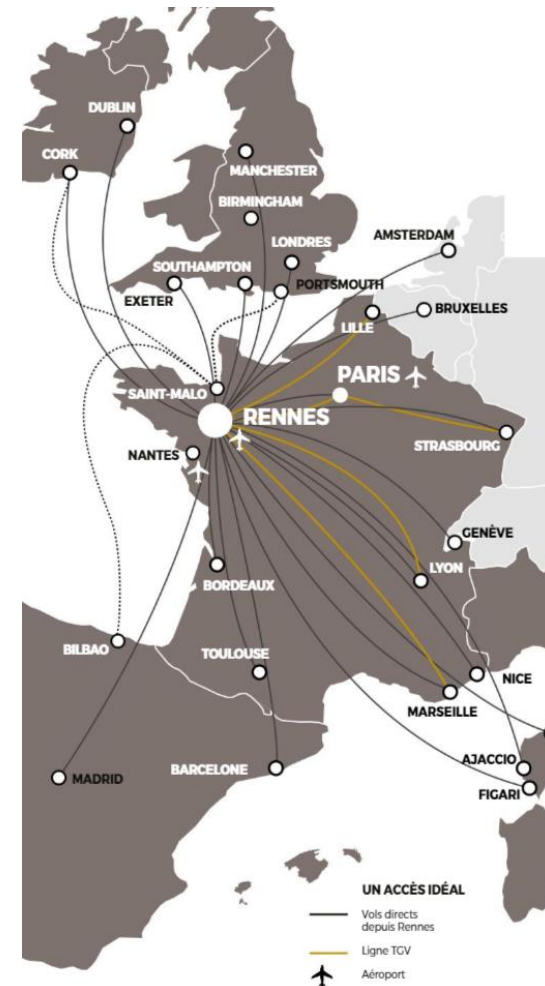


- **Getting to Rennes by train:** Thanks to the **LGV network** (high-speed rail network for TGVs), Rennes is **90 minutes away from Paris**, departing from **Gare Montparnasse** or 2h30 departing from Roissy-Charles de Gaulle airport (41 different trains that run between Rennes and Paris each day, with one out of two being express routes).

Train: <https://en.oui.sncf/en/>



- **Travel to Rennes by air:** Rennes airport is an hour away from Roissy-Charles de Gaulle airport by air. Direct flights run to Rennes from **France's major cities** every day (Paris, Bordeaux, Toulouse, Marseille, Nice, Lyon), but also from a number of **major European cities** (London, Southampton, Birmingham, Exeter, Manchester, Dublin, Cork, Madrid, Barcelona, Amsterdam, Rome, and more). **The Rennes-Saint-Jacques airport is 20 minutes away from the city center** (bus C6 or taxi).



Rennes Bretagne Airport: <https://www.rennes.aeroport.fr/en>

- **Travel to Rennes by road:** If you're driving, **Rennes is three and a half hours away from Paris** (via the A11 and A81), an hour away from **Nantes**, four and a half hours away from **Bordeaux** and five and a half hours away from **Lille**.

More info: <https://www.tourisme-rennes.com/en/organize-my-trip/the-practical-informations/getting-to-rennes>

Travelling by **bus and metro/subway** in Rennes: <https://www.tourisme-rennes.com/en/organize-my-trip/the-practical-informations/travelling-by-bus-and-metro-in-rennes> **(a 5-day pass will be given during the meeting)**

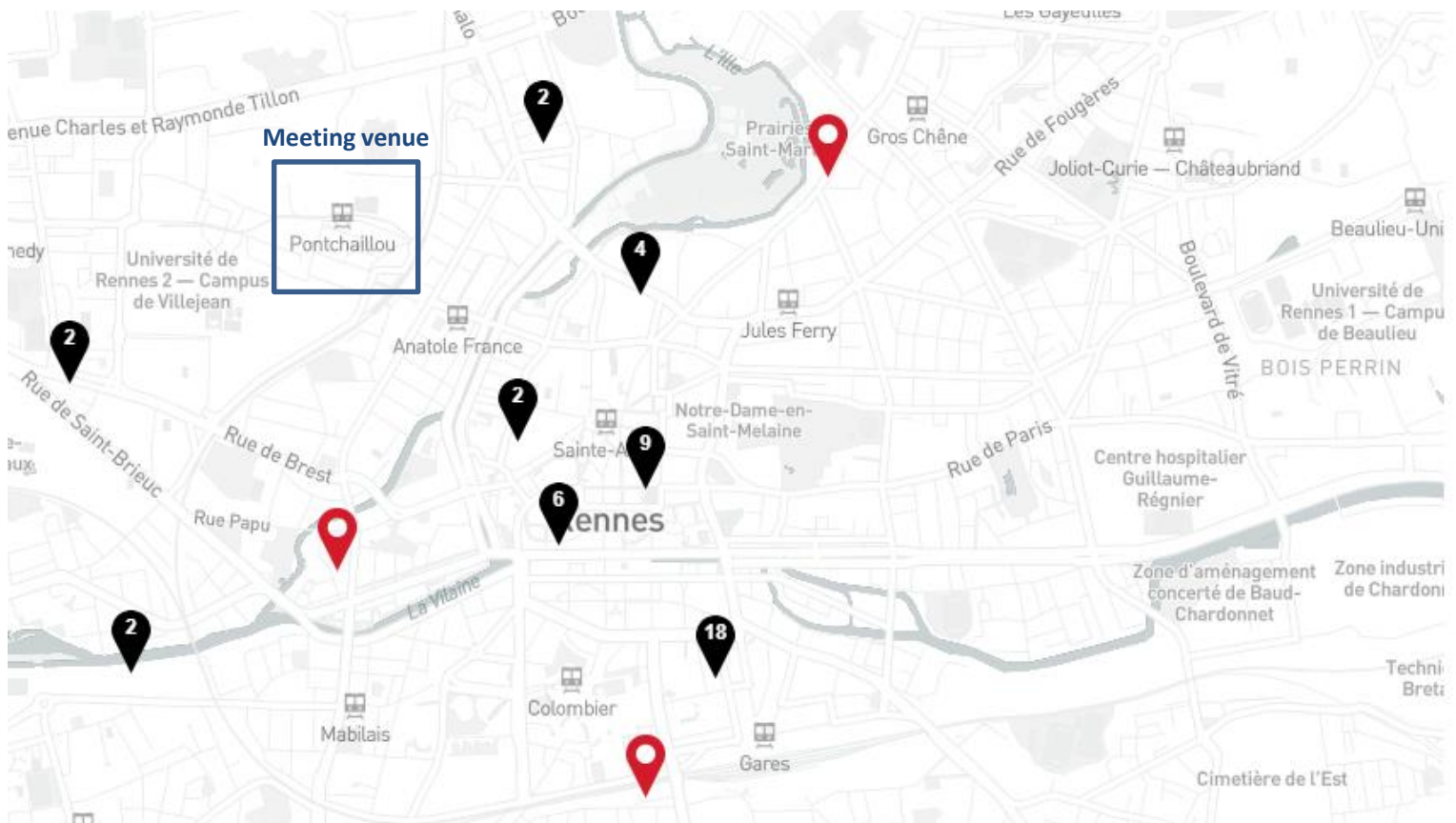
Accommodation



There's accommodation options to suit all profiles in Rennes: budget hotels, high-end establishments, youth hostels, inns, camp sites or tourism residences. We advise you to **book an hotel located in the city center, or near a subway station.**

More than 80 million people visit France every year, a good portion of them in the summer months : **be sure to book your trip (travel & accommodation) in advance !**

More info: <https://www.tourisme-rennes.com/en/organize-my-trip/the-accomodations>



Some suggestions:



OTHER ACCOMODATION
INTERNATIONAL YOUTH HOSTEL

	HÔTEL DE LA T.A. Cet hôtel soigné se situe dans un très bel immeuble du centre de Rennes, à mi-chemin entre la gare SNCF et le cœur h... Quartier : Centre	Très bien (8.5)	45 € à partir de	DÉTAILS
	LE FLORIN Cet hôtel 2 étoiles situé face à la gare de Rennes propose des chambres au décor soigné pour 1 à 3 personnes. Le Flo... Quartier : Gare, Centre	Très bien (8.5)	44 € à partir de	DÉTAILS
	BALTHAZAR HOTEL & SPA MGALLERY BY SOFITEL Seul hôtel 5 étoiles de Rennes, le Balthazar vous embarque dans son univers élégant et design, à deux pas du Musée de... Quartier : République, Centre	Superbe (9.3)	137 € à partir de	DÉTAILS

	HÔTEL ANNE DE BRETAGNE Style couture d'une élégance sobre pour cet hôtel 3 étoiles situé non loin du centre historique de Rennes. Hôtel Ann... Quartier : Centre	Superbe (9.1)	64 € à partir de	DÉTAILS
	HÔTEL DE NEMOURS Vous apprécierez l'élégance néo-classique de cet hôtel boutique qui propose aussi des appartements entièrement équipés... Quartier : République, Centre	Très bien (8.8)	65 € à partir de	DÉTAILS
	HÔTEL DES LICES Moderne et soigné, l'hôtel des Lices est situé en plein cœur de Rennes, en son centre historique. Hôtel des Lices ... Quartier : Centre	Bien (7.9)	67 € à partir de	DÉTAILS

Find your hotel: <https://hotelarenes.com/hotel-rennes-centre> ;
[https://www.tripadvisor.fr/Hotels-g187103-Rennes Ille et Vilaine Brittany-Hotels.html](https://www.tripadvisor.fr/Hotels-g187103-Rennes%20Ille%20et%20Vilaine%20Brittany-Hotels.html)

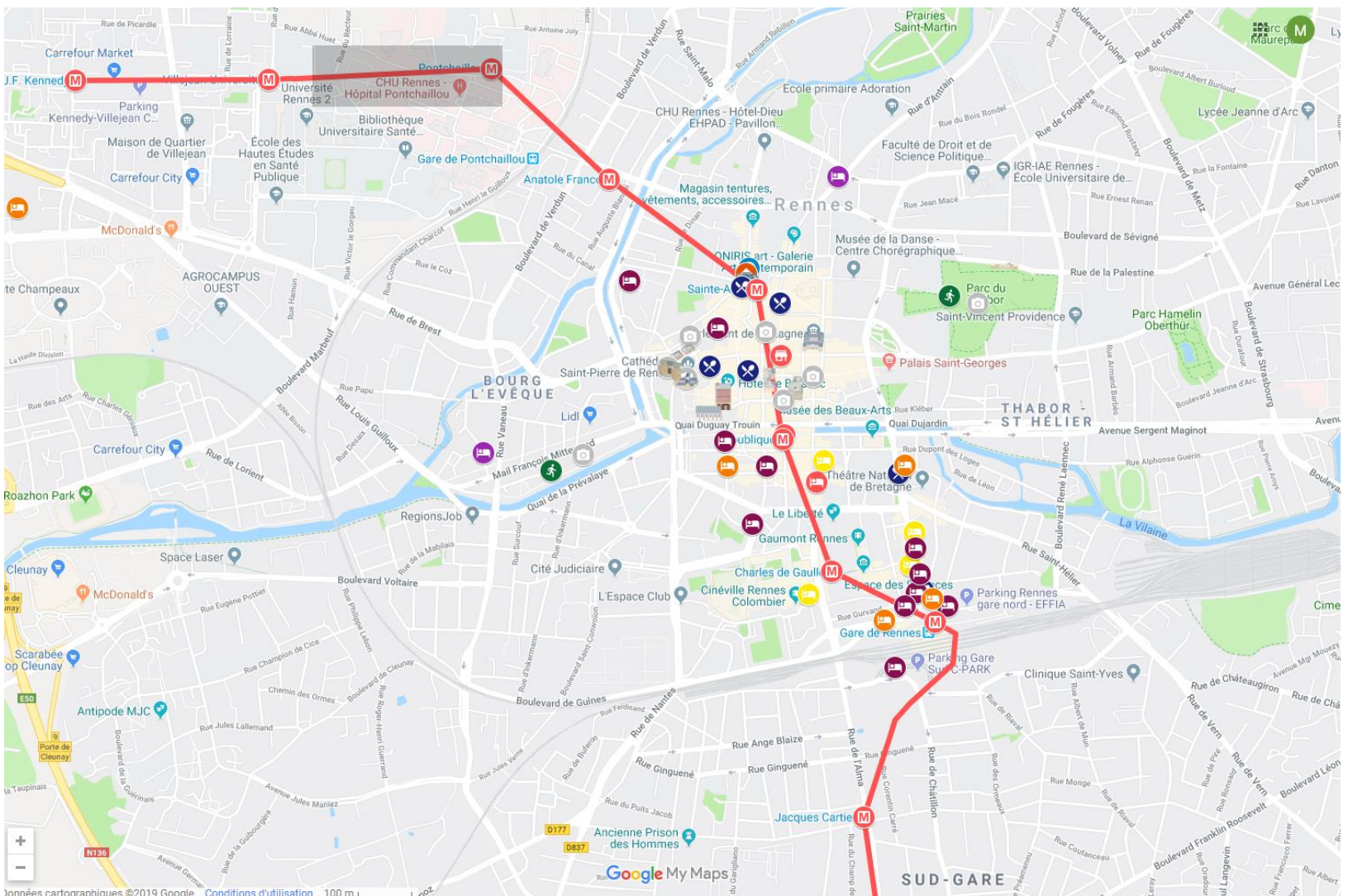
Amphithéâtre du Centre Cardio-Pneumologique (CCP)

CHU Pontchaillou

2 Rue Henri le Guilloux
35000 Rennes



- 140 seats
- Access points: car/taxi, bus & subway : 2 min from the subway (Subway station: Pontchaillou) and < 10 min from downtown (subway or by road)



See you in

Rennes !

July 7 -11, 2020



Any question ?



Please email

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or

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