



**DISCOVER  
YOUR CITY**



Campus France will guide  
you through your first steps in  
France and **exploring Paris,**  
**your new home.**

**WELCOME** **TO**

**PARIS AND**

**ÎLE-DE-FRANCE**





## YOUR ARRIVAL IN PARIS AND IN ÎLE-DE-FRANCE /

**Paris and the surrounding Île-de-France region play host to nearly 700,000 students, including 120,000 international students.**

**Several services have been set up to welcome and accompany new foreign students upon arrival in Paris and the Île-de-France region.**

### ♦ Welcome Desks for International Students

#### IN PARIS:

• **The Welcome Desk Paris at the Cité Internationale Universitaire de Paris (CiUP)** helps you complete administrative tasks: The Préfecture (residence permit), CPAM (health insurance) CAF (housing benefits) Pole Emploi (national employment agency) and other partners are all present.

Hours: from 11 September to 3 November 2023, from 9 am to 5 pm.

Address: Maison Internationale, 17 boulevard Jourdan, 75014 Paris.

Access: RER B Cité universitaire / Tram T3a

Contact: <https://access.ciup.fr/welcome-desk-paris>

Outside of the start of the academic year, support is available throughout the year. For students, the service acc&ss Paris Centre provides support from Monday to Friday, via email, video call (by appointment) or on its premises (as a drop-in service) at the Cité internationale universitaire de Paris.

Contact details: <https://access.ciup.fr/access-paris-centre/contact/>

• **A Welcome Service for International Students (ADEI)** is available at the Paris CROUS (the regional center for university services).

Hours: from late August until mid-November.

Address: 39, avenue Georges Bernanos (2<sup>nd</sup> floor) 75005 Paris. Access: RER B, station: Port-Royal.

Website: <https://www.crous-paris.fr/>

• **For Université Paris Sciences Lettres international students (and researchers), the Welcome Desk - Université PSL** assists you in all your administrative procedures both before and after your arrival, and offers year-round cultural and festive activities.

Hours: the desk is open year-round, Monday to Friday, from 9:30 am to 12:30 pm and from 1:30 pm to 6 pm, preferably by appointment.

Address: 5 rue André Mazet, 75006 Paris.

Contact: [welcomedesk@psl.eu](mailto:welcomedesk@psl.eu)

Website: <https://www.psl.eu/vie-de-campus/welcome-desk>

**For additional general information**, go to the student portal on the City of Paris site <https://www.paris.fr/etudiants>

#### IN PARIS-SACLAY:

• **Welcome services in the Paris Saclay (Palaiseau, Gif-sur-Yvette, Orsay) conurbation desk.** The Guichet d'Accueil des Talents Étrangers (GATE) provides a platform aimed at helping visiting students and researchers to find accommodation in the Essonne (91), Yvelines (78), and the Hauts-de-Seine (92), in institutions or towns in the Paris-Saclay area. The GATE Paris-Saclay, Guichet d'Accueil des Talents Étrangers, helps students and researchers, and will allow you to carry out most of the formalities required upon arrival and most of your administrative procedures.

Hours: from 28 August to 22 December 2023, Monday to Friday from 9 am to 1 pm.

Address : Bâtiment 407, rue du Doyen Georges Poitou, Bibliothèque universitaire, 91400 Orsay.

Contact : <https://gate.paris-saclay.fr/>

et [contact@gateparissaclay.fr](mailto:contact@gateparissaclay.fr)

Website: <https://gate.paris-saclay.fr/>

• **The Sciences Accueil association** offers welcome services for international students, doctoral students and researchers who are studying or working in one of the association's member institutions (over 60 institutions in South and West Ile-de-France). Its head office (in Gif-sur-Yvette) is open all year round, from Monday to Friday from 9:30 am to 5 pm. Other welcome desks are also available in each of the towns in the network (Evry, Versailles, Massy/Palaiseau, Villejuif).

Address: 18 mail Pierre Potier 91190 Gif-sur-Yvette

Website: [www.science-accueil.org](http://www.science-accueil.org)

Contact: [contact@science-accueil.org](mailto:contact@science-accueil.org)

and 01 70 26 41 40

#### AT CERGY (VAL-D'OISE):

• **The International Welcome Desk on the Cergy campus will assist you in all your administrative procedures.**

Hours: from 29 August to 21 October 2022, the Centre d'Information Jeunesse (CIJ) of the Val-d'Oise welcomes international students.

Address: Centre d'Information Jeunesse (CIJ), 1 Place des Arts in Cergy (RER stop, Cergy Préfecture)

Contact: [welcome.desk.cyu@gmail.com](mailto:welcome.desk.cyu@gmail.com) or 01 34 41 67 67.

Site : <https://www.cyu.fr/international-welcome-desk-2022>

**In addition to these welcome services, which are common to several establishments, you can also contact your school or university directly about specific questions.**

Regardless of your institution, please consult the Campus France website for orientation. The site presents a series of **Information Sheets covering the different higher learning institutions:**

<https://www.campusfrance.org> > Students >

Documentary resources > Practical information

for students and researchers > Reception arrangements in institutions  
If you cannot find your school in this list, then go directly to their website.

### ♦ **Buddy System**

**You can be assisted by a local student in Paris!**

With the **ESN student association** (Erasmus Student Network), and the Buddy System where a foreign student is paired with a French student, you have the advantage of personalized support:

<https://buddysystem.eu/fr/> and <https://paris.esnfrance.org/>

### ♦ **Welcome service for researchers and doctoral students**

The acc&ss Paris Ile-de-France network connects 4 centres and over 7 welcome desks, all members of the Euraxess network specialized in welcoming international doctoral students and researchers:

<https://access.ciup.fr> > vos centres



Making you feel at home is a major concern for all French higher education institutions! The **Welcome to France label** is awarded to institutions that fulfil exacting criteria in the way they take care of their international students.



## ACCOMMODATION

**Finding somewhere to live is not always easy.**

Rents are often high, and landlords require financial guarantees (such as a deposit).

Nevertheless, there is a wide range of accommodation on offer: halls of residence that are exclusively reserved for students and managed by the CROUS, student halls and private lodgings, rooms in private homes, flatshares...

**The main thing is to start preparing for this as early as possible, before leaving your home country.**

### A FEW TIPS

#### ♦ **Short-term housing**

• **Youth hostels:** There are currently 19 youth hostels in Paris.

• **The Paris Tourist Office provides direct access to a large number of low-cost accommodation options:**  
<https://www.parisinfo.com> > où dormir

#### ♦ **Long-term housing**

• The Paris and Île-de-France CROUS (**Centre Régional des Œuvres Universitaires - Regional Center for University Services**) for student housing  
Telephone service: 01 40 51 62 00.

• **CROUS - Paris:** 39, avenue Georges Bernanos, 75005 Paris.

Site: <http://www.crous-paris.fr/>

• **CROUS - Versailles:** 145 bis boulevard de la Reine, 78 000 Versailles.

Site: <http://www.crous-versailles.fr/>

• **CROUS - Créteil:** 70, avenue du Général de Gaulle, 94000 Créteil.

Site: <http://www.crous-creteil.fr/>

You can also take a look at the CROUS *Trouver un Logement* web site:

<https://trouverunlogement.lescrous.fr/>

#### • **Private Housing Platforms**

- Over a hundred higher education institutions in Paris (schools and universities) use **Studapart**, a platform specializing in student accommodations:  
<https://www.studapart.com>

- Other offers for student lodging, managed by private organisms, are also available.

## GETTING AROUND PARIS AND SURROUNDING AREA



### **Travelling into Paris:**

- from Roissy Charles-de-Gaulle airport, several options: Shuttle service (Roissybus), Bus-Direct, the RER train or a taxi (fixed fare): <https://www.parisaeroport.fr/> > accès aéroports

- from Paris-Orly airport: Shuttle service (Orlybus), Bus-Direct, the RER train or a taxi: <https://www.parisaeroport.fr/> > accès aéroports

- from Paris-Beauvais airport: Shuttle, bus or train: <https://www.aeroportparisbeauvais.com> > Accès et parking



**Throughout Paris and the surrounding area you can use public transport (metro, bus, tramway, RER train) run by the RATP:**

<https://www.ratp.fr/>

**Imagine R Student cards** (for the under 26) and the **Navigo Pass** can be used for unlimited travel throughout Île-de-France.

Use the Transilien regional network for travelling in the Île-de-France region:

<https://www.transilien.com/>

Buses are also an option for low-cost travel:

<https://fr.ouibus.com/> or

<https://www.flixbus.fr/>



**For ride-sharing** see the collaborative site: <https://www.blablacar.fr>



**For a bit more independence**, you can hire a bike using the Paris bike-share system (standard or electric bikes): <https://www.velib-metropole.fr/>

Try these sites:

- <https://www.adele.org>
- <https://www.immojeune.com>
- <https://www.location-etudiant.fr>
- <https://housinganywhere.com>
- <http://www.parisetudiant.com> > se loger

• There is also **Lokaviz**, a site managed by **CROUS**, which includes a listing of student accommodations in private homes:

<https://www.lokaviz.fr/>

• **Shared Leases:** Consult *La Carte des Colocs*, a national site for shared leases that's free and simple to use: <https://www.lacartedescolocs.fr/>

• **Other solutions available on the Campus France site:** [www.campusfrance.org](http://www.campusfrance.org) > Getting Organized > Accommodation

#### ♦ If you need a guarantor to secure your lodging

Visale is a new and free guarantor system:  
[www.visale.fr](http://www.visale.fr)

#### ♦ If you want to file an application for APL funds (Aide Personnalisée au Logement, or personalized housing aid)

CAF (Caisse des Allocations Familiales) can check your eligibility: 32 30 or [www.caf.fr](http://www.caf.fr)

#### ♦ If you need housing adapted to your special needs

Contact the CROUS Social Services which will take action with your institution.

A number of establishments provide specialized services for disabled students.

#### In Paris, the Mission CROUS Handicap

offers specific support:

<http://www.crous-paris.fr> > action sociale/santé

#### Further information on accommodations in Paris and the Île-de-France region:

- **Centre Régional d'Information Jeunesse (CIDJ)**, the Paris youth information center can provide various useful information (accommodation, shared apartments, subletting):  
<https://www.cidj.com> > vie quotidienne
- **The City of Paris website** lists all student accommodation options in the local area:  
<https://www.paris.fr> > services et infos pratiques > logement > logements jeunes et étudiants
- **The website for the acc&ss Paris Île-de-France network** also provides various advice: <https://access.ciup.fr/> > aide à la recherche de logement

### The CROUS, at your service everywhere

**Do you need any help and/or advice, somewhere to eat or to live, a job - or do you just want to find out all there is to know about student life? Then the CROUS is what you need!**



The CROUS (Centre Régional des Œuvres Universitaires et Scolaires - Regional Centre of University and

School Services) has branches in all major French university towns.

It manages university halls of residence and canteens, allows you to meet social workers, and offers cultural activities and job opportunities.



## FIRST THINGS FIRST /

### ENROLLMENT IN YOUR INSTITUTION

#### ♦ CVEC

Before you can enroll in your institution, you must download proof of payment of the Contribution Vie Etudiante et de Campus (CVEC) – the student and campus life contribution fee.

- **Connect to** <https://cvec.etudiant.gouv.fr/>

- **For additional information and special cases:**  
<https://www.campusfrance.org> > s'organiser > CVEC

#### ♦ Confirm Registration

**Take note!** Even if you have a pre-registration letter, you are not officially enrolled.

You must confirm your enrollment with the institution's Service de la Scolarité (Admissions) as soon as you arrive.

### RESIDENCE PERMITS

#### WHAT YOU NEED TO KNOW

• If you have just arrived in France on a long-term VLS-TS student visa: you must **validate it online as soon as you arrive in France**, on the ANEF (Administration numérique pour les Etrangers en France - Digital Administration for Foreigners in France) website. This validation must be carried out within the three months following your arrival:  
<https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

• If you have Algerian citizenship or you are a student holding a "concours" visa or a visa bearing the mention "carte à solliciter dans les deux mois" ("card to be requested within two months"): your request for a residence permit must be carried out at the Préfecture.

- If you hold a “mineur scolarisé” (“minor in education”) visa and you have since attained your majority, you must request a residence permit directly on the ANEF website or at the *préfecture* of your place of residence within the two months following your attaining the age of legal majority: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

Please note: if you wish to renew your residence permit or VLS-TS, you must make your request during the third month preceding the date of end of validity of your current residence permit, on the following website: <https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

Please refer to the following tutorial for help with this procedure: [https://www.youtube.com/watch?v=-iGha\\_yqN04](https://www.youtube.com/watch?v=-iGha_yqN04)

#### ◆ Information

- In your institution: Some universities and schools provide a dedicated agent, who can help with administrative procedures, saving you a trip to the Préfecture at the Paris-Center acc& ss department of the Cité Internationale Universitaire de Paris, which can advise you on your procedures throughout the year: <https://access.ciup.fr/en/accss-paris-centre/>
- At the Welcome Desks for international students.

Available at the start of the academic year, the Welcome Desks allow foreign students to carry out administrative procedures involving the Préfecture services.

A number of universities join forces to set up Welcome Desks, helping students from several different institutions at the start of the year:

- The Welcome Desk Paris - Cité Internationale Universitaire de Paris. Representatives of the Préfecture are present in in the Foreign Students and International Researchers Reception Centre.
- The Welcome Desk at Paris Sciences Lettres.
- The Guichet d'Accueil des Talents Étrangers or GATE platform run by Paris Saclay – Essonne.
- The International Welcome Desk at Cergy Campus.

Addresses and contact details can be found on [page 2](#).

- Beyond these arrangements, consult your respective Préfecture web site for making appointments and the documents necessary for your application: <http://www.prefectures-regions.gouv.fr> > Ile-de-France

- To find out more about rights and obligations: The reception services of your establishment can guide you in the event of difficulties.

[www.service-public.fr](http://www.service-public.fr) > Etranger > Titre de séjour et document de circulation (Foreigners > Resident Card and Travel Document)

- Your institution's student support services can assist you in case of any difficulties.

To find out more about your rights and obligations: <https://www.service-public.fr/particuliers/vosdroits/N110>



## PRACTICAL INFORMATION /

### OPENING A BANK ACCOUNT

If you stay in France for more than 3 months, it will be much easier day-to-day if you open a bank account, **online or in one of the bank agencies located in Paris.**

In France, opening a bank account is a right: [www.service-public.fr](http://www.service-public.fr) > Argent > Comptes bancaires > Droit au compte

### ACCESSING HEALTHCARE

Accessing healthcare in France is almost free, but you must be insured. **You must therefore be registered with the national health insurance programme.**

Please go to the <https://etudiant-etranger.ameli.fr> website to register, understand your rights and to carry out the requisite procedures.

Learn more:

<https://www.campusfrance.org> > Getting Organized > Health

**As a student, you can also take advantage of the university medical services.** In these health centres where consultations are free, you will be greeted by a team of doctors and nurses who can give personalized advice about health and prevention.

**This is the case in Paris, where there is a Inter-University Service for Preventive Medicine and Health Promotion (SIUMPPS).**

Address: Centre de Santé,  
45 rue des Saints-Pères, 75006 Paris.

Site: <http://www.siumpps.parisdescartes.fr/>

**The University Preventive Medicine and Health Promotion Services** are available at a number of establishments in Ile-de-France. Inquire in person for information.

**The City of Paris supports a number of other services relating to student health:**

[https://www.paris.fr](http://www.paris.fr) > services et infos pratiques > famille et éducation > étudier à Paris > dispositifs et aides aux étudiants

### TAKING OUT COMPLEMENTARY HEALTH INSURANCE (“MUTUELLE”)

We recommend you take out complementary health insurance in order to cover the totality of your healthcare costs, which are not all covered by the compulsory and free national health insurance programme.

Please note: options and levels of insurance vary from one insurer to another. In order to choose the complementary insurance that is best adapted to your situation and your budget, you can access more information on a student "mutuelles" price comparison website.

## HOUSING INSURANCE

**In France, housing insurance is mandatory.**

You can sign up for housing insurance called "garantie risques locatifs" - rental risk guarantee - at your bank or a private insurance company. Online subscription is often possible.

## EMERGENCY NUMBERS

**SAMU: Call 15** Emergency Medical Services

**Police emergency: Call 17** in the event of violence, theft, robbery.

**Fire Department: Call 18**, in the event of fire, gas leak, water damage, natural catastrophe, or traffic accident.

**Call 112:** European emergency services number that's accessible from anywhere in the European Union in addition to the French numbers above.

## LEARNING FRENCH

Learning French is an opportunity that's not to be missed! Find what works best for you:

- by consulting the Campus France site or the Français Langue Etrangère (FLE) - French as a foreign language - centers and universities which offer courses at all levels year-round:

<http://ecolesdete.campusfrance.org>

- by asking in your institution, at city hall, or in your host city's Maison des Associations - community centers.

## FINDING A JOB OR WORK EXPERIENCE

**It is important that you have sufficient financial resources to come and study in France.**

Working in France as a foreign student is possible within limits, namely for a maximum duration of 964 hours per year. This can therefore only be a way of earning **supplementary funds**.

Please note: to work in France, if you are not a citizen of the European Union, you must hold a valid **student residence permit**.

**To help you find a job or work experience placement, useful websites:**

- **The CIDJ** lists job offers and work placements on its website: <https://www.cidj.com/emploi-jobs-stages>

- **In conjunction with the Paris CROUS, a student employment service (Pôle emploi) lists various job offers and organizes** *Forum de*

*l'Emploi* (employment forums) throughout the year: *Baby-sitting Dating* at the start of the academic year, *Forum Jobs d'Hiver* et *Jobs d'Été* (winter and summer forums), *Journées de Recrutement* (recruitment days):

<http://www.crous-paris.fr> > job étudiant

- **The Jobaviz website, run by the CROUS**, can help you find a student job compatible with your studies: <http://www.jobaviz.fr/>

- **During the Paris Welcome Desk**, from September to October, Pôle emploi supports students in their research: <http://welcomedesparis.fr>



## THINGS TO DO IN PARIS

To help students enjoy the vast range of cultural activities available, the City of Paris has implemented a number of discounts and free entries for students:

- **The Kiosque Jeunes and Pass Jeunes** are both available to French and foreign students:

<https://www.paris.fr> > services et infos pratiques > sports et loisirs > loisirs

- **The Carte Citoyenne-Citoyen de Paris**, provides preferential access to public services, events and cultural entertainment:

<https://www.paris.fr/cartecitoyenne>

## TAKE UP A SPORT

- In your institution, contact the Service des Sports for free access to sports facilities.

- **The Paris Université Club (PUC)**

has been a key player in sports activities for students living in Paris and Île-de-France since it was set up in 1906: <http://puc.paris/>

- **The City of Paris** website provides details on where and how to get involved in sports:

<https://www.paris.fr/sport>

**Run My City** is an original way to discover Paris by running through the city streets:

<https://www.facebook.com/runmycityparis/>

## BE ACTIVE

Attend cultural and sporting events, or join a social or community group, through one of the numerous local or national student clubs and associations.

- **First go to your institution's Service de la Vie Etudiante (student life office) your local town hall** or see the **government sites**: [www.animafac.net](http://www.animafac.net) ou [www.letudiant.fr](http://www.letudiant.fr)

- **You can also contact the ESN** association and its network which offers regular activities, including a **Language Café**: <https://www.facebook.com/esn.paris/>  
- And meet up with others at the **Maison des Initiatives Étudiantes (MIE)** which works with students to support their initiatives: <http://mie.paris.fr/>



## CULTURE AND NIGHTLIFE

• As far as nightlife and culture are concerned, Paris has many faces!

Discover musical, literary, cosmopolitan, nocturnal and cultural Paris (2000 monuments and 200 museums)... If you want to go out, or find out all there is to know about what's on, you will find a host of information in various forms:

- the Tourist Office's thematic guides and calendar:

<https://www.parisinfo.com>

- the local daily newspaper for the Ile-de-France region, Le Parisien : <http://www.leparisien.fr/> (or other newspapers via the KipUp app).

- the Que faire à Paris website: <https://quefaire.paris.fr/>

- the Ciup's cultural diary, Citéscope:

<https://www.ciup.fr/citescope/>

- the acc&ss Paris Ile-de-France programme of cultural activities: <https://access.ciup.fr/culture/>

- the Sortir à Paris website:

<https://www.sortiraparis.com/>

- the Officiel des spectacles: <https://www.offi.fr/>

- Radio Campus Paris, a student and youth community radio for the Ile-de-France region:

<https://www.radiocampusparis.org/>

## TOP ATTRACTIONS /

Each year, the Paris Tourist Office publishes a list of the **Top 5 sights most-visited by the 17 million tourists** who come to the French capital: Notre-Dame Cathedral, the Sacré-Cœur in Montmartre, the Louvre museum, the Eiffel Tower and the Pompidou Center.

**Once you've visited the top tourist attractions, take a stroll around the 20 Parisian arrondissements.**

Each has distinctive and unique characteristics, its own soul, ambiance and flavor.

**For more information (and images), see the site of the Paris tourist information office:**  
<https://www.parisinfo.com/>

**Paris, also has a 'green belt',** featuring parks and woods, which can be easily reached by RER or local trains. Attractions to visit:

- The forest of Fontainebleau and its famous castle  
(<https://www.fontainebleau-tourisme.com>)

- The gardens and castle at Versailles  
(<http://www.chateauversailles.fr>).

Further ideas for excursions and walks:

<http://parisianavores.paris> > balades autour de paris accessibles en RER et transilien



## IMPORTANT ANNUAL EVENTS /

### APRIL

• Journées des Arts et de la Culture (JACES), Art and Culture Days to highlight cultural and artistic accomplishments in higher learning.

### MAY

• **Pint of Science**, a European initiative for learning about research in atypical venues.

• The Nuit Européenne des Musées (European Museum Night), an occasion to visit museums differently (and for free).

### JUNE

• Fête de la Musique: Music everywhere in town (free concerts).

### JULY - AUGUST

• Paris celebrates Bastille Day (July 14<sup>th</sup>), military parade, fireworks, dances and free concerts.

• Paris-Plage, the banks of the Seine channel the seaside atmosphere of a coastal resort.

### SEPTEMBER

• Journées du Patrimoine (heritage days), a huge list of cultural, political and historical sites can be visited free of charge.

### OCTOBER

• Fête de la Science in the Université laboratories.

• The Nuit Blanche (sleepless night) of ephemeral installations exhibitions and concerts offers an alternative view of Paris, by night.

### DECEMBER

• Christmas and New Year in Paris, festive lights decorate monuments and department stores show off their window displays.



**& SHARE  
PARTICIPATE**

To stay informed and attuned to others and the world, to share and dialogue with students, follow **social media** where Campus France has an especially strong presence!

*Don't forget to join the **France Alumni** network. Take part in discussion groups on various subjects, take advantage of cultural outings, and consult job and internship offers.*



# THINGS TO KNOW

**Paris:**

**2.2 million**

**residents**

**Paris is the  
world's number  
ONE TOURIST DESTINATION**



**Paris and Île-de-France**

## PARIS

CAPITAL OF THE  
ÎLE-DE-FRANCE  
REGION,

12.2 million residents.

1<sup>st</sup> host region for  
international students  
in France (128,000)

**Paris and Île-de-France:**

**720,000**  
students



almost **15%**  
international students

**PARIS, 21<sup>e</sup> (OUT OF 46) AMONG FRENCH CITIES  
AS A GREAT PLACE TO LIVE AND STUDY (Awarded by L'Etudiant magazine).**

Most of the information presented in the Campus France City Information Sheets concerns all international students regardless of their institution.

In France, in each of the host cities, most foreign students study at universities. Accordingly, the City Information Sheets attach great importance to them without overlooking the other higher education institutions even if it is not possible to list them all here with their specific information.

For more information on the institutions' welcomes and orientations:

<https://www.campusfrance.org/fr/recherche/categorie/ile-de-france-453>

**CAMPUS FRANCE**

28 rue de la Grange aux Belles, 75010 PARIS - 01 40 40 58 58 - [www.campusfrance.org](http://www.campusfrance.org)