Campus France will guide you through your first steps in France and exploring Paris, your new home.
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 9 a.m. to 5 p.m. at the Cité Internationale Universitaire de Paris.
- For more information: https://access.ciup.fr/welcome-desk-paris
- Contact: welcome.desk@psl.eu

IN PARIS-SACLAY:
- 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 en Cergy (RER stop, Cergy Préfecture)
- Contact: 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;
- Welcome service for researchers and doctoral students

The acc&ss Paris Île-de-France network, supported by the Île-de-France Region, brings together 4 centers and more than 7 welcome desks, which are all members of the Euraxess network specialized in welcoming international doctoral students and researchers: https://access.ciup.fr > vos centres

◆ National Services
- students: www.etudiant.gouv.fr
- doctoral students, researchers: http://www.euraxess.fr

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 fulfill 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 - Versailles: 145 bis boulevard de la Reine, 78000 Versailles.
  - CROUS - Créteil: 70, avenue du Général de Gaulle, 94030 Créteil
  - CROUS - Orly: 177 Rue de l’Air Port, 94320 Orly

- 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.
  - Try these sites:
    - https://www.adele.org
    - https://www.immojeune.com
    - https://housinganywhere.com
    - http://www.parisetudiant.com > se loger
  - There is also Lokaviz, a site managed by CROUS, which includes a list of student accommodations in private homes: https://www.lakaviz.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/

GETTING AROUND PARIS AND SURROUNDING AREA

Travelling into Paris:
- from Roissy Charles-de-Gaulle airport, secrétariat: Shuttle service (Roissybus), Bus-Direct, the RER train or a taxi (fixed fare): https://www.parisaeroport.fr/ > accès aéroports
- from Orly airport: Shuttle service (Olybus), 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://www.flixbus.com/
- 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/
Accommodation

In Paris, the Mission CROUS Handicap services for disabled students.

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

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

If you need housing adapted to your special needs

Contact the CROUS Social Services

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 Ile-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 accès Paris Ile-de-France network also provides various advice: https://access.ciuip.fr/ > aide à la recherche de logement

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 Étrangers 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/
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 service 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 CUDJ lists job offers and work placements on its website: https://www.cudj.fr/emplois/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://welcomedeskparis.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 Île-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.ciu.fr/citescope/
  - the acc’s Paris Île-de-France programme of cultural activities: https://access.ciu.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 Île-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)

**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 science with typical 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 14th), 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.
THINGS TO KNOW

Paris:

2.2 million residents

Paris is the world’s number ONE TOURIST DESTINATION

PARIS
CAPITAL OF THE ÎLE-DE-FRANCE REGION,
12.2 million residents.
1st host region for international students in France (128,000)

Paris and Île-de-France:

720,000 students

Almost 15% international students

PARIS, 9th (OUT OF 44) 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

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