

## 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.  
This is the French  
region that hosts the  
most foreign students

Paris and Île-de-France:

**700,000**  
students



including **120,000**  
foreign students

**PARIS, 8<sup>th</sup> (OUT OF 44) AMONG FRENCH CITIES**  
AS A GREAT PLACE TO LIVE AND STUDY (L'Étudiant magazine ranking)

CAMPUS FRANCE

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



## ARRIVING IN PARIS 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) and CAF (housing benefits) are all present.

Hours: 9 September to 31 October.

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

Access: RER B / T3 station: Cité universitaire

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

For the rest of the year, the **acc&ss Paris Île-de-France** service is available to help. It is based on the ground floor of the Maison Internationale, and open from 9.00am to 5.00pm, Monday to Friday.

Site: <https://access.ciup.fr/access-paris-centre/>

• **A Welcome Service for International Students (ADEI)** is available at the Paris CROUS housing office.

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.

• **The Welcome Desk at Paris Sciences Lettres (PSL)** helps you complete initial administrative tasks and offers a range of activities throughout the year.

Hours: from 2 September until June.

Address: 60 rue Mazarine, 75006 Paris.

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

• **The "Bus de Rentrée" will travel to your campus** at the start of the academic year. An original approach, implemented by the City of Paris and the CROUS.

Contact: <http://www.etudiant.gouv.fr>

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

#### IN PARIS-SACLAY (ESSONNE):

• **The Guichet d'Accueil des Talents Étrangers or GATE platform** is designed to welcome students and researchers, enabling you to complete the majority of your initial administrative procedures: GATE, Direction de la Vie Étudiante, Université Paris Sud, bâtiment 311 Le Moulin, rue du Château, 91400 Orsay.

Access: RER B, stop: Orsay

Contact: <https://www.science-accueil.org> > votre parcours

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

Depending on the institution, two information services are available:

- International Relations Department (welcome and orientation office).

- the Admissions Department (enrollment and administrative procedures office).

### ◆ Sponsors

**You can be assisted by a sponsor in Paris!**

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

<https://buddysystem.eu/fr/> et <https://paris.ixesn.fr/>

### ◆ Welcome service for researchers and PhD students

The **acc&ss Paris Île-de-France network**, run by the CIUP and supported by the Île-de-France Region and the City of Paris, brings together 4 centers and 3 branches, which are all members of the Euraxess network: <https://access.ciup.fr> > vos centres

### ◆ National Services

- students: [www.etudiant.gouv.fr](http://www.etudiant.gouv.fr)

- doctoral students, researchers:

<http://www.euraxess.fr/fr>



## HOUSING IN PARIS AND ÎLE-DE-FRANCE /

There are various options for finding accommodations in Paris and the Paris region: student accommodations in halls of residence managed by the CROUS, the Cité Internationale de Paris, private student residences, homestays accommodations, flat-shares, intergenerational home-sharing, etc.

What's most important is to take care of this as early as possible, before your arrival.

### A FEW TIPS

#### ◆ For short-term lodging

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

• **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 de Paris:** 39, avenue Georges Bernanos, 75005 Paris.

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

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

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

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

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

**On campus, the CROUS is also responsible for all low-cost food services (university restaurants, cafeterias, food-trucks, etc.)**

**See the list of places to eat in Paris:**

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

Discover: The **Barge du Crous** is a university restaurant on a boat. It charges the same prices as the other university restaurants!

Address: quai François Mauriac, port de la Gare, 75013 Paris.

#### • Private Housing Platforms

- Over 90 higher education establishments 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://www.location-etudiant.fr>

- <https://housinganywhere.com>

- <http://www.parisetudiant.com> > se loger

• There is also a **site managed by the CROUS, Lokaviz, 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) > s'organiser > logement

## GETTING AROUND PARIS AND ITS SURROUNDINGS



### 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 service, bus or train: <https://www.aeroportparisbeauvais.com> > Accès et parking



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

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

Imagine **R Student cards** (for the under 26s) 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/>

Coaches are also an option for low-cost travel: <https://fr.ouibus.com/> or <https://www.flixbus.fr/>



**For car pooling** see the collaborative site: <https://www.blablacar.fr>



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

### ◆ 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 apply for the APL (Aide Personnalisée au Logement -personalized housing aid)

The CAF (Caisse des Allocations Familiales - family allowances fund) is available to assess your rights:  
08.10.29.29.29 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:

#### • The Paris Youth Information Center (CIDJ)

can provide various useful information (accommodations, flat-shares, 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

## FIRST STEPS /

### ENROLLMENT IN YOUR INSTITUTION

#### ◆ CVEC

It is mandatory that you download proof of payment of the Contribution Vie Etudiante et de Campus (CVEC) – the student and campus life contribution fee before you can enroll in your institution.

- 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 validate your enrollment with the institution's Service de la Scolarité (Admissions) as soon as you arrive.

### RESIDENCE PERMIT

#### ◆ Information

##### • 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 establishments at the start of the year:

- Welcome Desk Paris at the Cité Internationale Universitaire de Paris,

- The Welcome Desk at Paris Sciences Lettres,

- The Guichet d'Accueil des Talents Étrangers or GATE platform run by Paris Saclay – Essonne.

Addresses and contact details can be found on page 2.

##### • For the rest of the year (when welcome services are no longer available), information can be obtained from your school or university.

Certain universities and schools provide a dedicated agent, who can help with administrative procedures, saving you a trip to the Préfecture.

A number of Paris-based establishments have signed an agreement with the Préfecture:

<https://www.prefecturedepolice.interieur.gouv.fr> >

Particulier > Ressortissants étrangers > Titre de séjour

> Pour les étudiants: list of establishments with an agreement with the prefecture (police department)

**If this is not the case, go to the site of your local Prefecture:** <http://www.prefectures-regions.gouv.fr> > Île-de-France

##### • Learn more about your rights and obligations:

[www.service-public.fr](http://www.service-public.fr) > Etranger > Titre de séjour et document de circulation

### GOOD TO KNOW

• **If you arrive in France with a VLS-TS long-term student visa: you must validate it online within three months of arrival:**  
<https://administration-etrangers-en-france.interieur.gouv.fr>

• **If you are an Algerian national: depending on your campus, your residence permit application is made at the Préfecture or with the Service des Relations Internationales at your campus.**

**Take note: to renew your residence permit, you must apply within two months prior to its expiry.**

## EVERYDAY LIFE /

### 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 1400 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

### HEALTH CARE

In France, receiving medical treatment is **practically free** but you must be insured. **As a result, signing up for medical insurance is mandatory.**

Connect to the <https://etudiant-etranger.ameli.fr> site to register, to understand your rights, and to take the necessary steps.

Learn more:

<https://www.campusfrance.org> > S'organiser > Santé

**As a student, you can also take advantage of the university medical services.** In these health centers 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 Île-de-France. Enquire in person for information.

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

<https://www.paris.fr> > services et infos pratiques > famille et éducation > étudier à Paris > dispositifs et aides aux étudiants

### INSURE YOUR HOME

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

The "garantie risques locatifs" - rental risk guarantee - is housing insurance which you can subscribe with your bank or a private insurance company. Online subscription is also often possible.

Learn more:

[www.smerep.fr](http://www.smerep.fr)

[www.assistance-etudiants.com](http://www.assistance-etudiants.com)

[www.assurances-etudiants.com](http://www.assurances-etudiants.com)

### EMERGENCY NUMBERS

**SAMU: 15** Emergency Medical Services

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

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

**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 to be seized! 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 AN INTERNSHIP

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 employment Forums throughout the year: Babysitter speed-dating at the start of the academic year, Winter and Summer Job Forums, Recruitment days:**  
<http://www.crous-paris.fr> > job étudiant

• **The Jobaviz website, run by the CROUS, can help you find a student job that's compatible with your studies:** <https://www.jobaviz.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>

### PLAYING A SPORT

- The Sports Service at your university or school **can provide information about free sports activities.**
- **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 of 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 the student life office of your establishment, 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/>
  - **Go to the student initiatives office (MIE)** which provides support for student initiatives: <http://mie.paris.fr/>

### GAINING CULTURE AND PARTYING

- Paris offers many ways to cultivate yourself or party. Movie theaters, concerts, theaters, operas, museums, exhibitions, and festivals are on the program and most of the time, at reduced cost for students: <https://www.paris.fr/culture>

- **The Cité Internationale Universitaire de Paris** schedules cultural activities throughout the year: <http://www.ciup.fr/access> > vous accompagner dans votre mobilité> culture et loisir

#### • Cultural activities in Paris:

- **you can watch newly released French films with English subtitles, thanks to the** Lost in Frenchlation association which screens films in a number of the city's small-scale arthouse cinemas: <http://lostinFrenchlation.com/>
- **if you like to sing**, head to your local town or:
  - the CIUP choir: <http://www.ciup.fr/chorale/>
  - the Sorbonne University choir and orchestra: <http://cosu.sorbonne-universites.fr/>

#### • For entertainment or to pick up some culture, in Paris, there are loads of options!

- Check out the guide: <https://www.parisinfo.com> > découvrir > guides thématiques
- **Cosmopolitan Paris**, to stay in touch with your roots or take a world tour of Paris! Discover the city's most exotic districts, sites and culinary delights.
  - **Paris Outdoors**, take time out to enjoy the fresh air! For information about outdoor events, leisure activities, where to have a drink on a terrace.
  - **Paris night life** for information about all the places to go out to with a variety of atmospheres (and for successful your studies of course!)
  - **Cultural Paris**, inspiration for visiting some of the 2,000 monuments and 200 museums in the French capital!
  - **Paris gets Musical**, discover the city that created the annual 'Fête de la Musique' celebration! Whether you're looking for big concerts or intimate venues, and any musical genre from classical to rock or techno, etc.
  - **Literary Paris**, let's not forget that a good book provides an ideal dose of culture: Access the city's libraries and media libraries: <https://bibliotheques.paris.fr/> or head to one of the various bargain bookshops (Gibert, Boulinier, for example).

#### • A treasure trove of information about going out in Paris and the latest news:

- the daily newspaper for the Île-de-France, **Le Parisien**: <http://www.leparisien.fr/> (and other newspapers on the application **KipUp**).
- the **Que faire à Paris website**: <https://quefaire.paris.fr/>
- the **Sortir à Paris website**: <https://www.sortiraparis.com/>
- **listings on l'Officiel des Spectacles**: <https://www.offi.fr/>
- **the Visitor Center agenda**: <https://www.parisinfo.com> > découvrir
- **Radio Campus Paris**, run by a student and youth association: <https://www.radiocampusparis.org/>

## MUST-SEE PLACES /

Each year, 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 Centre.

**Once you've visited the top tourist attractions**, take a stroll **around the 20 Parisian arrondissements**. They each have their own unique character and lifestyle with a special atmosphere.

**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:
- Fontainebleau forest and castle (<https://www.fontainebleau-tourisme.com>)
  - as are the gardens at Versailles (<http://www.chateauversailles.fr>).

Further ideas for excursions and walks: <http://parisianavores.paris> > balades autour de paris accessibles en RER et transilien



### EXCHANGE & SHARE

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

*Remember to sign up on the **France alumni** network to take part in discussion groups on various subjects, take advantage of cultural outings, and consult job and internship offers.*

