



**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**



**CAMPUS  
FRANCE**  
[campusfrance.org](http://campusfrance.org)





## 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) and CAF (housing benefits) are all present.  
Hours: September 7 to October 30.  
Address: Maison Internationale, 17 boulevard Jourdan, 75014 Paris.

Access: RER B / T3 station: Cité universitaire stop  
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 (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.

• **For Université Paris Sciences Lettres students, 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: September to July.  
Address: 60 rue Mazarine, 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 (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 Etudiante, Université Paris Sud, Building 311 Le Moulin, rue du Château, 914000 Orsay.

Access: RER B, Orsay stop  
Contact: <https://www.science-accueil.org> > votre parcours

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

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

Hours: Centre d'Information Jeunesse (CIJ), 1 Place des Arts in Cergy (RER stop, Cergy Préfecture)  
Contact: 01 34 41 67 67.

Website: <http://eisti.fr/fr/article/ouverture-du-guichet-unique-de-luniversite-paris-seine>

**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.ixesn.fr/>

### ◆ Welcome service for researchers and doctoral 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 residence halls managed by the CROUS, the Cité Internationale de Paris, private student residences, homestays, shared leases, intergenerational apartment-sharing, etc. What's most important is to take care of this as early as possible, before your arrival.

### 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/>

**On campus, the CROUS also manages 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 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://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

## 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/>

### ◆ 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: 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:

- **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



## 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 PERMIT (TITRE DE SÉJOUR)

#### ◆ 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 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 Centre de Réception for foreign students and international researchers.

- 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

- **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 or a student with a "concours" (tests) visa or a "mineur scolarisé" (enrolled minor) visa or a visa with the indication "carte à solliciter dans les deux mois" (residence permit to be requested within 2 months of entry):** 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 expiration date.**



## 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 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

### HEALTHCARE

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

**Login to the <https://etudiant-etranger.ameli.fr> site to register, to understand your eligibility and benefits, and to take the necessary steps.**

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 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. Inquire 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

### SIGN UP FOR ADDITIONAL HEALTH INSURANCE

You can also sign up for **top-up insurance** which will cover all health expenses not covered by the **free and compulsory health insurance.**

Take note: The plans and coverage levels differ from one company to another. To choose a **top-up insurance policy** which meets your needs and your budget, you can **compare student health insurance plans** on the Internet.

### 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 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 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'Eté* (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/>



## 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/>

### 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 theaters: <http://lostinFrenchlation.com/>
- **if you like to sing**, head to your local town or:
  - the CIUP choir: <http://www.ciup.fr/chorale/>
  - the Sorbonne Université choir and orchestra: <http://cosu.sorbonne-universites.fr/>

#### • For entertainment or to pick up some culture, you can choose from:

- 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 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 for example the City's multimedia libraries: <https://bibliotheques.paris.fr>
  - or visit one of the numerous low-cost bookshops for example, Gibert or Boulinier.
- **In Paris, for going out or staying abreast of current events, you will find a wealth of information on different media:**
  - the **daily** regional paper for Ile-de-France, **Le Parisien** (<http://www.leparisien.fr>) or other papers (with the **KipUp** application).
  - the website **Que faire à Paris** (What to do in Paris): <https://quefaire.paris.fr/>
  - **CitÉscope**, the CIUP cultural agenda: <https://www.ciup.fr/citescope/>
  - the **Sortir à Paris** website: <https://www.sortiraparis.com/>
  - listings on **l'Officiel des Spectacles**: <https://www.offi.fr/>
  - **the Tourist Office agenda**: <https://www.parisinfo.com> > découvrir
  - **Radio Campus Paris**, run by a student and youth association: <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.*



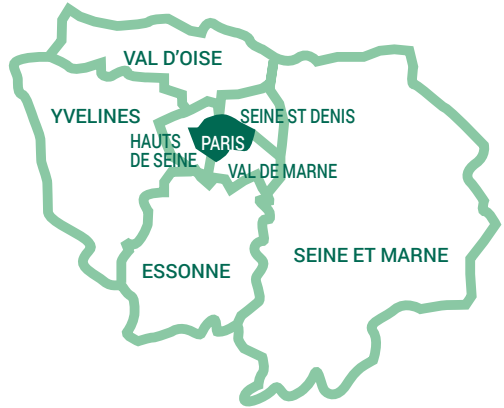
# THINGS TO KNOW

**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.  
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 (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)