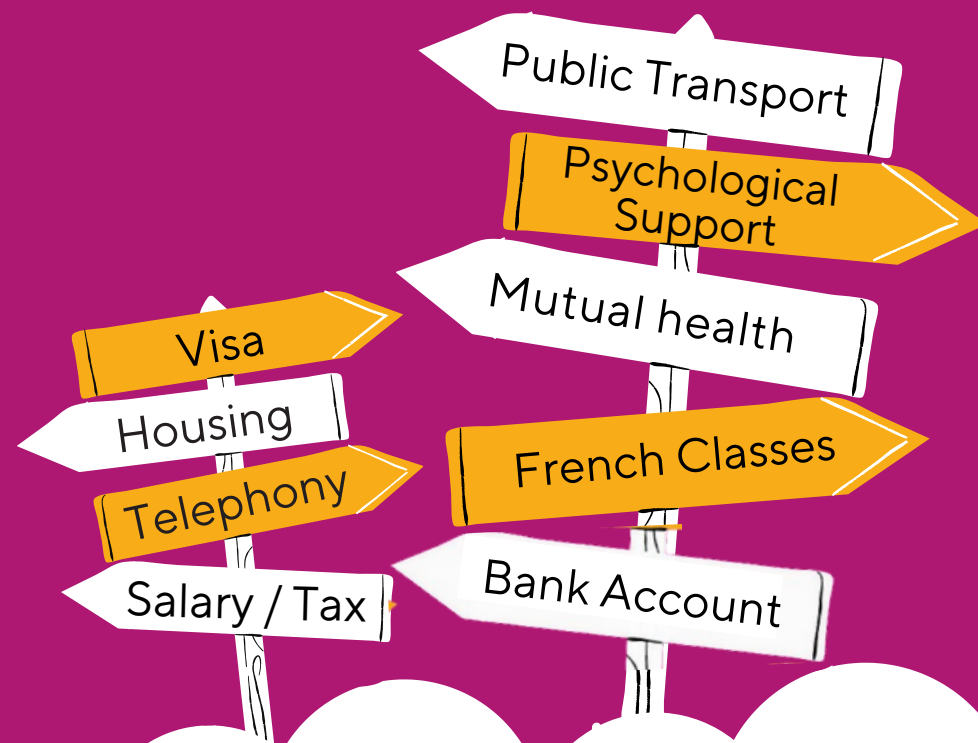


SUMMARY

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WELCOME PACK

Paris



LAST UPDATED ON 04/2024



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DO YOU NEED A VISA ?

You only need to apply for a **visa** for France if :

- you are a **citizen** of a country **outside the European Union (EU)**
- If you hold a **temporary residence permit issued by another country in the Schengen area.**



Remarks

You don't need a visa or residence permit **if** you are a **citizen of the EU**, the **European Economic Area (EEA)** or **Switzerland**.

If you have a **Carte de Résident long séjour UE (CRLD-UE)** you do **not need a visa** to enter France, **but** you will need to **apply for a carte de séjour** as soon as you arrive **in France**.

[Check whether you need a visa on the France-Visas website.](#)

VISA / RESIDENCE PERMIT : WHAT'S THE DIFFERENCE ?

- Visa :

Gives you the **right to enter France**
is **issued by the French consulate in your country of habitual residence.**

- A Residence Permit :

Gives you the **right to reside in France**
is **issued by the Préfecture of your place of residence in France.**

The French Consulate will issue you with a visa corresponding to the **reason** for your stay (study, research) and the **duration** of your stay in France (short or long stay).



VISA TYPES ACCORDING TO YOUR SITUATION

Unroll the situation that best corresponds to your situation to obtain more details.

Doctoral student registered in a French higher education establishment without a doctoral contract

Doctoral student or researcher with a hosting agreement
Visiting doctoral student or researcher

Post-doctoral student with the working contract

Passeport Talent Chercheur" or "Scientifique-Chercheur" families.

DOCUMENTS REQUIRED FOR YOUR VISA APPLICATION

In all cases, you should refer to the **list of documents required** by the French Consulate in your country of residence.

- Valid passport
- Proof of residence or accommodation **in France** (CROUS housing allocation notification, rental lease, etc.)
- Letter or notification of **admission to a doctoral program** or **research residence agreement** specifying the **nature** and **duration** of your stay (short or long stay) for doctoral students registered in France/visiting scholars and visiting scholars applying for Student status.
- Proof of financial resources for Student visa applications only, at least equivalent to **€615/month** : attestation of doctoral scholarship or research funding, attestation of financial guarantor, etc.

DOCUMENTS REQUIRED FOR YOUR VISA APPLICATION (CONTINUED)

- **Convention d'accueil** for contract PhD students, teacher-researchers employed by a higher education and research establishment in France, or PhD and post-doctoral students, and visiting researchers who have obtained funding \geq as an indication, it was around €1,595 net per month in 2022-2023. Please note that this amount may change, so check with the administration of your host laboratory).
- Last degree obtained : Master's or Doctorate
- For a Talent Passport visa for families or spouses/children of Algerian scientists, marriage certificate and/or birth certificate for each child, accompanied by a valid passport.
It's **very important** to arrive in France with the "**RIGHT**" **visa**, because once you're in France, you won't be able to request :

change the **reason** for your visa
a residence permit based on a tourist visa.

For further information, please consult the following links :

[Preparing your stay](#)
[Different types of visa](#)
[Visa application stages](#)



AND AFTER THE VISA?

To **obtain the right to reside** in France, you must :

- **Validate your visa** if you have a Visa Long Séjour valant Titre de Séjour (**VLS-TS**).
- **Apply for a residence permit** if you have :

A Visa Long Séjour Temporaire (**VLS-T**) with the **words** "Carte de Séjour à solliciter à l'arrivée en France" ("Residence permit to be applied for on arrival in France")

Source : <https://www.service-public.fr/particuliers/vosdroits/F2231>

FOREIGN STUDENT IN FRANCE : LONG-STAY VISA OR RESIDENCE PERMIT

If you are a foreigner : This applies to foreigners who are not nationals of the following countries : **European Union, Switzerland, Liechtenstein, Iceland and Norway and want to study in France, you must first apply for a long-stay visa valid as a residence permit (VLS-TS) mention student (valid 4 months to 1 year). After 1 year, you can apply for a student temporary residence permit (valid for 1 year) or a multi-annual student residence permit (valid for 2 to 4 years). You are subject to a means test. In some cases, the residence permit may be issued automatically.**

This applies to you if you are coming to France for higher education, but do not have a residence permit for personal or family reasons (for example : residence permit, carte de séjour vie privée et familiale).

You must be registered (or pre-registered) :

- in a public or private institution of higher education or initial training (university, grande école, etc.)
- or in a higher professional training organization.

You must have at least **615 €** per month.

FOREIGN STUDENT IN FRANCE : LONG-STAY VISA OR RESIDENCE PERMIT (CONTINUED)

However, if you are in one of the following situations, the means test does not apply :

- You are coming to France under the terms of an agreement signed between the French government and a higher education establishment in which you are enrolled.
- You have passed the entrance exam to a higher education establishment that has signed an agreement with the French government
- You have a French government scholarship
- Your country has signed a reciprocal agreement with France on the admission and residence of students.
- Before starting your application, you should consult the official France-visas website to find out which procedure applies to you :

France-visas - Students

- Foreign nationals from 43 countries must apply for their visa on the Études en France website when pre-registering online for French higher education.
- Within 3 months of your arrival in France, you must validate your VLS-TS and pay a fee in addition to the visa fee.
- The online procedure allows you to become a legal resident: a foreigner in possession of the documents authorizing him or her to remain on French territory, and to be able to cross the Schengen border again.

Validate a long-stay visa validating a residence permit (VLS-TS) and pay the fee.

Cost

50 € (payable when your long-stay visa is validated)



LONG-STAY VISA **(STAY FROM 3 MONTHS TO 1 YEAR)**

To enter and stay in France for more than 3 months, a foreigner must hold a long-stay visa (type D). This visa is granted by the French consular authorities. It is usually issued for study, work or family reasons. There are several types of long-stay visa, depending on the reason for the stay, its duration and the intention to apply for a residence permit to settle permanently in France.

Visa de long séjour valant titre de séjour (VLS-TS): valid from 4 to 12 months

This visa, known as the VLS-TS, is equivalent to a residence permit, and means you don't need to apply to the prefecture for a residence permit when you arrive in France.

This applies in particular to the following cases :

- Student
- Employee (with permanent contract)
- Spouse of French national
- Talent passport

For your information

If you are married to a French national, the VLS-TS is issued to you unconditionally. It may be refused if your marriage is fraudulent or has been annulled, or if you represent a threat to public order.

LONG-STAY VISA **(STAY FROM 3 MONTHS TO 1 YEAR)**

VLS-TS validation

Within 3 months of your arrival in France, you must validate your VLS-TS and pay a fee in addition to the visa fee.

The online procedure means that you are legally resident in France: a foreigner in possession of the documents authorizing him/her to remain on French territory, and able to cross the border into the **Schengen area** once again.

Validate a long-stay visa with residence permit (VLS-TS) and pay the tax

Where to submit your application

You must submit your visa application (no more than 3 months before your planned departure) to the French consular authorities in the country where you live :

Apply for a visa

Where to apply

Visa department (French embassy/consulate abroad)

Passport validity

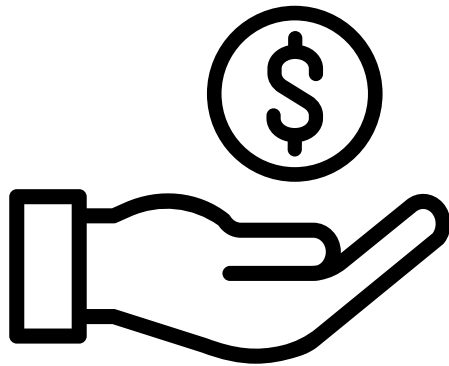
- Your passport must be valid for at least 3 months after your visa expires.
- It must have at least 2 blank pages.
- It must have been issued less than 10 years ago.

Cost

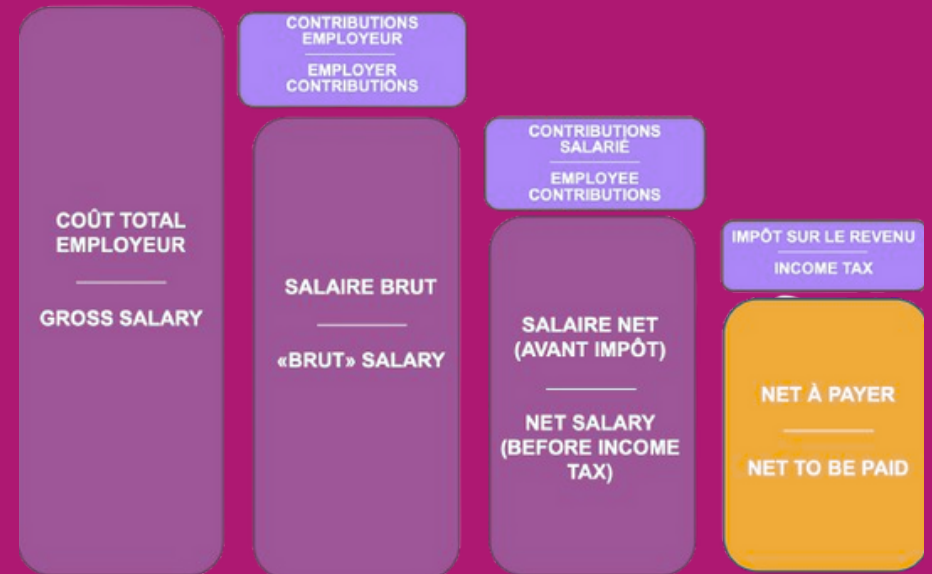
- Visa fees vary. They are expressed in euros or CFA francs, depending on the country.
- To find out, consult the Tariffs section of the country pages of the France-Visas wizard :
- France-Visas - Visa costs by country



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GROSS/NET/LOADED SALARY : WHAT DOES IT MEAN ?



Chargeable salary : this is the total to be paid by the employer. It is the total wage cost for the employer (gross salary + employer's contributions).

Gross salary : gross salary represents the amount due to the employee under the terms of his or her employment contract, before any compulsory tax deductions. Gross salary includes remuneration for actual working time, as well as various commissions and bonuses. It also takes into account sick leave, paid vacations and public holidays.

Net salary before income tax : this is the amount to be paid to the employee before income tax.

PAS or Prélèvement à la Source : income tax assessed on the basis of the previous year's income and deducted directly at source each month.

Net salary : the amount paid to the employee by the employer.



FRENCH PAYS LIP (OR BULLETIN DE SALAIRE)

What is a pay slip ?

In France, the payslip is a document provided by the employer proving the salary paid to the employee. It details the net salary paid and the social part of the salary via various contributions (retirement, sickness, provident fund, unemployment, training, CSG, etc.).

When is the pay slip due ?

The pay slip must be given to the employee at the time of payment, which must take place at least once a month. Employees must keep their pay slips in order to claim their pension rights.

Is there a single model for pay slips ?

There is no official model payslip. The forms therefore vary according to the companies responsible for drawing up the pay slips.

Although existing pay slip models are widely used in practice, the law does not impose a standard model. It does, however, impose a number of compulsory details that must always appear on the document given to the employee.

How is the pay slip delivered ?

The pay slip is generally sent to the employee by post, or delivered by hand against a receipt. It can also be sent in the form of an electronic pay slip, although the employee retains the right to refuse to receive it electronically.

On my pay slip, there's the net taxable amount and the net amount payable. What's the difference?

The net salary payable is the amount the employee receives after deduction of all social security contributions..... The net taxable salary differs from the net salary payable because all social security contributions, which are payable by the employee, are not deductible when calculating income tax.

What is prélèvement à la source (PAS) ?

Withholding tax came into force on January 1, 2019. Income tax is now deducted directly from the pay of employee taxpayers.

Employees' pay slips show the base and rate of the withholding tax, the amount paid and the amount of salary that would have been paid before the withholding tax. This pre-tax net salary is shown in large type on the pay slip (1.5 times larger than the other lines).

How do I change the PAS rate on the pay slip ?

If employees wish to change their withholding tax rate, they must contact the tax authorities, not their employer. You can do this by logging on to your personal space on the tax authorities' website.

I've never worked before and this is my first payslip. What is the PAS rate applicable ?

An employee who starts work and has never filed a tax return is automatically assigned the neutral withholding tax rate, which corresponds to the rate normally applicable to a single person and is calculated solely on the basis of salary.





TAXES IN FRANCE

As a person living in France or generating income from France, you may be subject to various types of tax, including :

- personal income tax, paid annually,
- income from investments,
- corporate or business profits,
- inheritances,
- assets,
- goods and services purchased.

Income tax

In France, there are two main types of income tax :

- French income tax (IRF),
- Social security contributions.

If you are resident in France, you are liable for French income tax on your earnings. Since the beginning of 2019, the PAYE (Pay-As-You-Earn) system has been universally used throughout France. Rather than filing a tax return and paying the taxes due for the previous year, you are taxed directly at the source of income, in the form of monthly payments. Income subject to the PAYE system also includes pension income, overseas income, sickness and maternity leave, and rental income.

Income tax rates in France depend on your family situation, income and professional status. Non-residents generally pay tax on their French-source income at a minimum rate of 20% for income up to €27,519 and 30% for income above this threshold.

Useful article :

<https://www.euraxess.fr/fr/france/information-assistance/impôts>



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WHO CAN APPLY FOR CAF HOUSING ASSISTANCE ?



All students, regardless of nationality. Please check the official conditions on the **CAF website**. If you are a **CROUS resident**, you may also be eligible for this assistance.

You are certainly entitled to housing assistance from the CAF if you are a tenant, flatmate or sub-tenant of a dwelling with a floor area of at least 9m² (16m² if 2 people share the premises).

If you're sharing an apartment, each flatmate must apply for their share of the rent. Each flatmate must sign the lease.

You do not need to produce a residence permit to apply for CAF housing assistance if you are a student from the European Union or the European Economic Area (Germany, Austria, Belgium, Bulgaria, Cyprus, Denmark, Spain, Estonia, Finland, France, Greece, Hungary, Ireland, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Norway, Netherlands, Poland, Portugal, Czech Republic, Romania, United Kingdom, Slovakia, Slovenia, Sweden, Switzerland).

To benefit from CAF housing assistance, if you are not a citizen of a European Union or EEA country, you must hold a valid residence permit.

WHEN TO APPLY FOR HOUSING ASSISTANCE FROM CAF ?

You must apply for CAF housing assistance as soon as you have moved into your apartment.

List of CAF offices :

<https://aidefamille.fr/caf/paris-75/paris.html>

Apply for Housing Assistance (APL/ALS) :

Visit the official CAF website to check your eligibility and make an online request.

CAF simulator :

Use the online simulator to estimate the amount to which you could be entitled.

SEARCH FOR ACCOMMODATION:

Website :

- SeLogger
- Le Bon Coin
- PAP (Particulier à Particulier)
- Nexity Studea
- Les Belles Années (Résidences Étudiantes)
- Science Accueil
- Centre les récollets
- Villa Louis Pasteur
- Ciup



Important Tips :

Vigilance for Scams : Be attentive to tempting offers. Never pay before visiting the accommodation. Consult Visale for a guarantee of unpaid rent.

Virtual Tours : Use virtual tours when possible. Make sure the photos correspond to reality.



PREPARE YOUR RENTAL FILE :

Essential Documents:

- Identity Document: Passport or identity card.
- Income and Guarantees: Stock market contract, proof of income, or any document attesting to your financial means.
- Visale Certificate : Obtain a certificate on Visale to strengthen your file.

Useful Articles :

- [Tips for Building a Solid Rental File](#)
- [Necessary Documents to Rent as a Student](#)



VISALE



Visale, or Visa for Housing and Employment, is a free service which guarantees unpaid rent, thus facilitating your access to housing.

How it works :

- **Eligibility :** If you are between 18 and 30 years old and over conditionally. Visale can help you. Submit your request on the official Visale website to check your eligibility.
- **Online request :** Easily fill out the online form and receive a quick response, usually within 48 hours.
- **Visale Certificate :** Once approved, obtain a Visale certificate to present to the landlord when signing the lease.
- **Advantages :** Strengthen your rental file, reassure the owner, and benefit from a guarantee against unpaid rent.

Visale simplifies your process of finding accommodation in France. Explore more on their [official website](#) for detailed information.



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HEALTH INSURANCE IN FRANCE

The French healthcare system is based on two main components :

- basic public health insurance (“Sécurité Sociale”)
- supplementary health insurance (“Mutuelle”), a mix of public and private services.

BASIC PUBLIC HEALTH INSURANCE: SOCIAL SECURITY

The French social security system is based on the principle of "solidarity contributions". Contributions are paid through social security deductions on everyone's income.

[3 minutes to understand French Social Security, an official Social Security video.](#)

- [What health insurance rights do foreign nationals have?](#)

Whether working in France or residing there on a regular basis, expatriates are covered by the universal health protection scheme if they are not covered by the social protection system of another country.

The French social security system provides foreign nationals living in France with a social security number and a Carte Vitale.



BASIC PUBLIC HEALTH INSURANCE : SOCIAL SECURITY



La carte Vitale

This green card allows you to benefit from the French health insurance system. How does it work? Simply present your carte Vitale to your doctor if you are having a medical check-up, or to the pharmacist if you are buying medicines prescribed by a doctor. The French social security fund will be informed of the cost of your treatment or services. The fund then processes your reimbursement automatically, with no further action required. The Vitale card is a smart card that proves your entitlement to benefits. It is issued to anyone over the age of 16, and contains all the administrative information required for reimbursement of healthcare costs. Depending on your personal situation, it also contains the information needed to use the "tiers payants" system (which means that the patient does not pay an advance on the amounts reimbursed either by the health insurance system, or by his or her supplementary insurance, which intervenes once the patient has been reimbursed by the national system).

Parents can request a separate Vitale card for children aged 12 and over.

NB : these reimbursements are generally partial (except in certain cases), and are usually capped. It is therefore essential to obtain supplementary cover to guarantee full reimbursement of your medical expenses, which can sometimes be considerable.

Doctor's fees

You will usually be asked to pay your fees at the end of your consultation. Your doctor may have a terminal that reads your Vitale card and transmits the information directly to social security for reimbursement. If not, you must fill in the "feuille de soins" form yourself and send it to the social security office.

Many doctors bill their services according to social security-approved rates, but it's always a good idea to confirm this before your consultation. Doctors do not always accept credit cards as a means of payment. Please bring cash or cheques to your appointment.

Medication

To be reimbursed, pharmaceutical products must be prescribed by a doctor. It may be possible to have part of the cost paid directly by the health insurance fund (direct pharmaceutical payment) by presenting your card. In this case, you pay the dispensing chemist only the part of the cost not covered by your health insurance fund.

SOME IMPORTANT INFORMATION ABOUT HEALTH SERVICES

Non-hospital medical care in France: operations and reimbursements

In France, all insured persons are free to choose their own doctor, provided they declare him or her to Social Security as their "médecin traitant". If you declare your preferred doctor, you are entitled to the maximum reimbursement rate: 70% of the basic fee, currently set at €25. If you don't, your general medical consultations will be reimbursed at 30% of the basic fee.

However, you are under no obligation to stay with the same doctor from one year to the next. You can change doctors at any time, but don't forget to inform your health insurance fund.



Your GP is responsible for coordinating your treatment, i.e. recommending any additional consultations or referring you to a specialist (rheumatologist, cardiologist, dermatologist, etc.). Once again, you have the right to choose the doctor or specialist of your choice. If you go through your GP, you are guaranteed reimbursement of 70% of the basic fee.

However, you can consult specialists such as gynecologists, ophthalmologists, psychiatrists, dentists, etc., without prior referral from your GP.

There are many useful web platforms for booking medical appointments online. You can choose the availability of specialists, check their expertise, languages spoken, acceptable payment method and other useful information before deciding to book a medical appointment.

Hospitalization

As mentioned, everyone covered by state social security has the right to choose the hospital in which they are treated, whether public or private. The cost of healthcare is divided into several categories :

- **Accommodation costs** : 80% reimbursed by Social Security,
- Supplements for personal comfort (single room, television, etc.) : payable by the insured,
- Additional fees charged by certain hospital doctors, also payable by the insured,
- The "forfait journalier": the insured pays €20 per day.

The remainder of the fee, known as the "ticket modérateur", is not reimbursed by Social Security, but may be covered by complementary health insurance.

SOME IMPORTANT INFORMATION ABOUT HEALTH SERVICES

• Excess fees

Whether they work in private practice or in public hospitals, French doctors (general practitioners and specialists) have a choice of several pricing structures :

- They can opt for rates based on the French Social Security reimbursement system (BRSS), for example : €25 for a general medical consultation. These doctors are part of what is known as "**sector 1**";
- They may charge (limited) extra fees, as members of a DPTAM (Dispositif de Pratique Tarifaire Maîtrisé),
- They can charge higher fees, but are not members of a DPTAM.

Social Security reimbursements are limited to the BRSS rates, and do not take into account any extra fees charged by DPTAM or non-DPTAM doctors. These additional costs have an impact on the amount you have to pay after any treatment, as well as on the amount of reimbursement guaranteed by your supplementary health cover. Because of the regulations governing "contrats responsables" (which must respect the reimbursement ceilings imposed by French law), the services of non-DPTAM doctors are reimbursed at a much lower level than those of doctors affiliated to the BRSS or DPTAM.

• Sick leave

If you are an employee and your doctor takes you off work for medical reasons, you will continue to receive your salary. Social security and your complementary health insurance scheme will cover the costs and reimburse your salary to your employer. The French government also guarantees maternity/paternity/adoption leave, which is much longer for women than for men, and varies according to sectoral agreements.



HOW DO I GET FRENCH SOCIAL SECURITY COVERAGE?

For student-citizens from the EEA (Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden).

If you come to study in France, you are considered a temporary resident and must be affiliated to your home country's health insurance scheme. However, before you leave, you should check that this scheme will cover your medical expenses for the duration of your stay in France.

If this is the case, you can use your European Health Insurance Card in France.

Before you leave, check with your health insurance provider and the French health insurance fund.

- **For non-EEA student-citizens**

You must register on the website dedicated to the reception of students, in order to benefit from the coverage of your healthcare costs as soon as you arrive in France :

<https://etudiant-etranger.ameli.fr/>

More information for students can be found here :

<https://access.ciup.fr/en/steps-in-your-administrative-process/health-insurance/students-and-social-security/>

HOW DO I GET FRENCH SOCIAL SECURITY COVERAGE?

You are a doctoral student :

- You are a doctoral student enrolled in a thesis at a French institution, you have a student card, and you are not employed (doctoral contract, CIFRE contract...): you can benefit from free social security. To find out how to register, please go to: <https://access.ciup.fr/en/steps-in-your-administrative-process/health-insurance/students-and-social-security/>.
- You are a doctoral student in an international co-tutored thesis program: this depends on your program contract and the length of your stay in France. If your stay in France is less than three months, you are not entitled to social security.

If you are a doctoral student working in France (under a doctoral contract, a CIFRE agreement, etc.): you will be registered with the social security system according to professional criteria. To find out what you need to do, visit

<https://access.ciup.fr/en/steps-in-your-administrative-process/health-insurance/researchers-and-social-security/> and start the registration process as soon as possible.

If you are a non-European doctoral student and you have a "researcher - talent passport" visa/residence permit because you have a contract in France (doctoral contract, CIFRE...), please refer to

<https://access.ciup.fr/en/steps-in-your-administrative-process/health-insurance/researchers-and-social-security/#1522848866725-c2b8a6ed-5b79>.



SUPPLEMENTARY HEALTH INSURANCE : MUTUAL INSURANCE

- **What is complementary health insurance in France ?**

Supplementary health insurance, also known as “**mutuelle**”, is a contract that reimburses medical expenses not covered by Social Security.

Depending on the policy you choose, it will cover part or all of the remaining percentage NOT reimbursed by the state. This can be substantial if you need hospital or emergency treatment, as hospitalization, a private room, ambulance costs - all these can be costly and reimbursed only minimally or not at all by Social Security (la Sécu).

However, unlike health insurance in some other European countries, French private coverage does not guarantee faster treatment, nor is it associated with private practitioners. It simply fills the 30% gap left by public coverage.

- **How do I take out supplementary health insurance ?**

The choice of taking out supplementary health insurance to top up your medical expenses is entirely up to you. It's not compulsory, but we strongly recommend it. If you decide to take out a Mutuelle, you'll need to take the necessary steps to subscribe. We advise you to start by asking for quotes and comparing offers. If you're a student, you can do this with traditional student health mutuals, insurance companies or banks.

Check that the health insurance policy you decide to take out offers civil liability cover for both your private life and as a student/employee. This way, you'll be covered at your place of study/work and at your internship.

USEFUL HEALTH INSURANCE INFORMATION

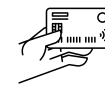
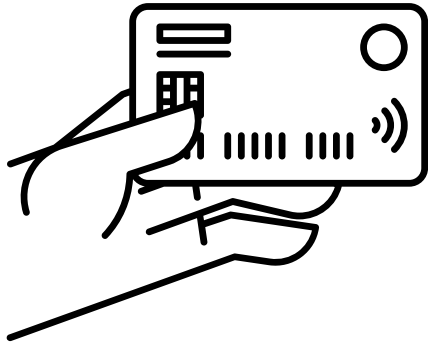


- **AMELI**, l'Assurance Maladie en Ligne : Internet portal of the French health service. Almost everything can be done online. A very useful site.
- **Le service de santé en langue anglaise**. Phone : 36 46
- **CLEISS** : International mobility and social security assistance service. Address: 11 rue de la tour des Dames, 75436 Paris cedex 09. Phone : 01 45 26 33 : 01 45 26 33 4141





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BANK ACCOUNT

Online Banking Account

When it comes to opening bank accounts, several options are available, such as Boursorama Banque, N26, Nickel and Hello bank! These online banks offer the possibility of opening an account in France, with the notable advantage that all procedures are done online. This can make life much easier for students.

Bank Account in Tobacco Offices

An interesting alternative to consider is the Nickel account, available in tobacco shops. There are no income requirements, which could be advantageous depending on your criteria.

Mobile Payment Applications

For those who prefer to manage their finances online, apps such as Lydia and Revolut allow for quick account opening. This can be particularly practical for more efficient management of your accounts.

Study Banking Offers for Foreigners

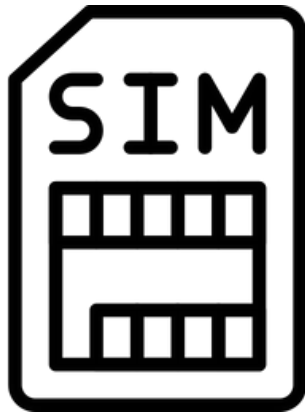
It might be wise to explore specific offers from major banks like BNP Paribas, Société Générale and Crédit Agricole, which sometimes offer benefits for foreign students. Don't forget to also check the options offered by banks in your home country, which can sometimes present interesting international solutions.

Bank Accounts for Students

International students can benefit from specific benefits with dedicated accounts. These accounts generally have fewer requirements to meet and may feature attractive bonuses. It would be a good idea to check with financial institutions in your home country to discover possible international options.



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GET A SIM CARD BEFORE YOUR ARRIVAL IN FRANCE

Online order :

- Some mobile operators in France allow users to order SIM cards online. You can place this order before your arrival in France and receive the SIM card at your home abroad.
- **Check the websites of major operators like :**
- **Orange** (<https://www.orange.fr/>),
- **SFR** (<https://www.sfr.fr/>),
- **Bouygues Telecom** (<https://www.bouyguetelecom.fr/>),
- **Free** (<https://www.free.fr/>).

International SIM cards :

Some operators offer SIM cards specifically designed for international travelers. These SIM cards can be ordered online and shipped to your home before you leave.

GET A SIM CARD IN FRANCE

Operator Stores :

As soon as you arrive in France, you can go to the physical stores of the main mobile telephone operators. Bring identification (passport) and possibly proof of residence (accommodation bill or rental contract).

Kiosks and stores :

Many kiosks, supermarkets and electronics stores sell prepaid SIM cards. These cards can be purchased without needing a French address.

Airports and train stations :

International airports and major train stations may have SIM card sales points. This is a practical option upon your arrival in France.



GET A SIM CARD IN FRANCE

Order online once in France :

You can also order a SIM card online once you arrive in France, and have it delivered to your address or collect it from a local store.

Without French address :

For prepaid SIM cards, you generally do not need a French address. However, for postpaid plans, proof of residency may be requested.



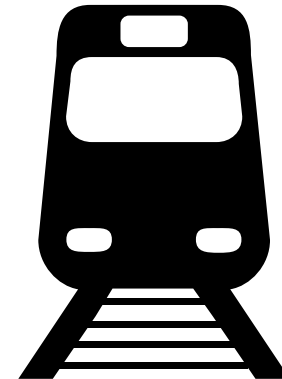
It is always recommended to check specific conditions with your chosen operator, as policies may vary. Additionally, make sure your phone is unlocked to accept SIM cards from different carriers.



It is important to note that transferring a number from a prepaid SIM card to a plan may be impossible due to the policies of mobile operators. If you wish to switch to a plan while retaining your number, the best option is to order a new SIM card online from the operator of your choice. This allows for a more comprehensive and personalized use, although retaining the number may not be possible in all cases.



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METRO



The metro is the cheapest, easiest and fastest way to get around Paris. There are **16 metro lines** with around **300 stations**, indicated by a large yellow letter "M". Metros start running every day, including public holidays, at around 6 a.m. and stop at around 0.45 a.m., except on the nights of Friday to Saturday and Saturday to Sunday, when they run until 1.45 a.m. The frequency of service varies according to time and day, with subways running every 2 to 4 minutes at peak times.

RER



The RER network comprises **5 lines** serving Paris and the Paris region (Île-de-France). Each line is identified by a distinctive color, visible on RATP and SNCF signs and maps. RER trains run from 6 a.m. to around 0.45 a.m. every day, including public holidays. Within Paris, the RER operates in a similar way to the metro, but requires ticket validation on exit.

TRANSILIEN



Transiliens are regional trains departing from major Paris stations (**Nord, Est, Lyon, Austerlitz, Montparnasse, Saint-Lazare**). Tickets and season tickets are available from "Ile-de-France" ticket offices and vending machines in stations and metro/RER stations. Suburban lines complement the RER network, offering numerous connections.

TRAMWAY



Paris has **5 tramway lines (T1, T2, T3a, T3b, T4)** covering the entire city. Tramway tickets are the same as those for the metro and RER.



BUS



There are **64 bus lines** complementing the metro network. Buses run Monday to Saturday from 7am to around 8.30pm, with some lines operating until 12.30am. Almost half of all lines also operate on Sundays and public holidays. Line numbers and directions are indicated on the front and sides of the bus. Electronic display panels at bus stops indicate waiting times. Bus stops can be equipped with USB ports for recharging smartphones.

NOCTILIEN



Noctilien is a night bus service operating from **0:30 to 5:30** in Paris and the Paris region. **47 lines** serve the city and region. Metro/bus tickets can be used.

TICKETS

There are various types of tickets. For a long stay, the "**Passe Navigo**" (unlimited subscription) is recommended, available weekly, monthly, or annually. You can order it online on the Île-de-France Mobilité website. Additionally, you have the option to apply at counters and commercial agencies of transport providers such as RATP, SNCF Transilien, and Optile.

For students under 26, the subscription is called "**Imagine R**" and comes at a reduced cost. Researchers, doctoral candidates, and postdocs are eligible for a 50% reimbursement of their transportation expenses.

For further information : 



Practical update :



Utilize the IDF Mobilities application with **NFC** to swiftly recharge your Navigo card. Furthermore, recharge your individual tickets directly through the application for easy management from your smartphone.



Mobile Applications for in Paris and Île de France



RATP



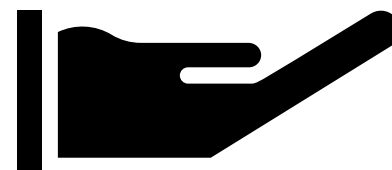
CITYMAPPER



Available on



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FRENCH COURSES

Alliance Française de Paris (<https://www.alliancefr.org/>)

Le Centre de linguistique appliquée (CLA) de Sorbonne Université
(<https://cla.univ-paris1.fr/>)

Mairie de Paris (<https://www.paris.fr/>)

Associations and cultural centers

Look for local associations or cultural centers in your neighborhood.

Fun Mooc

www.fun-mooc.fr/fr/cours/vivre-en-france-a1/
fun-mooc.fr/fr/cours/vivre-en-france-a1/

Universities

Check out the foreign language departments or departments dedicated to international students at these universities :

Sorbonne Université (<https://www.sorbonne-universite.fr/>)

Université Paris-Cité (<https://www.universitepariscite.fr/>)

Université Sorbonne Paris Nord (<https://www.univ-paris13.fr/>)

Université Paris I Panthéon Sorbonne

(<https://www.pantheonsorbonne.fr/>)

Université Nanterre Paris (<https://www.parisnanterre.fr/>)

Sorbonne Université

- Visit the official Sorbonne University website : Sorbonne University - (<https://www.sorbonne-universite.fr/>)
- Look for sections such as "Training" or "International" to find information on French courses for foreign students.

Université Paris-Cité

- Explore the Université Paris-Cité website : Université Paris-Cité (<https://www.universitepariscite.fr/>)
- Search for sections such as "International" or "Languages" for details on French courses for international students.

Université Paris I Panthéon Sorbonne

- Go to the official website of the university : [Université Paris I Panthéon Sorbonne] (<https://www.pantheonsorbonne.fr/>)
- Search the "Foreign Languages" or "International" sections to find information on French courses for foreigners.

Université Sorbonne Paris Nord

- Visit the university website : Université Sorbonne Paris Nord (<https://www.univ-paris13.fr/>)
- Look for sections dedicated to international students or foreign languages for information on French courses

Université Nanterre Paris

- Visit the official website of the university : Université Nanterre Paris (<https://www.parisnanterre.fr/>)
- Search the "International" or "Languages" sections to find information on French courses for international students.

Use the links provided to access each university's main sites and explore the different sections to find the most up-to-date information on French courses for international students. If you have difficulty finding this information, do not hesitate to contact the international relations offices of each university directly.

APPLICATIONS

+Babbel (<https://www.babbel.com/>)



(<https://www.duolingo.com/>)



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Psychological support

If you need psychological support, don't hesitate to contact the specialist services at your host university. They're there to listen, advise and support you.

Universities :

Sorbonne University : The University Health Service (SSU) offers psychological consultations for students.

Sorbonne social worker

Université Paris - Cité : The "Étudiants & Dépression" association offers support and resources for students experiencing emotional difficulties.

Paris-Cité social worker

Université Paris I Panthéon Sorbonne : The Bureau d'Aide Psychologique Universitaire (BAPU) offers free consultations for students.

Social worker Panthéon Sorbonne

Sorbonne Paris Nord University : The University Health Service (SSU) offers psychological consultations and support groups.

Social worker Sorbonne Paris Nord

Nanterre Paris University : The Centre de Santé Universitaire (CSU) offers free psychological consultations for students.

Social worker Nanterre Paris

Université Paris Dauphine (PSL) : The Service de Santé et de Prévention (SSP) offers psychological consultations and emotional support workshops.

PSL social worker

The **CROUS social worker** is also available to help students with administrative and social formalities.



Cnaé

What is Cnaé?

The Coordination nationale d'accompagnement des étudiantes et étudiants is your listening, support and reporting service. In the event of malaise or violence such as harassment, discrimination or gender-based violence, the Cnaé is there to help and guide you.

Need to talk?

A free helpline is available Monday to Saturday. Contact us on 08 00 73 78 00 or by email: cnaes@enseignementsup.gouv.fr

Santé Psy Étudiant :

Need psychological support? Santé Psy Étudiant is a national scheme offering 8 free consultations with a psychologist since 2021. Renewable every year, these consultations are designed to help students overcome stress, anxiety, depression and other difficulties linked to student life. To take advantage of this service, simply book an appointment via the online platform or by telephone.

Student Health Services (SSE) :

Student Health Services (SSE), formerly known as SUMPPS, are present in many universities and offer mental health consultations. Open to all students, whether enrolled at university or not, SSEs offer professional support in dealing with mental health problems, addictions or personal difficulties. To access these services, it is usually necessary to make an appointment with your school's health department.

Bureaux d'aide psychologique universitaire (BAPU) :

The Bureaux d'aide psychologique universitaire (BAPU) are located in many university towns and cities. They offer psychological consultations covered at 100% by Social Security and mutual insurance companies. Students can consult freely and confidentially for any psychological or emotional difficulty. Follow-up is provided for as long as the student feels the need, with no limit on the number of sessions. To book an appointment, simply contact the BAPU closest to your place of study.

Nightline :

Nightline is a student association offering anonymous, confidential and non-directive listening every evening from 8:30 pm to 2:30 am. Made up exclusively of student volunteers trained in active listening, Nightline is there to support you in your time of need. Whether you're going through a difficult time, need to talk or feel lonely, Nightline is there to listen. Calls are free and confidential, and you can also access an online chat service via their website.

Applications :

Calm : A meditation and relaxation app that offers guided sessions to manage stress, anxiety and improve sleep.

7 Cups : A listening and emotional support app that connects users with volunteers trained to offer a listening ear.

Headspace : A meditation, mindfulness and relaxation app that offers guided sessions to manage stress, anxiety and improve concentration.

TalkLife : An emotional support app that enables users to share their concerns, receive support from the community and access expert advice.



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welcome Desk PARIS

The Welcome Desk at the Cité Internationale Universitaire de Paris (CIUP) is your first port of call when it comes to settling in to Paris.

Typically open between **September** and **November**, the team is there to assist you with all your administrative procedures related to your stay in France (accommodation, information about visa validation, residence permits, health insurance, French courses, etc.).

At the Welcome Desk Paris, a professional team will welcome you. By appointment, our experts will guide you through the dematerialized procedures on ANEF, providing personalized assistance to make these processes more accessible.

To enhance your welcome, representatives from the Caisse d'Allocations Familiales (**CAF**), the Health Insurance (**CPAM**), and France Travail (**Pôle Emploi**) will also be present during this period to address your inquiries.

[Plan your visit to Welcome Desk Paris now by following this link:](https://access.ciup.fr/welcome-desk-paris-rdv/)

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



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For further information, please do not hesitate to contact us :



11 Rue Pierre et Marie Curie 75005 Paris



contact@fsmp.fr



www.sciencesmaths-paris.fr



@mathsparis

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