

# Budget and cost of living

Living in the Paris Region is quite expensive. We suggest you calculate your budget in advance so that you know what to expect when you arrive in France.

## Planning your departure

### A FEW KEY POINTS

- Fees for one year of a PhD course: €380
- CVEC - Student and Campus Life Contribution: €92 (2020-2021 amount)
- Rent for a 20sq.m flat/apartment in Paris/Paris Region (Ile-de-France): about €800 a month
- Health insurance membership: At least €30
- Fiscal stamp to validate your residence permit: €50 to €250
- French bank account charges: €0 to €50 a year
- Basic equipment (sheets, duvet, towels, kitchen utensils, etc.) €100
- Cup of coffee: about €4 in Paris, about €2.50 in the Paris area. Prices shown on restaurant menus include service in France. Do not feel forced to leave a tip
- Sports centre membership: €30 to €50 a month
- Haircut: between €20 and €40 for a woman's cut, €15 to €25 for a man's cut
- Cinema ticket: €8 to €12

### OUR TOP TIP

For cultural outings, there are discounts for students and under-26. National museums are free every first Sunday of the month.

## Upon arrival

### PLAN FOR INITIAL EXPENSES

**You will need to have some cash at hand for your initial expenses. You can use it to pay for transport once you arrive in Paris, for example. For cash withdrawals, ATMs are available at the airports.**

If you need to change money, we advise you do it at your bank in your country of residence. It is more cost-effective to change currency by ordering it in advance.

During your journey, you will find bureaux de change at airports and international stations.

During your first months in France, you will have to:

- Pay the security deposit in advance (equivalent to one month's rent - this deposit will be returned to you upon departure if the accommodation is left in a good condition)
- Pay one to three months' rent in advance if you are renting private accommodation
- Pay for home insurance (compulsory)
- Pay estate agency fees, if applicable (about one month's rent)
- If you stay longer than three months, pay a tax to validate your visa

