

Integration in France and at Université Paris-Saclay

The best way to feel at home in France is to learn the language.

Learning French

HOW TO LEARN FRENCH ONLINE

• DELTA

DELTA is a platform for students which offers online resources to help you learn French. You may decide to work on your own or to be coached by a teacher via a Q&A game and “web forms”. To access the web forms, all you need to have is an email account in one of the constituent faculties and institutes, component institutions or associate institutions or to be invited to attend French as a Foreign Language (FLE – Français Langue Etrangère) classes by an academic.

To access the tools and other online spaces designed to help you improve your level in French, understand life in France through its culture, and learn how to live and work in an academic environment in France, go to [Ressources Langues et cultures](#)

• MOOC : study in France

To get to know the French higher education system, culture in France and your academic environment, you can attend the Study in France MOOC: [French intermediate course B1-B2](#).

• [QIOZ](#) is a website sponsored by the Paris Region. It is free of charge for all the inhabitants of the Paris Region.

ATTENDING FRENCH AS A FOREIGN LANGUAGE (FLE) CLASSES

Contact the [services of your institution](#) to find out about available FLE classes

• Paris-Saclay Language Centre (CLM - Centre de Langues Mutualisé)

Hosted in the Eiffel building at CentraleSupélec, the CLM is dedicated to language learning.

It also hosts a resource centre open to all, equipped with computers, documentation, books, and newspapers in a variety of languages. Throughout the year, it organises linguistic, cultural and artistic events.

Address: Bâtiment Eiffel, 8-10 rue Joliot-Curie, 91190 Gif-sur-Yvette

For more information on learning French as a Foreign Language, [click here](#)

If you depend on the Faculty of Sciences, [go to this page](#)

• Science Accueil

See “Settling in locally”

Settling in at Université Paris-Saclay

• The Buddy Programme

International PhD students who have recently arrived in France can benefit from this international mentoring programme. Register [here](#) to be put in touch with a local PhD student who will become your mentor to help you with administrative procedures and settle in your new environment.

• PhD students and Postdoc associations

These associations aim to welcome and represent PhD students, to streamline contact between PhD students and the various institutions (universities, government, institutions in charge of doctoral studies), and they help students during their doctorate degree and for their occupational integration.

• You hold a Marie Skłodowska Curie scholarship

Join the community of the [Curies of Saclay](#) which brings together UPSaclay PhD students and Postdocs to boost their integration in France.

Click here for more information and [the list of all the students associations of Université Paris-Saclay](#)

Settling in locally

• Accueil des villes françaises Bures-Gif-Orsay

Accueil des villes françaises (AVF) Bures-Gif-Orsay is an association that aims to help French and internationals, who have just arrived in the Essonne *département*, alone or with their families, to settle in. Various events take place throughout the year (evenings out in Paris, dancing, dinners, cinema, museums, walks, cycling, reading, cooking sessions, conversations in French, German and Spanish, etc.). AVF also provides a service for newcomers that will help you find practical solutions for settling in: [Service Nouvel Arrivant S.N.A.](#)

• Science Accueil

Université Paris-Saclay has a partnership with Science Accueil, which offers a variety of services to help PhD students and researchers get settled in France:

- French as a Foreign Language classes (all levels): <https://www.science-accueil.org/apprendre-le-francais/>
- *Réassurance programme* to help you if you are finding it difficult to adapt to your new environment: <https://www.science-accueil.org/programmes/>
- Visits and cultural programme: <https://www.science-accueil.org/visites-evenements/>

ACADEMIC CALENDAR AND BANK HOLIDAYS IN FRANCE

• Bank holidays

In France, there are 11 bank holidays in 2021/2022:

2021	
All Saints Day	November 1
Armistice	November 11
Christmas Day	December 25
2022	
New Year's Day	January 1
Easter Monday	April 18
Labour Day	May 1
Armistice	May 8
Ascension Day	May 26
Pentecost	June 6
National Day	July 14
Assumption Day	August 15

You must ask your laboratory or your institution when they are closed (for example: Christmas, summer holidays).

• Summer

Summer holidays usually take place in July and August. Most administrations and companies are closed in August, and many employees have summer holidays then. Make sure you plan the procedures you need to complete if you arrive in France at that time.

UNDERSTANDING FRENCH CULTURE

Beyond procedures and administration, understanding a new environment can be difficult: a new language, new communication modes, new habits... To go further and learn more about French culture, go to [“comprendre la culture française”](#)

Terminology

FLE : French as a foreign language
(Français Langue Etrangère)