Welcome guide for international PhD students and researchers

université PARIS-SACLAY





Contents

WELCOME TO UNIVERSITE PARIS-SACLAY

Timeline
P 03

Université Paris-Saclay
P 05-07

Support schemes for international PhD students and researchers
P 08

PhD studies
P 09

An exceptional research environment
P 10-11

Your contacts at Université Paris-Saclay
P 12-14

University libraries
P 15

MOVING TO FRANCE

Visa and residence permits (except for Algerian nationals)
P 18-20

Visa and residence permits (Algerian nationals)
P 22-24

Accommodation
P 26-27

Healthcare
P 28-29

Public liability and housing insurance
P 30

Telephone and internet
P 32

Banking
P 33

Schooling and childcare
P 34-35

Taxes
P 36-37

Check list - what to pack
P 38

LIVING IN FRANCE

Budget and cost of living
P 41

Transportation
P 42-43

Integration in France and at Université Paris-Saclay
P 44-45

Tourism, culture and sport
P 46-47

Essential mobile apps
P 48

Timeline

PLANNING FOR YOUR STAY AT UPSACLAY

About Université Paris-Saclay - p.6 and 7
Research at Université Paris-Saclay- p.10 and 11
Pre-registration for a PhD - p.12 and 13
Preparing your arrival in the laboratory - p.13
Creating a roadmap for all administrative steps - p.8
Applying for a visa - p.18 and 22
Getting to France and to Paris-Saclay - p.43
Planning your budget - p. 41
Finding accommodation - p. 26
Schooling and childcare - p.34 and 35
What to pack - p. 38

UPON ARRIVAL

Finalising your PhD registration - p.13
Whom to contact - p.9
Help with the moving process - p.8
Finding accommodation - p.26 and 27
Taking out insurance - p.28 and 30
Setting up an internet and phone connection - p.32
Opening a bank account - p.33
Registering for health insurance - p.28
Validating your visa - p.19 and 23

DURING YOUR STAY

Visiting the University libraries - p.15
Visiting Paris and France, practising a sport - p.46 and 47
Adjusting and enjoying your time in France - p.44 and 45
Travelling in France - p.42 and 43
Renewing your residence permit - p.19 and 23
Declaring and paying taxes - p. 36 and 37

AT THE END OF YOUR STAY

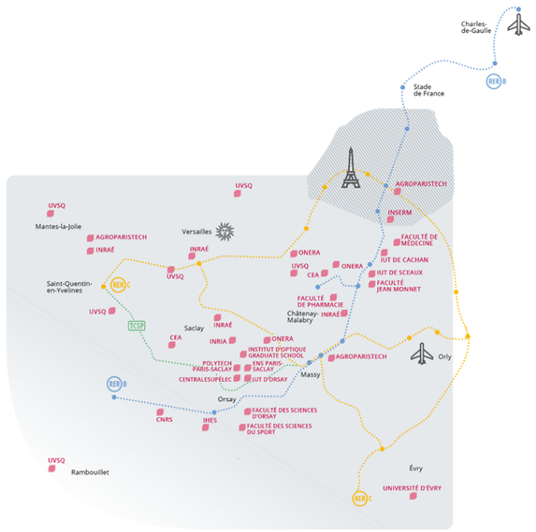
Extending your residence permit or applying for unemployment rights - p. 19 and 23
Leaving your accommodation - p. 27
Cancelling your travel pass - p.43
Cancelling your insurance - p.30
Closing your bank account- p.33


WELCOME
to Université Paris-Saclay

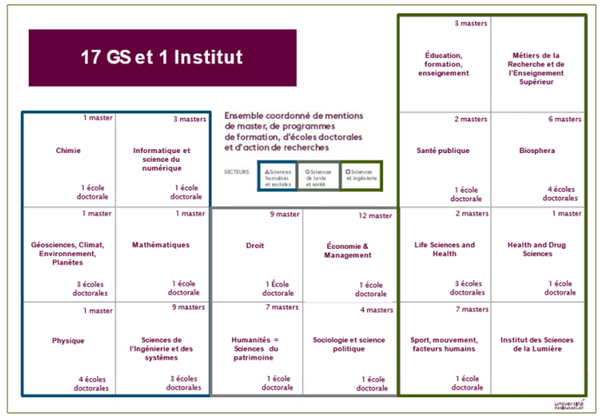
Université Paris-Saclay

RANKING 14TH IN THE ACADEMIC RANKING OF WORLD UNIVERSITIES (ARWU),

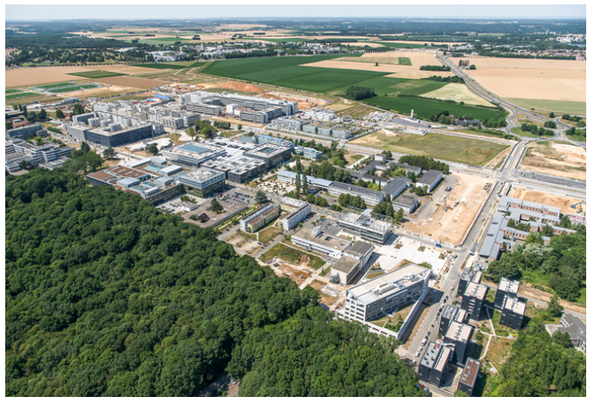
1st in mathematics and 9th in physics in 2020, Université Paris-Saclay represents 13% of R&D in France. The university is at the heart of a vast innovation ecosystem and is known for its **sizeable research facilities** which can be used by teams from its **275 laboratories (Apollon laser, NeuroSpin centre, SOLEIL synchrotron, Centre for Nanoscience and nanotechnology,** to name but a few).
Université Paris-Saclay includes **ten constituent faculties and institutes** (5 Faculties, 3 technical institutes, Polytech Paris-Saclay and the Observatory for Sciences of the Universe), **four component institutions** (AgroParisTech, CentraleSupélec, Institut d'Optique Graduate School, Ecole Normale Supérieure Paris-Saclay), **a non-profit research organisation** (IHES), **two associate institutions** (Université Versailles Saint-Quentin-en-Yvelines and Université Evry Val-d'Essonne) and **joint laboratories shared with national research organisations** (CEA, CNRS, Inrae, Inria, Inserm and Onera).



The Master's courses, training and research programmes, doctoral schools and research laboratories are managed by **17 Graduate Schools and 1 Thematic Institute,** offering students and researchers a full range of **training and research opportunities in** three key areas: **science and engineering, life sciences and health, and humanities and social sciences.**



The university enjoys a **beautiful location** south of Paris and **close to a large regional natural park**. Everyone who comes here, whether for **work, study or research**, has access not only to **cutting-edge facilities and education** but also to a **wide range of leisure activities** which can be enjoyed both in the **town** and the **countryside**. Cycling, horse riding, golf, indoor sports and water sports, etc. - we have everything you need! Not to mention the proximity to the French capital, Paris - the world's top tourist destination!



Come and join our 65,000 students, 9,000 academic staff and 11,000 technical and administrative staff and contribute to the development of the region and to one of the best universities in the world!

Support schemes for international PhD students and researchers

Planning your departure

GET YOUR ROADMAP

Thanks to our **International Welcome Solution** app, get personalised information and a step-by-step schedule showing you all the steps to take before your arrival and over your first days in France.
Also, take a look at the **the campus map** on the app to find nearby places of interest in connection with health, culture, accommodation, services, places to eat, etc.

JOIN THE BUDDY PROGRAMME AND FIND A MENTOR

This international mentoring programme enables international students to be supported and guided as they adjust to their new home by a resident Master's or PhD student. The two students will get to know each other during outings and cultural, sporting and social activities organised by Université Paris-Saclay.
Register before your arrival to be put in touch with a mentor.

Upon arrival

FIND SUPPORT FOR YOUR ADMINISTRATIVE PROCEDURES.

Once you have arrived, the GATE '**Guichet d'accueil des Talents Etrangers'** (Welcome Desk for International Talents) enables international students and scientists to benefit from support upon arrival thanks to professionals from partner organisations (the Science Accueil association, the Palaiseau sub-prefecture, CPAM - national healthcare agency, CAF - family allowance office, RATP - Parisian transport organisation network, and the Employment Office).

The international welcome team at Université Paris-Saclay offers a variety of services and documentation to welcome students and researchers in the best possible way.
To help you settle in, you will find a wide variety of information and resources on the **Welcoming international visitors** page.



Your contacts at Université Paris-Saclay

My first point of contact for guidance and help as I move in	The lab administrator	
I am a PhD student and I have a few questions about...	my research project, my laboratory, the Doctoral school I belong to	My PhD supervisor
	my acceptance and registration for a PhD, the steps I must complete on ADUM, my PhD supervision, my defence, my PhD training	My doctoral school
	the Doctoral school I belong to, the training courses, the PhD assignments, the Graduation Ceremony, Université Paris-Saclay	The doctoral college (Maison du doctorat)
I have questions about my employment contract, social security, renewing my residence permit	Human Resources (HR) department in charge of my employment contract; as specified by my laboratory	

In addition to the contact persons mentioned above, in some institutions and organisations, you can reach out to the following services dedicated to PhD students and international researchers:

- **Faculty of Sciences - Université Paris Saclay**
Employment contract:
rh-doctorants.sciences@universite-paris-saclay.fr

- **Faculty of Sciences, Technical Institutes of Orsay, Cachan and Sceaux - Université Paris-Saclay**
Social security/residence permit:
convention-accueil.sciences@universite-paris-saclay.fr

- **International Welcome Centre** – Department for International and European Affairs, Université Paris-Saclay
international.welcomedesk@universite-paris-saclay.fr

- **Université Versailles Saint-Quentin-en-Yvelines**
direction.recherche@uvsq.fr

- **CentraleSupélec:**
International Unit - Research Department:
dr_cellule_internationale@listes.centralesupelec.fr

- **ENS Paris-Saclay:**
International Relations Office
ri-incoming@ens-paris-saclay.fr

- **Institut d'Optique Graduate School:**
Human Resources Office
ressources.humaines@institutoptique.fr

- **INRIA:**
Research team assistant: aer-saclay@inria.fr
Human Resources Office: srh-saclay@inria.fr

- **INRAE:**
INRAE, Centre Ile-de-France – Jouy-en-Josas :
Delphine.Leroy@inrae.fr
INRAE, Centre Ile-de-France – Versailles-Grignon : personnel-idf-vg-hdf@inrae.fr



An exceptional research environment

Strengthened by its members and laboratories, research at Université Paris-Saclay is part of a vibrant network focused on major fields, including basic research, applied sciences and industrial relevance.



A collective and regional vision

UNIVERSITÉ PARIS-SACLAY IS SUPPORTED BY:

- the very strong presence of French national research organisations
- the accessibility to numerous state-of-the-art scientific facilities and platforms
- The high concentration of industrial research and development centres in the area

The challenge facing the university consists in building a collective research policy, combining long-term support for basic research and the ability to respond to societal challenges through the use of multidisciplinary approaches. In addition, the university shares the same region and a common vision with the R&D centres of large French and international industrial groups, SMEs and a very strong network of incubators, start-ups and fablabs. Paris-Saclay has been a research ecosystem for over 60 years, a flagship project for France and one of the eight most prominent innovation clusters in the world.

Six goals for research at Université Paris-Saclay

1. Reinforce existing disciplinary strengths
2. Promote a cross-disciplinary approach between all teams at Université Paris-Saclay
3. Carry out basic research over a broad spectrum
4. Foster the emergence of new topics
5. Facilitate and support application developments resulting from research
6. Ensure exposure and recognition among peers and society

Three key areas of research and a focus on societal challenges

Université Paris-Saclay has a long tradition of research in three key areas:
- Science and engineering
- Life sciences
- Social sciences and humanities

Covering a broad range of disciplines strongly backed by research, the university works at the forefront of science, supported by the most effective methods and equipment, interacting with international networks and providing young researchers with the best possible education.

In light of the key challenges facing the world in the decades to come, the university must be able to base policies on research and its developments and innovations. As a result, research at Université Paris-Saclay strives to meet eight key societal challenges:



RESEARCH LABORATORIES

Most of the 275 laboratories at Université Paris-Saclay involve one or more of the entities of Université Paris-Saclay (constituent faculties and institutes, component institutions, associate institutions, research organisations). The entities involved in a laboratory set out its scientific orientation, appoint its director and provide it with premises and human resources (academics, engineers and technicians, administrative staff) as well as financial resources.

www.universite-paris-saclay.fr/laboratoires

SCIENTIFIC AND TECHNOLOGICAL SKILLS AND EXPERTISE

The Plug in labs portal of Université Paris-Saclay lists the skills, expertise and equipment of research laboratories and technology platforms for all areas of research at Université Paris-Saclay.

www.pluginlabs-universiteparissaclay.fr

Plug in labs
Université Paris-Saclay

Planning your departure

DEVELOPING YOUR RESEARCH PROJECT

In order to plan for a research stay in a laboratory at Université Paris-Saclay, you must first contact the researchers in the laboratory you are interested in to develop your research project.

TERMS AND PROCEDURES OF A HOST LABORATORY

It is absolutely essential that, before your departure, you contact the director and the administrator of your host laboratory so they know your date of arrival and so that they can explain to you the practical arrangements and procedures you need to follow to join the laboratory. These can change from one laboratory to the next.

Upon arrival

The scientific manager of your research project, as well as the lab director and administrator, will help you settle in the lab, as well as with the administrative procedures.

Each lab has internal regulations, which specify:
- the organisation and management of the laboratory
- rules regarding use of the premises and equipment
- rules regarding health and safety at work
- rules regarding the security of information and information systems, and the protection of personal data
- protection measures covering the results of the lab research and its scientific and technical potential

At the end of your stay

You must respect the rules set out by the lab in relation to loan of equipment, samples and data collected, etc. At the end of your stay, you must continue to respect the rules concerning the use of results from your research carried out within the lab.



PhD studies

A doctoral degree (PhD) is training through and for research, over a period of three years, enabling students to develop high-level skills and knowledge. It is recognised with the award of a national doctoral degree, which confers the status of doctor (PhD) – the most internationally-recognised university qualification.



PhD studies at Université Paris-Saclay

- Research work is led in a research unit, also known as a lab, under the management of a PhD supervisor and possibly a co-supervisor and co-advisors.
- Each PhD supervisor is a member of a Doctoral School (https://www.universite-paris-saclay.fr/ecoles-doctorales), which provides doctoral training in close connection with labs and research teams. The Doctoral Schools are connected to one or more **Graduate School(s)** depending on their research area.
- **The Maison du Doctorat** (Doctoral Centre) implements cross-disciplinary measures to support Doctoral College students and supervisors: alongside their research activity, PhD students benefit from complementary scientific and cross-disciplinary training to develop specific skills during their PhD: **PhD training courses**
- At the end of their research, PhD students write a PhD thesis and defend their work to a panel in order to obtain their doctoral degree.

Université Paris-Saclay has about 4,000 PhD students, of whom over 40% are international, and nearly 1,000 PhD students graduate per year. 90% PhD graduates from Université Paris-Saclay are employed three years after their thesis, and more than half are in permanent employment. They are equally divided between the public and private sectors.

BECOMING A PHD GRADUATE

You must hold a Master's degree, or a degree of a similar standard, to be able to complete a PhD.
All details are available on the Université Paris-Saclay website:
https://www.universite-paris-saclay.fr/recherche/doctorat-et-hdr/comment-postuler

Research subjects are published by PhD supervisors and can be jointly developed with them. They are published on different sites - the university website as well as:
https://www.adum.fr/psaclay/pt
https://doctorat.campusfrance.org/phd/offers
https://www.abg.asso.fr/fr/candidatOffres
http://financements.andes.asso.fr/

We strongly encourage you to contact your future PhD supervisor as early as possible in order to discuss your research project, but also to find out about your new working environment. You can also contact current PhD students and / or former PhD students from the lab you are going to join so they can provide you with useful information.

DOCTORAL STUDENT STATUS

- **Student status**

Upon registration, you will receive a student card, which gives access to University libraries and to CROUS facilities (Regional Centres for University and School Institutions), as well as a certificate of attendance at a higher education institution.

- **Depending on your funding, employee status or scholarship holder**

Your employer will draw up an employment contract upon your arrival.

All PhD students must be funded throughout their thesis work. Funding may come from different sources. Your thesis advisor will help you find this funding.

- **Main sources of funding:**
- Doctoral contracts, after completing competitive exams at Doctoral Schools, or funding from universities or research institutes
- Fixed-term contracts (FTC) from institutes or companies, for example in the framework of a CIFRE agreement (thesis in partnership with a private company which employs the PhD student and an academic host team)
- The PhD student is employed by a company that authorises him or her to spend between 50 and 100% of their time on their research project
- International scholarships (without an employment contract)

- **International joint supervision:**

International joint supervision enables a PhD student to be registered with two higher education institutions (Université Paris-Saclay and an institution abroad). The PhD student must register for a minimum of 12 months at each of the institutions. A joint supervision agreement must be established between the two institutions, setting out the details of the thesis, the rules for the defence and, enabling mutual recognition of the research work by both institutions.
Contact: cotutelles.internationales@universite-paris-saclay.fr

Planning your departure

PRE-REGISTRATION FOR A PHD

Once your application has been accepted by the Doctoral School, you can proceed with your pre-registration on the ADUM portal - the registration platform for doctoral students. Please contact your Doctoral School to find out about the registration process.

Documents will be required at the time of registration. You can take the following steps in advance:
- Search for accommodation as you will need a postal address (see 'Accommodation' section)
- Contact the CPAM - Caisse Primaire d'Assurance Maladie (national healthcare agency) to join the social security system (see 'Healthcare' section)
- Ask for a public liability insurance certificate (see 'Insurance' section)
- Open a bank account to pay registration fees and the CVEC (Student and Campus Life Contribution)
- Prepare a copy of your Master's degree or equivalent (translation into English if necessary)
- For an international joint supervision, you must have a copy of the agreement signed or in the process of being signed

PREPARING YOUR ARRIVAL IN THE LABORATORY

Depending on your situation, different hosting or cooperation agreements will have to be drawn up before you come to France and work in your laboratory (research unit).

This will be done with your future PhD supervisor and the human resources manager of the research unit. You will either sign:
- an employment contract
- a host agreement (see 'Visa and residence permits' section)
- a cooperation agreement

Upon arrival

COMPLETE YOUR REGISTRATION

As soon as you arrive, you should complete your registration online on the ADUM platform.

- You will have to pay the registration fee and the CVEC (Student and Campus Life Contribution). Payment of the registration fee is made online by credit card - please note only Visa cards are accepted.
https://www.universite-paris-saclay.fr/recherche/doctorat/frais-dinscription-en-doctorat

When you register:
- You must read and accept **The PhD Student Charter**
- You must read and sign the internal regulations of the University and the Doctoral School
- You must complete and accept, with your PhD supervisor, the individual training agreement

Find all the information about registration and pre-registration for PhDs **by clicking here** .

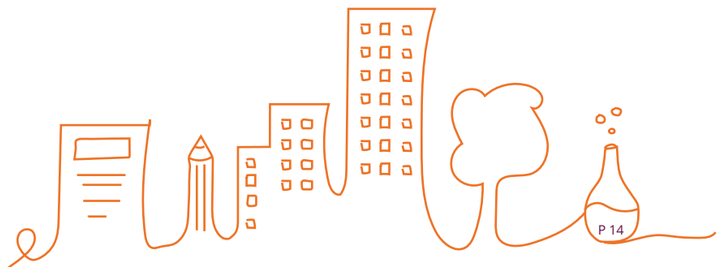
Your Doctoral School will support you with the registration process.

During the course of your PhD

- **Registration renewal** (by special dispensation from the 4th year onwards) must be done at the beginning of every academic year with payment of registration fees (in France, registration runs from 1 September to 31 August and cannot be split)
- **A review of the PhD** is carried out by the individual PhD monitoring committee, which must meet every year
- **Training courses and seminars** must be completed by doctoral students throughout the PhD. These are planned with the PhD supervisor and the doctoral school
- **Assignments for PhD students: Additional research assignments** are offered to PhD students with a doctoral contract. Holidays can also be arranged after discussion with the PhD supervisor
- **Documentary resources and University libraries**
- **You will have to complete your defence** at the end of your research work

At the end of your stay

- **Graduation Ceremony:** you will be invited(e) to a Graduation Ceremony the year after you have defended your PhD thesis
- **Surveys:** we will regularly keep in touch with you through surveys
- **Alumni:** you will be invited to join the Université Paris-Saclay alumni association for doctors
- **Preparation of the post-thesis period:** skills booklet, employability



University libraries

The network of libraries and resource centres at Université Paris-Saclay can be found in over 30 locations and on all campuses. They offer extensive opening hours (from Monday to Sunday and in the evenings).

Each offers collections which are relevant to their target audiences and provide a common set of services: free registration, loan of 25 documents for 60 days (+ 28 days extension of the loan). Find your library: **https://www.universite-paris-saclay.fr/vie-de-campus/bibliotheques**

Terminology

PEB : Prêt Entre Bibliothèques (Inter-Library Loan Service)
HAL : Hyper Article en Ligne: national open archive platform for scientific publications



Our documentary and digital resources

From registration or the first day of the contract, students and staff should activate their IT account in order to access WiFi and the various digital services offered by Université Paris-Saclay (connection to computer equipment, access to electronic resources, distance-learning platforms, etc.).

There are several ways of accessing resources online (articles, e-books, data, etc.) in all languages:

- Do a keyword search on the **Focus** directory. The most relevant results will give you access to available online and paper documentation
- Find out about all available databases on the **library websites**
- Download the **Library Access** browser extension which gives you direct access to the documentation

You can also access French and international press online via the **Europresse** database.
Some libraries offer collections on everyday culture: French novels, manga, comics and even tourist guides.
If you need a document which you cannot find in either paper or electronic format, you can request it from another French or foreign library via the PEB (Prêt Entre Bibliothèque – Inter-Library Loan Service) or suggest purchasing it directly on our catalogue.
Training sessions are also regularly offered to learn how to carry out research using online resources or other tools (reference management tool, specialist scientific database, submission platform for articles in Open Access, etc.).

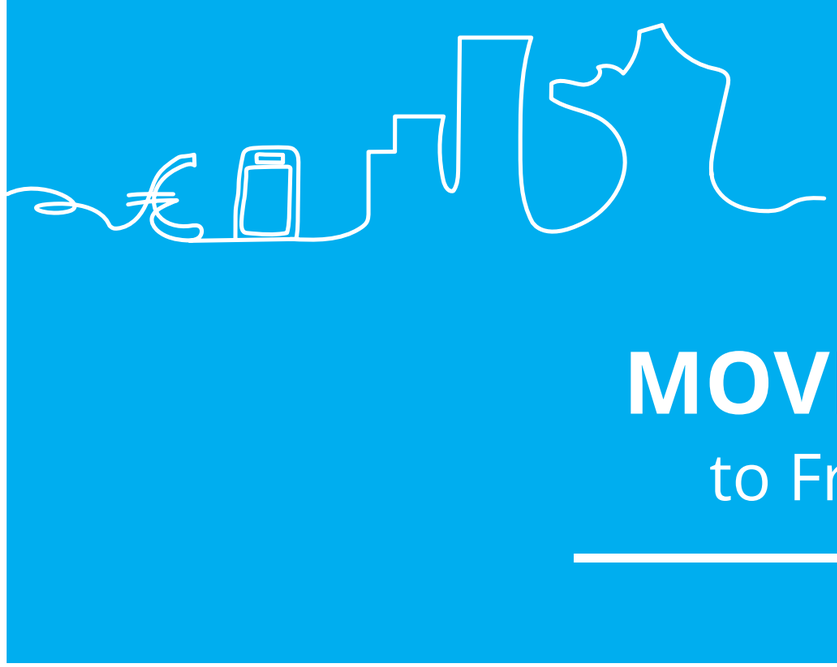
Open Science

The libraries can support you in the publication of your papers and data in open access.

Presentations on the challenges of open science as well as services – help in drafting a data management plan, digital identity management, support in submitting your publications in the HAL national open archive platform, etc. – are provided by your librarians.

To find out more, go to:
https://www.universite-paris-saclay.fr/recherche/science-ouverte

Ask any questions you may have to the librarians at the library reception desk or via
bib.univ@universite-paris-saclay.fr



MOVING
to France

Visa and residence permits

Except for Algerian nationals



Planning your departure

Come to France to study or complete scientific research, it is generally necessary to obtain a visa, unless exempted. The type of visa required will depend on:
1. Your nationality
2. The length of your stay (less than 3 months, between 3 and 12 months, more than 12 months)
3. The reason for your stay (studies, research, teaching, researcher, family of a researcher, etc.)
4. How your stay will be financed (employment contract in France, travel grant, etc.)

PREPARING YOUR APPLICATION:

To find out which procedure applies to you, log on to the Université Paris-Saclay **e-International Welcome Office** app to get a personalised roadmap and prepare your stay in France.
https://internationalsupport.universite-paris-saclay.fr/

• **Official website for your visa application to France:**
https://france-visas.gouv.fr
• **Main requirements for you and your family:**
https://www.service-public.fr/particuliers/vosdroits/N19804

SPECIFIC VISAS

• **You are a student enrolled in a PhD programme in France:** If you are receiving funding from a foreign government grant or an international joint programme: you retain 'Student' status OR receive the 'Researcher' status for your visa. Get in touch with the relevant contact within your host institution in order to discuss the best option for you.

• **You are a researcher and you have an employment contract in France OR you are a visiting researcher but remain employed by your home university OR you hold a grant:** Your host institution (or your employer in France, if it is accredited) will issue you with an 'AGREEMENT TO HOST A FOREIGN RESEARCHER OR TEACHER'. This document must be presented when applying for a 'Passeport-Talent Chercheur' visa (Researcher-Talent passport) and be signed by consular authorities.

• **You are staying in a country of the European Union with a residence permit ('Student - mobility programme' or 'Researcher') and are coming to France as part of an intra-European mobility programme.** To check whether you can be exempt from a visa, contact your host institution in France as early as possible before your arrival.
See the 'Your contacts' section

TOURIST and INTERNSHIP visas cannot be extended or changed to another status. If you wish to extend your stay in France or start a PhD, you will have to return to your country of origin/residence to apply for a new visa

Upon arrival

• **If you have a short-stay visa (less than 3 months):** you do not have to take any further action

• **If you have a Long Stay Visa (VLS) with a 'Student' status:** you must apply online for a 'Student' residence permit on the ANEF* website https://administration-etrangers-en-france.interieur.gouv.fr/
See the **Campus France tutorial** for help with online application.

• **If you have a Long Stay Visa (VLS) serving as a Residence Permit under the 'Student' status (VLS-TS):** within three months of your arrival in France, you must validate your visa on the **ANEF** website.

Keep your access codes to the platform somewhere safe. You will need them for any follow-up to your application and to renew your residence permit.

• **If you hold a 'Passeport-Talent Chercheur VLS' visa (Researcher-Talent Passport long stay visa):** you must apply online for a 'Passeport-Talent Chercheur' residence permit within two months of your arrival on the **ANEF** website.

• **If you hold a Long Stay Visa (VLS) serving as a Residence Permit under the 'Researcher' status (VLS-TS):** within three months of your arrival in France, you must validate your visa on the **ANEF** website.

PLEASE NOTE

With some exceptions, a fee is charged when applying for a residence permit. Before your final appointment at the Prefecture to collect your residence permit, you will have to buy a fiscal stamp* and present proof of payment.
A French mobile phone number is required by the prefecture for any residence permit application.

During your stay

RENEWING YOUR RESIDENCE PERMIT

If you wish to remain in France after your residence permit runs out, you must apply for a renewal **2 to 3 months before your current permit expires.**
Get in touch with the contact person of your host institution to prepare your application.

For further details on the different procedures and documents required: https://www.universite-paris-saclay.fr/vie-de-campus/accueil-des-publics-internationaux/demarches-administratives/visa-et-titres-de-sejour

• **You have a 'Student' Residence Permit which is about to expire, and your situation has not changed:** you can renew your 'Student' Residence Permit application on the **ANEF** platform. For information on the application procedure online, please see the **Campus France tutorial**

• **You have a 'Student' Residence Permit and wish to change your status (employment contract in France with hosting agreement):** apply for an initial 'Passeport-Talent Chercheur' residence permit on **the ANEF platform**.

PLEASE NOTE

it is not possible to return to STUDENT status subsequently, unless you return to your country of residence and apply for a full visa

• **You have a 'Passeport-Talent Chercheur' or a VLS-TS 'Passeport-Talent' (Long Stay Visa, valid as a residence permit) and your employment contract or stay (visiting researcher) is extended:** a new hosting agreement will have to be issued by your host laboratory or institution. You can then apply to renew your 'Passeport-Talent Chercheur' residence permit on the **ANEF platform**. **See the dedicated tutorial**

STUDENT STATUS AND WORKING TIME

With the student status, you can work a maximum of 60 % of the annual working time in the branch or profession concerned. If you want to undertake additional work, you must apply for a temporary work permit (APT) before starting your activity. Contact your employer to find out how to proceed.

At the end of your stay

• **You are writing up your thesis and have a new employment contract** (extension of your previous contract or new employer): you can reapply for a 'Passeport-Talent Chercheur' residence permit upon presentation of your new hosting contract.

• **You are completing your PhD and no longer have an employment contract and wish to claim unemployment:** please contact your Human Resources department to obtain your *Attestation pôle emploi* (employment certificate) on the last day of your contract and receive guidance on what to do next. You can either apply for an extension of your residence permit upon presentation of your declaration of registration with the Employment Centre, or apply for a RECE (job search/business creation) residence permit (https://www.service-public.fr/particuliers/vosdroits/F17319) or an APS (Temporary Residence Permit) if you come from a country that has an agreement on migration flows with France (https://www.campusfrance.org/fr/l-autorisation-provisoire-de-sejour-ou-aps).

PLEASE NOTE

RECE and APS cards are valid for one year and cannot be renewed.

If you have any questions, please do not hesitate to get in touch with the main contact person in your laboratory or host institution. **Please see the 'Your contacts' section.**

You can also contact the **Science Accueil association** to be guided through the process.

Useful information

• **How do I find out which prefecture I belong to?**
It depends on where you are living. To find out, you can look on your *departement's* website
https://www.interieur.gouv.fr/Le-ministere/Prefectures

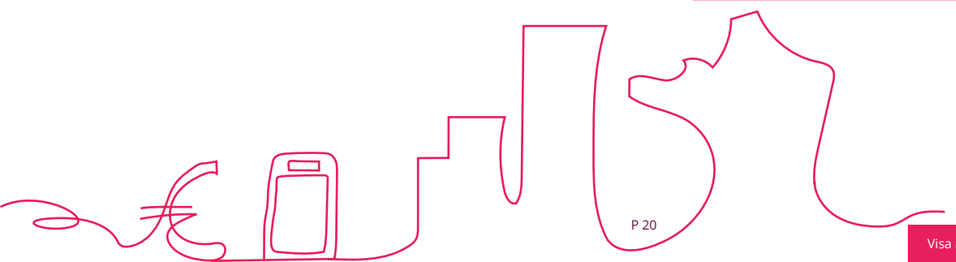
• **To renew your receipt (15 days before it expires), report a change of address or marital status,** follow the process online:
http://invite.contacts-demarches.interieur.gouv.fr/Etrangers

• **To pay tax on residence permits with a fiscal stamp**
With some exceptions, every application for a visa or residence permit is subject to a fiscal stamp.
You can buy fiscal stamps at the tobacconist's (ask for an electronic fiscal stamp online for residence permits for foreigners/timbre fiscal électronique 'titre pour étrangers') or on the ANEF website or the French tax authority website. **Check the current rates.**

• **You are coming with your family**
See the dedicated page on the Université Paris-Saclay website:
https://www.universite-paris-saclay.fr/vie-de-campus/accueil-des-publics-internationaux/demarches-administratives/visa-et-titres-de-sejour/venir-avec-sa-famille

Terminology

ANEF: Administration Numérique pour les Étrangers en France (Online Administration for Foreigners in France) (https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/). Platform dedicated to the online application for residence permits. To date, this process only concerns student visas and residence permits.
'Attestation de décision favorable': temporary residence document issued after processing your application for a residence permit on the ANEF platform, which may take several weeks. This document allows you to stay regularly in France, to travel and, depending on your situation, to work.
APS: Autorisation Provisoire de Séjour (temporary residence permit)
'Attestation pôle emploi': a document issued by the Human Resources department of your employer, proving your status as an employee and stating the dates of your employment contract. It enables you to register on the list of jobseekers in France and to claim existing rights to unemployment benefits
'Convention d'accueil': official document issued by your host or employing institution. This document confirms your status as an academic, the purpose of your research and the dates of your stay in France. The agreement is equivalent to an authorisation to work in the region within the framework of your research. The 'convention d'accueil' (hosting agreement) is required to apply for a visa or 'Passeport-Talent Chercheur' residence permit. The original document must be kept by the researcher for the duration of their stay.
RECE = a 'Recherche d'emploi/création d'entreprise' (job search/business creation) residence permit
'Récepissé' = temporary residence document issued when you apply for a residence permit at the sous-prefecture. This allows you to stay regularly in France and, depending on your situation, to work.
'Titre de séjour' = official document confirming your right to reside in and, depending on your situation, to work in France. This plastified card is issued by the prefecture or sous-prefecture of your place of residence in France.
VISA = right of entry into France, issued by the French Embassy in your country of residence before you come to France.
VLS = 'Visa Long Séjour' (Long Stay Visa)
VLS-TS = 'Visa Long Séjour valant Titre de Séjour' (Long Stay Visa serving as Residence Permit)



Visa and residence permits

Algerian nationals



Planning your departure

To enter France to study or complete scientific research, it is generally necessary to obtain a visa, unless exempted. The type of visa required will depend on:
- Your nationality
- The length of your stay (less than 3 months, between 3 and 12 months, more than 12 months)
- The reason for your stay (study, research, teaching, a researcher, the family of a researcher, etc.)
- How your stay will be financed (employment contract in France, travel grant, etc.)

PREPARING YOUR APPLICATION:

To find out your specific requirements, log on to the Université Paris-Saclay e-International Welcome Office app to get a personalised roadmap to prepare your move to France. **https://internationalsupport.universite-paris-saclay.fr/**

- **Official website for your visa application to France:** https://france-visas.gouv.fr
- **Main requirements for you and your family:** https://www.service-public.fr/particuliers/vosdroits/N19804

SPECIFIC VISAS

- **You are a student enrolled in a PhD programme in France:** if you are receiving funding from a foreign government grant or an international joint programme: you can retain 'Student' status for your visa OR receive the 'researcher' status. Get in touch with the relevant contact of your host institution in order to discuss the best option for you.

- **You are a researcher and you have an employment contract in France or you are a visiting researcher but remain employed by your home university:** your host institution (or your employing institution in France, if it is accredited) will issue you with a *Convention d'accueil d'un chercheur ou d'un enseignant etranger* (hosting agreement for a foreign researcher or teacher). This document must be presented when applying for a 'Passeport-Talent Chercheur' visa (Researcher-Talent passport) and be signed by consular authorities.

- **You are a researcher and have an employment contract in France:** You can ask for a 'Student' visa.

- **You are staying in a country of the European Union with a residence permit ('Student - mobility programme' or 'Researcher') and are coming to France within the framework of an intra-European mobility programme:** to check whether you can be exempt from a visa, contact your host institution in France as early as possible before your arrival.
See the 'Your contacts' section

TOURIST and INTERNSHIP visas cannot be extended or changed to another status. If you wish to extend your stay in France or start a PhD, you will have to return to your country of origin/residence to apply for a new visa.

Upon arrival

- **If you have a short-stay visa (less than 3 months):** you do not have to take any further action.

- **If you have a Long Stay visa (VLS) with a 'Student' status and a 'residence permit to apply for within two months' (carte de séjour à solliciter dans les deux mois) :** as soon as you arrive in France, you must apply online for a 'Student' residence permit on the ANEF* website https://administration-etrangers-en-france.interieur.gouv.fr/
See the **Campus France tutorial**

Keep your access codes to the platform somewhere safe. You will need them for any follow-up to your application and to renew your residence permit.

If you hold a 'Scientist-Researcher VLS' visa (Scientifique-Chercheur VLS): you must apply for an Algerian 'Scientist-Researcher VLS' residence permit within two months of your arrival on the **ANEF platform**. **See the dedicated tutorial.** You will receive a temporary residence document (*Attestation de décision favorable*) valid for 4 to 6 months while your application is being processed and your **residence permit** is being issued.
Caution, this permit is valid for 1 year and will have to be renewed every year.

PLEASE NOTE

A French mobile phone number is required by the prefecture for any residence permit application.

During your stay

RENEWING YOUR RESIDENCE PERMIT

If you wish to remain in France after your residence permit runs out, you must apply for renewal of your residence permit **2 to 3 months before your current permit expires**. Get in touch with the contact person of your host institution to prepare your application.

For further details on the different procedures and documents required: https://www.universite-paris-saclay.fr/vie-de-campus/accueil-des-publics-internationaux/demarches-administratives/visa-et-titres-de-sejour

- **You have an Algerian 'Student' Residence Permit which is about to expire, and your situation has not changed:** you can renew your 'Student' Residence Permit application on the **ANEF** platform. For help on the online application, please see the **Campus France tutorial**

- **You have an Algerian 'Student' Residence Permit and wish to change your status (employment contract signed in France with a hosting agreement):** you can apply for a first Algerian residence permit as 'Scientist-Researcher' (*certificat de résidence algérien 'Scientifique-Chercheur'*) on **the ANEF platform**.

PLEASE NOTE

It is not possible to return to STUDENT status after that, unless you return to your country of residence and re-apply for a full visa.

- **You have an Algerian 'Scientist-Researcher' (*certificat de résidence algérien 'Scientifique-Chercheur'*) residence permit or a 'Scientist-Researcher' VLS-TS visa and your employment contract or stay (visiting researcher or scholarship holder) is extended:** a new hosting agreement will have to be issued by your host laboratory or institution. You can then apply on the **ANEF platform** for a new Algerian 'Scientist-Researcher' residence certificate. **See the dedicated tutorial**

STUDENT STATUS AND WORKING TIME

With the student status, you can work a maximum of 50 % of the annual working time in the branch or profession concerned. If you want to undertake additional work, you must apply for a temporary work permit (APT) before starting your activity. Contact your employer to find out how to proceed.

At the end of your stay

- **You are writing up your thesis and have a new employment contract** (extension of your previous contract or new employer): you can apply for a new 'Passeport-Talent Chercheur' residence permit upon presentation of your new hosting agreement.

- **You are completing your PhD and no longer have an employment contract and wish to claim unemployment:** please contact your Human Resources department to obtain your *Attestation pôle emploi* (employment certificate) on the last day of your contract and receive guidance on what to do next. You can either apply for an extension of your residence permit upon presentation of your declaration of registration to the Employment Centre, or apply for a RECE (job search/business creation) residence permit (https://www.service-public.fr/particuliers/vosdroits/F17319) or an APS (Temporary Residence Permit) if you come from a country that has signed an agreement on migration flows with France **(**https://www.campusfrance.org/fr/l-autorisation-provisoire-de-sejour-ou-aps **).**

PLEASE NOTE

RECE and APS cards are valid for one year and cannot be renewed.

If you have any questions, please do not hesitate to get in touch with your main contact person in your laboratory or host institution. **Please see the 'Your contacts' section**

You can also contact the **Science Accueil association** to be guided through the process

Useful information

• **How do I find out which Prefecture I belong to?**
It depends on where you are living. To find out, you can look on your *departement's* website
https://www.interieur.gouv.fr/Le-ministere/Prefectures

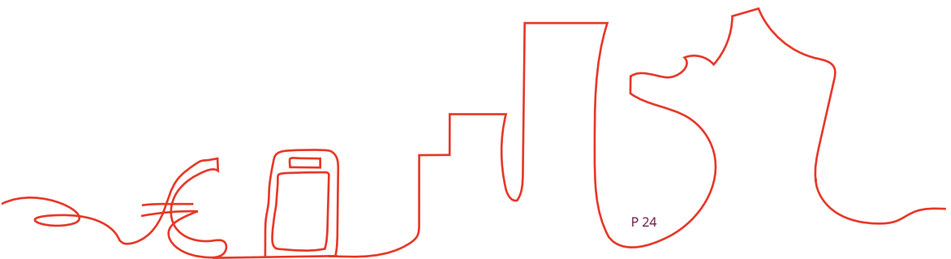
• **To renew your receipt (15 days before it expires), report a change of address or marital status,** follow the procedure online here:
http://invite.contacts-demarches.interieur.gouv.fr/Etrangers

• **To pay the tax on residence permits with a fiscal stamp**
With some exceptions, every application for a visa or residence permit is subject to a fiscal stamp.
You can buy fiscal stamps at the tobacconist's (ask for an electronic fiscal stamp for residence permits for foreigners/ timbre fiscal électronique 'titre pour étrangers') or online on the ANEF website or the French tax authority website.
Check the current rates.

• **You are coming with your family**
Look at the dedicated page on the Université Paris-Saclay website: https://www.universite-paris-saclay.fr/vie-de-campus/accueil-des-publics-internationaux/demarches-administratives/visa-et-titres-de-sejour/venir-avec-sa-famille

Terminology

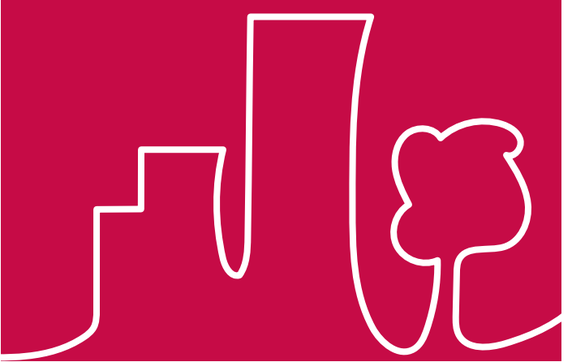
ANEF: Administration Numérique pour les Étrangers en France (Online Administration for Foreigners in France) (https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/). Platform dedicated to the online application for residence permits. To date, this process only concerns student visas and residence permits.
'Attestation de décision favorable': temporary residence document issued after processing your application for a residence permit on the ANEF platform, which can take several weeks. This document allows you to stay regularly in France, to travel and, depending on your situation, to work.
APS: Autorisation Provisoire de Séjour (temporary residence permit)
'Attestation pôle emploi': a document issued by the Human Resources department of your employer, proving your status as an employee and stating the dates of your employment contract. It enables you to register on the list of jobseekers in France and to claim existing rights to unemployment benefits
'Convention d'accueil': official document issued by your host or employing institution. This document confirms your status as an academic, the purpose of your research and the dates of your stay in France. The agreement is equivalent to an authorisation to work in the region in the context of your research. The 'convention d'accueil' (hosting agreement) is required to apply for a visa or 'Passeport-Talent Chercheur' residence permit. The original document must be kept by the researcher for the duration of their stay.
RECE = 'Recherche d'emploi/création d'entreprise' (job search/business creation) residence permit
'Récepissé' = temporary residence document issued when you apply for a residence permit at the sous-prefecture. This allows you to stay regularly in France and, depending on your situation, to work.
'Titre de séjour' = official document confirming your right to reside in and, depending on your situation, to work in France. This plastified card is issued by the prefecture or sous-prefecture of your place of residence in France.
VISA = right of entry into France, issued by the French Embassy in your country of residence before you come to France.
VLS = 'Visa Long Séjour' (Long Stay Visa)
VLS-TS = 'Visa Long Séjour valant Titre de Séjour' (Long Stay Visa serving as Residence Permit)



Accommodation

The campuses of Université Paris-Saclay are mainly located south of Paris. Depending on your university department, component institution or associate institution your course may take place at Kremlin-Bicêtre, Sceaux, Châtenay-Malabry, Orsay, Bures, Cachan, Évry, Versailles, Saint-Quentin-en-Yvelines or Vélizy-Villacoublay.

All these locations are on RER lines B, C or D, and about 30 to 50 minutes from Paris. Find out in advance where your course will take place and/or the location of your laboratory, as well as nearby transport options. See the 'Transportation' section.



Planning your departure

IMPORTANT

Before you arrive in France, make sure you look for accommodation, even if it is just temporary.
Contact the appropriate department of your institution (**see Université Paris-Saclay accommodation page)** or check with your laboratory to see what accommodation is available.)
Look at **the Université Paris-Saclay student accommodation map**

LOOK OUT

Fake advertisements, exorbitant rents, listing agencies, fees to be paid in advance, etc. Housing scams are a reality.

Be wary of low rents in Paris, you should expect to pay 400 euros for a room in a CROUS student residence and at least 800 euros for a studio in a private residence.
Never send money online without signing a rental agreement and dealing directly with an organisation.

Upon arrival

FINDING A GUARANTOR

It is compulsory to have a guarantor to rent a flat in France. A guarantor is a person who will provide a financial guarantee for you, i.e. who undertakes to pay your rent if you can no longer afford to do so. If you do not have a guarantor, there are other options available:

• **Visale**, **the 'Caution Locative Étudiante'** (Student Rental Deposit) is a state guarantee allowing students with an income but no personal guarantor to have easier access to housing

• The **LOCA-PASS guarantee**, a free refundable deposit for the payment of rents and rental charges, given to the lessor from the time the tenant moves in.

• **If you are not eligible for a VISALE** or the owner of your accommodation does not recognise it, you can make use of **Garant Me**.

AVAILABLE ACCOMMODATION

For accommodation in university halls of residence, contact your institution to find out about your eligibility and the procedure to follow.

Several options are available in the private sector:
• **Renting via an estate agent.** You can look at the Se Loger websites, or Lodgis for Paris.
• **Renting directly from an individual.** Look at the advertisements on the De Particulier à Particulier or Le Bon Coin sites.

For cheaper rents, you could consider:
• **Shared accommodation** – look at the *appartager*, *roomlala*, *immojeune* or *La carte des colocs* sites.
• **Accommodation in exchange for a service or intergenerational accommodation: ensemble2générations, cohomly and le Pari Solidaire**

Contact one the following partner associations to get help in finding accommodation:

• **Science Accueil** – Centre Euraxess specialises in welcoming scientists to Paris-Saclay.
• **Héberjeunes** - Student accommodation association

In order to move in to your accommodation, you will need to present a certificate of housing insurance. See the 'Insurance' section

FINANCIAL SUPPORT FOR ACCOMMODATION

Depending on your situation, you may be able to benefit from financial support for your accommodation:

• **The APL, 'Aide Personnalisée au Logement' (Personal Housing Assistance)** is based on family income and the amount of your rent. Contact the Caisse d'Allocations Familiales (Family Allowance Office) in your *departement* of residence for more information: http://www.caf.fr
• **The ALS, 'Allocation Logement à caractère Social' (Social Housing Allowance),** based on your income.
• **The ALF, 'Allocation de logement familiale' (Family Housing Allowance),** based on your family situation.

RESIDENCE TAX

If you are resident in France on 1 January, you are taxable at the address you live at on that date and may be subject to residence tax. See the **'Tax' section**

At the end of your stay

LEAVING YOUR ACCOMMODATION

You must warn your landlord of your departure within the defined period of notice. The period of notice is of one month for furnished rented accommodation and three months for unfurnished rented accommodation. A lot of accommodation in the Paris region is located **in areas of high demand**, in which case the notice period is one month.
Before leaving your accommodation, you will have to carry out an inventory of fixtures. If this corresponds to the inventory of fixtures made when you moved in, the landlord will pay you back your security deposit within a maximum of two months.
For further information on the steps to follow, **look at the public service website**

Terminology

'Bailleur': A 'bailleur' (landlord) is a natural or legal person, usually the owner of a property, who rents it out.

'Dépôt de garantie': A security deposit, called 'caution' in French, is intended to pay for any future breaches by the tenant (unpaid rent or charges, unfinished repairs, etc.).

'Studio': a single room with a kitchenette

'T2 or F2': an apartment with two rooms (one bedroom, one living room)

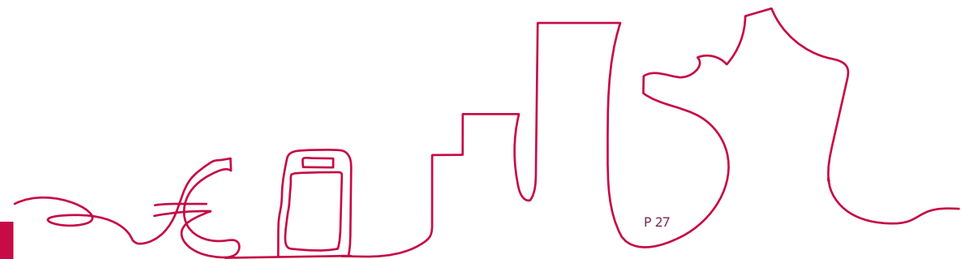
'SdB': a bathroom (with a bath)

'Salle d'eau': a shower room (no bath)

'Appt.' : apartment

'RdC': Ground floor

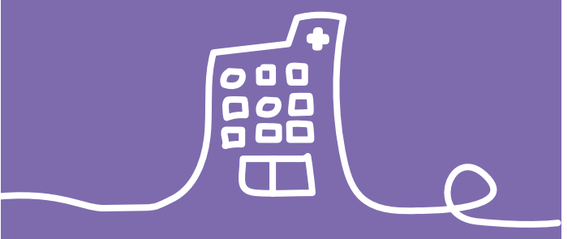
CC: charges included. Charges are the costs to be added to the rent for the upkeep of the building and the services used by all its occupants (cleaning of common areas, collection of rubbish, etc.)



Healthcare

At the start of the academic year, we encourage you to take out private health insurance which will cover you for the first few months until you join the French social security system.

Once you have arrived and completed your enrolment at Université Paris-Saclay, you can apply for social security.



Before departure / Upon arrival

APPLYING FOR HEALTH INSURANCE

• **You have an employment contract in France**

PhD students and researchers holding a 'Passeport-Talent Chercheur' or 'Scientifique-Chercheur' visa must apply for health insurance with the CPAM in Paris (Caisse Primaire d'Assurance Maladie - national healthcare agency) in order to receive a social security number.
You should send Form S1106 'demande d'ouverture des droits à l'assurance maladie' (application for entitlement to health insurance) and supporting documents to the following address:

Assurance Maladie
SRI/Talents
75948 PARIS Cedex 19

NB: Remember to bring your birth certificate with you translated into French by a sworn translator as it will be required for registration.

Contact the Human Resources office:
• In some cases, the employer will take care of the application.
• If you are accompanied by your spouse and/or children, depending on their situation, they can also be covered by your healthcare insurance.

• **You do not have an employment contract in France**
You are considered a student by the CPAM

• Non-salaried PhD students are considered to be students by the CPAM. If you are registering for the first time at a French higher education institution, you can apply for healthcare insurance directly online at www.etudiant-etranger.ameli.fr
• You are a European student: before you arrive in France, you must apply for a European Health Insurance Card from your insurer in your home country.

If you are coming to study for a period of less than 3 months, you should be covered by your home country health insurance or by private insurance.

REIMBURSEMENT OF MEDICAL EXPENSES

The CPAM will give you a provisional social security number. This entitles you to health insurance but you will have to pay medical fees in advance which will be subsequently reimbursed based on your medical records.
You will then be given a permanent social security number and a Carte Vitale (insurance card). You should then:

• **Nominate an attending practitioner (GP):**
In France, in order to have access to specific care (except for gynaecology, ophthalmology, stomatology medicine and psychiatry for the under-25s) and to be reimbursed at a higher rate, you must have an attending practitioner. He/she is the first person you see to assess your health. He/she will ensure your medical follow-up. You can nominate your GP during your first consultation.

• **Create your personal account**
Activate your Ameli account at www.ameli.fr and fill in or update your personal details: postal address, bank details, attending practitioner.

• **Remember to update your Carte Vitale** regularly. This can be done in pharmacies on the terminals provided for this purpose.

TOP-UP HEALTH INSURANCE

The health insurance scheme reimburses 70% of your health expenses if you consult your GP. To be reimbursed 100%, you must take out a top-up health insurance (also called *mutuelle*) which will reimburse the remaining 30%.
To find supplementary health insurance companies, you can search directly on the internet and use an online comparative tool to get the ideal rate depending on your needs (dental, optical, etc.).

During your stay

MENTAL HEALTH

Moving to another country can be quite an emotional upheaval (isolation, unhappiness, homesickness, etc.) Do not hesitate to talk about it with others.

• **You are a PhD student**
The various departments and member institutions of Université Paris-Saclay offer students free preventive counselling as part of preventative healthcare. Go through the medical centre at your school to make an appointment.

Free and anonymous services are also available in France:

• Nightline Saclay: +33 (0)01 85 40 20 10
Open 7 days a week from 9.00 pm to 2.30 am
A free listening, support and information line run by students trained in active listening for students.
• University counselling offices (BAPU - Bureaux d'aide psychologique universitaire)
BAPU consultations are 100% covered by social security organisations and can take place in English.

For further information:
https://www.soutien-etudiant.info/

• **You are a researcher or lecturer (assistant professor)**

Contact your employer's occupational health department. Your GP can also help you with this and refer you to specialists.
• **The Reassurance Programme** by the Science Accueil association (Université Paris-Saclay partner) is aimed at foreign students and researchers who are struggling to fit in, are homesick or anxious.

USEFUL AND EMERGENCY CONTACTS

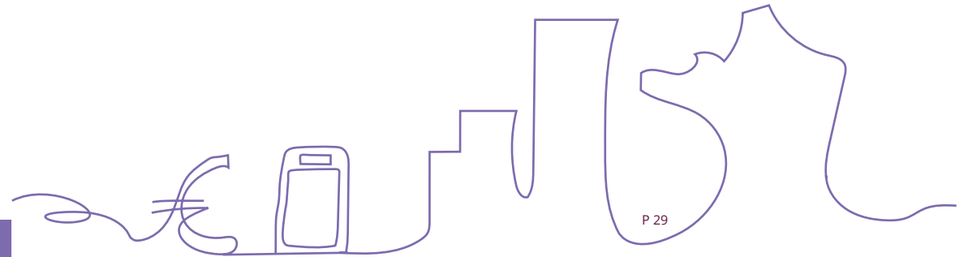
• **Health Insurance Contact Centre**
Call 3646 to get information on your rights and procedures, ask a question about your file, report a change in your situation or check your reimbursements.
• **The University Department of Preventive Medicine and Health Promotion,** SUMPPS (*Service Universitaire de Médecine Préventive et de Promotion de la Santé)* welcomes students from Université Paris-Saclay constituent faculties and institutes free of charge. The SUMPPS team is there to help you complete your studies in the best physical, mental and social circumstances. The team includes doctors, nurses, psychologists, a dietician, a tabaccologist, a public health officer and a management assistant.
Contact: sante-etudiants@universite-paris-saclay.fr

To find out who your contacts are in your department, constituent faculty or institute, go to the Université Paris-Saclay website and the **Médecine Préventive (Preventive Medicine)** page.

• **Disability Department**
If you have a temporary or permanent health problem, do not hesitate to contact the disability department of your institution. This department can help you benefit from extenuating circumstances for your studies or work, in complete confidence. Find all the contacts of the disability department and liaison officers for students and staff on the following page:
https://www.universite-paris-saclay.fr/vie-de-campus/handicap/contacts-handicap
• **Emergency numbers**
Police: 17
Fire services: 18
Emergency medical services (Service d'aide médicale d'urgence - SAMU) 15

Terminology

CPAM: Caisse Primaire d'Assurance Maladie (national healthcare agency). State organisation which manages health insurance rights in France
Ameli: official website of the CPAM
APASO: Association pour la prévention, l'accueil, le soutien et l'orientation (Association for prevention, reception, support and guidance). - apaso.fr
AAF: Association Addictions France (addictions-France.org)
BAPU: Bureaux d'aide psychologique universitaire (University psychology counselling offices)



Public liability and housing insurance

Planning your departure

WHEN YOU ARRIVE IN FRANCE, YOU MUST TAKE OUT TWO TYPES OF INSURANCE:

• **Public liability insurance (*assurance responsabilité civile*):** guarantees the repair of damages that you may accidentally cause to others.

• **Housing insurance (*assurance habitation*):** enables you to be compensated by your insurance company in the event of a claim in your home

ADVICE

Insurers offer both types of coverage within the same package. Well ahead of your departure, you can find out about home insurance policies which include a public liability clause.

Banks, student top-up insurance companies and insurance companies all offer this service. The amount of coverage may vary depending on the contract - for example the number of people, the amount of deductibles, limits and exclusions.
Do not hesitate to ask your institution to find out if you can benefit from policies at special rates.

Upon arrival

• **To move into your new accommodation,** you must provide the landlord with a certificate of housing insurance.

• **In order to enroll at Université Paris-Saclay,** public liability insurance will be required. You will not be able to complete your registration without it.

At the end of your stay

At the end of your research contract, you may terminate your housing insurance contract and therefore your public liability insurance.
In order to do this, you must send a registered letter with acknowledgement of receipt to your insurer to inform them of your decision.
In this letter, you should include the relevant information for your file to be processed, such as your surname, first name, address and contract number as well as the length of the notice period provided for in the contract you signed and the date on which you wish to terminate the current contract.
Click here for more information on the conditions for terminating home insurance.



Telephone and internet

You will need to have a telephone number in France for administrative tasks related to your installation in France (bank account, accommodation, etc.). We strongly recommend you initiate this process as soon as possible.



Upon arrival

MOBILE PHONE

You may take out a monthly subscription or purchase prepaid cards, which are more expensive in the long run but less restrictive when you arrive.

• **Duration of your contract**
Remember to choose an option adapted to the duration of your stay with or without a subscription. Packages without a commitment allow you to break the contract at any point. They are therefore suitable for internationals who come to France for a short period. Packages with a commitment usually last between 12 and 24 months. The contract provides a phone at an attractive rate.

• **Cost**
Standard offers generally range from €15 to €40 per month for the most comprehensive ones.
Most suppliers can provide alternative low-cost offers (from €3 to €12 per month) which are often sufficient for your needs.

• **Roaming charges within the EU**
Calls, SMS and MMS are not overtaxed within the European Union. This also applies to internet data up to a certain limit which is defined by your original operator.

• **Internet**
There are many telephone operators which offer a complete package including internet access, a fixed telephone line and access to TV channels.

The average rate is between €20 and €50 per month.

Setting up an ADSL or optical fibre connection in your accommodation can take an average of 8 to 21 day.

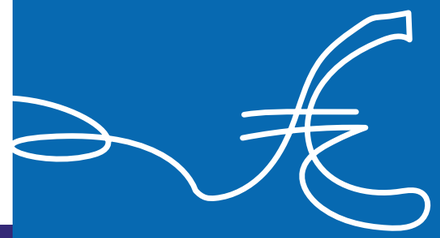
At the end of your stay

Remember to cancel your different subscriptions (internet, mobile phone, accommodation, bank account, transportation, etc.). Just one click on a website will be enough for some of these. For others, a letter must be written and sent by registered mail with acknowledgement of receipt, possibly with supporting documentation (e.g. proof that you are moving abroad). Make sure you get the right information in advance to avoid additional costs.

Banking

Opening a bank account in France will make banking operations easier. For instance, salary payments and healthcare reimbursements are only paid into French bank accounts.

You can choose between several banks, either traditional or online banks.



Planning your departure

Examples of the most common banks in France are: la Société Générale, BNP Paribas, Crédit Agricole, Crédit Lyonnais, Caisse d'Épargne or a network of post offices if you opt for a bank account at the post office, La Banque Postale.

Before you leave, take a look at bank offers to compare them.

Upon arrival

OPENING A BANK ACCOUNT

You will need to provide valid identification and a proof of address.
Some banks might request:

• A copy of your handwritten signature
• An initial payment into the account
• Your current bank account details
• Your last payslip (if not, the contract with information on your salary)
• A certificate of attendance at a higher education institution to be eligible for student offers

Banks may have special offers for students. Contact several banks to compare options.

At the end of your stay

CLOSING YOUR ACCOUNT

At the end of your stay, you will have to close your bank account. All you have to do is send a registered letter with acknowledgement of receipt. To download a sample letter go to the public service website.

In this letter, you must say that you wish to close your bank account and include the following information:
• Your surname and name
• The name of your bank branch (where your account is held)
• Your account details
• Details of your new bank account (if your account is still in credit and you wish to recover your balance)
• The date of the request
• Your signature

You will also have to return your means of payment (credit card and cheque book) to your bank when you close your account. However, we suggest that you contact your advisor to find out about any possible additional steps and the processing time. Please note that there are no costs associated with closing a bank account.

IMPORTANT

When you close your account, you should check that your balance is not in debit and that your direct debits and automatic payments have been transferred to your new bank account.

Schooling and childcare



Planning your departure

SCHOOLING IN FRANCE

The education system in France is organised in 4 main levels - nursery school, elementary school, secondary school ("collège & lycée") and higher education.
Read this document designed by the CASNAV (academic centres for the education of new arrivals and travellers' children) to find out more. The French school system includes three types of schools:

- **Public / State institutions run by the government**

Public/state schools are entirely free. The French education system has been based on the principle of secularism since the 19th century. Education is compulsory from the ages of 3 to 16.
For more information on the key principles of the French education system, **click here** .

- **Public/State schools under contract and subject to government control**

- **Private non-contractual schools, subject to inspection by the government**

Within the private schooling system, there are a variety of schools – for example, faith-based, bilingual, international, offering alternative teaching methods (Montessori or others).
To find out about all the educational institutions in your region, *departement* or town, go to:
https://www.education.gouv.fr/annuaire

THE SCHOOL YEAR

The school year starts in September and finishes at the end of June/start of July. A standard school week runs Monday through Friday from 8.30 am to 11.30 am and from 1.30 pm to 4.30 pm. In some schools, children may attend school on Wednesday mornings. Outside school hours, childcare facilities are provided: morning and evening care, canteens (for lunch) and supervised study (after classes in primary schools).

There are 5 periods of holiday in the year. Metropolitan France is divided into 3 zones - A, B and C - which group together the different educational regions. A **calendar of the current school year** will give you the precise breakdown of the holiday periods.

EDUCATION FOR NON-FRENCH SPEAKING CHILDREN

In order to accommodate as best as possible children who do not speak French (known as 'allophones'), educational units for newcomer allophone pupils (UPE2A) have been established. Through these units, pupils can be enrolled in a class corresponding to their age and level, while benefiting from additional teaching in French depending on their needs.

The child's level of proficiency in French is assessed upon arrival in order to organize a coaching programme.

Upon arrival

ENROLLING YOUR CHILD IN SCHOOL

To get support when enrolling your child in a school, you can contact **the CASNAV of your *departement*.**

Look at the public service pages for more information about enrolling non-French speaking children **in a nursery, primary or secondary school (*collège* or *lycée*).**

CHILDCARE OPTIONS

Your child is too young to go to school before the age of 3. There are different childcare options for children aged 2 months to 3 years.

To find a childcare facility, contact your town hall or check the **dedicated site of the Caisse d'Allocations Familiales.**

- **Community childcare: public crèche, the micro-crèche or the parental crèche**
The cost of public crèches is calculated according to your income. Ask for information about fees when you register your child.

- **Kindergartens**
Kindergartens welcome children aged two to six. They are somewhere in between a crèche and a nursery school.

- **A childminder or home-based childminder**
Childminders have a professional qualification and look after children (a maximum of 4 children) in their own home or in 'childminder centres' (Maison d'assistantes maternelles - MAM).
For further information on home-based childcare and recruiting a professional, go to pajemploi.urssaf.fr

EXTRA-CURRICULAR AND LEISURE ACTIVITIES FOR CHILDREN

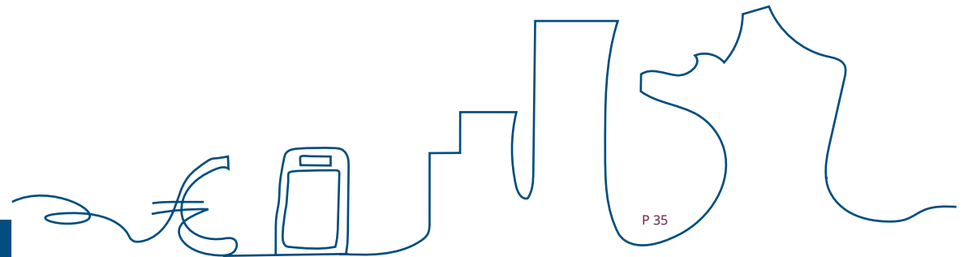
- **The leisure centre: for children and teenagers**

The leisure centre welcomes children during extracurricular periods (school holidays or a full day without school except at weekends) and school periods (morning or evening childcare before or after classes).
Specialist childcare staff offer leisure activities such as arts and crafts, indoor and outdoor games, cultural and sports activities, etc.
Contact your town hall to enrol your child at a leisure centre. A financial contribution will be requested. It is calculated according to the family income.

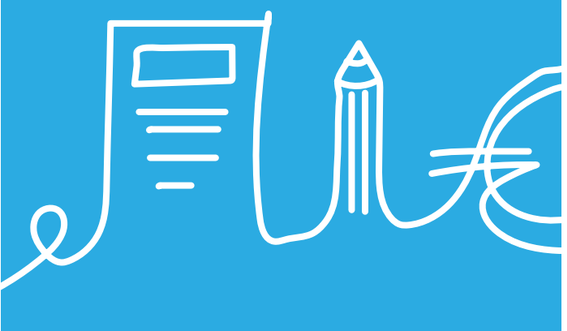
For further information on leisure centres, **click here.**

Terminology

CASNAV: Academic centres for the education of newly arrived non-French speaking children and children from itinerant and travelling families



Taxes



Upon arrival

INCOME TAX

• **Tax retention**

Income tax in France is levied at source. This means that an amount of tax is deducted each month from your pay. In this way, the payment is spread over twelve months.

You can check and change your tax rate on the www.impots.gouv.fr website 'votre espace particulier' (your individual account).
You need a **tax number** to access the site. If you do not have one, you can request one by completing **the CERFA N°2043 form**.

Your tax rate is based on the data entered in your tax return: income, dependents, deductible expenses, expenses eligible for tax credit, etc.

Neutral rate: This is a non-personalised rate which does not take into account the employee's family situation or other income. If you have just arrived in France, the neutral rate is applied by default.

Personalised rate: this rate takes into account your personal and family situation as well as your total income. This rate is calculated each year by the tax authorities on the basis of your last tax return.

Exemptions: you will not pay income tax if your net taxable income is below the exemption thresholds. In 2021, the exemption threshold for a single person without children is €15,341 net taxable income.

• **Annual income tax return**

You must declare your income. This does not necessarily mean that you will have to pay tax.

In addition to tax retention, you must declare your income over the previous year, each spring. For example, between April and June 2022, you will declare your income for 2021. This declaration is used to adjust your tax retention rate.

The first tax declaration must be filled out on a paper form. You can then complete it online the following years. The **tax return form is CERFA n°2042**. It can be downloaded from the impots.gouv.fr website.

You should report your annual net taxable income on the CERFA n°2042 form. You will find this information on your last pay slip of the year.
For reference, the amount of tax for a single person without children is about 1 month's salary (unless exempted).

If there is an international agreement between your country and France, you may be exempt from tax. Remember to report this when you file your tax return: https://www.impots.gouv.fr/portail/les-conventions-internationales

The tax centre to which you report depends on where you live.
Find the address of the centre to which you must send your declaration **here**

• **Further information:**

• Contact the person in charge of welcoming international researchers for additional advice in your institution
• Tax Department of non-residents employees: https://www.impots.gouv.fr/portail/international
• Contact the tax authorities: https://www.impots.gouv.fr/portail/contacts
• The Science Accueil (Centre Euraxess) association can help you declare your income for you and your family: https://www.science-accueil.org/

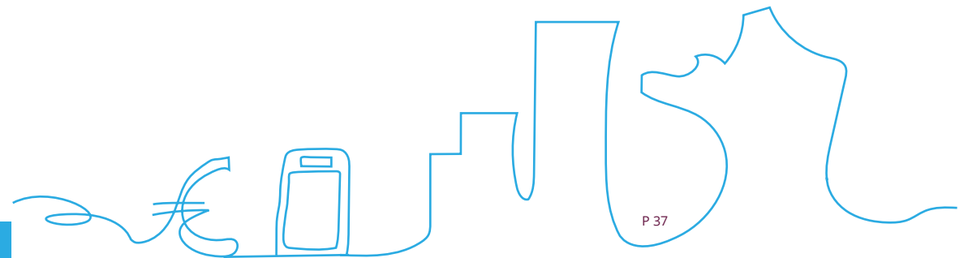
RESIDENCE TAX

If you are resident in France on 1 January, you are taxable at the address at which you live on that date, whether you are an owner, tenant or living there free of charge.
You are liable for tax even if you move during the year or only occupy the property for part of the year.
The amount of residence tax (council tax/property tax) depends on your home, its location and your personal circumstances.
In the last quarter of the year, you will receive a tax notice. You can also check this in your 'espace particulier' (individual account) at www.impots.gouv.fr

Further information on residence tax

At the end of your stay

At the end of your stay, go to your 'espace particulier' on the www.impots.gouv.fr website and update it with your change of address.
You should remember to declare the income you received over your last year in France the year following your departure.



Check list - what to pack

When you arrive in France, you will need to present various documents when dealing with the authorities. You will find a list of the essential documents below.



Make sure you have the original copy of your documents (for all family members if applicable). We suggest you photocopy all these documents and keep a digital version as well (scan).

PLEASE NOTE

Some documents must be 'apostilled' or 'authenticated' before your departure and translated. **Further information**

OFFICIAL DOCUMENTS

- ☐ Your passport
- ☐ Your visa (if applicable)
- ☐ Your birth certificate (original and sworn translation into French)
- ☐ Your marriage certificate (if applicable)
- ☐ Proof of income (employment contract) or proof of funding
- ☐ Proof of income for the previous year (pay slips, tax forms)

DOCUMENTS CONCERNING YOUR STUDY PERIOD OR RESEARCH STAY

- ☐ The acceptance certificate from your higher education institution or research organisation
- ☐ Language certificate(s) (French, English, etc.)
- ☐ Travel agreement if applicable
- ☐ Your qualifications
- ☐ PhD: academic transcripts for the last two years

MOVING IN

- ☐ Your printed accommodation certificate
- ☐ Documents required to move in
- ☐ Your driving licence (if applicable)
- ☐ The list and contact details of your contacts in France in paper format

INSURANCE AND HEALTH

- ☐ Your health and vaccination records
- ☐ If you are undergoing medical treatment: your prescription (original and French translation from your doctor)
- ☐ If you are registered for social security in a European country: your European Health Insurance Card
- ☐ If you are from Quebec: your SE401Q102bis or SE401Q106 form

EQUIPMENT

- ☐ Power adapters



LIVING
in France

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

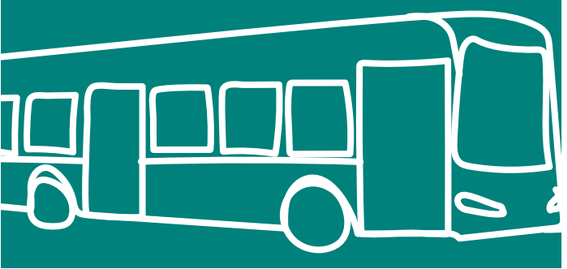
PLAN FOR INITIAL EXPENSES

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

Transportation



Planning your departure

GETTING TO FRANCE

• **Arriving by train**
Main train lines arrive in Paris at Gare d'Austerlitz, Gare de Bercy, Gare de l'Est, Gare de Lyon, Gare Montparnasse, Gare du Nord and Gare Saint-Lazare.

To buy tickets, go to **the SNCF**, website the national French national railway company.

• **Arriving by plane**
There are two international airports in Paris:

Paris-Charles-de-Gaulle Airport (CDG)
This airport is located in the north-east of the city. It has three terminals (T1, T2, T3). To get from one terminal to another, you can take the free CDGVAL automatic metro.
To get to Paris, you can:

• take RER B. One of the cheapest ways to travel between the airport and Paris and its suburbs. Travelling from Paris Gare du Nord to Roissy - GDG is approximately 35-40 minutes.
A single ticket is about €10. The Navigo pass can be used on this route.

• take the bus: Roissybus operates between Paris (Opéra) and Charles-de-Gaulle airport. All terminals are served.
The ticket is €11.50 and the Navigo pass is accepted. For further information and to buy tickets, go to the **Paris aéroports** website.

Orly International Airport
This airport is located south of Paris and has four terminals, Orly 1, 2, 3 and 4. To get to Paris, you can:

• Take the Orlyval shuttle as far as Antony train station, then RER B
• Take the bus: Orlybus is an express bus route which links Orly to Denfert-Rochereau (in Paris). There are buses approximately every 10 to 20 minutes for a journey time of approximately 35 minutes.
A ticket costs €8 and the Navigo pass is accepted. For further information and to buy tickets, go to the **Paris aéroports** website.

Upon arrival

TRAVELLING AROUND THE PARIS REGION

• **Metro, RER and buses**
The Paris Region is divided into 5 zones. Zone 1 corresponds to Paris, and zones 2, 3, 4, and 5 to the outskirts. **See the map**
To help plan your journeys, consult the **Vianavigo** website or the **City Mapper** app
For further information about purchasing tickets, **go to the RATP website**

There are two types of subscriptions:
•**Imagine'R pass**
For students under 26 years of age for all zones 1 to 5. Examples of 2021 prices: €350 + €8 administration fee (12 month subscription).
• **Navigo pass**
Available by the week or month. Examples of 2021 prices: Zones 1 to 5: €22.80 per week or €75.20 per month
You can take out a subscription online for the Navigo and Imagine'R cards on the **Navigo website.**

• **By bike**
• Vélib
Self-service bikes have become an essential means of transport in Paris. To find out more, **look at the velib' website**

•Zoov
The start-up Zoov has introduced 500 electric bikes and around forty stations south of Paris. **Download the app** to find an available bike and the cost of your journey

TRAVELLING IN FRANCE

• **By train**
The French railway network is extensive. TGV (Train Grande Vitesse) trains allow you to cover long distances in a short time. Intercity trains are national lines which are not high speed, so the cost of a journey is cheaper. Finally, TER (Transport Express Régional) trains are regional trains and buses.
Many discount cards exist, as well as low-cost TGV tickets called
'Ouigo'
Find out more on the SNCF website

• **Bus**
Travelling by bus is a good option for low-cost international and national journeys. For example: **Flixbus**, **Ouibus**

• **Car sharing**
Car sharing is a practical and economical way to get around France.
You can go to the specialist **Blablacar** and **Freecovoiturage websites**

DRIVING LICENCE

• **Driving licences issued by a member state of the European Economic Area (EEE - Etat de l'Espace Economique Européen)**
You can drive in France with your European licence as long as it is valid.

• **Driving licences issued by a country outside the European Economic Area (EEE - Etat de l'Espace Economique Européen)**
You can drive with your licence for a short stay (less than 185 days) or for 1 year from the time you acquired your place of residence.
To continue driving in France after this period:
• if your country has an agreement with France, you must exchange your licence for a French driving licence
• If your licence is not exchangeable, you must take the French driving test

Further information is available on the **French authorities official website**

At the end of your stay

CANCELLING OR SUSPENDING YOUR ANNUAL NAVIGO SUBSCRIPTION

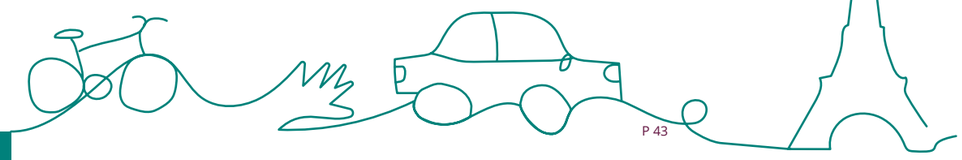
You can cancel your Navigo subscription whenever you want:

• online from your personal Navigo account
• upon presentation of your Navigo Annual pass in a sales office
• by registered letter with acknowledgement of receipt addressed to the Agence Navigo Annuel.

If you are away for a specific period, you can also **suspend your Navigo subscription.**

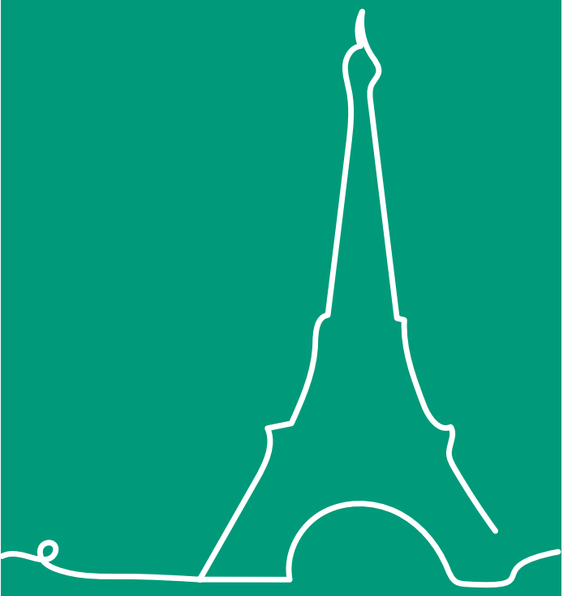
Terminology

TER: train express régional (regional express train)
TGV: train grande vitesse (high-speed train)
RER: The RER are suburban trains which connect the city of Paris with the surrounding suburbs. The 5 different lines are lines A, B, C, D and E.



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 Sklodowska 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 *departement*, 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).

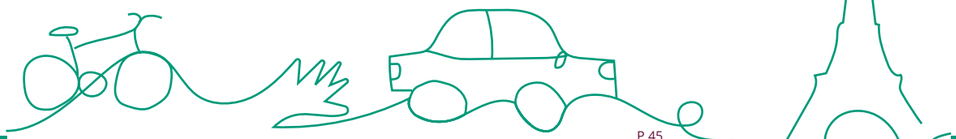
• **Summer**
Summer holidays usually take place in July and August. Most administrations and companies are closed in August, and many employees have summer holidays then. Make sure you plan the procedures you need to complete if you arrive in France at that time.

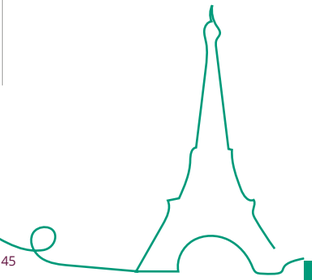
UNDERSTANDING FRENCH CULTURE

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)





Tourism, culture and sport

Paris is just 30 km from Université Paris-Saclay and is one of the most beautiful cities in the world and one of the most visited.
Below you will find useful websites, places to visit and some practical information.

Visiting Paris

• **Useful websites**
The official website of the Paris Region
http://www.visitparisregion.com/
The official website of the Tourist and Conventions Office
https://www.parisinfo.com/ (multilingual site)
The most important things to do and see in Paris by Time Out
https://www.timeout.fr/paris
Paris cultural programme
http://quefaire.paris.fr/
Télérama official site
http://www.telerama.fr/
Sortir A Paris
https://www.sortiraparis.com/ (bilingual site)

• **10 top places to visit in Paris**
Louvre Museum
https://www.louvre.fr/
Arc de Triomphe
http://www.paris-arc-de-triomphe.fr/
Grand Palais
https://www.grandpalais.fr/
Notre Dame de Paris Cathedral
http://www.notredamedeparis.fr/
Musée d'Orsay
http://www.musee-orsay.fr/
The Eiffel Tower
https://www.toureiffel.paris/fr
Sacré Cœur
http://www.sacre-coeur-montmartre.com/
Pompidou Centre
https://www.centrepompidou.fr/
Universcience
http://www.universcience.fr/fr/accueil/
Paris Zoological Park
https://www.parczoologiquedeparis.fr/

• **Science Accueil**
This partner association of Université Paris-Saclay also offers several cultural visits. There is a nominal charge for these visits. Please see the **list of cultural activities.**

On the Paris-Saclay campus

The Paris-Saclay campus also offers a wide range of events, visits and walks. To be updated about all the events organised by Université Paris-Saclay:

• **Sign up for the Diagonale Paris-Saclay newsletter** to be informed about the latest cultural, arts, science and community news at Université Paris-Saclay.

• **Look at the Université Paris-Saclay Agenda** which brings together all the events in the area covering a wide range of themes: sports, culture, leisure, conferences, etc.



SUAPS

Whether you are a student or a staff member of Université Paris-Saclay, the **SUAPS is the place to go for sports**. The SUAPS offers activities to relax, keep fit both physically and mentally, challenge yourself, and meet new people.
76 sports, as well as creative and personal development activities, are offered on the portal, which is also available to staff and students from the universities of Évry Val-d'Essonne and Versailles Saint-Quentin-en-Yvelines, as well as CentraleSupélec and ENS Paris-Saclay.

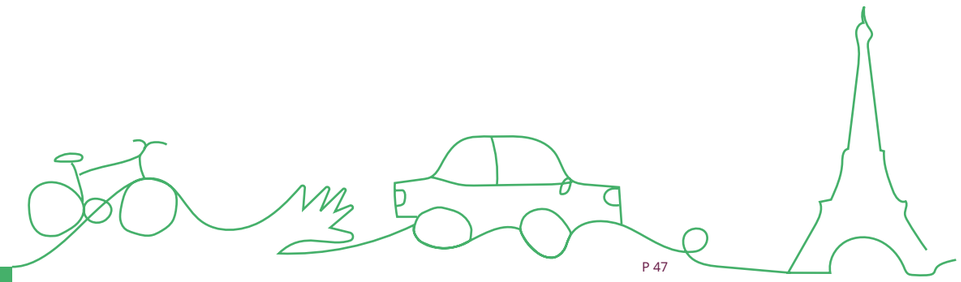
Everything can be done online: registration, potential payment, **downloading the membership card on a smartphone**.

Student sports associations

Student associations in each of the associate institutions, constituent faculties and institutes and component institutions of Université Paris-Saclay offer a sports service and several sports associations. When you are on campus, do not hesitate to ask about possible activities throughout the year.
Find the list of all **Université Paris-Saclay student associations** on our website.

Terminology

SUAPS: Service Universitaire des Activités Physiques et Sportives (University Department of Physical and Sports Activities)



Essential mobile apps

TRANSPORT

Citymapper: to find the best journey for all means of transport
RATP: to follow the live status of RATP public transport (particularly RER A and B lines which serve Paris and the Saclay area)
Waze: the best collaborative GPS
Maps: provision of offline maps
Blablacar: leading car-pooling website
OuiSNCF: the easy way to book train and bus tickets online

TRANSLATION

VoiceTra
MicrosoftTranslator

WORK TOOLS

Trello: an excellent project management tool
Evernote: for efficient note-taking
CamScanner: to take pictures of a document or even a whiteboard and scan them
Timetable: a digital diary to organise your time and which automatically switches the phone to silent mode during lectures
Affluences: real-time knowledge of occupancy rates and waiting times in the main university libraries
Zoom / Skype / Microsoft Teams

HEALTHCARE

Ameli: the essential health insurance app
CAF: a direct link to the 'Caisse d'Allocations Familiales'
Doctolib: to make an appointment with a doctor or other health specialists

FOOD

TooGoodToGo: buy unsold goods at very low prices
FrigoMagic: track the contents of your fridge and the expiry dates. Receive a warning when you are close to the date limit and suggestions for recipes
Shoppylist: create a shopping list efficiently
Prixing: find discounts near you, a compare prices on your shopping list and store your loyalty cards

CULTURE/PRESS

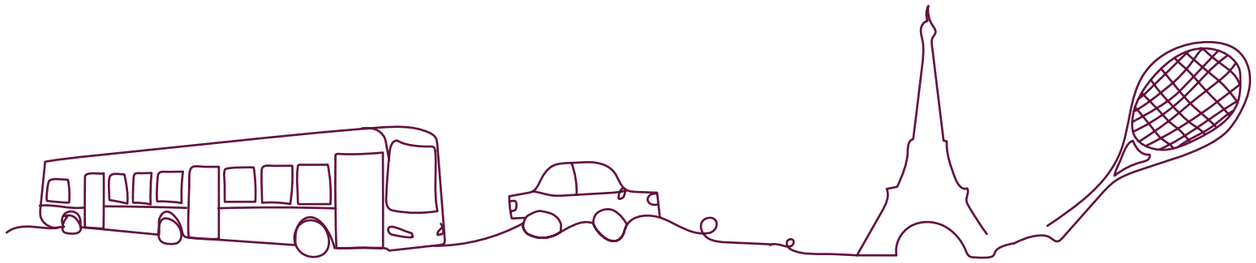
KipUp: voucher for students to read the most important newspapers and magazines for free (15 free titles in pdf)
Pocket: save articles and videos from the web to view them offline

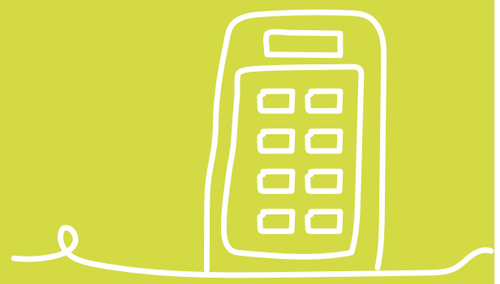
LEISURE/OUTINGS

Flips: allows students to meet around different recreational, artistic or sporting activities according to their interests
MisterGoodBeer: the 20 least expensive bars nearby
Graaly: create and participate in free escape games
Balumpa: geolocated app to know in real time most of the events taking place around you
Spotify: listen to music everywhere
PetitBambou: the essential app for meditation (useful in crowded buses and underground trains!)

PAY/BUDGET

Bpeek: an app which offers to pay you in exchange for tasks to be carry out in places near you, such as supermarkets, pharmacies or even from your home
MobEye: another app offering you paid tasks completing surveys in shops
Bsit: if you are willing and motivated to babysit in your area
CornerJob: to find out about jobs near your student hall of residence
Job Today: to find a temp job in a restaurant near where you live
Expense Manager: an app which allows you to manage your expenses and track your spending by category







universite-paris-saclay.fr

CONTACTS

UNIVERSITÉ PARIS-SACLAY

UParisSaclay @UnivParisSaclay universite_paris_saclay Université Paris-Saclay