



GUIDANCE
& INFORMATION
FOR INTERNATIONAL
STUDENTS
PARIS



EHESP

This guide has been prepared to answer questions you may be asking about your forthcoming year at EHESP. It gives you information that will be of use in making preparations for your stay in France.

***We wish you
an excellent and rewarding year in Paris.***

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(Studying at EHESP school of public Health

Presentation of the school

The EHESP was created by the Public Health Act of 2004 to provide France with an outstanding, internationally recognized school of public health.

The EHESP has four missions:

- to provide initial training for senior public sector managers and inspectors in the health and welfare services;
- to provide higher education in public health, in close partnership with other institutions
- to contribute to research in public health;
- to promote international relations, in particular through exchanges with similar educational institutions.

The EHESP school of public health is a leading public sector scientific, cultural and professional institution under the authority of the French Ministries of Health, Welfare, Higher Education and Research. The president of the administrative board is Professor Jean François Mattei, also president of the French Red Cross and a former Minister. The school Dean is Professor Antoine Flahault, doctor in epidemiology. In 2009, EHESP became a member of the Conference of Grandes Écoles.

Education for careers in public health and welfare services

EHESP offers training for senior management in health and welfare services, in a national and international context.

14 training programs for healthcare professionals

- Hospital director
- Director of health, welfare and social care facilities
- Director of care services
- Assistant hospital manager
- Health and welfare service inspector
- Pharmacy inspector
- Public health physician
- Regional occupational physician
- School doctor
- Public health engineer
- Assistant public health engineer
- Public health technician
- Hospital engineer
- Territorial doctor

Masters, Engineering, and Doctoral Degrees

Masters

International Master of Public Health (taught in English): Master of Public Health (MPH)

Erasmus Mundus

Program (two different European languages mandatory)

- Europublichealth European Master in Public Health (in partnership with the University of Copenhagen, the Andalusian School of Public Health, the University of Rennes 1, the Jagiellonian University of Krakow, and the University of Sheffield).

Masters in collaboration with French universities

- Master in Public Health and Environmental Risks (*Paris 5, Paris-sud 11, University Henri Poincaré Nancy 1, EHESP*),
- Master in Healthcare Assessment (*Clermont 1, EHESP*)
- Master in Health Education for Children, Adolescents and Young Adults (*Clermont 1 et 2, EHESP*)
- Master in Administration of Public Health Actions and Programs (*Rennes 1, EHESP*)
- Master in Analysis and Management of Health Establishments (*Paris 7, Ecole du Val-de-Grâce, EHESP*)
- Master in Law, Health and Ethics (*Rennes 1, EHESP*)
- Master in Clinical Nursing Sciences (*EHESP, Aix-Marseille 2*)
- Advanced Master in “Health & Environment : challenges for industrial and local development” (*Mines ParisTech, EHESP*)

Professional Certification

- CAFDES (diploma in management of health, welfare and care facilities)

Engineering

- EHESP Engineering diploma in Health Engineering (Environmental Health)

Doctoral Network

The public health doctoral network is composed of 10 partner doctoral schools. Students can be awarded a joint doctorate from both EHESP and the partner university, working on original theses in an interdisciplinary context.

A comprehensive selection of professional development and lifelong learning courses

All the EHESP programs are available as continuing education courses.

EHESP also offers 9 institution-specific diplomas, 10 certificates and more than 250 “short” training programs that are updated each year in various public health fields.

Institution-Specific Diplomas

- Executive Health MBA (taught in English)
- Hôpital Plus

These two programs are intended for students with extensive professional experience in the area of healthcare management.

- Fundamentals of Public Health: Basic training in public health taught over 6 to 8 weeks open to all students and as a continuing education course
- Public Health diploma
- Expert PMSI (Information system medicalisation program)
- Financial Management of a Healthcare Facility
- Quéops-i Master (*University of Montreal*)
- Director of EHPAD (dependent elder care facility) and User Rights
- Public Health and Childhood Medicine: Rights, Ethics and Good Practices

Education and Research in Public Health

6 education and research departments

- Department of Information Science and Biostatistics

- Department of Epidemiology and Clinical Research
- Department of Environmental and Occupational Health
- Institute of Management
- Department of Human, Social Sciences and Health Behavior
- Department of Nursing and Paramedical Sciences

1 environmental health research laboratory (LERES)

6 interdisciplinary cross-functional research centers

These centers focus on research fields that require a multidisciplinary approach.

- Research Center for Policy Analysis Public Health with Science Po Paris and Paris Descartes
- Research Center for Biodiversity, Climate Change and Infectious Diseases, with IRD, CNRS and the University of Montpellier
- Research Center for Health Risk Analysis and Regulation with CNRS
- Research Center for International Health Sciences and Interdisciplinary Solutions for Humanitarian issues, with the University of the Mediterranean and the Mérieux Foundation
- Research Center for Evidence-Based Health, with the HAS, AHPH and Inserm
- Research Center for Long-term Care and Vulnerability, with CNSA, CNRS and INED

Strong International Relations

EHESP's goal in developing strong international relations is to create and promote a network of partners to provide students with an international education and encourage international mobility. The international relations department also brings together teams from around the world to cooperate on EHESP research and is firmly committed to sustainable skills transfer.

EHESP's international relations policy centres around 3 main priorities:

- To provide capacity building and human resource development in other countries through training, assessment and strategic consulting actions;
- To develop internationally-focused training programs by tailoring them to address international public health issues, attracting foreign students and teaching staff from major universities, creating joint degree programs, teaching courses in both French and English, and organizing exchanges, internships and mobility programs;
- To contribute to international research in public health by developing the doctoral network, leading research projects with multinational teams, publishing books and articles, and organizing international conferences.

3 EHESP Centers Abroad

EHESP has opened three research centers, focusing the majority of its investments, training and research projects in Southern countries:

- Research centre in Vientiane, Laos (hosted by the Mérieux Foundation and the Lao Ministry of Health)
- Research Centre in Bamako, Mali (hosted by the Mérieux Foundation)
- Research Centre in Santa Cruz, Bolivia (hosted by Cenetrop).

Key Figures*

- **9** hectares in Rennes, **3** amphitheatres, **47** classrooms, **3** multimedia rooms, a campus in Paris
- **1300** students from some forty countries; 1000 students graduated each year
- **5000** people in continuing education programs, 250 sessions provided
- **17** Erasmus mobility agreements, **90** international internships per year
- **600** students preparing for national competitive examinations
- **80** permanent professors, **1800** lecturers
- **18,000** books in the library/documentation centre, access to many electronic journals,
- **280** paper subscriptions, **11,000** theses
- **4000** daily hits on the Public Health Database (BDSP): <http://www.bdsp.ehesp.fr>
- A publishing house, Presses de l'EHESP, with **180** titles available.

**(2009 and 2010 data)*

EHESP's sites

Paris

Administration

Hôtel Dieu – Groupement hospitalier universitaire Ouest

1, place du Parvis Notre Dame

75 004 Paris

Tel: +33 (0)1 42 34 82 34

Metro: Cité (line 4)

Lecture halls

Reid Hall

4 rue Chevreuse

75 006 Paris

Tel: +33 (0)1 43 20 33 07

Metro: Vavin (line 4)



4, Rue de Chevreuse, 75006, Paris, Ile-de-France, France



Rennes

Avenue du Professeur-Léon-Bernard
CS 74 312
35 043 Rennes Cedex
Tel: +33 (0)2 99 02 22 00
Metro: Villejean



Your contact at the EHESP (Paris)

The contact for everyday queries for MPH students (student life, courses, etc) is:

EHESP Paris
Tel: +33 (0)1 43 33 44 69

(Preparing to come to France

Visa and residence permit

Passport

All foreigners wishing to enter France must have a valid passport issued in their country of origin. Nationals of the European Union only require an **identity card**. Passports must be valid for at least the whole of the residence period.



When students have received a letter of admission and if they can show that they have adequate means of support, the French Consulate issues a student visa to enable students to enter France.

Some foreign nationals do not require a visa.

Further information can be obtained by visiting the website <http://www.campusfrance.org/> of Campus France, the national agency for promoting French higher education abroad.

Visa and residence permit

The first step for any foreigner who wishes to stay in France is usually to apply for a visa. Visas are issued by the French Consulate in your country of origin.

To apply for a visa, you need to collect an application form from the French Consulate in your country of origin. The list of documents you need to provide will be provided when you collect the form.

These include:

- a valid **passport**,
- proof of adequate **resources** for living in France for the period of study (students with grants should provide a certificate giving the amount of the grant and period covered by the grant),
- proof of **health insurance**,
- a letter of **admission (pre-enrolment) from a university** or of registration in a higher education establishment (or, for placements, official acceptance from the host company with the dates of the placement),
- a valid **return ticket** (valid for at least three months longer than the visa requested).

There are two types of visa:

- short stay visa: for a stay of less than three months
- long stay visa: for a stay of more than three months

A visa may also be for a **single entry** or **multiple entries**.

For further information, visit the French Ministry of Foreign Affairs website:

<http://www.mfe.org/index.php/Annuaire/Ambassades-et-consulats-francais-a-l-etranger>

Short stay visas

Short stay visas are valid for stays of less than three months. They give the right to enter and live in France. They act as a residence permit.

Long stay visas

When students have received a letter of admission and if they can show that they have adequate means of support, the French Consulate issues a student visa to enable students to enter France.

This type of visa is issued to foreign students (this does not apply to research scientists) who wish to continue their studies in a French higher education establishment, public or private, for a period of more than three months. It acts as a residence permit.

A long stay visa is required for stays of over three months. The main reasons for issuing this type of visa are usually studies, work and family reunification.

When a visa has been issued, the visa holder must register with the Office Français d'Immigration et d'Intégration (OFII) on arrival in France or, if appropriate, with the Prefecture that is able to issue a residence permit.

The OFII is responsible for foreigners arriving in France. It is the sole state agency responsible for handling immigrants during the first 5 years of their stay in France. The OFII is also responsible for managing work and family immigration procedures, managing the French asylum seeker system, assisting repatriation and providing support as a form of international aid, as well as for combating illegal working. It co-operates with a wide range of organisations in France and abroad, with Prefectures, Embassies and Consulates, to help immigrants and those employing foreigners legally.

Those holding long stay visas equivalent to residence permits (VLS-TS) should keep all OFII documents carefully as proof that they are entitled to live in France, should they be asked to provide evidence of this.

The VLS-TS:

- authorises unrestricted travel within the Schengen area, French overseas dominions and St Pierre et Miquelon (not in other French sovereign territories)
- acts as a residence permit, residence being authorised for the whole period for which the visa is valid

French Consulates can now issue this type of visa to the following categories of persons:

- Students (visa valid for 91 days to 12 months). Excluding minors at primary and secondary schools
- Foreign spouse of French national wishing to live in France (duration of visa: 1 year)
- Foreign visitors (visa valid for 91 days to 12 months)
- Temporary salaried staff and workers (duration of visa equal to the period of the work contract: 91 days to 12 months)

This does not apply to Algerian nationals, those eligible for family reunification, foreigners who are eligible for a residence permit, temporary residence permit for those on secondment, Skills and Talent permit or seasonal workers.

Applications for a VLS-TS visa should be made to the French Consulate: (a visa costs about €100)

An on-line form can be downloaded from:

http://www.diplomatie.gouv.fr/fr/IMG/pdf/LS-01d_formulaire_ofii.pdf

The time taken to process applications varies depending on the nationality of applicants and local conditions. Please visit the Consulate websites.

For certain types of visa that have to be verified or submitted to the French authorities (visas for stays of more than 3 months in France, visas for adoption for example), there may be a much longer delay.

http://www.diplomatie.gouv.fr/fr/services-formulaires_831/espace-etudiants_12793/etudier-france_12794/index.html

Visa holders must ensure that their passports are stamped by the border control when they enter the Schengen area to provide proof of the date when they arrived in France.

For further information, visit: <http://www.ofii.fr/>

Formalities for staying in France

The OFII form will provide proof of entitlement to stay in France if required and should be sent to the OFII on arrival in France.

The OFII is the sole contact for foreigners arriving in France

⇒ You should fill in the OFII form handed to you and signed by the authority that issued the visa (part 2 of the form) and send the original by Registered Post within 3 months at the latest after arriving in France to the local OFII office in the place of residence, together with photocopies of the pages of your passport showing details of the identity of the holder, the stamp on crossing the border on entering France or the Schengen area and the visa vignette.

⇒ The OFII will send an acknowledgement of receipt by return (this temporary document confirms your entitlement to stay in France pending the validation of your visa by the OFII). The OFII will then summon you to register your details, pay a compulsory residence authorisation tax, have a medical examination and/or attend an introductory meeting. You will need to produce the following documents:

- A valid passport,
- Proof of residence (or confirmation of accommodation)
- An identity photograph without hat
- A medical certificate issued by the doctor if the medical examination was carried out abroad
- The OFII stamps (ANAEM and OMI) for the tax payable when issuing the first residence permit.

⇒ The OFII will certify that the formalities have been completed by placing a tamper-proof vignette in the passport.

⇒ The visa will then allow you to stay in France for the period of validity.

N.B.: If these formalities are not completed, you will find that you are an illegal immigrant and will lose the rights attached to this visa. You may, therefore, be deported.

Renewing a residence permit

To extend a long stay visa, you should contact the Foreigners Service at the Prefecture in your place of residence at least 2 months before the expiry of the VLS-TS and make an application to renew your residence permit.

OFII in Paris: 48, rue de la Roquette - 75011 Paris - +33 (0)1 55 28 19 40

<http://www.ofii.fr/>

Health insurance

Health insurance for foreigners coming to study in France

If they are not salaried, foreigners coming to study in France do not have basic social security cover. They must, therefore, register for student health insurance (under 28 years), Universal Health Care (Couverture Maladie Universelle (CMU)) or private health insurance if they are staying in France for **more than 3 months**. In all cases, it is advisable to take out **complementary insurance** in addition to the basic cover.

Foreign students: special cases

Foreign students from the European Economic Area (EEA) are not required to belong to the French student social security system. Health care expenses are reimbursed immediately by the primary health insurance organisation. However, a European health care card is required. This is issued by the social security system in the country of origin. Students from certain regions such as Quebec are not required to belong to the French social security system.

Student health insurance system

Who is eligible?

2 conditions must be fulfilled to be eligible for the student social security system:

- be **less than 28 years old**,
- be registered in a higher education establishment approved by the social security system

There is no problem if these 2 conditions apply. A student merely needs to register.

Where to register

For students, affiliation to the social security system takes place **at the same time as registration at the place of study** (university, school, etc). Application is made to a "**student social security organisation**".

Several mutual insurance companies provide student health insurance cover. A list of these is provided on registration with the higher education establishment. One of these should be chosen. Student health insurance premiums cost about €200 (reviewed each year).

Universal Health Care (CMU)

Who is eligible?

Those who **are not eligible for basic social security cover (salaried)** and who **are not eligible for student social security cover** (over 28 years old, educational establishments that are not approved, etc), can, in certain conditions, claim free Universal Health Care which enables any person living in France **on a regular, stable basis** (continuously for more than 3 months) to benefit from insurance cover for health expenses.

See p.4

Where to register

Applications for Universal Health Care should be made to the primary health insurance organisation (Caisse Primaire d'Assurance Maladie (CPAM)) at the place of residence. The addresses of CPAM offices can be found on the website www.ameli.fr - Assurance Maladie en Ligne.

Tel in France: 36 46 (from abroad: 0 811 70 36 46). In Rennes, the CPAM is in Cours des Alliés - 35 024 Rennes.

Other cases

Health insurance is compulsory for those who are not eligible for the Universal Health Care neither for student health insurance cover. A health insurance policy can be taken out from PeeFrance; <http://www.peefrance.com/> or other private health insurance providers.

Reimbursement of medical expenses

Typically, the **social security system** reimburses **70%** of the standard charges (sector 1). This is why people with social security system cover usually take out "**complementary health insurance**" which tops up the amount refunded. Patients are then reimbursed nearly **100%** of the charges. Some doctors charge more than the standard fees (sector 2). These excess charges are not reimbursed by the social security system.

The standard social security charges **may be far less than the actual costs** as in the case for **optical expenses**: the standard charge is about €8.50 for a pair of glasses whereas the actual cost is often about €90. It is, therefore, important to take out **complementary insurance cover**.

Reimbursement procedure

At the doctor's, a patient usually pays for **the cost of the examination** and is then **reimbursed** by the social security system, the student mutual insurance company or other insurance company as appropriate. He may go in person or send the request for reimbursement by post. Charges are usually reimbursed within **15 days to one month**.



The "**carte vitale**" issued free of charge to all those covered by state health insurance is used by the doctor to transmit **requests for reimbursement electronically** to the social security system. Charges are then reimbursed within **a few days** only.

For hospital care, hospitals apply the "**tiers payant**" third party payer system and only charge the part not reimbursed by the social security system. The part not reimbursed by the social security system is called the "**ticket modérateur**". Some pharmacies apply the same system. Details of benefiting from the "tiers payant" system can be obtained from the insurance company.

Complementary health insurance

The EHESP strongly recommends that you take out complementary health insurance to cover, for example, repatriation insurance, death or legal assistance.

Complementary health insurance increases the amount that is reimbursed for medical expenses but it is not compulsory. Complementary health insurance is provided by health insurance companies. There are many such insurance companies in France.

Student health insurance companies

Student health insurance companies provide **basic health cover** (student social security system) and **complementary insurance**. There are two student social security organisations:

La Mutuelle des Etudiants: www.lmde.com

37 r Marceau 94200 IVRY SUR SEINE – N°Indigo® (free phone): **0 825 00 06 01**

La Société des Etudiants Mutualistes: www.usem.fr

The SEM manages regional health insurance companies. The name of the companies that are part of the SEM network differs according to the region:

- In Paris, it is the SMEREP: <http://www.smerep.fr/>

54 Bld St Michel 75006 PARIS - +33 (0)1 56 54 36 34

- In Rennes, it is SMEBA: <http://www.smeba.fr>

4 r Victor Hugo BP 30814 35108 RENNES CEDEX 3 - +33 (0)2 99 78 33 66

Access to health care

Who provides health care?

There are 2 categories of doctor: general practitioners and specialists.

General practitioners deal with all types of health problem from sore throats to strains, from gastroenteritis to rheumatism. **Specialists** have extended their medical studies to deepen their knowledge of a particular part of the body. Obstetricians specialise in births, ophthalmologists specialise in eye problems, neuro-psychiatrists deal with psychological and nervous problems, etc.

Doctors charge more for examinations at night-time, on Sundays and during the holidays and for call-outs.

Medicaments

Pharmacies have a monopoly for selling medicaments. Pharmacists are able to give advice about what medicaments to take in given circumstances. Some medicaments are only available on prescription.

Social Service

Cellule Accueil International Crous Paris
39 Avenue George Bernanos – 75005 Paris - Station Port Royal (RER B)
Tel: +33 (0)1 40 51 37 65
Opening hours: 09.15 – 16.30
2nd floor at the Centre Jean Sarrailh

Emergency numbers (Paris)

Gendarmerie (6th arrondissement)	:	+33 (0)1 58 80 32 25
Police	:	17
Fire brigade	:	18
Samu	:	15 or +33 (0)1 45 67 50 50
Urgences Médicales de Paris	:	01 53 94 94 94
Sos Médecins	:	36 24
SOS Psychiatrie	:	01 47 07 24 24
Antipoison Centre	:	45 45 or +33 (0)1 40 05 48 48
Hôpital Fernand Widal - 200, rue du Faubourg Saint-Denis, 10 th arrondissement		
Metro: Strasbourg-Saint-Denis, lines 4, 8, 9		
Discrimination (victim or witness)	:	114
Drogue Alcool Tabac Info Service	:	113

All these numbers can be found on the Paris website:

http://www.paris.fr/portail/pratique/Portal.lut?page_id=5477

Financial resources

To obtain a visa for France, you must show that you have a disposable income of €5,124 per year. This is the minimum recommended by the Ministry of Social Affairs but it is barely sufficient.

The following list gives an idea of the minimum amount of money a student needs for living on a limited budget. The expenses vary considerably from person to person, depending on his status and the studies he is taking.

Accommodation (in Paris)

University halls: between €280 and €600 per month depending on the campus and the type of accommodation.

Rented accommodation: between €450 and €750 for a bed-sitter.

Food

The monthly expenditure on food is between €200 and €400.

Transport in Paris

A monthly ticket costs about €31 for persons aged from 20 to 27 and €53.50 for those from 28 to 65 years old.

Health insurance cover

The minimum premium for student social security cover is €200 per year (reviewed each year). This premium is compulsory for the under 25s.

Coming to France with a family: entry and residence formalities

All members of the family must apply for a residence permit as soon as they come of age. However, minors do not require a residence permit. A "**document de circulation**" should be obtained from the Prefecture for children under 18. For this, if the child has his own passport, he must have a visa (if he is included on the passport of one of his parents, he is covered by their visa).

Health insurance cover for the family

All members of the family must have basic health insurance cover.

Persons who are eligible for student social security cover or Universal Health Care may extend this to include their family.

In all cases, measures must be taken and appropriate papers must be provided to provide health insurance for each member of the family. Several insurance companies provide health insurance cover for the families.

Schooling for children

In France, **schooling is compulsory** for children from 6 to 16 years, and is free. Children start at primary school and move on to college and then lycee. Before starting primary school, children can attend kindergarten from the age of 2. All foreign children living in France in accordance with French law have the right to be educated in the French education system.

www.education.gouv.fr/pid31/informations-pratiques.html

There are several organisations that make it easier for foreign children to access the French education system – the main ones being CASNAV and CLIN which provide courses on French as a foreign language to enable children and adults to learn French. Further information for your particular situation can be obtained from the Inspection de l'Éducation Nationale:

Inspection de l'Éducation Nationale

Tel: +33 (0)1 44 62 40 45

ce.inspection@ac-paris.fr

(Living in France

Regulations

Consumption of tobacco, alcohol and drugs

- Smoking is prohibited in public places (museums, historic monuments, cinemas, etc) and on public transport. **Since 1 January 2008, smoking has also been forbidden in bars and restaurants** where only the terrace may still be divided into smoking and no-smoking areas.
- Drivers under the influence of alcohol are a serious risk to passengers and other road users. **Consequently, it is prohibited to drive with a blood alcohol level equal to or above 50mg per 100ml of blood (BAC of 0.05%).** The police and gendarmes may breathalyse motorists. It is forbidden to travel on the public highway (even on foot) under the influence of alcohol.
- Any person who gives a minor enough alcohol to make him drunk is committing an offence. It is **forbidden to sell or offer alcoholic beverages to minors under 16** (in off licences, shops and public places).
- Under the law of 10 January 1991, it is forbidden to take alcoholic drinks into establishments where physical exercise or sports are practised.
- **The use of drugs and bringing drugs into France is strictly forbidden** including soft drugs.

Driving licence



Any foreigner living in France must change his driving licence for a **French driving licence**. An **international driving licence** is required and an **official translation of this licence into French**. The French Embassy in the country of origin is able to provide further information about this.

For staying in France for **more than one year**, it is necessary to **take a French driving test**. Foreign students may use their **national driving licence** if they have a **student card**.

In Paris, the Prefecture de Police (*metro: Cité*) is responsible for changing driving licences. In the provinces, it is the Prefecture for the department.

Préfecture de Paris

50, Avenue Daumesnil (12th arrondissement, *Metro: Daumesnil, lines 6 and 8*)

Tel: +33 (0)1 49 28 40 00

www.paris.pref.gouv.fr

Speed limits

Motorways: 130 km/h and 110 km/h in rain or fog.

Dual carriageways: 110 km/h and 90 km/h in rain or fog.

Other roads (national, local): 90 km/h and 80 km/h in rain or fog.

In towns: 50 km/h.

In Paris: 80 km/h on the **Périphérique ring road**, 70 km/h on certain parts of the **embankments**, 50 km/h **in general** and 30 km/h in certain "**Zone 30**" areas.

Road safety

It is forbidden to drive a vehicle, motorcycle or scooter that is not insured.

Seatbelts must be worn by occupants in the front and back seats (this also applies in taxis).

For two-wheeled motor vehicles, the driver and passenger must wear a **helmet** (except when riding a bike).

Driving licences operate on a **points system**: **driving offences** are penalised by **deducting points**. The more serious the offence, the more points are deducted. The system can go so far as to **withdraw the driving licence**.

Travel

By air



Paris has two airports: **Roissy Charles de Gaulle** (25 km to the north) and **Orly** (14 km to the south), with a shuttle service and rail connections (RER) to the city centre (see www.aeroportsdeparis.fr).

Other cities also have international airports: Bordeaux, Lyon, Marseille, Nice, Strasbourg, Toulouse, etc. There are frequent services to these cities from Paris.

→ **Air France-KLM** is the national airline company. It runs services to most major cities from Paris (about one hour) as well as between provincial cities. Full details (arrivals, departures, etc) can be found on www.airfrance.com

By car



To drive in France, you need your national driving licence (international licence if you are not a national of a European Union country) (see page 15), the vehicle registration certificate (*carte grise* in France) and an insurance certificate. If you are staying for less than 6 months, you can drive your car in France without restriction.

Before driving on French roads, make sure that you are fully familiar with the French Highway Code, which can be found on www.securiteroutiere.equipement.gouv.fr

Roads

France has a very good road network: nearly one million kilometres of roads including nearly 8,000 kilometres of motorway (a toll is usually payable on motorways). Full details about toll charges, motorway services and rest areas, restaurants, service stations and hotels on the route and details about your itinerary can be found on www.autoroutes.fr

Route planning

A wide range of guides and road maps is available in book shops, service stations, etc. The main maps are published by Michelin and IGN. Websites give a choice of itineraries (from the fastest route to scenic itineraries with stopovers) for going from one place to another: www.viamichelin.com or www.mappy.fr

Parking

Parking in towns is controlled and usually subject to a parking charge. Parking places are marked on the ground (broken white lines). To pay for parking, you need to take a ticket from the pay-and-display machine (usually on the pavement) and put it in a visible position on your dashboard. Parking charges vary considerably depending on the town and the district.

All towns also have underground car parks in the town centre as well as car parks on the outskirts that are usually served by public transport.

Vehicle hire

You can hire all kinds of vehicle, from bicycles to lorries, in particular cars from specialist hire companies and two-wheeled vehicles from shops and garages.

To hire a car you need to be at least 20 years old and have had a driving licence for at least one year. The main car hire companies have offices in the stations of large towns, airports and in the centre of certain towns.

By train



France has a dense, highly centralised rail network managed by the Société Nationale des Chemins de Fer (**SNCF**). There are six major stations in Paris: Montparnasse, Austerlitz, Gare de Lyon, Saint-Lazare, Gare de l'Est and Gare du Nord. From Paris, there are high speed train (Train à Grande Vitesse, TGV) services to most large towns (reservation compulsory). There are also local services (Corail) and regional express trains (Trains Express Régionaux, TER).

The Eurostar is one of the most practical means of travelling to London: it takes only three hours by train from Paris. It takes 1 hour 20 minutes to travel to Brussels by Thalys. The price of ticket varies depending on comfort (there are two classes) and the time of departure (peak or off-peak). There are many special

arrangements available for foreign travellers (Europass, Eurodomino, Inter-Rail, etc), which should be purchased in the country of origin before departure.

For further information or bookings, visit www.sncf.com and www.voyages-sncf.com.

By sea



There are many ferry services between England and Ireland and France. The main companies are Brittany Ferries, Irish Ferries, P&O Ferries and Seafrance. SNCM and Corsica Ferries provide services to Corsica from Marseille, Nice and Toulon.

By coach



Eurolines operates an extensive network of services from Paris to all European capitals. Eurolines - Gare internationale de Paris Galliéni - 28, av. du Général de Gaulle 93541 Bagnolet – *Metro Galliéni (terminus of line 3)* www.eurolines.fr

Bank accounts

Any foreigner living in France may open a bank account. The EHESP strongly recommends that students should do so.

3 documents are required for opening a bank account:

- passport,
- residence permit,
- proof of residence (telephone or electricity bill, rental receipt, accommodation certificate, etc).

A bank card can be used to **withdraw money** from **automatic cash dispensers**, Caisses d'Epargne and the Post Office (even if the dispenser is not that of the bank with which you have your account) and **pay for purchases** in shops.

Other information

Daylight saving time

From the last Sunday in March to the last Sunday in October, the time in France changes from UTC + 1 hour to UTC + 2 hours. The French media announce the change of time.

The weather

In general, France has a **temperate climate**, with **regional variations**. The average temperature is from 0°C to 8°C in winter and from 16°C to 24°C in summer.

Public holidays

New Year's Day	1 January
Easter	April
Labour Day	1 May
Victory in Europe Day 1945	8 May
Ascension	May
Whitsun	May
French National Day	14 July
Assumption	15 August
All Saints' Day	1 November
Armistice Day 1918	11 November
Christmas Day	25 December

Electrical equipment

Your electrical equipment may not be compatible with the French supply which has 230V type C/E sockets. You should check this before your departure in case you need to buy a special adapter.

(Living in Paris

Where to stay?

Each student must find his own accommodation. It is advisable to do so as soon as possible as accommodation is difficult to find in Paris.

Renting a flat

Finding accommodation

There are different types of student accommodation. You should choose whatever suits you best, depending on your situation, the length of stay and your financial resources.

It is, of course, very reassuring to be sure of having accommodation even before you leave for France.

You can book in advance if you are able to get a room in a CROUS university hall of residence (although rooms are reserved mainly for French government grant holders or students taking part in exchange programmes).

It will be difficult for you to meet the requirement for a guarantor or to sign a rental agreement. This is why many students opt for temporary accommodation for the first few weeks of their stay in France. This period can be put to good use for finding permanent accommodation.

In all cases, it is important for you to be fully familiar with the regulations about renting accommodation and the associated rights and obligations: some essential information is given below.

What you need to know about renting accommodation

The lease (tenancy agreement): when renting accommodation you have to sign a lease which is usually for a period of one year. If you want to leave the accommodation before the end of the agreement, you must give three months' notice. If you fail to do so, the owner may withhold all or part of your deposit (see below).

Deposit: this is the sum of one month's rental that must be paid in most cases when you sign a tenancy agreement. It is refunded when you move out unless the premises have been damaged or you have not given prior notice.

Guarantor: in most cases, the owner, whether a private individual or an organisation, will require a guarantor, i.e. a person (relative or friend) or an organisation who will give a written commitment to pay the rent if you fail to do so. The guarantor must be resident in France or, in the case of CROUS residences, in the European Union and must be able to show that he has a monthly income of three or four times the rental. If you do not have a guarantor you must prove that you yourself have this level of income or pay the whole of the annual rental in advance. Some universities have systems enabling students in certain conditions to arrange for an institution, bank or local authority to act as guarantor.

Insurance: as a tenant you must take out a “Multirisques habitation” insurance policy covering fire risk, water damage, theft, etc.

Housing allowances: like French students, foreign students are eligible for housing allowances such as the Allocation de Logement à Caractère Social (ALS – social housing allowance) or the Aide Personnalisée au Logement (APL – personalised housing benefit), as appropriate. These allowances are provided by the Caisse d’Allocations Familiales (CAF – Family Allowance Agency) at the place of residence www.caf.fr

Staying in University halls of residence

University halls of residence charge less than the market price for bedsitters (from €350 to €500 per month). They are managed by the Centres Régionaux des Oeuvres Universitaires et Scolaires (CROUS – Regional University and School Services Centre) and accommodation is allocated according to social criteria. Priority is given to French government grant holders.

CROUS de PARIS

39, rue Bernanos (5th arrondissement)

Tel: +33 (0)1 40 51 36 00

www.crous-paris.fr

RER B: Port-Royal

Private rented accommodation

A wide range of private rented accommodation is available, from furnished rooms to bedsitters, one-room flats or sharing a larger flat. There are also private student halls that offer fully fitted furnished bedsitters with communal services (cafeteria, laundry, TV room, etc).

Where to find private accommodation

► Estate agents and letting agencies: going through an estate agent makes the administrative procedure for renting accommodation easier and means that you can contact them if any problems arise while you are living in the flat. The agency fees have to be paid when signing the lease.

► Small ads: there are special publications and daily papers that publish advertisements regularly. The CROUS (Centre Régional des Œuvres Universitaires et Scolaires) can provide information on rented accommodation that can be consulted in their offices.

Suggestions for finding accommodation

→ Websites for rented accommodation:

www.gestrim-campus.fr (LAMY Résidences)

www.estudines.com/residence-logement-etudiant-paris-13.html (Les Estudines)

www.location-etudiant.fr

www.explorimmo.fr

www.immovac.fr

Flat-sharing is a very common practice in France.

Flat-sharing websites:

<http://www.colocation.fr>

www.koloc.org

www.colocation.fr

www.portail-colocation.com

www.recherche-colocation.com

www.appartager.com

www.colocationfrance.fr

(NB: a charge is usually made to access the names and addresses of advertisers)

Temporary accommodation: type of accommodation and conditions

Les Foyers de Jeunes Travailleurs (FJT)

Young Workers Hostels (FJT) offer 4 types of accommodation in about twenty hostels: shared accommodation (individual room), small bedsitters from 12 to 16m², accommodation for couples of 25m², as well as accommodation for handicapped persons. www.aljt.com

The ADOMA (formerly SONACOTRA) also has a network of hostels originally intended for workers, but a waiver can be obtained for those with student status. www.adoma.fr

The Association des Résidences et Foyers de Jeunes (ARFJ - Residences and Hostels for Young People Association) may also be able to help you: www.arfj.asso.fr

Hotels

The following websites offer hotel rooms at reasonable prices (between €30 and €60 a night):

www.hotels.fr/hotels-france/hotels-ile-de-la-cite

www.france-paris-booking.com

www.hotels-paris.fr

www.parishotelfrance.com

Youth hostels

Fédération Unie des Auberges de Jeunesse (FUAJ)

www.fuaj.org

Bureau des Voyages de la Jeunesse (BVJ)

www.bvjhotel.com

Hostelworld.com

www.french.hostelworld.com/

CISP (Centre International de Séjour de Paris)

The **Centres Internationaux de Séjour de Paris** (Paris International Residential Centres) were set up by the Ville de Paris to make it possible for as many people as possible to stay in Paris. They are managed by the **Ligue de l'Enseignement** a public service agency working on behalf of the Paris City Hall.

Centralised booking: +33 (0)1 43 58 96 00 - <http://www.cisp.fr>

Transport

Bus and metro



The Paris public transport network (Réseau Parisien de Transports en Commun (RATP) is very comprehensive with trains (Regional Express Train RER – SNCF trains for the Ile de France region), buses and metro.

For details of the prices visit www.ratp.fr

Vélib

Vélib is a bicycle hire service set up by the Ville de Paris, which can be used whenever you wish for an annual subscription (Vélib can also be used without subscription by purchasing a 1 day or 7 day ticket). It includes thousands of bicycles which can be found at stands throughout the city at intervals of about 300 metres.



Paris taxis

There are 15,500 Paris taxis in the Paris area, covering the city centre as well as the departments of Val de Marne, Hauts de Seine and Seine Saint Denis. For further information about prices and operating areas, visit www.taxi-paris.net



Sight-seeing in Paris

It is difficult to describe all the tourist and cultural attractions in Paris – there are so many.

Information about sight-seeing in Paris can be found on the following websites:

Tourist Office: <http://www.parisinfo.com>

Ville de Paris: www.paris.fr

The following link gives the details of all the Foreign Cultural Centres in:

www.canada-culture.org/fr-eng/centres-culturels-f.html



Communications, settling in

Free Wi-Fi terminals

You can use the Paris Wi-Fi service, set up by the Paris City Hall and the Île de France region for free access to the Wi-Fi broadband from terminals in municipal sites such as gardens, town halls, libraries and museums.

The Paris Wi-Fi service is available to anyone from 07.00 to 23.00 during the opening hours of the municipal parks, libraries, etc.

Website of the Paris City Hall / Innovation

<http://www.paris.fr> → Paris WI-FI

Clubs

There are more than 150,000 clubs and associations in Paris.

The “maisons des associations” are centres designed to provide existing associations with a place to hold meetings and they also provide a role in providing information for local people about the clubs and their activities. There is one “maison des associations” in each arrondissement.

To find out the details of all the “maisons des associations” in the Paris arrondissements, visit www.paris.fr/portail/accueil/Portal.lut?page_id=8216

Animafac: a network of student associations

50, rue des Tournelles (3rd arrondissement, *Metro: Chemin Vert, line 8*)

Tel: +33 (0)1 49 96 49 96

Info@animafac.net

www.animafac.net

Sport

The Ville de Paris has published the “Sport en Liberté” guide which lists all sports activities available in the city. It is available from the local town halls, municipal sports facilities, kiosks and Antennes-jeune youth centres. It can also be found on the website www.paris.fr.

**For further information
visit the Ville de Paris website for foreign students:
<http://www.etudiantdeparis.fr/>**

Crédits photos
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