

LE MAGAZINE DE LA VILLE DE PARIS

# à PARIS

September 2015

## STUDENT SPECIAL



Ready for  
*la rentrée?*

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MAIRIE DE PARIS



ETUDIANTS.PARIS.FR

## Cultural entrepreneurship

### TALK WITH PROFESSIONALS

Want to create a start-up, an association or a project in the cultural sphere? For three days in late spring 2016, Créart'up will offer students the opportunity to come and talk to cultural entrepreneurs. Conferences, workshops and round table discussions are all on the agenda, and will be held in several locations across the capital. ■

➔ **Programme and registration at [www.creatup.strikingly.com](http://www.creatup.strikingly.com)**

## Practical

### FIND OUT MORE ABOUT STUDENT LIFE IN PARIS



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From videos and special reports to cultural and associative news... All the latest info and tips for student life in Paris can be found on the Crous site, at [www.etudiantdeparis.fr](http://www.etudiantdeparis.fr). ■

## Event

### AN IMPORTANT RESEARCH FORUM

"What is left to discover?" is the question that will be discussed at Les Fondamentales forum, organised by the CNRS on the 13<sup>th</sup> and 14<sup>th</sup> of November at the Sorbonne (5<sup>th</sup> arrondissement). An opportunity to discover new research on global warming. ■

➔ [www.lesfondamentales.cnrs.fr](http://www.lesfondamentales.cnrs.fr)



© Jon Ongkiehong

Students finding out about the services on offer at the Cité internationale.

## Arrival

# Students of the world, welcome!

**The Cité internationale universitaire de Paris can help you with all administrative formalities.**

It's a miniature universe where you can travel around the world in 34 hectares. The Cité internationale universitaire de Paris (14<sup>th</sup> arrondissement) is a heritage site conjugating student life and studies. The 40 country pavilions that frame its lawns form a new world geography where India is neighbours with Brazil. Each year, students of more than 140 different nationalities are welcomed here to receive advice and guidance.

## A one-stop-shop to simplify settling in

When you arrive in a new country, it's not always easy to navigate all the paperwork. To help foreign students (residents or not), the Cité internationale, in partnership with the City of Paris, has been running a customised welcome service since 2002. "All administrative procedures are grouped in one place," says Chinmayee, a student who arrived in Paris from India two years ago. This year, the foreign student reception service will be open from September 14<sup>th</sup> until November 25<sup>th</sup>\*. Students can use this service to obtain or

renew their residence permits, to search for housing with the help of the Caisse d'allocations familiales (CAF) or to find out about the help available to them. Transport tickets can be bought here from the RATP, and information on learning French and cultural activities in Paris is also provided. "These services simplify getting settled in the Cité internationale, but also more generally in Paris," explains Beverley Margaria, Director of Guidance for International Students. The service is multilingual, with over a dozen languages spoken.

Last year, Chinmayee welcomed newcomers to the Cité internationale, including fellow students from India who are not always proficient in French when they arrive. Her way of becoming, in turn, an ambassador for Paris. ■

\* Don't worry if you can't make it; this service remains open all year round. But note that the partners (the RATP, CAF, cultural partners) won't be present.

➔ **From Monday to Friday, 9am to 4:30pm. 17, boulevard Jourdan (14<sup>th</sup> arrondissement). [www.ciup.fr/access](http://www.ciup.fr/access)**

➔ **CARE-STUDY CENTRES** : Studying while hospitalised is possible at one of the *Fondation Santé des étudiants de France's* (FSEF) establishments. More information at **01 45 89 43 39** and on [www.fsef.net](http://www.fsef.net)

## Young people

# Someone's always there to listen

**Stress, loneliness... The Apaso association offers psychological support to students.**

It's in the Crous offices in the 20<sup>th</sup> arrondissement of Paris, where the *Association pour la prévention, l'accueil, le soutien et l'orientation* (Apaso) opened their centre dedicated to students in difficulty. Funded by the city of Paris, this confidential, free and permanent helpdesk was set up in the capital in 2012 in response to increased awareness of the psychological difficulties that some young people experience. Two afternoons per week, clinical psychologist Jean-Christophe Pattyn sees students from all backgrounds. "Faced with the stress of

their studies and their relationships with friends and family, these young people come here looking for support and reassurance. But also because of the loneliness they sometimes experience when they arrive in Paris," he explains. Jean-Christophe supports the students over the course of several visits, sometimes referring them to a doctor or to the Crous social services. ■

➔ **Open Tuesday and Wednesday from 4pm to 8pm. 109-111, rue de Ménilmontant (20<sup>th</sup> arrondissement). Tel. 01 40 47 55 47, [etudiants@apaso.fr](mailto:etudiants@apaso.fr) [www.apaso.fr](http://www.apaso.fr)**



Clinical psychologist Jean-Christophe Pattyn sees students two afternoons per week.

© Sophie Robichon/Mairie de Paris

## Student health insurance

### CHOOSING AN INSURER



If you study at a higher education institution in France, student health insurance is compulsory. There are two social security options available for students: *La Mutuelle des étudiants* (LMDE) and the *Société mutualiste des étudiants de la région parisienne* (Smerep). ■

➔ [www.lmde.com](http://www.lmde.com), [www.smerep.fr](http://www.smerep.fr)

## Consultation

### IMPROVING ACCESS TO HEALTHCARE

Last May, the City of Paris held a meeting with all the key players in student health, including universities, health insurance cooperatives, Crous and other associations, to improve access to healthcare for young people by taking their specific needs into account. ■

## Things to know

### SUPPLEMENTARY COVER

To reduce your medical expenses, you can choose to take out complementary health insurance. The region offers a grant of 100 euros to help some lower-income students pay for this. Financial assistance is also available in the form of the *Aide pour une complémentaire santé* (ACS) and the *Couverture maladie universelle complémentaire* (CMU-C). ■

➔ [www.ameli.fr](http://www.ameli.fr)

## Healthcare

# A doctor close to you

Located across the city, health centres offer dental, ophthalmic, dermatological and gynecological care at sector 1 (no extra billing) and third-party (advance on costs) rates. They thereby simplify students' access to general and specialized healthcare. For those on lower income, free consultations with general practitioners are available in community health centres.

Next December, the *Fondation Santé des étudiants de France* and the City of Paris will open the Colliard health centre for students at risk in the 5<sup>th</sup> arrondissement. It will offer nutritional advice and addiction treatment in particular, as well as accommodation in adapted studios for dependent students with physical disabilities. ■

➔ **Paris.fr**

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The *Maison des initiatives étudiantes* (page 4) hosts over 250 associations, including Radio Campus Paris, led by Mélanie Péclat (right) or the Refedd, created by Oriane Cébile (page 5 top right). Municipal action through the Students' Council offers another way to get involved.

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© Maison des initiatives étudiantes



© Sophie Robichon/Mairie de Paris



© Deborah Lesage/Mairie de Paris

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© Maison des initiatives étudiantes

# They decided to volunteer

**Associations, student councils... Focus on young people getting involved.**

It's 10am and the day is getting started at the Bastille address of *Maison des initiatives étudiantes* (3<sup>rd</sup> arrondissement). Over 250 associations use these premises for their different activities. They all have access free of charge to the resources necessary to undertake their projects including a head office address, meeting rooms, work stations, editing suites and a documentation centre. To sign up, associations only need to meet two criteria: firstly, its membership must feature a majority of students, and secondly, the association must carry out part of its activities within the Parisian territory.

So why get involved with an association? *"It's beneficial for the municipality and also extremely instructive for the student's career,"* observes Estelle Bazireau, MIE's deputy director. *"They develop skills in project planning and people management."*

**"A great place to meet other associations."**

The MIE offers a win-win situation thanks to the hands-on support which, in addition to the use of the premises, includes face-to-face and telephone rendez-vous, and help

in project fundraising and production of presentation kits. With no fewer than sixty programmes in all fields, Radio Campus Paris, MIE's resident in-house association, broadcasts everyday from 5:30pm to 5:30am on 93.9 FM. *"Its main objective is to train volunteer students in radio broadcasting. But it's also aimed at new students arriving in the Parisian jungle and in need of some pointers!"* explains MIE President Mélanie Péclat, adding, *"We are really supported here. And it's a great place to meet other associations."* A PhD student, Mélanie wanted to dedicate some time to a project which offered others the opportunity to express themselves. *"I admit that I've learned a lot more practical things in the office of a student association than in my ten years in the faculty!"* she jokes. Another MIE resident, Oriane Cébile is a 22-year-old Science Po student and president of Refedd, a network of a hundred student associations working in sustainable development. She has found volunteering for associations an inspiring experience. *"It's a good way of learning because you work*

*with lots of motivated individuals on really good initiatives,"* she observes.

## Advice and financial support

Every year, MIE accompanies about 300 projects of which half have yet to become actual associations. *"Speaking about your project is also a way to make headway,"* says Camille Désormeau, the head of MIE-Labo 13, a branch focused notably on international solidarity and sustainable development initiatives.

It is with the specific objective of reinforcing the creation of student associations that the City of Paris

created the Get Started Kit in 2012. Once the projects have been selected, students in the Île-de-France region who want to create an association or who created one in the last three months receive funding of 500 euros. *"It's not just about financial support,"* points out Camille Désormeau. *"We also provide customized advice on how to get started. Each candidate gets an interview to talk about his or her project, its purpose and its funding."* Between 60 and 70 projects are supported in this way every year.

At the beginning of the 2015 university term, a new department will be inaugurated: the MIE-

Labo 6 will be specifically dedicated to audiovisual creation with a film set, post-production rooms and a sound booth.

## Engage in municipal action

For some, their involvement occurs through the democratic municipal debate. This is the objective of The Paris Students' Council, a body composed of elected students and Parisian student organisations and associations. Every year, it is consulted on specific municipal policies. Since the beginning of the year, the Students' Council has been working on three major issues: gender equality, discrimination and community living, and the environment and climate. 26-year-old Hugo Garros runs the group on sustainable infrastructure: *"The aim is to put together solid proposals like greening campuses or installing Scootlib."* In the autumn, all the proposals will be submitted to the Mayor and some may be voted on by the Paris Council. ■

→ 50, rue des Tournelles (3<sup>rd</sup> arrondissement), mie@paris.fr, Mie.paris.fr, tél. 01 49 96 65 30, www.etudiantdeparis.fr

## ZOOM

### PARTICIPATE IN CIVIC SERVICE!

What do the coming months have in store? For the national civic service scheme, the City of Paris is recruiting 18-25 year-olds of all profiles, including those without qualifications and those with Master's degrees, for 6-12 month missions lasting 24 hours per week. The types of missions are varied: visiting the aged, citizen participation, environment and education. The volunteers receive compensation of 465.83 euros per month, which can be more if certain social criteria are met.

→ Paris.fr/servicecivique

→ **INTERNET** : Log-etudiant.com is a multipurpose online platform, entirely dedicated to the search for student housing. Housemates, private ads, and a room exchange service can all be found here. [www.log-etudiant.com](http://www.log-etudiant.com)

## Disabilities

### ADAPTED HOUSING

A new student residence has opened its doors at 93 Boulevard du Montparnasse (6<sup>th</sup> arrondissement). All 36 housing units are accessible to disabled people with reduced mobility. Eight adapted studios have been specially designed for individuals with severe physical disabilities. ■  
→ [Paris.fr/handicap](http://Paris.fr/handicap)

## Settling in

### WHAT IS THE AILE?



The *Aide à l'installation dans un logement pour les étudiants (AILE)*, was established by the City of Paris to offer a helping hand to those who do not qualify for social housing and have to search in the private sector. This financial assistance consists of a lump sum of 900 euros and is allocated to grant-holders based on the Parisian Crous' eligibility criteria. ■  
→ Tél. 39 75, Paris.fr

## Assistance

### REDUCE THE AMOUNT OF YOUR RENT

Are you renting, sharing or subletting a residence? Find out about the financial assistance that may be available to reduce the amount of your rent. For students who do not have a guarantor, the *Caution locative étudiante (CLE)* can provide a deposit, subject to certain conditions. ■  
→ [www.caf.fr](http://www.caf.fr), [www.lokaviz.fr](http://www.lokaviz.fr)

## Accommodation

# Solutions at every level

Every year, the City of Paris creates 1,000 new housing units for students.

### THE CROUS STUDENT RESIDENCES

Nearly 6,000 rooms (furnished one bed, two bed, or studio apartments) are available within 66 student residences across central Paris. Regarding eligibility, low-income students receive priority; applicants are means-tested and must be in-between their first year of study for a bachelor's degree and their second year of study for a master's degree (or equivalent).  
→ [www.crous-paris.fr](http://www.crous-paris.fr)

### THE CITÉ INTERNATIONALE UNIVERSITAIRE

Housed in over 40 pavilions, nearly 6,000 students of some 140 nationalities are living here. All occupants are either students at master's degree level or above, or high-level researchers, artists and athletes. All residents must be enrolled at a higher education institution within the Île-de-France region, or be undertaking an internship in Paris as part of their course. Admission committees are held every month according to accommodation availability.  
→ [www.ciup.fr](http://www.ciup.fr), under the heading "Register".

© Emille Chaix/Mairie de Paris



Some 6,000 units are available in 66 student residences across Paris.

### SOLIDARITY HOUSE SHARES

Set up by the Student Foundation for the City, the *Kolocation Solidarity Projects*, or KAPS for short, gives students access to low-cost housing in exchange for their participation in solidarity projects in the fields of culture, health or education in their local neighbourhoods. Another scheme, *CoopColoc* is aimed at low-income students in Île-de-France, offering fully furnished shared flats in the heart of Paris from 550 to 600 euros per month. No agency fees apply.  
→ [www.kolocsolidaire.org](http://www.kolocsolidaire.org), [www.coopcoloc.fr](http://www.coopcoloc.fr)

### ACCOMMODATION FOR YOUNG WORKERS

This type of accommodation offers temporary furnished residences, from individual rooms and shared apartments to private studios. They are available to young people between 16 and 25 (sometimes 30), including salaried workers, apprentices, job-seekers and students for whom approximately 20% of places are reserved. ■  
→ [www.fjt-idf.fr](http://www.fjt-idf.fr)

→ **ASSISTANCE** : The *Fonds national d'aide d'urgence (FNAU)* provides emergency financial assistance to students experiencing difficulties. Applications are made through the Crous. More information 01 40 51 37 73 and on [www.crous-paris.fr](http://www.crous-paris.fr).



© Yuji Sogawa

The dancefloor coming alive at the Hôtel de Ville on the *Nuit des étudiants du monde*.

## Event

# Students of the world, the night is yours!

On October 29<sup>th</sup>, Paris will host international students in the Hôtel de Ville's reception rooms.

It's a night for meeting students of different nationalities. Since 2012, the City of Paris in partnership with the *Cité internationale universitaire de Paris (CIUP)* and the Crous, organises the *Nuit des étudiants du monde*. An opportunity for the capital to highlight its determination to make international students feel at home and allow them to mingle and settle in. So get ready to party: the

City Hall will be opening its reception rooms and laying on the fun with a word of welcome, a buffet and DJ-sets to get the dancefloor shaking. And the many association stands will offer students a place to meet and chat. ■  
→ **Registration required. Free admission, subject to availability. 5, rue de Lobau (4<sup>th</sup> arrondissement).** [www.etudiantdeparis.fr](http://www.etudiantdeparis.fr)

## Leisure time

# Activities for all at the Cité internationale

You don't need to be a resident of the *Cité internationale universitaire de Paris* (14<sup>th</sup> arrondissement) to benefit from its sporting and cultural events. Every year, no fewer than 1,000 events are organised on the campus, and these are open to all Parisian students. Plays, exhibitions, conferences, film nights, zumba classes, concerts... Each residence offers its own programme of activities, in order to

showcase the countries they represent. The university restaurant, the library, the art deco swimming pool and the sports complex (football, rugby) are also open for public use. And don't forget about the range of thematic guided tours offered by the Oblique heritage centre, including architectural tours. ■  
→ **Full events schedule on [www.ciup.fr/citescop](http://www.ciup.fr/citescop)**

© Daniel Thierry/OT de Paris



No need to break the bank to participate in a sport, watch a play or visit an exhibition! Head to the Tourist Office's website for tips on the latest deals, discounts and freebies. Paris is out there just waiting to be discovered! ■  
→ [en.parisinfo.com](http://en.parisinfo.com)

## Shows

### OPERA TICKETS

Are you under 28 years of age? The *Opéra national de Paris* offers 25,000 tickets at a special rate of 10 euros per seat for 13 performances in the 2015/2016 season before their official premieres. Reservations open from August 27<sup>th</sup>. ■  
→ [www.operadeparis.fr](http://www.operadeparis.fr)

## Assistance

### ASSOCIATIVE SUPPORT

Just arrived in Paris? Need help with the first steps? Several associations for foreign students such as the *Union des étudiants vietnamiens de France* and the *Association des étudiants africains de la Sorbonne*, are here to help. ■  
→ [www.etudiantdeparis.fr](http://www.etudiantdeparis.fr)

## Leisure time

### FIND THE BEST DEALS

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