



BETTER HOUSING AND LIVING IN PARIS FOR STUDENTS



TABLE OF CONTENTS

HOUSING

ACCES TO STUDENT HOUSING	4
RENTING IN THE PRIVATE HOUSING MARKET	6
PARISIAN HOME INSURANCE	6
MAKING THE MOST OF YOUR LIVING SPACE	7
NEED LEGAL ADVICE ON HOUSING ?	7

BENEFIT FROM HOUSING ASSISTANCE

ASSISTANCE WITH MOVING IN	8
ASSISTANCE FOR COVERING DAILY EXPENSES	9
ASSISTANCE FOR UNPAID RENT	9

SETTLING IN AND MANAGING YOUR BUDGET

SECOND-HAND SHOPS	10
CROUS RESTAURANTS	10
FOOD ASSISTANCE	10
TRANSPORTS, DISCOUNTED FARES	11
STUDY SPACES FOR STUDENTS	11
EXPLORE, STAY ACTIVE AND ENJOY CULTURE	11

HEALTHCARE

HEALTH CENTERS	12
COMPLEMENTARY HEALTHCARE	13

ASK FOR INFORMATION

PLACES DESIGNED FOR YOU	14
LEGAL ADVICE CLINICS FOR INFORMATION ON YOUR RIGHTS	15

ACCES TO STUDENT HOUSING

ROOMS AND STUDIOS

▣ CROUS

The CROUS mainly offers accommodation (from studios to traditional rooms) to students, regardless of their annual budget, for the duration of their stay.

More information can be found at www.crous-paris.fr/se-loger

And on Paris.fr



▣ FJT and social residences for young workers

Les Foyers de Jeunes Travailleurs (FJT) and other social housing facilities provide temporary accommodation for young people during key stages of their professional development, including training, internships, apprenticeships, first employment, and job seeking. Accommodation can be rented for periods ranging from a few weeks to a maximum of two years.

Housing options range from individual rooms to shared apartments and studios, all of which are furnished.

To apply for housing, scan the QR code to identify the residence or foyer you are interested in, then contact a managing association (such as *Hénéo*, *Association pour Les Jeunes Travailleurs* or *Centre du Logement des Jeunes Travailleurs*) to submit your application.

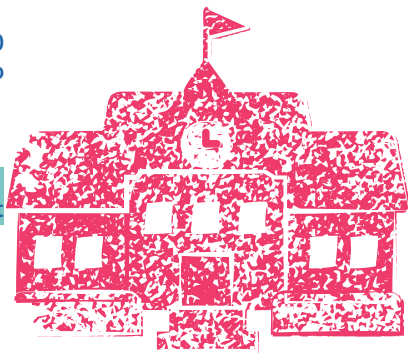


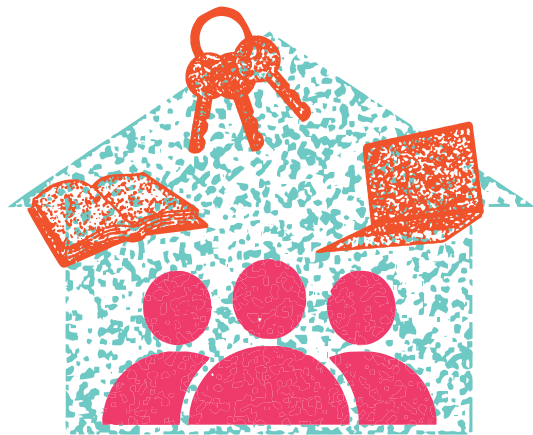
▣ Cité Internationale Universitaire

La Cité Internationale Universitaire of Paris is a unique campus that hosts 12,000 students, researchers, and artists from 150 nationalities every year.

Also known as "Cité U", this campus offers 6,800 accommodations, ranging from single rooms to 3- to 5- bedroom apartments.

More information can be found on the Campus website : www.ciup.fr/demander-hebergement





INCLUSIVE HOUSING AND SHARED ACCOMODATION

▣ Intergenerational living programmes

Are you a student, young worker or intern still looking for affordable housing in Paris? Would you like to build meaningful connections by sharing a home with an older person while continuing your studies or work ?

Many charities can help put you in touch with older people looking to share their home.

More information can be found at www.paris.fr/pages/la-cohabitation-intergenerationnelle-7493

▣ Inclusive shared housing programmes with AFEV and ACLEF CoopColoc

Affordable rooms in solidarity housing in exchange for community volunteering : yes, it's possible !

L' Association de la Fondation Étudiante pour la Ville (AFEV) offers an alternative housing model for over a hundred students, allowing them to engage in social projects in the city's priority neighborhoods.

CoopColoc provides furnished shared accommodation and organizes meetings between tenants throughout the year to foster community spirit and solidarity among students.

More information can be found at www.afev.org/actions/colocation-solidaire and www.coopcoloc.fr



RENTING IN THE PRIVATE HOUSING MARKET

■ Rent control

You are planning to rent or are currently renting from a private landlord.

For all leases signed after July 1st, 2019, the rent (including for shared accommodations) cannot exceed a cap set each year. You can check if the rent complies with this limit by visiting paris.fr/encadrementloyers.

If you notice that the rent exceeds this cap, you can file a report with the City of Paris, which will contact your landlord to request a rent adjustment and the reimbursement of any overcharges.

Note : If your lease includes a rent supplement (an additional amount charged by the landlord beyond the base rent), and you have concerns about its validity, you can consult Paris.fr.

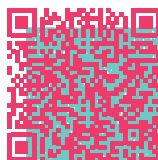
Please note that you have up to three months from the date you signed the lease to challenge its terms.



PARISIAN HOME INSURANCE

When renting a property, comprehensive home insurance is mandatory. This additional expense should be taken into account when planning your budget..

To help keep housing costs affordable, the City of Paris has partnered with VYV Conseil (vyv-conseil.fr/paris) to offer home insurance at competitive rates, with comprehensive coverage for Parisian tenants with low to middle incomes.



MAKING THE MOST OF YOUR LIVING SPACE

▣ Tenants' and landlords' rights and obligations

Are you renting in the social or private housing market and want to know your rights and responsibilities regarding the occupancy and maintenance of your home, or how to address an issue ?

Find the necessary advice and information
to contact your landlord



NEED LEGAL ADVICE ON HOUSING ?

The legal experts at l'Agence Départementale d'Information sur le Logement (ADIL 75) offer consultations on all housing and legal issues.

The advice is free, neutral, and personalized.

To schedule an appointment at one of the district town halls :
www.adil75.org/ladil-de-paris/nos-permanences

You also can find all information at www.adil75.org



ASSISTANCE WITH MOVING IN

▣ Mobili-Jeune, Visale guarantee

Action Logement offers several housing grants and guarantees that you can benefit from when moving in, including :

- ▮ **MOBILI-JEUNE®** AID covers part of your rent during the duration of your training or apprenticeship, up to a maximum of two years,
- ▮ **Visale** provides a reliable and serious guarantor to strengthen your application and cover unpaid rent and property damage.

More information can be found at mobilijeune.actionlogement.fr and www.visale.fr

▣ Moving-in assistance for students

Are you a student moving into the private rental market in Paris ?

You can receive between €500 and €1,000 to cover moving-in expenses such as purchasing appliances, furniture, and computer equipment...

This assistance is available only once throughout your academic career.

Check if you are eligible and take advantage of the moving-in assistance



▣ Moving-in assistance for renters

Are you living in Paris and experiencing temporary difficulties with your housing expenses ?

Les Fonds de Solidarité pour le Logement de Paris (FSL) is a housing support fund that provides financial assistance to eligible residents. It can help cover moving-in costs, rent arrears, utility bills, and energy expenses such as electricity and gas.



When moving into a new home, you can apply for financial assistance to help cover your security deposit, rental guarantee, and home insurance.

ASSISTANCE FOR COVERING DAILY EXPENSES

CAF Housing Assistance

As a student, whether you are single or living with a partner, you may be eligible for housing assistance from the Caisse d'Allocations Familiales (CAF), the French family benefits agency. Available benefits include :

- ▶ Personalized Housing Allowance (APL),
- ▶ Social Housing Allowance (ALS) which can help cover part of your rent.

Estimate your housing allowance eligibility on **CAF - Etudiants, tout savoir sur vos droits et services**



Assistance from the City of Paris

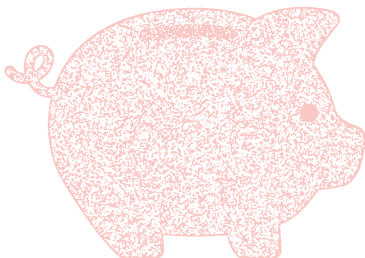
Depending on your situation, you may be eligible for assistance to help reduce your housing expenses, such as *Paris Logement*, *Paris Logement Familles*, and *Paris Énergie Familles*.

More information can be found at www.paris.fr/aides-au-logement

ASSISTANCE FOR UNPAID RENT

You may encounter difficulties that prevent you from paying your rent and utilities. The *Fonds de Solidarité pour le Logement de Paris* (FSL) can assist you through programs offering rent guarantees, coverage of unpaid rent and utility bills, and help with energy expenses.

To learn about and **apply for these benefits**



SECOND-HAND SHOPS

Second-Hand Shops are places where furniture, clothing, books, and small equipment are collected, refurbished, and resold at lower costs as part of a social and solidarity economy.

Thanks to reuse centers, make second-hand your first choice ! These organizations allow you to recover, upcycle, and then resell goods at bargain prices. This way, you reduce your expenses while contributing to a new social, solidarity-based, and circular economy.

There are **8 reuse centers** in Paris, discover them



CROUS RESTAURANTS

CROUS restaurants offer affordable meals, near your home or place of study.

CROUS Paris university dining halls are open to all students and offer €1 meals, regardless of scholarship status.

www.crous-paris.fr/se-restaurer/nos-sites-de-restauration

FOOD ASSISTANCE

► Access to healthy and balanced meals should be the norm. That's why, The City of Paris and numerous charities have organized food distribution actions, meal services, and social and solidarity grocery stores in several districts and facilities of the city:

QJ (Paris Centre - 1st), ESS Pace (13th), SmartFood Paris&Co (20th), and the Academy of Climate (Paris Centre - 4th).

www.paris.fr/pages/distribution-de-repas-123

► La Maison Étudiante (Paris Centre - 3rd) also coordinates an extensive network of organizations providing food assistance to students across the entire Paris area.

maison-etudiante.paris/aides/aides-alimentaires/

► Every Thursday afternoon, the Louvre Centre of *Les Restos du Cœur* runs a food distribution programme at Quartier Jeunes (QJ) for young people under 25 experiencing financial difficulties.

For more information, visit qj.paris.fr

TRANSPORTS, DISCOUNTED FARES

The *Vélib'* bike-sharing service offers discounted subscription rates for scholarship students and young people under 27 who can provide proof of eligibility.

All useful information on
maison-etudiante.paris/offres-bons-plans/sport



STUDY SPACES FOR STUDENTS

▣ Work spaces

Are you looking for study spaces where you can work in peace?
Need help finding a job, apprenticeship, internship, or training opportunity?

Find all the available programs at
www.paris.fr/etudier-se-former-travailler

▣ Main libraries in Paris

- ▮ University libraries of the Paris, Créteil, Versailles Academies
www.sorbonne-universite.fr/bu/decouvrir-nos-bibliotheques
- ▮ The National Library of France – François Mitterrand
www.bnf.fr
- ▮ Paris City's Libraries
bibliotheques.paris.fr

EXPLORE, STAY ACTIVE AND ENJOY CULTURE

Paris offers numerous opportunities to get involved, explore culture and art, and engage in sports.

Check out the best deals at www.paris.fr/tout-pour-les-jeunes

Benefit from free or discounted offers by obtaining the **City of Paris Youth Pass**.

Other good deals can be found at www.etudiant.gouv.fr/fr/se-cultiver-sans-se-ruiner-1348



Students can also benefit from a wide range of cultural and sporting activities, many of which are free or available at discounted rates. To take advantage of these offers, you can apply for the following passes :

- ▮ Culture Pass : pass.culture.fr
- ▮ Sport Pass : www.pass.sports.gouv.fr



HEALTH CENTERS

The City of Paris has municipal health facilities open to everyone.

For a general medical consultation, you can book an appointment online with healthcare professionals at one of the City of Paris's seven health centres, including general practitioners, dentists and ophthalmologists.

Where to find them ?

The 7 health centers are located in 5 districts:

- 3rd : *Maire-Volta* - 4 rue au Maire
- 5th : *Centre de Santé Épée de Bois* - 3 rue de l'Épée de Bois
- 13th : *Centre de santé Edison* - 44 rue Charles-Moureu
Centre dentaire George Eastman (child specialist)
- 11 rue George Eastman
- 14th : *Centre de santé Tisserand* - 92 rue de Gergovie
- 18th : *Centre de santé Marcadet* - 22 rue Marcadet
Centre dentaire de la Porte de Montmartre - 9 rue Maurice

Find all information about [the health centers](#)



How to make an appointment?

On [doctolib.fr](https://www.doctolib.fr)

Additionally, to better support young adults aged 18 to 30 in precarious situations (students, apprentices, job seekers, unemployed...), municipal health centers offer a comprehensive health check-up provided by a general practitioner.

To make an appointment : consultationbilanjeune@paris.fr

And more information on [Paris.fr](https://www.paris.fr)



Paris health centres are committed to meeting students' needs by providing free, confidential services with no conditions attached, including access to contraception, testing and treatment when needed, and broader sexual health advice.



COMPLEMENTARY HEALTHCARE

At Quartier Jeunes, within Quartier Santé, additional specialized services are available :

- drop-in sessions with psychologists are available,
- listening sessions focused on emotional well-being and sexual health,
- a dedicated drop-in service offering harm reduction advice and support on alcohol and drug use, as well as on-site testing for sexually transmitted infections (STIs).

For more information, visit the Quartier Santé services : qj.paris.fr

La Maison étudiante offers free psychological support sessions for students, in partnership with the Association for Prevention, Support, and Guidance (APASO) and the CROUS of Paris. It also provides yoga and dance therapy workshops.

For more information on the health and well-being programs at la Maison étudiante : maison-etudiante.paris/aides/sante-bien-etre



And find more health benefits on Paris.fr



PLACES DESIGNED FOR YOU

▣ La Maison étudiante



La Maison étudiante supports you through every step of your projects, whether they are charitable or entrepreneurial, as well as in all aspects of your student life (housing, health, studies, financial support, culture, sports).

Come meet us at our two locations:

- at 50, rue des Tournelles dans le 3^e arrondissement
- at 76 bis, rue de Rennes dans le 6^e arrondissement

More information can be found at maison-etudiante.paris

▣ Quartier Jeunes (QJ)

Are you between 16 and 30 years old ? Do you have questions or needs on any topic ?

Quartier Jeunes, the central hub for young people in Paris, offers a warm and welcoming space where you can find practical support for every aspect of daily life, from employment and career guidance to civic engagement, health, social support and more..

QJ also features a social space, *Café QJ*, where you can enjoy a meal or a drink from Tuesday to Saturday, 10 AM to 1 AM.

Where to find us ?

4, Place du Louvre, Paris 1st - Monday to Saturday from 9:30 AM to 6 PM (open until 9 PM on Wednesdays, Thursdays, and Fridays).

For more information, visit qj.paris.fr and on Instagram : [@qjparis](https://www.instagram.com/qjparis)

▣ Comité Local pour le Logement Autonome des Jeunes



The *Comité Local pour le Logement Autonome des Jeunes* (CLLAJ) is a local youth housing support association that supports and guides young people in Paris with their housing projects, including finding, accessing, and maintaining their homes.

This organization assists individuals under 30 in securing temporary housing.

The CLLAJ holds public office hours at *Quartier Jeunes* (QJ).

More information can be found at www.cllajparis.org

▣ Centre d'Information et Documentation Jeunesse (CIDJ)

The *Centre d'Information et de Documentation Jeunesse* (CIDJ) is a youth information and guidance center that provides free guidance and advice to young people on a wide range of topics, including career orientation, studies, employment, apprenticeships, jobs, internships, access to rights, health, international mobility, entrepreneurship, and citizenship.

Whether you are a middle or high school student, a university student, or a young person seeking employment, CIDJ is available to answer your questions. You can visit them from Tuesday to Saturday, 1 PM to 5 PM at *Quartier Jeunes* (QJ).

More information can be found at www.cidj.com

▣ Youth housing forum

Finding accommodation in Paris is not always easy when you are young.

To support you in your search, the *Comité Local du Logement Autonome des Jeunes de Paris* (CLLAJ), based at *Quartier Jeunes* (QJ), hosts an annual Youth Housing Forum in June or September. The forum provides advice on finding accommodation, understanding your rights, and accessing the support best suited to your situation.

Find all the details about the event at www.cllajparis.org/forum-logement

▣ Other ressource location

Numerous other locations exist in the capital.

Find them at www.paris.fr/les-lieux-pour-les-jeunes

LEGAL ADVICE CLINICS FOR INFORMATION ON YOUR RIGHTS

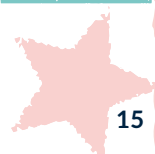
Paris offers free, anonymous and confidential legal advice sessions.

These can be found at *Points d'Accès au Droit* (PAD), *Maisons de la Justice et du Droit* (MJD), *Relais d'Accès au Droit* (RAD), as well as at *la Maison Étudiante*. The PAD Jeunes, located at *Quartier Jeunes* (QJ), offers drop-in support from Tuesday to Friday, 2:00 PM to 5:30 PM, with no appointment needed.

Where can you find these legal advice sessions? How do they work ?

Find all the answers to these questions

Find more information about the legal advice sessions available at *la Maison Étudiante*



YOU CAN DOWNLOAD THIS GUIDE

at www.paris.fr/pages/les-logements-etudiants-2440



Last updated : July 2026



INFO PARIS

3975* or paris.fr

*Cost of a local call from a landline