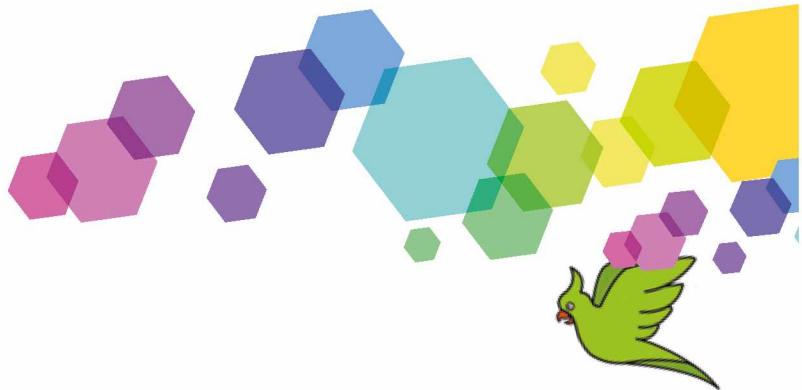




Science
Accueil
Move easier!



Welcome to France!

2017-2018



access paris île-de-france

euraxess
RESEARCHERS IN MOTION

Science Accueil is a member
of national and international networks

île de France

PARIS
SACLAY
Communauté d'agglomération

Science Accueil is supported
by these territorial collectivities



EDITO



Welcome to France, Welcome to Science Accueil

Welcome! We are happy to facilitate you setting up in France.

Scientists, landlords, you're invited to participate in our events and meetings.

SUMMARY

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- 4** Let's eat
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AN INTRODUCTION TO SCIENCE ACCUEIL

For 20 years, Science Accueil has facilitated scientists arriving in France, helping them set up and start a new life here. These scientists work as researchers in some of the 50 universities, high schools, enterprises and start-up companies associated with Science Accueil.

From master's students, to expert researchers, Science Accueil helps everyone prepare, organize and settle into France, as well as offering opportunities to discover French culture and the environment.

Our time is for you

For guidance and problem-solving, **one key: fill out the application** form on our website www.science-accueil.org – Phone: +33 (0)1 69 33 16 85.

Administrative procedures

Any problems concerning your visa? Renewing your papers? Opening a bank account? Enrolling your children at a French school?

Sandra RICHARD is available to assist you throughout your administrative process.

For all information: procedure@science-accueil.org

Do you live in **Evry**? Contact Clémentine COUSTON : evry@science-accueil.org

Housing

You wish to find housing? Do you want to change your current accommodation situation and move?

Contact Nathalie GUERRIB and Angélique ROUSSEAU: housing@science-accueil.org

Development, animation and communication

Eager to discover France? We offer French courses and cultural visits. Want to be invited for a meal with a French family or participate in visits and events?...

Please contact Sophie LANGROGNET: Alister@science-accueil.org (visits and events), or fle@science-accueil.org (french courses)

Orsay's office phone: +33 (0)1 69 33 16 85 – Evry's office phone: +(0)1 69 47 70 83



Some information about "Alister" our mascot : it comes from exotic countries and is now accustomed to the Southern Parisian region. It is a symbol of exchange and also protection and guidance, as this bird takes you under its wings.

Rest assured, our priority is helping you in any way we can.



SETTLE IN FRANCE

FINDING ACCOMMODATION

Offering 4500 furnished accommodations, Science Accueil helps you find housing: a room by a private owner, a residential hotel or independent accommodation of any size. Owners, confident in the tenants recommended by Science Accueil, rarely ask for a guarantor.



OPENING A BANK ACCOUNT

Science Accueil negotiated partnerships with two banks: Société Générale, to make opening a bank account easier for foreign researchers, and LCL bank for loans and financial support for owners.

A peculiarity in France: banks usually demand proof of a home address in France in order to open a bank account. Don't have a home address yet? Science Accueil can guide you through this administrative knot with this local partnership.

GETTING INSURANCE

Personal and accommodation insurance are obligatory in France. With Science Accueil, researchers, under certain conditions, can benefit from a special offer from our partner AXA.



SENDING YOUR CHILDREN TO SCHOOL

State schools are free of charge. You may find private schools or schools that offer alternative teaching with fees.

Children are welcome in primary schools from 3 years old and onward.

Education is required from age 6 to 16.

Most children are enrolled at school.

➤ **Before 10:** Enrolment takes place at the town hall, where the child will be assigned to a state school close to home. For private schooling, enrolment is done directly at the school.

➤ **From 11 years old:** Registration is done with the vice-chancellorship ("rectorat"). Beware: formalities may take several weeks (children first need to have an interview and tests).



MAKING CHILDCARE ARRANGEMENTS

To be admitted to a day-care center, the child usually has to be between 2 months old and 3 years old and up to date with all required vaccinations.

As these centers do fill up quickly, we recommend that you pre-register as early as possible (usually during pregnancy). Other solutions for day care for young children exist, like hiring an "assistante maternelle" (approved independent child caregivers)

For more information :

www.mon-enfant.fr

SPECIAL OFFERS NEGOTIATED BY SCIENCE ACCUEIL FOR YOU



Concierge service

Cleaning :

Cleaning your home at the end of your stay
Regular cleaning, window cleaning, garden maintenance

Mail retrieval in case of absence

Ironing and dry cleaning

Information on our web site, Housing section

Opening a French Bank Account



Science Accueil negotiated a special agreement with local bank branches in Orsay, Gif-sur-Yvette, Palaiseau and in Evry, with interesting advantages:

Free management of your accounts by Internet

50 % off your bankcard,

40 € offered for the opening of a first account,

20 € offered for the opening of a savings account with programmed savings.

Information: procedures@science-accueil.org

LET'S EAT !

THE MEALS (3 MEALS A DAY)



Breakfast

(between 6 am and 8 am on weekdays,
later on weekends)

Breakfast is eaten rather quickly. In France, usually, it consists of a hot drink (coffee, tea, hot chocolate) and French bread (baguette) or pastries (croissants, brioches), with butter, jam or honey. Breakfast cereals are also popular.

Lunch break

(between 12 am and 2 pm)



It's approximately one hour long and consists of raw vegetables, a hot dish or mixed salad and sometimes a light dessert.



Dinner

(between 7:30 pm and 9 pm)

It consists of a hot dish, sometimes of cheese and a dessert (dairy dessert or fruits, sometimes cakes), and possibly a starter (soup or raw vegetables).

Note: the television news takes place at the same time as dinner at 8 pm.



Going to a restaurant

Outside of meal time services (12 am to 2:30 pm and 8 pm to 10:30 pm), you can grab a snack at most of the coffee shops and the breweries.

If you see "Service continu", it means that it's possible to have lunch or dinner at anytime.

Most of bars and coffee shops open about 6:30 am and close generally at about 10 pm. Some establishments benefit from a dispensation and propose a later service (until 2 am usually), or sometimes open all night.

**Selling and serving alcohol
to minors under 18
is prohibited.**

NEW PROGRAM AT SCIENCE ACCUEIL

MEET GREET AND EAT



« Meet, greet and eat »

is a Science Accueil program.

Its objective:

Discover French food
and the French family.



**The concept
is simple:**

Several times a month, you can discover on our web site,
residents' invitations to share a meal with you.

For a small fee, you will have the pleasure
of enjoying a beautiful meal and friendly
exchanges.

Information and registration on our
website in the "Programmes" section.



GROCERY SHOPPING

Food shopping



In France, you will find small shops offering fresh food: bakers, butchers, cheese makers, fishmongers. In a bakery, homemade products are often well identified. In France, the traditional baguette is bought at the bakery for in between 0.85 cents and 1€15.. For most French people, buying their daily bread and pastries (croissants, macarons...) on weekends is a true ritual.

These artisans are often open from Tuesday to Sunday

Markets

Fresh produce markets take place in every city once or twice a week, open from 8 am to 1 pm.



Local stores

For conveniences or groceries you will find small supermarkets in the city center such as: Atac, Franprix, Monoprix, Simply Market, Carrefour market...

Other shops

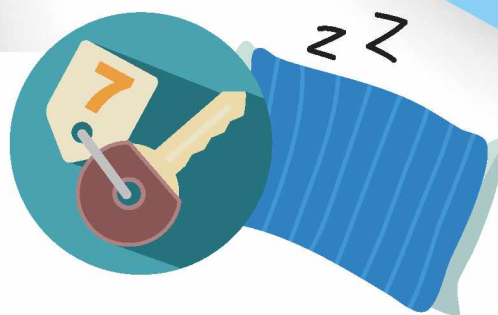
Supermarkets, often located on the outskirts of cities, such as Carrefour and Auchan in the Paris region, are called "Grandes surfaces". They are usually closed on Sunday, but more and more are open 7 days a week and close late on weekdays (9pm to 10pm).

SCIENCE ACCUEIL KITS



Science Accueil has selected kits from the concierge service OG2M, which are offered to you on preferential terms. You can order them on our website before your arrival in France. We recommend the high quality products (sheets, environmentally friendly local food products) and the OG2M's ecological commitment.

» INSTALLATION KIT



Comfortable Kit

1 duvet, pillow(s) for 1 or 2 people,

Night Kit*

1 fitted sheet, 1 duvet cover, pillowcases for 1 or 2 people,

Night Kit**

1 fitted sheet, 1 duvet cover, pillowcases, mattress-protector for 1 or 2 people,

Night Kit***

1 fitted sheet, 1 duvet cover, pillowcases, mattress-protector for 1 or 2 people, ready-to-use. (prewashed and the bed will be made prior to your arrival)

» MEAL KIT

Breakfast Kit

Vitality Kit : 1 box of cereal, a bottle of milk, coffee, tea, sugar, agave syrup supplement.

Gourmet Kit : Jam, bread, tea, coffee, sugar, agave syrup supplement.

Regional products

Canned vegetables, soups, honey, syrup, herbal tea, cheeses, beers, soap.

Seasonal products

Seasonal fruits and vegetables.

1 artisanal jam jar.

Information on our web site, Housing section



LEARNING FRENCH

French language is spoken in more than 30 countries all over the world. While learning to converse may come easily, writing in French is more difficult because the pronunciation and spelling doesn't always match.

Take the risk and try! Errors like the gender of a noun or pronunciation will mostly be received with smiles and kindness.

Key words

Hello	Bonjour
Please	S'il vous plaît
Thank you	Merci
Bye	Au revoir
Push	Poussez
Pull	Tirer
Exit	Sortie
See you soon	A bientôt
Cold	Froid
Hot	Chaud
The bill	L'addition
Where is	Où se trouve
Bus stop	Arrêt de bus

Some French expressions

Jeter un œil

Take a look

Poser un lapin

Stand somebody up

Tomber sur quelqu'un

Bump into someone

Faire une nuit blanche

Have a sleepless night

Une pendaison de crémaillère

Housewarming

Avoir un mot sur le bout de la langue

Have something on the tip of your tongue

Avoir des fourmis dans les jambes

Have pins and needles in your legs

Monter sur ses grands chevaux

Get on your high horse

Prendre la mouche

Get ticked off easily

Avoir un coup de barre

Feel tired all of a sudden

Sauter du coq à l'âne

Jump from pillar to post

FRENCH FOREIGN LANGUAGE LESSONS

by Science Accueil



« Vivre le français : Live, Love & Learn »

Learn French in a unique way with Science Accueil. We offer small groups (7 to 8 students to a class), allowing exchanges in a relaxed and friendly atmosphere.

Our program

Beginning level : you have just arrived in France and you do not have any (or very little) knowledge of the French language (Molière and Corneille sessions)

Intermediate level : your French is reasonable and you wish to improve it (Voltaire and Racine sessions).

For families : You expect to learn French in a playful manner with your family, this formula is designed for you – 2 person minimum per family (a child and a parent). (Chateaubriand and Victor Hugo sessions).

Formula “A la carte” (Marco polo) : you or your firm have a specific request (for instance: online classes, preparing a presentation, irregular schedules), ask for this flexible formula.

Course content

What makes Science Accueil's courses even more inventive is that they take place :
Indoors (courses and debates about current topics or French culture), and outdoors (day-to-day situations, original activities, cultural visits).

Lesson locations

Courses take place near the RER B at Orsay or Gif-sur-Yvette, or near the RER D at Evry. Courses can also be organized at sites like the scientific Saclay's plateau or Versailles / St Quentin-en-Yvelines.

Rates

The rate for 40 hours of classes is 296 € (i.e. 7,40 €/h).

Information and registration on
www.science-accueil.org or fle@science-accueil.org

GETTING AROUND



Transport network in Ile-de-France

It includes:

Bus

Tramway

Subway / RER
(Regional express network)

Night bus (Noctilien)

Fileo

(transport on demand at the airport of Roissy Charles de Gaulle)

PAM network

(door to door transportation for handicapped people)

Orlyval, connection by shuttles between the Orly airport and RER B, at Antony Station.

The zoning for transportation in Ile-de-France corresponds to a series of concentric zones. The closest and in Paris corresponds to zone 1; the farthest, zone 5.

The price of the tickets will vary according to these zones

To see the zones and their limits, consult the RER map on www.ratp.fr

All zones are accessible for free with your Navigo card on the weekends and holidays.

PARIS

Evry

Versailles



Schedule

First train : 5h45

Last train : semaine : 0h30

Friday and week-ends: 1h45

Tickets

According to your needs:

Occasional:

Ticket t + in Paris

Ticket RER Paris
and suburbs

Regular / daily:

Pass Navigo

Imagine' R Card
(Students up to age 26)

Selection of Providers

Science Accueil partners



Moving around

Clem'

'Clem' proposes a formula of modern "ecomobility": book an electric motor car parked in town, or even a privately owned car.

www.clem-e.com

OuiHop'

The ride-sharing application is downloadable on smartphones. Check immediately which rides are close by within minutes.

www.ouihop.com

OG2M

The concierge service OG2M offers a transport service.

Reception at the airport and common transport.

www.science-accueil.org

RATP

All transport information can be found on ratp.fr, next stop Paris, My RER A, the Blog of the RER B and to tweet.

www.ratp.fr



TAXIS WITH ENGLISH SPEAKING DRIVERS

Mention Science Accueil followed by the name of the reservation

Gentleman Driver

Paris region

+ 33 (0) 6 06 51 96 84

www.gentlemendriver.fr

Gentlemendriver75@gmail.com



Leslie Lawrence

Paris-Saclay-Gif

+ 33 (0)1 69 07 20 05

+ 33 (0)1 69 07 70 95

leslie.lawrence@orange.fr



Till January 31, 2018, the French State subsidizes the purchase of an electric assistance bike up to 20 % off of its price, up to 200 € maximum.
www.asp-public.fr/bonus-velo

HEALTH AND SAFETY

France has the best
general healthcare



Health coverage

It is mandatory and has two parts : public insurance, and complementary private health insurance (mutuelle).



Mutuelle

The complementary health plan reimburses healthcare costs up to 30% of the "tarif conventionné" (a price set by the government). Some medical fees may cost more than the tarif conventionné, in this case you might have to pay the complement, called *dépassement d'honoraires*.

Assurance maladie

It reimburses part of your medical costs (between 35% and 80%), based on prices set by the government (*tarifs conventionnés*). The *tarif conventionné* is set at 25 euros (as of May, 2017) for a standard visit at a general practitioner's cabinet. Some doctors have *dépassements d'honoraires*.

Doctor

You must choose, for you and your children (16 years old and up), a *médecin traitant* (a "main doctor"), who will coordinate your medical history. Your *médecin traitant* will refer you to a specialist if needed.

Firefighters



18

Fires, gas leaks, accidents, and urgent medical situations.
Report a dangerous situation.

SAMU



15

Medical emergencies, vital distress. SAMU evaluates emergencies and transfers you to a doctor.

European Emergency Number



112

Valid everywhere in Europe, with English-speaking dispatchers.

Maison Médicale de Garde (MMG)

A walk-in general practitioner, in the evenings or during the weekend, for babies, children, and adults.
Call 01.64.46.91.91 before visiting MMG Essonne.

Police or Gendarmerie



17

*According to World Health Organization's analysis, based on 191 countries (2000)



SCIENCE ACCUEIL

informs you



Procedures

Procedures may vary based on your situation. You will need to either register for Sécurité Sociale's general regimen, or for a student sécurité sociale and/or subscribe to a private insurance plan.

Science Accueil is here to inform you on the procedures and the papers needed in order to register to a caisse d'assurance maladie or a mutuelle.

International researchers have access via Science Accueil to special terms for the mutuelle and personal insurance, with private insurance AXA.



Health professionals

GPs, pediatricians, ob-gyns, dentists... Science Accueil can give you contact info for practitioners, hospitals, and clinics close to you and your workplace. Some of them speak English too.

You can check the doctor directory on the site www.ameli.fr.

**Life in France is not easy for you?
Are you feeling uprooted?
Do you miss your country?**

Science Accueil can help

We can refer you to an expert counselor who will support you (subject to availability)

**For an appointment,
www.science-accueil.org
or phone Science Accueil : 01.69.33.16.85.**

ENTERTAINMENT

Going out at night

Cinema :

a ticket costs between 9 to 12 €.

Theater :

reserved seating: between 20 to 50 € or more.
Thursday is the preferred day for theater.

Great Deals :

La Comédie Française offers last minute seats for a cheaper price and for young people (28 max) on Monday evening.

Opera :

Several operas and theaters schedule ballets and dances some evenings in the suburbs of Paris.



Concerts

A seat costs about 50 €.

Paris is the best place for music concerts but you can also attend concerts in smaller cities.

Holidays and Events

Celebrations in France:

- Bastille day: The 14th of July celebrates the storming of the Bastille fortress in Paris accompanied with a fireworks display. (13th or 14th of July).
- Day of Music: June 21st. Everywhere in France, amateur musicians play in the streets.
- "Les journées du patrimoine", 17th of September: we celebrate cultural and historical heritage.
- Historic sites are open to the public for visits.
- October 7th: "La nuit blanche" (white night): events in the streets dedicated to modern art

Museums

They are generally open from 9 am to 7 pm. Some late night visits run until 9 pm. Some museums are free during the first or last Sunday a month, and closed Mondays or Tuesdays.



OUR CULTURAL VISITS

Planning subject to confirmation, english spoken visits .

14/12/17 : Théâtre "How
to become parisian ?"

Theater "How to become
parisian ?"

10/02/18 : Les ponts de Paris
Bridges of Paris

24/03/18 : Le château
de Versailles
Palace of Versailles

19/05/17 : Le quartier
du Marais
The Marais district

24/06/18 : Chevreuse et le
château du Breteuil
Chevreuse and the castle
of Breteuil

9/12/17 : Paris by Night
& les marchés de Noël
Paris by Night &
Christmas markets

20/01/18 : Le musée du
Louvre
Louvre museum

10/03/18 : Dégustation
de Champagne
Tasting of Champagne

07/04/18 - 08/04/18 :
Week-end au Mont St Michel
Weekend at Mont St Michel

16/06/18 : Château
de Chambord
Castle of Chambord

For further information,
please look at our Cultural
Visits Program



THE FRENCH TIMETABLE

2017-2018

September

September 4th: start of the new academic school year
September 16th and 17th: celebration of French historic heritage
September 22nd: First day of autumn

October

October 7th: White Night
October 26th: Return to Standard Time (-1h)

November

November 1st: **la Toussaint**
(All Saints' day)
November 2nd: All Souls' Day
November 11st: **Armistice of the First World War**

December

December 24th: Christmas celebration with a family meal eaten on Christmas Eve
December 25th: **Christmas Day**

January

January 1st: **First day of the year**
January 7th: Epiphanie: Epiphany French people share a pastry traditionally eaten on "Twelfthnight"
January 10th: Winter sales

February

February 2nd: Candlemas Day (with pancakes)

March

March 20th: First day of Spring
March 20th: International Francophone Day
March 25th: Day light savings (+1h)

April

April 1st: April fools
(Place cut-out paper fish on someone's back as a prank on April 1st)
April 1st and 2nd: **Easter Day**
(fête religieuse/jour férié)

May

May 1st: **Labour Day**
May 8th: **Celebration of the end of the 2nd World War**
May 10th: **Ascension Day**
(religious public holiday)
May 20th: **Pentecôte**
White Sunday (Pentecost)
White Monday
Sport: Beginning of the famous Roland Garros tennis tournament in Paris

June

June 21st: First day of summer
June 21st: Music Day
June 27th: Summer sales

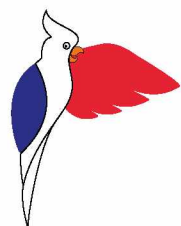
July

July 14th: **Bastille Day**
Sport: Beginning of the famous cycling tour "Tour de France"

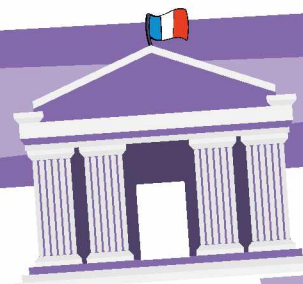
August

August 15th: **Assumption Day**

Notes



BIRTH NOTICE GATE PARIS-SACLAY



Guichet d'Accueil des Talents Etrangers
"Out of many, one"

For administrative procedures, Science Accueil is developing with Paris-Saclay University, Palaiseau's Sous-Préfecture and with social service providers, a special office totally dedicated to you, international students, scientists and collaborators. Opening from the end of August to the end of November, it is situated at Palaiseau's Sous-Préfecture.

In this GATE, Science Accueil will welcome you at its Point d'Information Science Accueil (PISA) where specific experts will look forward to solve all your problems. It will also offer more services dedicated to Science Accueil members.



université
PARIS-SACLAY

GATE
PARIS-SACLAY
GUICHET ACCUEIL
DES TALENTS ETRANGERS

GATE Paris-Saclay, Sous-Préfecture de Palaiseau, 1 av. du Général de Gaulle, 91120 Palaiseau.
For further information, please contact procedures@science-accueil.org

LANDLORDS & LANDLADIES

Don't forget about our contest "Un toit sans tuile"

**UN
TOIT
SANS
TUILE**

POUR LA RÉNOVATION DE L'HABITAT AVEC
Science Accueil

PROLONGATIONS

REGISTER
Send your file
before
December 8th

RESULTS
Prizes
awarded on
February 8th

Science Accueil is holding a contest to reward landlords and landladies who renovate their housing that is to be rented to international scientists.

Expert consultants, financial aid : now is the time to start ! The best project in each category will win a prize.

**You can win:
a trip, a check, a tablet, ...**

Category 1:

Energy transition to sustainable energy

Category 2:

Handicap accessibility

Category 3:

Connected homes

Category 4:

Decorating, repainting, recoating

**Help attract scientific talents from all over the world to our country,
by upgrading your rental accommodation to the international norms.**