



WELCOME TO FRANCE



Image by serhii_bobyk on Freepik



BIENVENUE EN FRANCE !



Welcome to Science Accueil

Our team is dedicated to ensuring that you have the best possible experience and that your stay in France becomes a cherished memory of your life. From administrative procedures and housing search to learning French, cultural exploration, eating with locals and festive events, we strive to make your life easier, ensure that your stay goes smoothly and you enjoy it.

We are doing our best to
help you find your bearings
and decode France!



THE FLAG BLUE, WHITE AND RED

The 3 colours appeared for the first time on the 17th of July of 1789. They mix white (a royal symbol) with the colours of Paris: blue and red.



INTRODUCING SCIENCE ACCUEIL

For over 25 years, Science Accueil has been facilitating the arrival and settlement of scientists coming to study or work in major schools, universities, research centres, companies, and startups in the Île-de-France region. Are you from one of Science Accueil's member institutions? Whether you are a master's student or an experienced researcher, Science Accueil assists you in preparing for your arrival, settling in, and integrating into your new environment.



✓ For our members

Register on our website:
www.science-accueil.org

Administrative
procedures



Housing
research



Psychological help
and reassurance
program



✓ For all

French Classes



Cultural
Visits

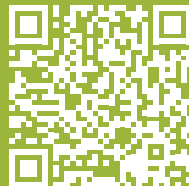


Alister:

It is the name of our mascot, inspired by a small parrot that symbolises exotism and journey. This little bird has a hidden meaning: it represents the personalised welcome we have in store for you, taking you under our wing!

It is also the name we gave to the digital platform through which you can communicate with us and submit your support requests (**registrations on the page Prepare Your Stay**).

www.science-accueil.org



SETTLING IN FRANCE



Thanks to Science Accueil, finding accommodation before your arrival is no longer a hassle!

Once your request is registered in your personal account, our team will contact you 6 weeks before your arrival to offer you housing options. Science Accueil offers a selection of furnished accommodations that match your preferences and constraints: homestays, shared rooms, studios, apartments, or houses.

To avoid unpleasant surprises, our accommodations are labelled, allowing you to prioritise your preferences among different criteria such as proximity to transportation and shops, modernity and renovation, and rent.

LABELS

- Transportation
- Equipment
- Shops
- Modernity/renovation
- Rent



INSURING YOUR ACCOMMODATION

Housing insurance is mandatory. If you are a Ph.D student or researcher, you can benefit from a special offer from an insurance partner of the Euraxess network, or compare offers on:

lecomparateurassurance.com

OPENING A BANK ACCOUNT

In France, banks ask for proof of address to open a bank account. If you don't have an address in France yet, Science Accueil can assist you with this process through its partnership with banks, including Société Générale.



FINANCIAL ASSISTANCE

There are several financial aids available to international students, particularly for housing (APL: housing assistance). You can apply for it through the CAF (Caisse d'Allocations Familiales) in your «département». Science Accueil assists you in making your application.

Visit www.caf.fr for more information.

GOOD TENANT MEMO

We offer quality housing, rented by landlords committed to international hosting. The landlords who trust us must also be able to trust you! Mutual respect and maintenance of the accommodation are the foundation of this trusted relationship. A security deposit will be required upon entering the accommodation.

To fully recover it at the end of your stay, remember to regularly maintain your accommodation. Science Accueil provides you with the "Perfect tenant guide" which gives you tips to enjoy your stay peacefully.



ADMINISTRATIVE PROCEDURES

HOW TO GET A VISA

You are arriving in France with a visa. **Please note that this visa is not a residence permit!** It is essential that you apply for a residence permit to regularize your status and to be able to proceed with other administrative procedures, such as registering for social security and applying for

family allowances. The process of obtaining a residence permit may vary depending on your status. Science Accueil is here to assist you!

Please contact us via your secure Science Accueil personal space.

THE GATE (GUICHET D'ACCUEIL DES TALENTS ÉTRANGERS)

The International Welcome Office (Guichet d'Accueil des Talents Étrangers: GATE) allows you to complete all your procedures in one place. It welcomes all international students and scientists from the end of August until the Christmas holidays. The GATE team and the Science Accueil Information Point (PISA) will guide you through all your procedures. Representatives from various public organisations (CPAM, CAF, CROUS, RATP, Pôle Emploi, Campus France...) are present on site to assist with your enquiries.

The GATE is likely to change its location from one year to another.

For more information, visit www.gate.paris-saclay.fr

DID YOU KNOW ?

If you go to a town hall, you will see the Republic's symbol: Marianne. Allegorical figure of France, she represents freedom and democracy and she was depicted on French stamps for a long time. Famous actresses such as Brigitte Bardot, Catherine Deneuve, Sophie Marceau have served as a model when the statues were made.



FILING TAXES

In France, the taxes are deducted directly from your salary. It is important to register for taxation upon your arrival, even if you are a student and not currently employed. If you are an employee, taxes are deducted directly from your payslip, but citizens of certain countries are exempt from taxes. Filling out your tax return in May of the following year will allow you to claim a refund if applicable.

Follow our
workshop
« Filing taxes »



WORK IN FRANCE

Do you need to work to finance your studies? It is possible, with limited working hours depending on your status. Please contact our services for more information.

Several platforms offer student jobs, such as:

jobaviz.fr

jobs-stages.letudiant.fr

jobypepper.com



DRIVING IN FRANCE

The conditions for driving in France with a foreign licence depend on the State of issue. The rules vary depending on whether you have a European licence or not, and if your country has an exchange agreement with France for driving licences. In certain situations, it can be quicker to retake the French driving test.

HEALTH

HEALTHCARE



The mandatory health insurance reimburses a portion of medical expenses (**between 35% and 80%**) based on rates set by the government, known as «conventional rates». For example, a conventioned general practitioner will charge you 30 euros. **(Rate valid in 2025, subject to change).**

Upon your arrival, you must register with the CPAM (Primary Health Insurance Fund) to obtain a social security number and choose a referring doctor, known as a «médecin traitant», who will be responsible for your medical care. It's important to have a referring doctor in order to be properly reimbursed for your healthcare expenses! Science Accueil can guide you to English-speaking practitioners and specialists near you.

SUPPLEMENTARY HEALTH INSURANCE (MUTUELLE)

To supplement the reimbursements provided by the national health insurance, it is strongly recommended to subscribe to supplementary health insurance, also known as «mutuelle», which provides additional coverage on top of the basic coverage provided by the national health insurance («sécu»). If you wish to enhance your healthcare reimbursements, you can join a supplementary health insurance plan of your choice or a specialised student mutuelle.



PHARMACIES

There is a high density of pharmacies in France. You can purchase the medication prescribed by your doctor without paying upfront (most supplementary health insurance plans offer direct payment, known as «tiers-payant», where the insurance pays the pharmacy directly).

You will also find over-the-counter medications available at pharmacies.

GOOD TO KNOW

NOTES

NOTES



Once registered with the CPAM, you will receive a "numéro de sécurité sociale" (social security number) and a «carte Vitale» (health insurance card). You'll need to present this card to doctors and pharmacies. Always carry it with you!

If you are a European student, you can apply for a European Health Insurance Card (EHIC) in your home country. With this card, you won't need to register for healthcare in France. Some non-EU countries have agreements with France, and Science Accueil can provide you with more information on this matter.

On Doctolib.fr, you can book an in-person or video medical consultation, manage your appointments, and find out the languages spoken by the healthcare professional. You can also request the list of healthcare professionals in your municipality from your town hall.

www.doctolib.fr

If your financial resources are insufficient, you can apply for the CSS (complémentaire santé solidaire = solidarity fund), which will cover your healthcare expenses. Science Accueil can assist you in filling your application.

CULTURE SHOCK

In France, pharmacies provide you with full boxes of medication, not the exact number of pills needed for your treatment!

Medication (even painkillers) are not found in supermarkets, but there are many pharmacies available.



CHILDREN

In France, education is compulsory from the ages of 3 to 6: preschool or kindergarten from 3 to 5 years old, primary school from 6 to 10 years old, and middle school from 11 to 15 years old. Education is free and secular in public institutions. There are private schools or alternative educational approaches in certain cities. Access to high school (16 to 18 years old) is not automatic and depends on each child's education path.



HOW TO REGISTER YOUR CHILD



Elementary school:

to enrol, you should contact the town hall of your place of residence, and they will guide you to the school with availability in your area. An interview with the school administration will complete the enrollment process.

Middle school and high school:

It is necessary to contact the regional education authority (rectorat*) of the academic district where you reside.

* Services direction of National education

Is your child not a French speaker?

A pedagogical team will assess their knowledge of French and other languages taught (such as English), their writing skills, and their academic abilities in their native language.

Please note that for secondary education (middle school and high school), this level assessment may take several

weeks! Your child will be assigned to an institution based on the evaluation results.

Begin the process as soon as you arrive in France!

Your child is under 3 years old?

There are solutions available! The town hall of your place of residence will provide information about nurseries, daycare centres, and childminders. To learn more, you can visit the website:

monenfant.fr

There are prestigious international middle and high schools in the region (Saint-Germain, Buc, Palaiseau). Many high schools also have international sections. Bilingual schools are also an option. We can provide information based on your child's age and place of residence.



Science Accueil can guide you through the schooling process for your child.

SOCIAL LIFE

The 1901 law guarantees every citizen the right to be a member of an association. France has 1.3 million active associations!

SPORTS OR HOBBIES



Sports, music, dance, cultural exchanges, volunteering... you will surely find something for you among the associations near your place of study or research. Some clubs are accessible to students, researchers, and employees of a campus, while others, which are organised at a municipal level, are open to everyone. Science Accueil, your town hall, your university... will guide you to find an activity that allows you to flourish, pursue your passion, and build social connections.

LIVING TOGETHER

France does not impose nor prohibit any religion.

You are therefore free to have or not to have a religion, to change it or no longer have one, to practise it or not.

At university, a teacher cannot express their religious beliefs or engage in proselytism. However, a student can display their religious belief without engaging in proselytism. All garments are allowed, unless they prevent you from being identified or hinder learning.

Source:

www.gouvernement.fr

**LIBERTÉ
ÉGALITÉ
FRATERNITÉ**



It is the motto of the French Republic, created by the revolutionary Robespierre in 1790. It has been written on all public buildings (town hall, schools, administrative centre) since 1880.

DID YOU KNOW?

Science Accueil is a non-profit organisation under the French law of 1901. By seeking assistance from Science Accueil, you become a member of the association and are represented in the board of directors by a scientist.

LEARNING FRENCH

Everything in our French courses is designed to promote oral expression

Small group classes

60-hour sessions

Friendly and relaxed atmosphere

Free group activity (theatre, cinema, chatting)

Conversation-based learning

Flexible program tailored to learners' needs

Immersion courses

Homework assignments

The French courses by Science Accueil

The semester package is offered at an attractive rate, primarily in-person at various locations

(Saclay plateau, RER B line between Bures-sur-Yvette and Massy, Evry, Versailles...).

Customised à la carte courses, known as Marco Polo, can be organised upon request by institutions or individuals. Please refer to the «Learn French» section on our website for more information.



GOOD TO KNOW

Follow us on Instagram, where we announce free group activities and share a French idioms and expressions, songs and literary work by French authors.

Join our free conversation workshops to practice your French and expand your vocabulary.

The program is available on our website.

SENTENCES THAT MIGHT SAVE YOUR LIFE IN FRANCE*

Pouvez-vous répéter
plus lentement ?

Qu'est-ce que c'est ?
Qu'est-ce qui se passe ?

Je peux avoir
un verre d'eau ?

J'ai mal à la tête

Où sont les toilettes
s'il vous plaît ?

À demain !

Combien ça coûte ?

Où est la sortie ?

Où se trouve
l'arrêt de bus ?

Je voudrais un café /
un demi s'il vous plaît !

Avez-vous l'heure ?

Avez-vous du feu ?

À tout à l'heure !

*you can find the translations on our Instagram account: [@scienceaccueil_fle](https://www.instagram.com/scienceaccueil_fle)

TRUC

THE WORD THAT WILL SAVE YOUR LIFE

Il se passe un truc ?

Je cherche le truc

Qu'est-ce que c'est que ce truc ?

They speak French

Joseph Gordon Lewitt, Bradley Cooper, Christine Scott-Thomas, Tom Hiddleston, Shakira, Marlon Brando, Jodie Foster, Gwyneth Paltrow, Johnny Depp.

FUN FACTS

According to linguist **Henriette Walter**, French-origin words make up more than two thirds of the English vocabulary.

Some French words have three consecutive «e» (agréee, créée...).

Even though **aminométhylpyrimidinylhydroxyéthylméthylthiazolium**, the scientific name for Vitamin B2, contains 49 letters, the longest French word is considered to be « **anticonstitutionnellement** » (unconstitutionally) with 25 letters!

The word "eau" (water) is made up of 3 vowels, but is pronounced "o"!

DINING



LA TRADITION

Breakfast: typically consumed quickly in the morning, it usually consists of a hot beverage (tea, coffee, hot chocolate) and toast with jam or honey, or cereal with milk, and a piece of fruit or fruit juice.

French meals consist of an appetiser, a main course, and cheese and/or dessert. Lunch, taken between noon and 2 p.m., is called «déjeuner» and the evening meal is called «dîner». The French usually have dinner around 8 p.m. If dinner is later than the show, it's called «souper».

The Crous university restaurants (regional centres for university and school services) offer one-euro meals to scholarship students, after they activate their Izly account.

<https://mon-espace.izly.fr>

GOOD TO KNOW

Science Accueil has been organising the «Meet, greet & eat» program for a few years now. You can enjoy the pleasure of a nice meal and friendly exchanges while discovering French cuisine in the company of a local family. For more information and to register, please visit our website.

GOOD DEALS

On www.thefork.fr, you can book a table at a restaurant and enjoy certain discounts.

To have your meal delivered to your home:

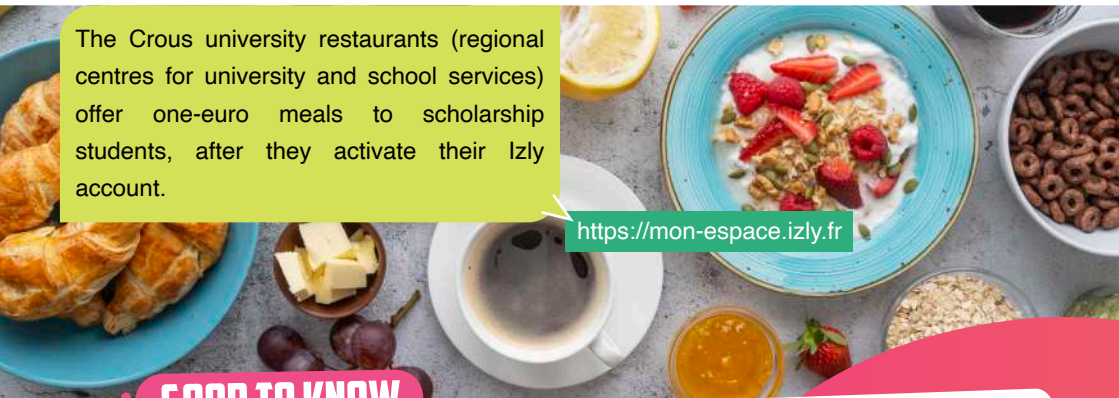
www.deliveroo.fr

or

www.ubereats.com

To find trendy restaurants:

www.lebonbon.fr/paris/food-et-drink/





CULTURE SHOCK

LUNCH BREAK

French people take lunch breaks of one hour, sometimes two!

INVITATIONS

In France, it is common to invite people for dinner at home. The guest usually brings a small gift, such as chocolates, a bottle of wine, or a bouquet of flowers (avoid chrysanthemums, as they are associated with mourning in French culture).

It is considered polite to arrive 15 minutes after the invitation time (not more) to allow the host to be ready. Never arrive early or exactly on time, as it is considered impolite!

For dinner with family or friends, don't be surprised if you start with an apéritif at 7 p.m. and finish with dessert around 11 p.m.! French people love to talk (about everything, including food!) during meals. These are true social moments.

TIPS

In bars and restaurants, the service charge is included in the price, but it is customary to leave a tip for the waiter or waitress (1 to 5 euros).

BREAD AND CHEESE

French people are big cheese lovers:

There are over 200 varieties (depending on the milk, the making process, the aging, and the region), which together account for more than 500 cheeses. French people consume over 30 kg per person per year! Comté, Camembert and Roquefort are among the most popular varieties.

There is also a wide variety of bread, differentiated by their recipe and shape: baguette, boule, épi, fougasse...

For the French, «le pain» (bread) encompasses all types of bread, including the famous baguette. So when a French person goes to buy bread, they come back with a baguette! Even more surprising: in restaurants, they always bring you a baguette to accompany your meal, and it's free!

Bread and cheese are two essential elements of the French meal. As they say, «triste comme un repas sans fromage» (as sad as a meal without cheese) and «long comme un jour sans pain» (as long as a day without bread).



SHOPPING FOR GROCERIES

If you want to reduce your environmental impact and consume locally:

www.mangerlocal-paris-saclay.fr

Supermarkets and hypermarkets are located in commercial areas on the outskirts, but you can also shop at local grocery stores, convenience stores, or open-air markets in your neighbourhood (check with the town hall for locations). Some well-known retailers include:

Carrefour, Intermarché, Auchan, Franprix, SuperU, Casino, Leclerc, Monoprix...

You will also find organic stores, called «bio» in France, such as BioCbon, Naturalia, Cbio...

Picard is a large chain of quality frozen food stores that can come in handy when you don't have time to cook.

For Asian products: L'échoppe des Currys in Saclay or O'marchéexotique in Massy.

For Japanese products:

www.kioko.fr

In Paris, you can find numerous supermarkets, convenience stores, and Asian grocery stores in the 13th arrondissement's Chinatown, Belleville, or the 2nd arrondissement's Japanese district.

In Passage Brady, in the 10th arrondissement, you will find everything you need for authentic Indian cuisine.

AVERAGE PRICES*

Baguette: 1€

Baguette tradition: 1,20 €

Croissant: 1,10 €

1kg of pasta: 1,50 €

1 litre of milk: 1,20 €

Coffee in a bar or restaurant: 2 €

6 eggs: 2,40 €

A meal in a fast-food restaurant: 8-12 €

A meal in a restaurant: 12-25 €

A sandwich menu: 5-10€

* Observed in 2023



CULTURE SHOCK

In France, most stores are closed on Sundays, except for garden centres and DIY stores. Markets and food shops are usually open on Sunday mornings until around 1 p.m.

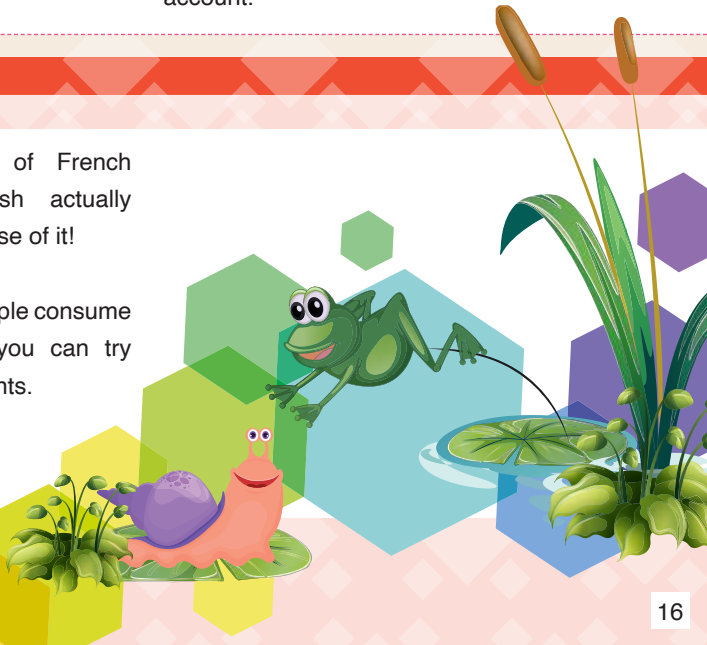


There are official sales periods in France, during which you can find good deals. The exact dates and duration may vary, but the summer sales generally start at the end of June, and the winter sales begin in mid-January.

Along with cash and cards, French people still use checks as a payment method. They are paper forms that you fill out with the desired amount and sign. The money is then withdrawn from your account.

Snails and frogs are part of French gastronomy, and the English actually nickname us «Froggies» because of it!

In practice, very few French people consume them on a daily basis, but you can try them in breweries and restaurants.



01

02

03

04

TRAVELLING IN ÎLE-DE-FRANCE

The Île-de-France region is divided into zones. Paris belongs to Zone 1. You can choose a subscription for all zones or only the zones you need.

Operating hours: Except for Noctilien, buses, metros, and RER do not operate during the night. Check the schedules if you plan to return late!

Single metro or bus ticket: valid for one journey. These tickets may be downloaded on your “Navigo easy” card or on your smartphone.

Navigo Pass or Imagine’R card: annual, monthly, or weekly subscriptions that allow you unlimited travel in the chosen zones. Your card allows you to travel across all zones on weekends and public holidays.

Transport vocabulary in Île-de-France:

Métro : Paris and the surrounding suburb / **RER** : All Île-de-France

Noctilien : Night buses that substitute RER

OrlyVal : Shuttle RER B- OrlyAirport

Filéo : Shuttle upon request for the Airport Charles de Gaulle

Réseau PAM : reserved to people with reduced mobility



Websites or applications:

www.transilien.com/fr/page-tarifs-et-titres

To look at the different subscriptions offers and prices:

www.RATP.fr Official website of the Parisian bus and metro network.

www.Vianavigo.fr For transportation services usable with your Navigo and ImagineR cards.

www.Citymapper.fr Website for planning your trips, including all modes of transportation, as well as travel times via Uber.

Planning to travel within France? Book a train on www.sncf-connect.com

Websites like www.thetrainline.com/fr ou www.kelbillet.com allow you to compare train ticket prices.

On www.trocdestrains.com you can purchase or resell a non-refundable train ticket.

SUSTAINABLE TRANSPORTATION

You can also rent a bike or an electric scooter.

In Paris: Vélib', Jump, Dott



On the Paris-Saclay campus: all bike rental services and sustainable transport maps on

www.destination-paris-saclay.com in the page Mon séjour / Les transports.

Prefer to get your own bike? Find a second-hand bike on www.leboncoin.fr

You can find new and used bikes at major sports stores like Decathlon, Sport 2000, or specialised shops.

GOOD TO KNOW

The Île-de-France region subsidises the purchase of a new or used electric bike up to 500 euros (information subject to change)

www.iledefrance-mobilites.fr/actualites/vae-aide-achat-500-euros

Paris has been implementing a project to reduce motor vehicle traffic. The cityscape has changed a lot in a few years. The bikes, electric scooters, skateboards are mixing with the bus lanes and cars. Be super careful, it is brand new for a lot of automobilists.

GOOD DEALS

The «Carte Jeune» for ages 12-27 gives you a 30% discount on train travel:

www.sncf-connect.com

To travel at a lower cost, opt for carpooling!

You can also practise your French with the driver!

The platform also offers bus travel.

www.blablacar.fr; www.citygo.io

English-speaking drivers:



GENTLEMEN DRIVER

www.gentlemendriver.com
(Tél : 06 06 51 96 84)



BEN YOUNES TAXI 91

(Tél. : 06 50 63 08 79)
momobenyoun@gmail.com

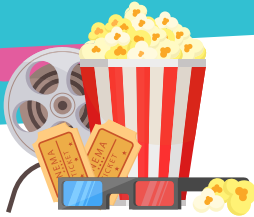
TIME OUT

CINEMA

A movie ticket costs between 9 and 12 euros, with reduced prices for students or those under 26. The movie lineup changes on Wednesdays.

Find all the showtimes near you at

<https://www.allocine.fr/>



THEATER

Looking for an affordable outing?

The Kiosque Théâtre sells first-category tickets at half price (between 15€ and 24€) for ongoing shows (theatres, concerts, cafe-theatres) on the day of the performance.

<https://www.kiosqueculture.com/theatre/>

Don't speak French fluently yet?

www.theatreinparis.com offers plays with English subtitles projected above the stage!

MUSEUMS

Note that museums are often closed on Tuesdays (such as the Louvre) and sometimes on Mondays (such as the Musée d'Orsay). You can find all the information about current exhibitions and museum hours on the website

www.parismusees.paris.fr or on

www.parisjetaime.com These sites are multilingual.



ACTIVITIES, MEETUPS

www.greeters.paris offers off-the-beaten-path walks with passionate volunteer guides (page available in English, German, and Spanish).

Make new friends in Paris: Join a group (some are English-speaking) of people who share the same interests as you on www.meetup.com

The Facebook group «Upside Down Sorties Paris» offers activities in a warm and festive atmosphere, including parties, sports activities, picnics, and more.

Reassurance Program: it is not always easy to live far away from your relatives, you can encounter some physiological or financial difficulties, Science Accueil can help you, do not hesitate to speak about it.



CULTURAL PROGRAM

PROGRAMME DES VISITES CULTURELLES



L'art de vivre à la Française

« L'ART DE VIVRE À LA FRANÇAISE »

Science Accueil offers a selection of unique outings. Beyond cultural discovery, you will be initiated into the French way of life, «l'art de vivre à la française». Each of these outings combines a guided tour in English with a friendly moment.

www.science-accueil.org
section visits and events.



- LA VIE DE CHÂTEAU À TRAVERS LES ÂGES
- MONTMARTRE ET LA VIE DE BOHÈME
- JAZZ À SAINT GERMAIN
- LE PARIS DE LA BELLE ÉPOQUE
- LE PARIS DES ARTS ET DES LETTRES
- L'ART DU PARFUM
- L'ART DE VIVRE À LA COUR : VERSAILLES
- L'ART DU CHOCOLAT
- L'ART IMPRESSIONNISTE
- L'ART DE LA HAUTE-COUTURE
- LES GUINGUETTES AU BORD DE L'EAU
- ...



Some visits will allow you to experiment these arts yourself! (Perfume making, chocolate making, watercolour and pastel workshop near Monet's house...).

Register now, as places are limited!

CALENDAR AND AGENDA

OF NATIONAL CULTURAL EVENTS

January

The 1st, **New Year's Day**, is a public holiday! **Night of Reading** events celebrating the joy of reading.

February

On the second day of February we eat crepes, it is called Chandeleur. The crepes, round and golden, symbolise the sun and the end of winter, as well as offerings. According to an old custom, you must flip a crepe with a coin in the hand that holds the pan; if the crepe flips without falling, wealth is assured for the year.

March

Spring of Poets: celebrating poetry in all its forms.

April

Easter Sunday (sometimes in March), Christians celebrate the day Jesus Christ resurrected. **Easter Monday** is a public holiday.

The **European Artistic Crafts Days** also take place in April, with artisans opening their workshops all over France.

May

May is rich in public holidays!

May 1st: Labor Day, a day off work! It is respected by the biggest number of companies. For that matter it is the only day the binmen do not pick up the bin. The custom is to offer a sprig of lily of the valley.

May 8th: Commemoration of the end of World War II (1939-1945).

Ascension Thursday (a religious holiday, 40 days after Easter).

Whit Monday (a religious holiday: 7 weeks after Easter): Day of solidarity. All three are public holidays, so May is highly appreciated!

June

June 21st: World Music Day : since 1982, music has been celebrated on this day. Professionals or amateurs, everyone can play music in the streets!

Rendez-vous in the gardens (private parks and gardens open their doors for guided tours, exhibitions, workshops, and meetings).



July

July 14th: National Day (commemorating the storming of the Bastille in 1789). It is a public holiday. Balls and fireworks are organised in villages, often the night before.

August

Traditionally, it's the month of summer holidays!

August 15th is a public holiday (Christian religious celebration).

September

European Heritage Day: Free visits to all public historic monuments, unusual tours, exceptional opening of places normally off-limits to the public.

October

3rd weekend: **National Architecture Days** visits, walks, educational workshops, conferences, and screenings that tell the history and contemporary evolution of architecture.

Sleepless Night (7 p.m. to 7 a.m.): artistic show in the streets, dedicated to modern art.

November

November 1st: La Toussaint (All Saint's day), is a public holiday.

November 11th: (public holiday).

Commemoration of the end of World War I (1914-1918) and tribute to the «Fallen for France».

Night of Museums (between 6 p.m. and 1 a.m.), the public is invited to discover the treasures of French museums in an unusual, festive, and playful way.

December

December 25th is a public holiday: Christians celebrate the birth of Jesus, it's Christmas Day!



LA MARSEILLAISE

Written by Rouget de Lisle in 1792, it became the national anthem.

CULTURE SHOCK

In France, Sunday is a day of rest for most people (although there are many exceptions).

The origin of this tradition is religious, but it has become a social issue.

The legal working time is 35 hours per week for full-time work.

The legal duration of paid leave is 5 weeks. Most vacations traditionally take place in July-August: in France, it is known that «everything stops in August!», particularly the first 15 days of August.

Between December 25th and January 1st, activity also significantly slows down, known as the «trêve des confiseurs», (literally : truce of the confectioners).



FRENCH HABITS THAT MAY SEEM STRANGE TO YOU



La bise (cheek kiss)

In many countries, people greet each other with a simple «hello» in the local language, a wave, or even a hug (the famous hug that is not practised at all in France!). In France, we have «la bise», a rather intimate form of contact that many foreigners find difficult. And to complicate matters, the number of cheek kisses and which cheek you start with, varies depending on your geographical location : right or left cheek? The general rule is to give 2 kisses, but it can go up to 4! Even if we do not kiss, the cheeks touch or brush each other, a contact rather intimate with which a lot of foreigners do not get used to. As a collateral victim of the pandemic, is the French cheek kiss on the verge of extinction or will it make a triumphant comeback?...

Hello, good evening, goodbye

The French always say «bonjour» (good day) whether it's to their friends, coworkers, or when entering a store or waiting room. Generally, «bonjour» is used at any time of the day until around 6 p.m. (the boundary is not always very clear, even for French people, so don't worry!), after which «bonsoir» (good evening) is used instead. Avoid using the word «adieu» unless you don't intend to see the person ever again!

April 1st

The traditional prank that children play on this day is to stick a small paper fish on people's backs. When the person realises it, the prankster shouts «poisson d'avril!» (April fish!). There is also the tradition of sharing false and surprising



information. But it is always done with a friendly spirit «esprit bon enfant»: we shout «Poisson d'Avril» when the surprise is a success.

Ice cubes



The French don't automatically add ice to their drinks, which means you'll have to ask for ice at a restaurant or bar. But don't dilute your red wine with ice, as it will be considered sacrilegious!

Complaining

While not far from us, Anglo-Saxons see the bright side of life and find everything «amazing,» the French LOVE to complain! «Oh no, it's raining!», «It's cold,» «It's too hot»...

Numerous reliable studies have proven that complaining is good for health and increases lifespan. (Didn't you know that the French are almost immortal?)

Going on strike: France is the OECD country with the highest number of strike days. Taking to the streets to make one's demands heard is a habit that may seem shocking to foreign workers but has sometimes led to significant social achievements!

Smoking

A French person sitting on a terrace, enjoying a drink, often has ... a cigarette in hand.

Despite the constantly increasing price of cigarette packs, the French remain heavy consumers, and this (bad) habit may shock foreigners. However, the law prohibits smoking in public places, workplaces, and public transportation.

In the last few years, vaping has started to replace cigarettes.

This habit has also been prohibited in some places.

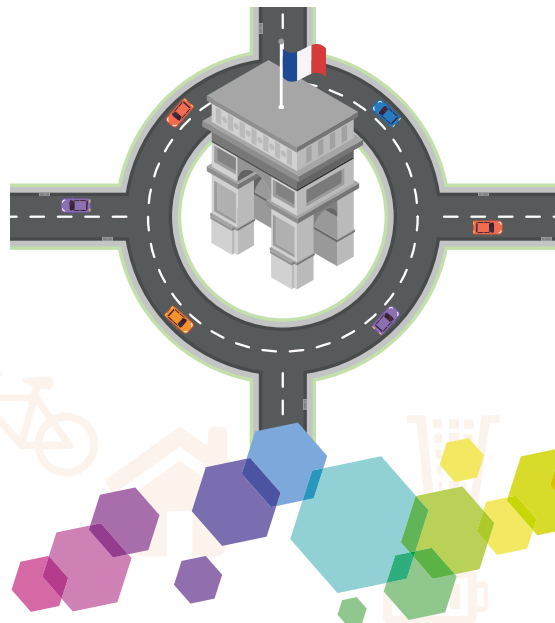
Snack time



While foreigners have «snacks» throughout the day, the French wait until 4:30 p.m. for their «goûter», which is often a sweet snack, like a «pain au chocolat», for example.

Roundabouts

A fear of beginner drivers, roundabouts are a French specialty. Our country alone has half of the world's roundabouts! This can surprise foreigners travelling on our roads.



Academic registration



Campus France



Before your departure

Arrival in France

Registration on our website Science Accueil (members)



French Phone number



Housing research / Housing insurance



VLS-TS

Validation of the VLS-TS

Bank account (via Science Accueil)



Back to School



Application for VISA



Preparation of administrative documents that are needed for the trip



**CALENDAR
OF
ADMINISTRATIVE
PROCESS**



Transport card



Social security number



CAF if eligible



STUDENTS

*if you are eligible to Science Accueil's help

Before your departure

Job Interview



Job offer



Request the work contract



Asking for the convention d'accueil



Arrival in France



French Phone number

Application for residence permit

VLS-TS

or validation of the VLS-TS



Back to school for your kids

Assumption of Duties



Transport card



Social security number



Application for the tax number (adjusting rate if necessary)



Registration on Science Accueil's website*

Housing research / Housing insurance



Bank account (via Science Accueil)**



Application for VISA



Preparation of administrative documents that are needed for the trip



Departure for France

CALENDAR OF ADMINISTRATIVE PROCESS

RESEARCHERS

CAF if eligible



*if you are eligible to Science Accueil's help



USEFUL NUMBERS

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SOS HELP 01 46 21 46 46			

For more information or to register,
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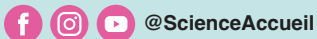


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