

INFORMATION FOR POST-DOCS

WHEN ARRIVING

— Accommodation :

Finding accommodation can be very challenging, especially for foreigners.

* A rather painless way to find accommodation is via people already at the lab. Try to send a message to your LPENS contact to check if anyone is vacating their room or apartment when you arrive.

* Cité Universitaire provides [accommodation for researchers and students](#) of any age in Paris. In the case of researchers, they also provide accommodation for families. It consists of about 40 “maisons” (residencies) in a park area in the south of Paris. Many of these “maisons” are related to countries and they try to fit people in the “maison” of their country, but this is not a rule.

* Here are a few other websites: see [Heberjeunes](#) or [ALTJ](#) (studio apartments only for ≤ 26 years (RJT buildings) and for 26 – 32 years (R’JAM buildings)).

* Private market : Since demand is very high and renters are very well protected by French law, landlords and especially real estate agencies tend to ask for a « dossier » that indicates your financial solvency. If you have a temporary contract (CDD) you will probably also need a guarantor, i.e. someone who agrees to pay the landowner in the event where the tenant would be unable to do so.

The majority of the accommodation renting in France is done via estate agencies. Here are a few websites: General [housing advice](#) for Paris from an outsider’s perspective, a list of fairly accurate [advice for flat-seaching](#) as a foreigner. Another good article with [useful advice, not just for students](#).

You may alternatively avoid agencies and deal with the private landlord. Here are a few websites: [PAP](#) (seems to be the most popular), or [LeBonCoin](#) (also very well known), or [SeLoger](#).

— Insurance :

* Third party liability insurance (‘responsabilité civile’): it is a legal requirement for any kind of accommodation (and is not included in the rent). Sometimes the landlord will ask to see your certificate before you can move in. It’s not too expensive though – about 20 euros a year. The insurer will sell it separately, or as a bundle with normal household insurance. Some insurance companies: MAIF, AXA, etc. When you open a bank account, your bank will normally offer to arrange your apartment insurance as well, if you want to.

— Health insurance:

* Carte primaire d’assurance maladie (state-provided health insurance): The CNRS or the ENS will submit the request to CPAM for your Carte Vitale (Social Security card) at your medical examination soon after you will have signed your contract. You will first receive a

letter asking for a photograph – then a month or so later, the card arrives. Keep the Green Form that the card comes with, it is a very important document!

* CPAM Websites: [CPAM/Carte Vitale](#) english speaking helpline: 36 46 from France, +33 811 70 36 46 from elsewhere, open Monday to Friday 09:00-18:00. See [CPAM health insurance information](#) in English or CPAM office locator.

* Mutuelles: You may choose to contract a 'top-up health insurance' to cover expenses not covered by the CPAM public insurance. Here are the address of two possible companies: [MGEN](#) Paris, 65 rue Claude Bernard, 75005 Paris, tél : 3676, or [MAGE](#) Paris, 42 bis rue d'Ulm, 75005 Paris, tél : 01 4407 26 26.

* Finding a doctor: Two medical centers near the LPENS:

– Centre de santé du Square de la Mutualité, 24 rue Saint Victor, 75005 Paris, tél.: 01 55 25 01 90.

– Centre de santé de l'Épée de Bois, 3 rue de l'Épée de Bois, 75005 Paris, tél.: 01 45 35 85 83.

A List of english speaking [doctors and medical specialists](#).

DAILY LIFE

— **Transportation :**

Public transports are provided by the [RATP](#).

You can choose to buy daily, weekly or annual passes, which are named [Pass Navigo](#). The region Ile de France has a [journey planner](#).

— **Learning French :**

* French classes : Quite a few organisations provide French classes for foreigners. Here are a few exemples : [Alliance Francaise](#): 50 euros/week for same, or the [Mairie de Paris; Accord Language School](#): 33 euros/week for 2 evening 1.5 hour classes., they also do intensive courses during the day. The CNRS also organises classes (even, sometimes, the ENS do!).

* Other resources : Podcasts: [RFI news](#) in easy french (listen to the news every day and read the script); [Déjà Vu by ARTE](#) (script: http://www.bbc.co.uk/languages/french/deja_vu/) (a French/English radio play by ARTE and the BBC); more French/English radio plays, by RFI: [L'affaire du coffret](#), [le Talisman brisé](#), etc.

Interviews with famous scientists (and they actually speak slowly and clearly, which is helpful): [Les Savanturiers](#). You may also listen physics lectures in French from Professor at the [College de France](#).

* Cinema: Many films from the US/UK are frequently shown in their original language with subtitles in French in sessions marked 'VO' on the programme. Less well known is that it is possible to see [French films with subtitles](#) in special sessions intended for the deaf, but also good for language learners. There are also periodic cases of French films with subtitles in English.

— **Some recreational activities :**

* The [ENS athletics, arts and associations](#) websites.

* The [ENS sport association](#).

- * The [PSL choir and orchestra](#) website.
- * Website collecting [events in Paris](#), (apparently the 1st city guide in Ile-de-France).
- * Useful info from the [Paris city council](#).
- * Things to see that are [not in the guidebooks](#).
- * Most museums and art galleries in Paris are free the first Sunday of every month. Most of the Paris municipal museums are free all of the time. Lots of things are free if you are under 26. If you're going to the Louvre, enter via the shopping mall 'Carrousel du Louvre' to save queueing time.
- * [Seat61](#): All the info and pictures you could ever need for planning international train travel starting from Paris.
- * [Jogg.in](#): find people to go running with.
- * Finding groups for sports and cultural activities: meetup.com (mainly anglophone), onvasortir.fr (mainly French speaking)
- * [Let's Run Paris](#): international running club, meets Monday evenings and Saturday mornings.
- * [Les Petites tables](#): Eat out in Paris for less than 10 euros.
- * To (sometimes) get discounts, you may book your restaurant using the websites [La Fourchette](#).

DURING YOUR STAY

— Daycare centers:

There is no day care center at ENS, but here are information on [child cares](#) in Paris. As part of [its social policy](#), the CNRS offers financial assistance, subject to conditions, to people who wish to have access to [universal service employment vouchers](#) (CESU). These vouchers may be used to pay for personal services, including child care.

— States benefits:

* If you work [in France with your family](#), an allowance is paid after the birth of a second child and until the child is 20 years old. Mainly for families with two children or more: see the website of the [CAF](#).

* State support is available following the end of a work contract in France. [Unemployment payments](#) are available following the termination of any contract, providing the period employment has been for at least four months.

— Taxes:

* The tax regulation in France has recently changed. As of January 2019, your income tax should be paid directly by your employer. You should nevertheless declare your income. If you do this for the first time, fill the [form 2042](#). Each year, this form will become available on April and needs to be submitted before mid (or end of) May. You should receive a response containing among other things your "numéro fiscal" which you can use to file taxes online the following years. See the state website « [impot.gouv](#) » .

* Good to know:

- You may be income tax exempt thanks to some tax agreements (list) between France and other countries.
- If you make contributions to certain charities, such as Medecins sans Frontieres, you can deduct 66% of your contributions from your annual tax declaration. The charity will email you a special certificate for this purpose, which you enclose with your tax return.
- Don't forget to deduct your childcare / creche payments, if relevant.
- For any question, contact your [local tax office](#) or the 'service des impôts des particuliers non-résidents'.