



Paris Information Guide

Everything you need to know while in Paris!

Table des matières

Contact Information	5
Our address.....	5
How to get there.....	5
Office Hours	5
The MICEFA Team.....	6
Communication	7
Student Mail and E-mail	7
Cell Phones or “Téléphones portables”	7
Cell Phone carriers.....	7
Internet Services.....	8
Wi-fi Hotspots in Paris	8
Transportation	9
The Paris metro system (RATP: Régie Autonome de Transport Parisien)	9
Carte Imagine “R”	9
Carte Navigo découverte	9
Passes	9
General Information	10
Electrical Appliances.....	10
Computers	10
Budgeting.....	10
Cost of Living in Paris	11
Housing.....	11
Books	11
Meals.....	11
Personal Expenses	12
Employment.....	12
Entertainment.....	12
Travel.....	12
Housing.....	12
Housing References/ Listings	13
Key Housing Terms.....	13
Final steps for your visa once in France.....	14
For American Students.....	14
Travelling and your visa	15
For Canadian Students	15
Travelling and your visa	16
Further Information	16
Additional Procedures: Renewing your visa	17

Cultural Adjustment	17
Signs of Culture Shock	17
Coping Strategies	18
Safety.....	18
When in Paris, do as the Parisians	20
Tone of Voice	20
Politeness	20
Cultural Relativity	20
Dating and Sex	20
Some useful vocabulary and information	20
Pharmacies	21
Clinics.....	22
Academics	22
Class Attendance.....	22
Teaching Methods	22
Teacher/ Student Rapport.....	22
Useful Academic Information.....	23
Student timeline	24
<i>Course Registration Form:</i>	24
<i>Add/ Drop Form:</i>	24
<i>Evaluation Forms:</i>	25
Before returning home.....	25
<i>Cancelling contracts:</i>	25
<i>Housing:</i>	25
<i>Transcripts:</i>	26
<i>General Information:</i>	26
<i>How do I get My transcript ?</i>	26
<i>Evaluation Forms:</i>	26
<i>How to Request a Transcript at a later date</i>	26
Miscellaneous: General Informations and Contacts	27
Emergencies.....	27
Emergency Contact Numbers.....	27
Medical Emergency Contact.....	28
English Speaking Doctors	28
<i>General Practitioners:</i>	28
<i>Gynocologists:</i>	29
<i>Dentists:</i>	29
<i>Physical Therapist:</i>	29
<i>Radiologist:</i>	30
<i>Therapists:</i>	30
<i>Ear, Nose and Throat Specialists:</i>	30
<i>Chiropractors:</i>	31
<i>Nutritionists:</i>	31
For Traveling.....	31

<i>Lowcost Airlines:</i>	31
For Clothing, Appliances, etc.	31
English Bookstores	32
Reasonably Priced Bookstores	32
Cheap Theater Tickets.....	32
Librairies	32
For Court Approved Translators	32
Banking Information	33
International Student Organizations and Activities	33
<i>Echanges Internationaux à Paris :</i>	33
<i>Club Internationaux des Jeunes à Paris :</i>	33
<i>Other student association websites :</i>	33
Get Involved...Volunteer!	34
Getting involved in Paris	34

Paris Information Guide

Everything you need to know while in Paris!

Contact Information

Our address

MICEFA

Centre Saint-Jacques
26 rue du Faubourg Saint-Jacques
75014 Paris
France

How to get there

Metro: (line 6) Saint Jacques
RER: (B) Port Royal

Office Hours

Monday, Tuesday, Thursday and Friday: 9:30am - 12:30pm; 1:30pm-5:30pm
Wednesday: 9:30am - 12:30pm

NB: Please note that the office may exceptionally close for meetings. Please stay up to do with office closures by checking your emails, MICEFA Facebook and Twitter.

Office Phone: +33 (0)1 40 51 76 96

Office Fax: +33 (0)1 44 07 18 10

Emergency Cell: +33 (0)6 70 50 87 05/ +33 (0)6 31 26 71 79

E-mail: info@micefa.org

Website: www.micefa.org

Facebook: <https://www.facebook.com/micefa/>

Twitter: <https://twitter.com/micefa1>

The MICEFA Team

Ms. Heather Mortimer-Charoy	Program Coordinator	hmortimer@micefa.org
Prof. Katia Nossenko-Herberg	Language Coordinator	knossenko@micefa.org
Dr. Chamot Jean-Marc	Academic Director	academicdirector@micefa.org
Ms. Leslie Greenhow	Student Affairs Coordinator	studentaffairs@micefa.org
Ms. Audrey Casabielhe	Program Assistant	adminassistance@micefa.org
	Intern	stagiaire.micefa@gmail.com
General Inquiries	MICEFA	info@micefa.org

In case of an emergency **during office hours**, please call the MICEFA office.

Outside office hours, please call the emergency cell numbers and leave a message on the voicemail if nobody answers. We will make sure to call you back.

(Remember – this number is to be used for emergencies ONLY : i.e. severe injuries, illness or serious emotional disturbance, so use your good judgment and common sense before calling).

Keep the MICEFA phone numbers on you at all times (better yet, program them into your cell phone as soon as possible), just in case!

To students from Rutgers, UCONN, CUNY and CSU-IP please contact your Resident Directors first.



Communication

Student Mail and E-mail

There is a student mailbox in the MICEFA office where you can pick up your mail (including packages). **Please check and empty your mail regularly in the student corner** so that we know you are still in Paris and to make sure that you have the latest program information. We do, however, communicate most of our important information updates by e-mail. Be sure that we have a current e-mail address on file for you and please be sure to check your e-mail regularly, including your spam box.

You may also have packages sent to you at the MICEFA, please have your packages addressed in the following format:

Your Name (LAST NAME, First Name)
C/O MICEFA
26 rue du Faubourg Saint Jacques
75014 Paris
FRANCE

A MICEFA staff member will notify you via e-mail when a package has arrived at our office. Also make sure to inform friends or family members to mark your goods as USED to avoid customs fees.

Cell Phones or “Téléphones portables”

The MICEFA requires that you have a cell phone, charged, turned on and with you **at all times** while enrolled in our program so that you can be reached quickly in the event of an emergency.

There are several cell phone service providers available and each offers 2 types of billing plans:

- The first is a standard “plan” which requires you to set up an account. You will then be billed directly. To be eligible for this option you will need a French bank account, credit card and possibly a Carte de Séjour. Be aware that SFR has given students difficulties in the past when they have tried to cancel their mobile/internet plans. Some companies such as Free and SFR offer plans without a commitment for as low as 2€ a month. You can cancel at anytime.
- The second sort of plan involves buying a pre-paid cell phone. You simply buy the phone, and then purchase pre-paid cards (*carte mobile*) to charge your phone credit as needed. This has been the more popular option among students. Card values are in the amounts of 5, 10, 25, 35 euros and more.

Note: In France, you do NOT pay for incoming calls or text messages.

**06 and 07 numbers are cell phone numbers.
01 numbers are home phone/ land line numbers in the Paris region, Ile-de-France.
09 numbers are internet phone service numbers.
02, 03, 04 and 05 numbers are around the country (outside of Paris and its suburbs).**

Cell Phone carriers

Popular cell phone carriers in France are Bouygues, Orange, SFR, Free, Virgin. Students may unlock their smart phones and purchase a French SIM card, which may be cheaper. Students usually spend about 30 to

40 euros per month for cell phone plans but you can find cheaper plans.

Bouygues: <http://www.bouyguestelecom.fr/>
Most students go with BandYou which is a branch of Bouygues: <https://www.b-and-you.fr/>
Orange: <http://www.orange.fr/portail>
SFR: <http://www.sfr.fr/>
Free: <http://www.free.fr/adsl/index.html>
Virgin: <http://www.virginmobile.fr>

Many students have purchased SIM cards in the past and have unlocked their North American cell phones. FREE provides this service for a reasonable price: 19.99€ (without a contract) and 15.99€ (if you sign up for internet, cable and landline services): <http://freemobile.toosurtoo.com/forfaits/tarifs/>

They also have a free center where you can buy your simcard with your american card.

The address : 8 Rue de la Ville-l'Évêque,
75008 Paris

A popular store that students have used in the past is the Phone House, a cell phone chain store throughout Paris, that offers all cell phone carriers. You simply can report to any Phone House in Paris and choose any cell phone carrier.

The Phone House:
<http://www.phonehouse.fr/>

Internet Services

In order to have Internet access in your apartment, you must sign-up with one of several French Internet providers.

Some companies with good offers are: Alice, Free, SFR or Numericable. Several internet providers offer internet/ cable TV/ landline/ cell phone plans with free calls to North America for less than 40€ per month.

Please note that, sometimes, the setting up of the line can take some time.

Alice: <http://www.aliceadsl.fr/>
Free: <http://www.free.fr/adsl/index.html>
SFR: <http://www.sfr.fr>
Numericable: <http://offres.numericable.fr/>

Skype is a great, cheap way to communicate with friends and family in North America. It can be used to call a landline (2 to 3 cents per minute) as well as computer to computer (FREE). The Skype software can be downloaded for FREE from <http://www.skype.com>.

Wi-fi Hotspots in Paris

Paris is full of places where you can use Wi-fi free of charge. Restaurants and cafés often have Wi-fi available. Places like Starbucks or McDonald's also offer Wi-fi to their customers.

Here are some Wi-fi hotspots around the city:

- Le Forum des Halles (metro: Châtelet, Les Halles)
- Any public or university library around Paris, known as, *Les bibliothèques de Paris*
- Centre Commercial Passage du Havre (metro: Saint Lazare)

Wi-fi is also offered for free by the city of Paris in public parks, gardens, district town halls, libraries and museums. Look for the purple logo that says "Paris Wi-fi" and connect !!

Here is a link to a map of all public Wi-fi locations by the city of Paris:

http://www.paris.fr/english/english/how-to-access-the-wi-fi-free-of-charge-in-paris/rub_8118_actu_109289_port_19237

In addition, you may also obtain free wireless connection at the MICEFA office or in several McDonalds, cafés, parks etc. in Ile-de-France

(aka the Parisian area). Look for the Wi-Fi sign !

Transportation

The Paris metro system (RATP: Régie Autonome de Transport Parisien)



It is fabulous and North American students are always impressed with its efficiency and quietness. During rush hours, trains arrive every two minutes (unless there is a “*grève*” (strike)). It is very easy to change train lines by making a “*correspondance*”. You may check the RATP website for train times, scheduling information, and itineraries: www.ratp.fr.

The metro service **runs from around 5:30am to around 12:45am during the week** (the last train of every line leaves its point of origin at 12:30am) and 1:40am on weekends. Bus service varies from line to line.

There is a night bus system called the **Noctilien** that runs virtually everywhere in the city between 12:30am and 5:30am. The *Noctilien* departs every hour on the half hour from Châtelet, and every hour on the hour from the outlying points of Paris. **NEVER** travel alone on the *Noctilien* and always watch your belongings to avoid any complications.

You should pick up all available information from the RATP office. Ask specifically for the “**Petit Plan du metro de Paris.**” Every metro station has a large metro map displayed near the *guichet*, the platform, and also a plan du **quartier** (neighborhood map) near the **sortie(s)** (exit(s)). It is all very easy, and you will be mastering the metro in no time at all. Then you can buy a copy of a handy-dandy Paris transportation guide entitled “**Paris Pratique**” that allows you to look up map information by *arrondissement* for 5€ at the MICEFA office.

Carte Imagine “R”

This is a **yearly** pass for students under 26, which allows you unlimited use of the metro, buses, RER and tramways in the entire Ile-de-France area at all time.

It also offers access to special train rates, as well as other benefits including discounted movie tickets. The price starts at 341,90€/year, that you can pay at once (via a French check), or monthly (37,10€/9 month).

Carte Navigo découverte

This card can be bought in the railway stations, some RATP vendors and authorized shops and doesn’t require any kind of documents to get it. You will need an ID picture and this costs 5euros. Then you can charge on your pass a monthly or weekly plan on this card.

Passes

The “*pass hebdomadaire*” (weekly pass) is the best if you arrive earlier in August or January. Weekly passes are good for 7 days from Monday to Sunday. The price is 22.15€ for unlimited anywhere on the RATP network.

The “pass mensuel” (monthly pass) allows you to travel for a month on the RATP network. You can recharge from the 20th of the month for the next month. The price is 73€.

If you arrive in September, you should then be prepared to buy a “pass mensuel” (otherwise known as a *Pass Navigo mensuel*) for the month of September.

If you arrive during the last few days of the month, you may buy a *carnet* of ten tickets for 14,50€. Individual metro tickets are 1.90€. If you buy them in buses, it will cost you 2 euros per unit and you won't be able to transfer. You can buy a *carnet* in the metro stations. If you do not buy a monthly pass, do not forget to **valider** (punch in) your ticket if you buy them individually or in carnets, when you take the bus or tramway. Transportation fines are hefty in Paris and can run up to 200€, so be responsible.

You can buy all of these at the RATP vendors across Paris and some tabac (tobacco shops).

Please see the link to the RATP website to see RATP vendors.

http://www.ratp.fr/fr/ratp/c_20993/les-agences-commerciales-ratp-et-sncf/

General Information

Electrical Appliances

You will need a converter/ transformer to convert French 220V to 110V for your small appliances (hair dryers, shavers, etc.). Otherwise, leave them at home or bring travel

appliances that are designed for both currents. To buy an **adapter and a converter**, you can go to the BHV Department store at the metro station “Hôtel de Ville” (line 1 or 11). Or you can go to FNAC, an electronic chain with locations throughout Paris.

Computers

Computer resources are very limited at most campuses, so if you already own a laptop computer, bringing it is always to your advantage. You can save your documents on a flashdrive and print them at one of the many Internet cafés throughout Paris (around 15 centimes/page for students). There is also a plethora of Internet access providers in Paris, so if you have a computer, staying connected is not a problem. The MICEFA also offers Internet wi-fi connection along with computer and printing services at our office.

Budgeting

Life in Paris is **EXPENSIVE**. Buying your own food to eat at home or eating in the student restaurants around Paris (CROUS) is MUCH cheaper than eating in a café. If you do go to a café, it is always cheaper to eat standing at the counter than sitting, and sitting on the “terrasse” can be more expensive than sitting inside. Drink prices tend to go up after 10pm. Tourist hot spots, such as the Champs-Élysées or the Boulevard Saint-Germain, charge much higher prices than the neighborhood cafés where the local Parisians go to “prendre un verre.” (*have a drink*)

CROUS restaurants around Paris:
<http://www.crous-paris.fr/wp-content/uploads/sites/26/2015/09/Affiche->

[des-ouvertures-des-restaurant-Fevrier-2017.pdf](#)

Cost of Living in Paris

Exchange rate

February 2017: 1€ = \$1.067 (ex. 500€ = \$533,57)/ \$1= 0,937 euro

Housing

- Maid's/ Student's rooms: usually located on the top floor: sometimes without an elevator: **450 - 700€**
- Studios: **600€ minimum**
- Flat Shares: 2 rooms, meaning two bedrooms: **600€ and up per student**.
- Renting a room in the home of a family: **450-800€**.
- Demi au-pair jobs: Free room in exchange for 12-15 hours of tutoring/ babysitting per week.

In addition, you **MUST** buy renter's insurance for your apartment or studio. Ask your landlord/ French Bank Advisor for more information. This may range from 40€ to 120€ for the year or ask MICEFA.

Also ask your landlord about who is going to pay your electricity consumption. Because if it is you, then you will need to open an account with Electricité de France (or another provider). It will cost you up to 50 euros a month, depending on the size of your place.

****CAF:** (Caisses d'Allocations Familiales) CAF is a sum of money that is allocated to students by the French government to help pay for your student accommodation – the amount being dependent on the type of accommodation and your income. You should be able to receive CAF as long as you have a legal housing contract. You **MUST** have your original birth certificate and a certified translation. Applying for CAF is only recommended for year-long students as you

have to be staying at least 8 months on the French soil to be allowed to apply and you need to hold a long stay visa without « dispense temporaire de carte de séjour ».

OFII Residency Permit

60€

Books

50 – 75€ per semester (second-hand books « occasion » are a cheaper option)

Meals

University restaurant meals (CROUS): 3,25€; non-university restaurants are expensive. Food at the grocery store costs about the same or less than Northern America, except for meat and fish, which is more expensive. Plan on about 75€ per week (depending on your eating habits).

Some grocery stores to keep mind: Dia, LIDL, Franprix, Monoprix, and Casino.

They are listed from least expensive to most expensive. You may also find good deals at the French open-air markets, the Asian stores, and the African stores.

French Open-air Markets

<http://marches.equipements.paris.fr/>

African Markets

<http://biendansmacuisine.com/les-plus-18eme-goutte-dor/>

Asian Markets

<http://www.parisculinaire.com/fr/boutique/chinois.html>
http://www.chine-informations.com/guide/supermarches-et-epiceries-asiatiques-a-paris_1940.html

Personal Expenses

Clothing, postage, miscellaneous articles and entertainment 150 - 250€ per month.

Employment

Many students have obtained English teaching/ tutoring jobs earning up to 300€ per month.

Under the conditions of your student visa and titre de séjour, you have the legal right to work up to 20 hours per week. Students often opt to do a “stage,” or internship. As a student you may be eligible to have a “*convention de stage*” which allows you to work for a stipend. This is very interesting to employers, who then are not required to pay social security and other social charges. You must see with your host university whether or not you are eligible to receive a “*convention de stage*”. You may also choose to do “*petits boulots*” like baby-sitting or tutoring.

Useful links for jobs:

- Babyspeaking: <http://www.baby-speaking.fr/>
- Culture Advance: <http://www.cultureadvance.fr/>
- Family Sphere: <http://www.family-sphere.com/>
- FUSAC: <http://www.fusac.fr/>
- Jobetudiant: <http://jobetudiant.net>
- L'Etudiant.fr: <http://www.letudiant.fr/jobsstages.html>

You may also find jobs in English-speaking establishments around Paris, such as bookstores, restaurants and pubs.

Entertainment

Movies cost about 10€, but students and Carte Imagine R holders can purchase tickets for 6 to 8€. A ticket on the Seine Bateau Mouche is 7€, concerts can be 30€ or more but there are many places like concerts in bars that are cheaper. Drinks in bars can be 10€ in a fancy place or 5€ during Happy Hour or Student Night (Thursdays). You may also check out student discounts at your Parisian university's student center.

Travel

Flights from the US/ Canada depend on your point of departure! A weekend ticket to London on the Eurostar is about 100€, depending on when you reserve. The price for a roundtrip flight to Berlin or Rome would run about 240€. Depending on how well in advance you book a flight with low cost companies, such as Ryanair (www.ryanair.com) or Easyjet (www.easyjet.com), flights can be as low as 50€ each way.

Trains around France vary. Check the SNCF website for further pricing information: www.voyages-sncf.com. You may buy a *carte Jeune* at a SNCF vendor for 50€ a year, which will allow you to travel for one year at prices reduced by 25 to 60%.

When you travel, please inform the MICEFA office via e-mail about **your dates of departure, your accomodation, a phone number so we can reach you in case of emergency.**

Housing

Finding permanent housing with MICEFA.

Multiple options for housing exist with MICEFA : Host families, demi au pair, student residences and a listing of nearly 150 landlords offering a wide variety of offers (studio, apartments, maid's room all over

Paris).

Some options are available if you want to have your housing arranged before arrival (host families, *demi au pair*, student residences). Bear in mind spot may be limited.

If you would like to discover Paris, and visit your future campus, choose the location adapted to you, you can also choose to look for your housing with our housing coordinator onsite and use the listing. The housing search should not be seen as an ordeal, but rather as part of the process of exploring and getting to know Paris and its excellent transportation system. The city has many different neighborhoods, options and prices. Given the excellent transportation system, it doesn't take more than half an hour to get to most places in Paris.

Please note, although it can be very useful to start your research before arrival, we do NOT recommend you rent an apartment unseen from a stranger.

If you have any question regarding this, please send an email to info@micefa.org

Housing References/ Listings

- **L'Etudiant:** <http://www.letudiant.fr>
- **The American Church of Paris**, 65, quai d'Orsay 75007 01 47 05 07 99, Métro : Alma Marceau, RER : Pont de l'Alma (bulletin board for housing, babysitting, etc.).
- **American Cathedral**, 23, av. Georges V 75008, 01 53 23 84 00 Métro : Georges V, (bulletin board for housing, babysitting, etc.)
- **Reid Hall**, 4 rue de Chevreuse 75006 (bulletin board), Métro : Vavin
- **FUSAC:** <http://www.fusac.fr> (jobs and housing)
- **Colocation:** <http://www.colocation.fr> (roommates)
- **Particulier à Particulier:** <http://www.pap.fr> (various housing searches)

- **Craig's List:** <http://paris.fr.craigslist.org/>
- **Welchome:** <http://www.welchome.com>
- **Mapiaule:** <http://www.mapiaule.com>
- **Adoos:** <http://www.adoos.fr>
- **Le Bon Coin:** <http://www.leboncoin.fr>
- **Home Latitude:** <http://www.homelatitude.com>

Key Housing Terms

- **Studio, F1** = one room studio apartment
- **F2, F3, etc.** = three room, four room apartment, etc.
- **Sans ascenseur** = no elevator, walk-up (extremely common in Paris)
- **Salle d'eau** = shower (not bath or bathtub) room
- **Bail** = lease (please make sure to read this VERY carefully)
- **Caution** = security deposit, usually two months' rent, with or without charges reimbursed at the end of your stay once the security check has been done. **YOU MUST MAKE SURE TO GET A RECEIPT FOR YOUR DEPOSIT. If you fail to do so, you are putting yourself at RISK!**
- **Etat des lieux** = a document describing the condition of the apartment and its contents. Always ask for an "*état de lieux*," especially for furnished apartments, to avoid having money deducted for damages or replacements from your security deposit. This is a precaution both for you and your landlord.
- **Loyer** = monthly rent, due on the 1st of each month.
- **Quittance de loyer** = receipt for your monthly rent payment
- **EDF/ GDF** = Electricité de France/ Gaz de France (electric/ gas companies) = Also ask your landlord about who is going to pay your electricity consumption, yourself or your landlord ? Because if you are, you will need to open an account with Electricité de France (or another

provider); It will cost you up to 50 euros a month, depending on the size of your place.

- **Impôts locatifs/ taxe d'habitation** = taxes paid on an annual basis for apartment rentals. Your landlord or the person subletting may assume these charges or may ask you to pay your share for the months that you rent the apartment. In some cases, you may receive a bill for these taxes addressed directly to you, to be paid in December or January. Make sure you know if you are responsible for this charge. If you only rent for part of the year, ask that your share of the taxes be calculated for the months in which you live in the apartment and not for the full year.
- **Gardien/ Concierge** = the French version of a building superintendent, and a Parisian institution. Can be of great help if you are on his/her good side. Otherwise simply delivers the mail and keeps the building clean.
- **Assurance habitation** = renter's insurance is **the responsibility of the renter** (not the landlord) in France. You are required by law to purchase renter's insurance for your apartment or studio. Ask your landlord or your Bank for more information. There are generally special student rates. You can often purchase insurance through your French bank. An inexpensive option is Matmut, which offers a student rate of 40€ per year (<http://www.matmut.fr/assurance/etudiants-assurance-habitation.asp>).
- **Propriétaire** = landlord

Final steps for your visa once in France

If your visa states “*dispense temporaire de visa*”, you do not need to request a long term student residency permit (VLSTS) through OFII. You will be able to travel outside of the Schengen Area.

As of June 1, 2009 the French government has abolished the old student *carte de séjour*. It has been replaced by the VLSTS (*Visa Long Séjour valant Titre de Séjour*).

Your first priority upon arrival will be to find housing. **When that's done, you can start your VLS-TS application. Please come to the MICEFA office to complete this task.**

For American Students

Once you've secured your permanent housing, the MICEFA staff will assist you in completing your OFII form.

You will need to fill out all OFII documents in BLACK INK ONLY and attach the following documents:

- copy of your Passport
- copy of your Visa
- Entry stamp (on your passport when you enter France) *if you do not have an entry stamp in your passport, then you must photocopy your boarding pass.*

The MICEFA will then send these documents along with your OFII form to the *Office Français de l'Immigration et l'Intégration de Paris*. The OFII will then send a summon (*convocation*) for your medical visit via the

MICEFA. You will get the OFII summons via e-mail from the MICEFA.

This appointment is assigned by the OFII. **Without this administration step, your visa will not be validated and only last three months.**

You will need to bring the following documents to your appointment:

- Passport
- Visa
- Proof of housing (aka if your gas/electricity bill is in your name, then you will only have to provide a copy of your most recent gas/electricity bill with you as the main account holder OR if you are NOT the main account holder of your gas/electricity bill, then you will need to obtain the following from your landlord (Attestation d'hébergement + a copy of your Landlord's ID + a copy of their most recent EDF/ GDF bill (electricity/ gas bill)).
- An ID sized picture (please do not write your name on the back of the photo)
- A tax stamp of 60€ (*timbre fiscal*) (A government stamp « timbre fiscal » which costs 60€ (you can buy it in tabacs) Or on-line at <https://www.timbresofii.fr/>)

Again, the OFII only gives one appointment, which **you are required to attend**. There is no flexibility in this process.

Travelling and your visa

In the Schengen area: from your arrival in France, you can travel in the Schengen area without restrictions. Please note that Great

Britain and Ireland are NOT part of the Schengen area.

Outside of the Schengen Area: You can travel outside of the Schengen Area during three months after your date of arrival in France. After three months, you will need the OFII sticker (you will get it during your medical appointment at the OFII) or at least the “attestation de reception” from the OFII.

Please note that MICEFA has an agreement with the OFII de Paris (and only Paris) to speed up procedures. If you're willing to live outside Paris, this is going to make it slightly more complicated for you to get your carte de séjour. The MICEFA may assist you, but it will be your responsibility to fill out the proper paperwork for any OFII department outside of the Paris region (75). It is a long process (2 months) and you need to follow all the administrative steps.

For Canadian Students

Once you've secured your permanent housing, the MICEFA staff will assist you in completing your OFII form.

You will need to fill out all OFII documents in BLACK INK ONLY and attach the following documents:

- copy of your Passport
- copy of your Visa
- Entry stamp (on your passport when you enter France) *if you do not have an entry stamp in your passport, then you must photocopy your boarding pass.*

The MICEFA will then send these documents along with your OFII form to the *Office Français de l'Immigration et l'Intégration de*

Paris. The OFII will then send a summon (*convocation*) for your medical visit via the MICEFA. You will get the OFII summons via e-mail from the MICEFA.

This appointment is assigned by the OFII. **Without this administration step, your visa will not be validated and only last three months.**

You will need to bring the following documents to your appointment:

- Passport
- Visa
- Proof of housing (aka if your gas/electricity bill is in your name, then you will only have to provide a copy of your most recent gas/electricity bill with you as the main account holder OR if you are NOT the main account holder of your gas/electricity bill, then you will need to obtain the following from your landlord (Attestation d'hébergement + a copy of your Landlord's ID + a copy of their most recent EDF/ GDF bill (electricity/ gas bill)).
- An ID sized picture (please do not write your name on the back of the photo)
- A tax stamp of 60€ (*timbre fiscal*) (A government stamp « timbre fiscal » which costs 60€ (you can buy it in tabacs) Or on-line at <https://www.timbresofii.fr/>

Again, the OFII only gives one appointment, which **you are required to attend**. There is no flexibility in this process.

Travelling and your visa

In the Schengen area: from your arrival in France, you can travel in the Schengen area

without restrictions. Please note that Great Britain and Ireland are NOT part of the Schengen area.

Outside of the Schengen Area: You can travel outside of the Schengen Area during three months after your date of arrival in France. After three months, you will need the OFII sticker (you will get it during your medical appointment at the OFII) or at least the “attestation de reception” from the OFII.

Please note that MICEFA has an agreement with the OFII de Paris (and only Paris) to speed up procedures. If you're willing to live outside Paris, this is going to make it slightly more complicated for you to get your Visa de long séjour valant carte de séjour. The MICEFA will assist you, but it will be your responsibility to fill out the proper paperwork for any OFII department outside of the Paris region (75). It is a long process (2 months) and you need to follow all the administrative steps.

Further Information

The **Schengen Area** is a group of 26 European countries that have abolished passport and immigration controls at their common borders:

Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Lithuania, Lichtenstein, Luxembourg, Malta, Norway, Netherlands, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, and Switzerland. Please find a map at the following link: <http://www.axa-schengen.com/fr/pays-schengen>

Please note that Great Britain and Ireland are NOT part of the Schengen Area.

Additional Procedures: Renewing your visa

If you wish to renew your visa, you must proceed as follows:

- First, you must receive approval from your home campus agreeing to your extension.
- After obtaining these documents, the MICEFA administrative assistant will help you fill out your visa application. Once these steps are completed (letter of motivation + certificat de scolarité + application), the MICEFA administrative assistant will be able to send your file to the *Préfecture de Paris*.
- This request must be submitted to the MICEFA at least two months before your current visa expires, if requests are not made within the time constraints provided above, students wishing to renew must apply for a new visa in their country of origin. **NO EXCUSES or EXTENSIONS WILL BE MADE!** Please note that this process is timely, therefore your patience is necessary. This process can take up to at least a month to complete.

Note: Please note that if your Visa states “dispense temporaire de séjour”, you won’t be able to renew it. You will have to go back to your home country and ask for another visa.

Please note that there is no grace period in France, when your visa is over you have to leave France especially if you are not an American citizen. Otherwise you will be illegal on the French soil and in case you are requested for ID, you could be transferred to a detention center.

Cultural Adjustment



Signs of Culture Shock

If you don't experience some degree of “culture shock” during your first weeks in France, you're either not getting out enough or you're just not paying attention!

Under what may at first appear to be a recognizable social structure lie enormous differences in personal and social rules of behavior, family structure, student/ teacher relationships, norms of friendship, political attitudes, sexual relations, approaches to cleanliness, time, space, diet, health, moral codes, many of which you will notice immediately and be able to adapt to fairly easily.

At a less conscious level, you may come to feel threatened, frustrated, angry and destabilized by subtle conflicts that occur, especially since you may be unable to express yourself fully or be fully understood by people you need to deal with.

In the first few weeks especially, the combination of culture shock and the readjustment of your body clock to changing so many time zones may lead you to feel that coming to France was a big mistake. Don't believe what your emotions and body rhythms are telling you, but don't ignore

them either. Unless you are willing to recognize the source of your feelings, you will not be able to put them into perspective and you risk developing, over time, a sense of inadequacy and even depression.

You must be on the alert for signs of these classic reactions, because they are serious matters and can even be health and life threatening.

Two books that we recommend are *Au Contraire: Figuring Out the French* by Gilles Asselin and Ruth Mastron and *Cultural Misunderstandings: the French-American Experience* by Raymonde Carroll. They could really help you in understanding this phenomenon.

Coping Strategies

Observe cultural differences, but do not judge them. Remember, none of what is going on around you is directed towards you personally, even the cultural stereotypes which many of the French apply to Americans or others have nothing to do with who you are.

Keep an open mind and a sense of humor. Since you're going to laugh about most of these confrontations one day, why not start out by refusing to take them seriously now.

You might want to record your experiences in a diary; it will help you get a grip on them, learn from them, and will be a wonderful reminder – years from now – of your stay in France!

Get out and meet people by doing things you like to do or have always wanted to do, but couldn't. Look for ways to pursue your

interests, hobbies, or favorite sports. Go to public places, cafés, clubs, concerts, etc.

Get plenty of rest and try to avoid excessive alcohol consumption. Especially in the first few weeks, over-tiredness, with or without the dehydrating effects of alcohol, can compromise your normally resistant immune system and mimic the symptoms of depression.

Above all, DO NOT REMAIN ISOLATED: TALK to people in the group, or to others at the MICEFA office.

Safety

The more you know about your new environment, the better you will be able to 'neutralize' but not necessarily eliminate, safety risks. You should not allow a sense of delight in your new surroundings to BLIND you to the risks and the need for **COMMON SENSE**.

First of all, you should be aware that **THEFT**, especially petty theft, is rampant throughout France and that tourists and foreign students are prime targets. Be careful with your handbags and wallets: pick pocketing has been a high art in Europe since Roman times and its practitioners are often talented and swift. Favorite hangouts for pickpockets are crowds, buses, subways, train stations, stores and ATMs (*distributeurs de billets*). If you have a problem at an ATM, do not accept help from strangers or new acquaintances. It would be best to walk away and come back when there is no one around. (Also, it is

always best to use your ATM card outside a bank during office hours only; if the machine should swallow your card, you can always go inside to inquire about how to retrieve it).

Do not give your address to strangers or new acquaintances, or allow people to read over your shoulder in the bank or post office. If you feel you must give someone your address, you may use the MICEFA office address.

Violent crimes, such as rape and muggings are no more prevalent in France than elsewhere (the murder rate is 5 times lower than in the U.S.), but you should not let statistics lull you into letting your guard down. Women in particular are advised to avoid public parks and certain Paris suburbs after dark; walk in groups at night; do not do your laundry alone late at night; and do not walk home alone at night. In order to avoid complicated situations, do not let strangers into your house.

Pedestrians do not have the right of way in France! Be very careful, even when you have the green light or are standing on the curb. By North American standards, many French drivers are aggressive and undisciplined. Do not expect them to be on the lookout for pedestrians; they may actually try to scare you off the road or run a red light while you are in the intersection. Please don't imitate Parisians when crossing the road.

When traveling between cities, you should take a train or a bus rather than planning on driving or riding a motorbike. Be suspicious of invitations from new acquaintances to drive you to out-of-town destinations and **do not hitch-hike!** Before making travel plans, please check in with the MICEFA concerning

travel advisories put out by the U.S./Canadian government.

The electrical current that comes out of the outlets in your dorm room or apartment is 220 volts, twice as strong as in the U.S./Canada. An electrical shock at that voltage can be lethal. Do not touch any electrical cord, plug or appliance that looks damaged; call your landlord or other responsible party.

Politics is a French passion. You may find yourself in some very heated political debates in which you cannot hope to change anyone's strongly held opinions. It is best not to criticize too strongly the government of a country where you are a guest, nor to vaunt your own country's moral or economic superiority. At the same time, remember, you are not responsible for every act of your government nor do you have to defend everything about your own country. **Most important, do not get involved in political protests or demonstrations. Should a demonstration lead to violence - there are often enough groups of manipulators/hooligans who transform the most peaceful ones into battlefields - you could get injured or arrested, in which case your visa would probably be revoked.**

****You can find two links to safety packets with additional information on our website.**

When in Paris, do as the Parisians

Tone of Voice

There are a few things that the French say that make Americans stand out, and the first thing they often say, is that we are loud. In France, a conversation you are having in a public place, especially on the metro, should be at a level at which you are not subjecting the people around you to have to listen to you. If you are doing it correctly, the person you are talking to will be close to you and has to listen attentively to hear you.

Politeness

Politesse is extremely important to the French. To ensure a positive interaction, begin a conversation with a stranger with *Bonjour Madame/Monsieur*. When asking for help, if you can remember the phrase, "*Excusez-moi de vous déranger*", it will go a long way.

Cultural Relativity

Practice cultural relativity. We interpret the actions of others by our own "rulers", which are made up of all the ways of being we are taught, and that we assimilate by being raised in our culture. The French have a different culture, and so it is no use to judge them using our rulers. Observe and compare, but do not judge. Being upset at the French for being French will do you no good. If you do not enjoy the cultural differences, this is an excellent opportunity for you to discover what your own programming is: what is important to you, and what do you take for granted at home?

Dating and Sex

Dating codes and sexual signals here may take some getting used to. A woman who smiles at strangers in the street is thought to be flirting or inviting an advance. Men, on the other hand, can be quite persistent and without fear of crossing the line of sexual harassment.

Venereal diseases, including AIDS and HIV, are as common here as in the U.S./ Canada and, in large cities and university towns, foreign students of both sexes may be perceived as easy prey for sexual tourism in reverse. It is advisable to use informed discretion in choosing partners and to ALWAYS use condoms (*préservatifs*), familiarly and fondly known as "*capotes*". They are widely available in drugstores (*pharmacies*) and at the *distributeurs automatiques* in the streets, even in metro stations.

Some useful vocabulary and information

Emergency Contraception - The "Morning-After Pill"

In the event of contraceptive failure, an emergency contraceptive pill (*la contraception d'urgence*), called NorLevo, is available.

This emergency contraception is available at pharmacies: without a prescription (unreimbursed by social security) as well as with a prescription (reimbursed by social security). The unreimbursed cost is €4-10. It is free for minors.

Termination of Pregnancy

Termination of pregnancy (*IVG*) is legal in France up to 12-weeks after conception. There is one week period of compulsory "reflection" prior to termination, except in an urgent case where this can be reduced to two days.

Single women do not need to provide the agreement of the partner. A non-resident visitor to France may legally have a pregnancy terminated while in France.

A woman may begin by visiting the doctor of her choice, a public hospital or a private clinic practising abortion (you can find this information at the Planning Family Clinic). After this initial consultation, certain laboratory tests may be required.

For those registered with the French social security system, 100% of the cost is covered by the system. For the non-residents in France, it may be possible to receive reduced rate medical assistance (though not all hospitals or clinics will do so). Some clinics and hospitals will ask the patient to sign a non-binding certificate stating they intend to remain in France, others will request that they show they are or will live in France for at least 2 months.

- abortion = l'avortement
- condom = préservatif
- morning after pill = la pilule du lendemain
- birth control = la pilule contraceptive
- sexually transmitted disease (STD) = Infection sexuellement transmissible (IST)

Pharmacies

Most Paris neighborhoods have numerous pharmacies easily recognized by flashing green crosses.

Most pharmacists speak English and can provide you with over-the-counter medications (e.g. pain relievers or cough syrup).

You'll need to head to a pharmacy for most over-the-counter medications. Antibiotics must be approved by a doctor. Some medications are easily obtained in the US, however this may differ in France (eg. Allergy medication).

Most pharmacies are open during normal business hours (Mon-Sat).

If your local pharmacy is closed, look for "Pharmacie de Garde" posted on the pharmacy door. Pharmacie de Garde is the name and address of the closest late night pharmacy. Otherwise, you can call the nearest police station that will be able to provide you with this information.

Pharmacies closing late in Paris:

- **Publicis Drugstore** (from 8:00AM to 2:00AM)
133 avenue des Champs-Élysées, 8e
Tél : 33(0)1 44 43 79 00
Métro : Charles de Gaulle-Etoile, Georges V
- **Pharmacie des Champs** (24 hour pharmacy)
84 avenue des Champs-Élysées
(passage des Champs), 8e
Tél : 33(0)1 45 62 02 41
Métro : Charles de Gaulle-Etoile

Clinics

Centre de Planification (Hôpital Saint-Vincent de Paul)-Consultation gynécologie
obstétrique- 53 avenue de l'Observatoire -
75014 Paris - RER (B): Port Royal - Tel.: 01 58
41 38 65 ou 01 58 41 38 66

Monday through Friday: 9:30am - 12:30pm;
1:30pm - 4:30pm

For further planning familial clinics in Paris,
please visit the following link:
http://www.paris.fr/pratique/sante/sexualite-sans-risque/les-centres-de-planification-et-d-education-familiale/rub_9373_stand_8071_port_22947

**Overall don't be paranoid
but BE SMART!**

Academics

Class Attendance

The MICEFA requires regular class attendance. An important factor in calculating your final grade will be your *assiduité* (attendance). For each class, there are **no (=0) non-excused absences each semester. All non-excused absences might result in the student receiving an F.** If you are sick, bring a medical certificate to your instructor and keep a copy for yourself in case of misplacement (papers of this sort have a tendency to “disappear” in the French administrative system).

Teaching Methods

You will soon notice that the approach to teaching at French universities is different

from what you are accustomed to in North America. It originates in long-standing traditions in the French educational system that stress theory and analysis over practical, hands-on knowledge. This change in emphasis may be disorienting at first and may require you to re-think some of your learning strategies. As you do this, you will gain insight into how the educational background of the French often leads them to think and react in ways that are different from what you might otherwise expect. In addition to learning or perfecting another language, this practical experience in cultural adjustment may be the most valuable lesson you learn from your time abroad.

Teacher/ Student Rapport

You may find the rapport between you and your instructor distant at best and antagonistic at worst if you cannot adapt to the rules of the game. French professors, even in the *lycée (high school)*, have worked many long years to achieve the academic degrees and status they enjoy and have earned their positions through a series of extremely competitive examinations and *concours*. Thus, they are strongly committed to creating a challenging, and rigorous learning environment. Although they take full responsibility for delivering the content of their course, they do not feel that it is up to them to entertain and motivate their students or to reward them for anything but the very best work.

You are expected to be present, to listen, to absorb, to study, to produce work, and to take tests, but not necessarily to be rewarded profusely for your efforts. You may, in fact, find yourselves the brunt of a time-honored

French pedagogical approach known as motivation through ridicule, or even harsh criticism. You may hear expressions such as “*C’est ridicule!*”, “*C’est nul!*”, but in all cases, remember: do not take it personally! French professors may repeat expressions they themselves heard throughout their training; and they feel it’s the best way to make you work harder and better and let you know what is expected of you.

You, on the other hand, are expected to treat your instructors with formal respect. You will address them and they will address you as ‘vous.’ You should use the *Monsieur* and *Madame* (followed by their last name) each time you address them. You must arrive in class on time (or at least apologize for your tardiness), and you may not eat or drink in class. Also make sure to dress appropriately for class. Dress can be casual, but it should be appropriate (no “beach wear” for example).

You should not expect to have as much interaction (except perhaps in conversation classes) as you do with your professors at home, and you should not expect the instructor to stay after class to answer questions, unless he/she has specifically indicated his/her willingness to do so. (French professors do not have campus offices, so they have very limited office hours.)

Useful Academic Information

Levels:

France

North America

Licence	L1 = Freshman
Bachelor	L2 = Sophomore
	L3 = Junior
Master	M1 = Senior/ Graduate
Master	M2 = Graduate

Credits:

ECTS (European Credit Transfer System)

North American Credit System

B.A. or B.S. = 180 ECTS

M.A. or M.S. = 120 ECTS

Number of Contact Hours per semester

Under 18 hours = 1 credit

19 - 29 hours = 2 credits

30 to 40 hours = 3 credits

41 to 60 hours = 4 credits

Above 61 = 5 credits

French Academic Vocabulary:

- **CM** = cours magistraux (lectures)
- **TD** = travaux dirigés (discussion group)
- **TP** = travaux pratiques (lab or practice group)
- **Assiduité** = attendance
- **ABS** = absence injustifiée (unexcused absences)

- **Contrôle continu** = a set of graded assignments added to your final exam, attendance is included
- **Contrôle terminal** = Final exam
- **Cours particuliers** = Tutoring
- **Défaillant(e)** = Fail
- **Désistement** = Withdrawal
- **Devoir** = homework
- **Devoir sur table** = In-class written exam
- **Dissertation** = essay
- **Dossier** = project / file of work
- **Examens** = exams/ finals
- **Partiel** = Mid-term exam
- **Rattrapage** = Make-up exam period
- **Thèse** = Thesis
- **Tutorat** = Tutorial/ tutoring

NB: If you have a problem in regards to your course logistics (aka room number or campus) please report this to the MICEFA office asap and we will assist you. Please note that each professor structures their course differently, so keep an open mind.

In conclusion, French education is demanding, but it is also rewarding.

Take advantage of it during your time abroad in Paris!

Student timeline

August/ September (Year/Fall student)
JANUARY (Spring Students)

Arrival, settle into Paris by finding housing, opening a bank account and attending your MICEFA Intensive French Language Program and visiting your Parisian university host

campus. You'll find your bearings in Paris soon enough!

September/ October (Year/Fall students)
FEBRUARY (Spring students)

Course Registration Form:

MANDATORY: You will have to fill out Course Registration Form (as soon as you have registered for your classes at your respective Parisian university). **You will need to have this turned into the MICEFA office by the SECOND WEEK of class.** The Course Registration Form will need to include ALL courses (MICEFA and French university). This document is VERY IMPORTANT. It enables us to process and create your transcript and to TRACK DOWN YOUR GRADES when you are back in North America. You **MUST** indicate all requested information, name of professors, title and code of courses, level, and the number of hours of class per week. Please understand that we won't be able to find the grade you got from that "*tall blond professor with a cute accent*" (yes, it has happened...). You will soon understand that the French university administration is not very efficient and that's why every paper we ask from you to fill out is VERY precious to us. Thanks in advance!

Please remember that ECTS, meaning European Credits, has nothing to do with North American credits!

You may download it from our website:
<http://www.micefa.org>.

Add/ Drop Form:

MANDATORY: You will need to submit your Add/ Drop Form completely and

concisely no later than **your FOURTH WEEK of class at the French university**. Since the French university does not have an official add/ drop period, you will need to let your professor know that you would either like to add/ drop his/ her course verbally or via e-mail. If you do not submit your MICEFA Add/ Drop Form by the deadline indicated above your transcript will indicate all courses submitted.

You may download it from our website: <http://www.micefa.org>.

[MAY/ JUNE](#) (Year/ Spring students)
[December/ January](#) (Fall students)

If you need to leave early May in order to obtain a summer job, attend summer school, etc., some of you may want to go back to the US/ Canada in early to settle back in. In order to get a grade, you may need to negotiate your early departure with your professor. Please understand that some professors may refuse such a short attendance in their class and may not allow you to take the final exam in advance. We prefer that you stay until the end of the semester.

[Evaluation Forms:](#)

You **MUST** give an evaluation form to each of your professors (please exclude your MICEFA professors since we will have direct contact with them for your grades), together with a pre-addressed pre-stamped envelope addressed to the MICEFA: 26 rue du Faubourg Saint-Jacques, 75014 Paris. You may also download the evaluation form and submit it electronically to your professor. Your professor may then submit your

evaluation form via e-mail to info@micefa.org.

This will speed up the procedure and will help you get your grades and your transcript faster. These evaluations will come to MICEFA directly and we will then be able to process and create your transcript. This form can also be downloaded from our website: <http://www.micefa.org>

[Before returning home](#)

[Cancelling contracts:](#)

Please schedule an appointment with the bank branch to close your account. This closure procedure is very important especially if you intend to come back to France. You will also need to cancel all service contracts (phone, internet, ect.) that you signed up for while living in France. Please note that one month's notice is usually required to cancel any kind of contract in France. Cancelling contracts in France is usually conducted in writing, therefore a cancellation letter is needed. You will need to send this letter to the cancellation services (services de résiliation) with a proof of mailing from the post office (avis de réception). The avis de réception will serve as proof that you sent in your cancellation properly to the carrier. Please find a model letter on the MICEFA website under North American students located on " the information for current students" tab. If further assistance is required, please address the MICEFA office.

[Housing:](#)

Before moving out, you will need to notify your landlord of your departure (one month's

notice). Make sure to confirm that this is understood clearly and concisely with your landlord to avoid any confusion. Communication is key! Once again, a departure letter may be required. In order to ensure that you receive your full deposit back, make sure to read the fine lines of your contract and to leave your place clean without any damaged property.

Transcripts:

It is very important to provide the MICEFA with your Course Registration Form and give your professors the Evaluation Forms. These documents are at your disposal under " Transcript/Course Reporting and Receiving Grades" sections on our website. If these documents are not submitted on time, it may cause a delay in processing your transcripts upon your return home.

General Information:

Don't forget to confirm with the MICEFA office to see if everything is in order and to obtain your "*certificat de fin d'études*", which will be important to cancel contracts and to close your bank account. Before leaving Paris, make sure to fill out our Exit Survey, so we may receive your feedback for your stay in Paris and to better serve our future exchange students. We will also be happy to wish you a farewell and to inquire about your experience with us in Paris.

How do I get My transcript ?

An official transcript will be made by MICEFA and sent directly to your study abroad office at your home campus. We need your help,

please follow these procedures in order to get a transcript at the end of your stay. ☺

Please remember that ECTS, meaning European credits, has nothing to do with American credits! We ask that you list of the number of hours per week that you are in class for each course.

The course Registration form is downloadable from the MICEFA website (www.micefa.org) under North American Students -> Documents/ Forms -> During Stay -> Course Description Table.

Evaluation Forms:

You **MUST give an evaluation form to each of your professors**, together with a stamped envelope addressed to MICEFA, 26 rue du Faubourg Saint Jacques, 75014 Paris. This will speed up the procedure and will help you get your grades and your transcript faster. These evaluations will come to MICEFA directly and we will then be able to make up your transcript. This form can also be downloaded from www.micefa.org

How to Request a Transcript at a later date

- Email info@micefa.org
- Tell us how many official copies, the address of where they should be sent (include attention of, etc.) and if you need them sent on a rush basis
- The first official copy costs €10 and additional copies are €2 each
- You will be sent a paypal invoice for payment and once your payment is received, we will send the transcripts

Miscellaneous: General Informations and Contacts

Emergencies

You will be given a list of all necessary emergency numbers. **Keep this list in your cell phone contact book so that it is accessible at all times.** In case of a serious emergency such as an accident or imminent danger of physical harm, a life-threatening medical condition or psychological crisis, immediately call one of the police or hospital numbers that you have been given, as well as the MICEFA office or emergency cell. **If you leave Paris overnight, make sure to e-mail the MICEFA staff and let us know where you will be and how we can contact you in case of an emergency.**

Emergency Contact Numbers

La Police	17
Les Pompiers (firemen, more efficient than the police)	18
Le SAMU (ambulance service for emergency transportation to the hospital)	15
SOS Médecins (24 hour service for a doctor to come to your home)	01 47 07 77 77
Centre Anti-Poison	01 40 05 48 48
Urgences Médicales de Paris (24h/24h)	01 48 28 40 04
SOS Help (Depression, suicide)	01 47 23 80 80
Association des Alcooliques Anonymes (AAA) http://paris.angloinfo.com/information/family/support-groups/aa-meetings/	01 46 34 59 65
Centres de dépistage VIH/STD http://www.paris.fr/pratique/dossiers-prevention/dossier-sida-hepatites-et-infections-sexuellement-transmissibles-ist/centres-de-depistage-anonyme-et-gratuit/rub_9545_stand_4551_port_23446	
The Counseling Center at the American Cathedral	01 47 23 61 13
LGBT Paris: http://www.centrelgbtparis.org	01 43 57 21 47
SOS Homophobie (Mon-Fri 6pm-10pm and Sat 2pm-4pm) :	01 48 06 42 41
Femmes Info Service (battered Women):	01 40 33 80 60

Rape crisis hotline (Mon-Fri 10am-7pm): **0 800 05 95 95**

Family Planning Clinics:

<http://www.planning-familial.org/carte/metropole>

Drug Info Service: **0 800 23 13 13**

Narcotics Anonymous: **01 43 72 12 72**

AIDS/HIV Info Service: **0 800 840 800**

Objets trouvés (Préfecture de Police – Lost and Found) **01 55 76 20 00**

Carte Bleue volée ou perdue (24h/24h) **08 36 69 08 80**

Emergency MICEFA Cell **06 70 50 87 05/
06 31 26 71 79**

(Call this number ONLY in an emergency; otherwise call the MICEFA office during business hours.)

Medical Emergency Contact

The American Hospital (Have special agreements w/ some American insurance)	63, Blvd Victor Hugo Neuilly-sur-SeineMetro: Pont-de- Neuilly or Bus: 83/92	01 46 41 25 25 (Ask for Dr. Michael J. Specter or Dr. John Relland.)
---	--	---

English Speaking Doctors

General Practitioners:

Dr. Anne-Valerie Meyers	10, rue Royale (Stairway C, 4th Floor) 75008	01 42 66 47 82
Dr. Nancy Salzman	1, avenue Lowendal, 75007	01 45 63 18 43
Dr. Jurgen Tredup	27, rue Saint-Ambroise, 75011	01 43 55 03 21

Dr. Agnès Bryn	11, rue de Pot de Fer, 75005	01 49 83 94 70 01 55 43 30 80
Dr. Olivier Wong	45, rue Saint Lambert, 75015	01 45 31 81 31
Dr. Jean-Pierre Aubert (takes appointments on Saturdays)	32, rue Hermel, 75018 Métro: Jules Joffrin (Ligne 12)	01 46 06 92 82

Gynecologists:

Dr. Guy Bercau	276, bd. Saint-Germain, 75007	01 47 53 81 64
Dr. Emmanuel David-Montefiore	60, avenue d'Iéna, 75116	01 47 20 50 68
Dr. Christiane Lorphelin	45, avenue Victor Hugo, 75116	01 45 00 40 30
Dr. Patricial Rérolle	20, rue Daniel Stern, 75015	01 43 06 60 00

Dentists:

Dr. Jona Andersen	15, rue Freycinet	01 47 23 01 00
Dr. Patrick Bauer	71, avenue Franklin D. Roosevelt, 75008	01 42 25 76 30
Dr. Ariane Brunet	75, rue de Turenne, 75003	01 48 87 62 56/ 58
Dr. Eric Edwards	88, avenue Foch, 75006	01 45 01 91 71
Dr. Davarthana (dental surgeon)	36 rue de Lubeck, 75016	01 53 70 36 36

Physical Therapist:

Mr. Paul Beurskens	34, rue Dauphine, 75006	01 44 07 04 97
--------------------	-------------------------	----------------

Radiologist:

Dr. Antoine Hakime	5, rue Antoine Arnauld	06 21 39 60 36
--------------------	------------------------	----------------

Therapists:

Mme. Monica Frankel-d'Alençon		06 09 24 60 66 monicadalancon@aol.com
Dr. Rosemarie Bourgaul	7, rue Saint Senoch, 75017	01 47 20 40 11 06 13 50 82 60 rosemarie.bourgault@wanadoo.fr
Cindy Davis	75011	06.49.33.92.30
Justine Duplessis-Nelson (specialized in eating disorders)	11, rue Bosio, 75016	06 17 92 62 50 J.duplessisnelson@gmail.com
Emmanuelle Gira	218 bis Rue des Pyrénées 75020 Paris	06.63.78.84.30
SOS Help: English-Language Listening Line in France	http://www.soshelpline.org/community.html	01 46 21 46 46
International Counseling Service	10, rue St. Louis en L'Ile, 75004 http://www.icsparis.com	01 45 50 26 49
Sharon Korman	91 rue du Théâtre, 75015	06 50 02 30 66

Ear, Nose and Throat Specialists:

Dr. Daniel F. Brasnu	Hôpital Européen Georges	01 56 09 34 79
----------------------	--------------------------	----------------

	Pompidou/ 20 rue Leblanc, 75015	
Dr. Gerald Fain	32, avenue Matignon, 75008	01 42 27 27 76
Dr. Jacques Huart	44, rue d'Alésia, 75014	01 43 27 18 31

Chiropractors:

Ms. Nadine Steinik Foresman	22, rue des Canettes, 75006	01 43 54 26 25
-----------------------------	-----------------------------	----------------

Nutritionists:

Dr. Hervé Grosgeat	108, rue de Bac, 75007	01 45 49 07 06
Dr. Catherine Serfaty-Lacroisniere	8, rue Jean Richepin, 75016	01 45 04 34 34

For further specialty areas please refer to the following link under "Doctors and Hospitals":

http://france.usembassy.gov/living_in_france.html

For Traveling

- **OTU**, there is one 139 Bd St-Michel 75005
Métro Port Royal main tel **01 40 29 12 12** (they have cheap international students rates train tickets called 'billets WASTEEL')
- **Club Alliance Voyage**, 99 Bd Raspail
75006 Métro : Rennes **01 45 48 89 53**
- **SNCF** (Gare du Nord, Gare de l'Est, Gare St-Lazare, Gare Montparnasse, Gare de Lyon) www.voyages-sncf.com

Lowcost Airlines:

- **Easyjet**: www.easyjet.com
- **Ryanair**: <http://www.ryanair.com>
- **Lastminute**:
<http://www.lastminute.com>
- **Opodo**: <http://www.opodo.com/>
- **Transavia**:
<http://www.transavia.com/fr-FR/accueil/>

For Clothing, Appliances, etc.

- **BHV**, (Dept. store, in basement US electric and phone plug adaptor), 52 rue de Rivoli 75004 -Métro: Hôtel de Ville
- **Darty**, (cheap home appliances), at the Forum des Halles-Métro/RER : Les Halles
- **La Centrale des Affaires**, (cheap home appliances), 85, rue d'Amsterdam, 75008, Métro : Place de Clichy
- **Stop Affaires**, (cheap home appliances), 20, rue Belgrand, 75020, Métro : Gambetta
- **Go Sport**, (for cheap sporting goods), at the Forum des Halles, Métro/RER: Les Halles
- **Tati**, (cheap clothing store) the main one is 4, Bd Rochechouard, 75018, Métro: Barbès-Rochechouard
- **Celio**, (reasonably priced mens clothing), there is one Bd St-Michel, Métro: St Michel

- **Le Printemps** and **Les Galeries Lafayette**, Bd Haussman, Métro: Chaussée d'Antin or RER: Auber have great sales for a few days every 2 or 3 months.
- **Surcouf**, (large computer store) 139, Bd Daumesnil 75012, Métro: Gare de Lyon

English Bookstores

- **Village Voice Anglo-American bookshop**, 6, rue Princesse, 75006
- **Shakespeare & Co**, 37, rue Bucherie, 75005 (in front of Notre-Dame) RER: St-Michel-Sorbonne
- **Brentano's**, 37 av. de l'Opéra, 75002, Métro: Opéra
- **WH Smith**, 248, rue de Rivoli, 75001, Métro: Concorde
- **The Abbey**, 29, rue Parcheminerie, 75001, Métro: St Michel
- **Tea and Tattered Pages**, (used books in English) 24, rue Mayet 75006, Métro: Duroc

Reasonably Priced Bookstores

- **FNAC**, there is one in Les Halles (niveau-3), (Barnes & Nobles equivalent for books, music, stereos, cameras...)
- **Gibert Joseph**, (new and used books) 26, Bd St Michel 75006, Métro: Odéon, RER: St Michel Sorbonne
- **Gibert Jeune**, (new and used books) there is one at 15 bis, Bd St-Denis, 75002, Métro: Strasbourg-Saint-Denis

Cheap Theater Tickets

- **CROUS** also has cheap deals.
<http://www.crous-paris.fr/article.asp?idcat=AABC>
- **Kiosque jeunes Canopée** 10, passage de la Canopée 75001 Paris

- **Kiosque Jeunes Champ de Mars** 101 quai Branly 75015 PARIS
- **Kiosque Jeunes Goutte d'or** 1, rue Fleury 75018 Paris
- http://www.paris.fr/services-et-infos-pratiques/sports-et-loisirs/loisirs/les-loisirs-pour-les-jeunes-parisiens-2338-les-kiosques-jeunes_1

Librairies

- **La Bibliothèque Nationale de France** (BNF) **01 53 79 59 59** 11, quai Mauriac, 75013, Métro: Bibliothèque F. Mitterand,
- **BDIC**, Université de Nanterre, RER: Nanterre Université **01 47 21 40 22**
- **Bibliothèque Saint-Geneviève**, 10, place du Panthéon, 75005 **01 44 41 97 97**
- **Institut du Monde Arabe**, 1, rue Fossés St-Bernard 75005, Métro: Jussieu **01 40 51 38 38**
- **American Library in Paris**, 10, rue du Gal Camou, 75017 **01 53 59 12 60**
- **BPI Beaubourg**, rue Beaubourg in the Centre Georges Pompidou, open from 12 pm to 10 pm.

NB: for local library locations in Paris please visit:

<http://www.paris.fr/pratique/bibliotheques/autres-bibliotheques/p5730>

For Court Approved Translators

Davron Translations	8, Avenue Victoria, 75004	06.76.89.13.31
---------------------	---------------------------	----------------

For a complete list of translators, please visit:
<http://france.usembassy.gov/translations2.html>

Students with birth certificates originating from outside the U.S. must call the embassy of the country they are from to get info about translators.

Banking Information

The MICEFA has a special agreement with the Société Générale located at Paris Denfert Rochereau. They will make opening your French bank account easier than it would be if you weren't a MICEFA student.

You will get a normal bank account that will include a Carte Bleue (your debit card). Depending on which package they offer you, you will also receive a second account that can act as a savings account.

You will need to call or go in to make an appointment at the Agence Paris Denfert Société Générale. They will help you create your account. Please note that MICEFA only has a relationship with this particular branch, if you report to another branch or bank, you must set up your account independently. Setting up a bank account independently will require further fees.

Location: Agence Paris Denfert Rochereau, 5, avenue Général Leclerc, 75014 PARIS; Tel.: 01 40 64 10 40

PLEASE BRING: You MUST bring your passport, a birth certificate* and a certificat de scolarité (Ask for one from the MICEFA)

*The birth certificate must include the city and state/providence where you were born.

Hours of Operation:

Tuesday, Wednesday, Friday : 09:00am – 06:00pm

Thursday : 10:00am – 06:00pm

Saturday: 09:00am – 04:00pm

International Student Organizations and Activities

MICEFA encourages its students to take advantage of the opportunities for cross-cultural exchange presented by being a study abroad student. The following organizations offer opportunities to travel throughout France and Europe as well as opportunities to meet and interact with other international students in Paris.

Echanges Internationaux à Paris :

EIAP is a group of over 1500 students from around the world. EIAP organizes excursions throughout France and Europe as well as activities and soirées in Paris. Please visit their Facebook page for more information: <http://fr-fr.facebook.com/pages/EIAP-Echanges-Internationaux-A-Paris/196612643761269>

Club Internationaux des Jeunes à Paris :

CIJP is an organization of international students in Paris. CIJP organizes excursions throughout France and Europe, as well as conversation workshops, visits to Parisian neighborhoods, museums, exhibitions, movies, theatre, concerts... Visit their website at: http://www.club-international.org/cijp/index2_anglais.htm

Other student association websites :

- jamaisesans3@gmail.com (Sorbonne Nouvelle)
- parismus.sorbonne@gmail.com (Sorbonne)

- les.internationaux.upmc@gmail.com (Pierre et Marie Curie)
- contact@assoglup.com (Pierre et Marie Curie)
- eurofilcom@gmail.com ou 06 75 54 89 85
- cluberasmus7@gmail.com (Paris-Diderot)
- lemondeen8@gmail.com (Paris8-Vincennes - Saint Denis)
- frenchlifeinparis@gmail.com (Paris Est Créteil)
- resistanceculturelle@hotmail.fr (Paris Nord)
- jemerasmus13@gmail.com (Paris Nord)
- feeeve@yahoo.fr ou 06 48 30 15 13 (Evry)
- opération tandem : 01 44 39 52 11 (Institut Catholique de Paris)
- Association for gay, lesbian, bi and transgender:
<http://www.centrelgbtparis.org/or>
<http://www.centrelgbtparis.org/spip.php?rubrique12>

Additionally, <http://www.etudiantdeparis.fr/> offers many resources for both French and international students in Paris, including information about concerts, museum exhibits, theatre, and other activities. Furthermore, be sure to check with your Parisian university's study abroad office (*the Bureau des Relations Internationales*) for more information !

Get Involved...Volunteer!

Please find a list of volunteer associations in Paris...now go out and change the world already !
<http://www.paris.fr/benevolat>

<http://www.espacebenevolat.org/>
<http://www.francebenevolat.org/>
<http://www.paris.catholique.fr/-Benevolat-.html>
<http://www.acparis.org/>
<http://www.secretsofparis.com/volunteer-opportunities-paris/>

Getting involved in Paris

Paris is a city of endless possibilities, whatever your interests, you are likely to find it in Paris. Remember, keeping active is one of the best ways to deal with culture shock and adaptation....As well as an excellent way to meet people and improve your French. Here's a list of things that former MICEFA students have done while in Paris. What about you? Would you like to....

- Sing Mozart's Requiem in the Sorbonne Chapel?
- Teach English to French children in a chateau in the Ardeche?
- Accompany a school group on a ski trip in February to Chamonix?
- Organize an association for Puerto Ricans in Paris?
- Do a research project on Women in Morocco?
- Study French Gastronomy and learn to cook some local specialties?
- Be accepted at a French conservatory to study clarinet and play in the orchestra?

- Get a job at l'Oréal?
- Get an internship doing city planning for the city of Nantes?
- Visit the European Parliament in a course field trip?
- Work in sales at Louis Vuitton on the Champs Elysées?
- Produce a film with financial help and a crew from Paris 8?
- Do an internship at the International Herald Tribune?
- Learn to ride racehorses on the estate where you teach Spanish to the kids?
- Run the Paris Marathon?
- Bike to Giverny?
- Take ballroom dancing at a French University (or flamenco or salsa or African dance)?
- Represent your University on the fencing team?
- Volunteer in a soup kitchen?
- Rollerblade to Versailles with a thousand other students, or every Friday night in Paris?
- Participate in an archeological dig in the north of France as part of your class at Paris 4?
- Be invited to exhibit your paintings at the Pompidou Center?
- Organize a summer project building schools in Togo organized and paid for by Paris 8?
- Do your fieldwork for your sociology project in North Africa paid for by Paris 8?
- Do an internship at an international law firm?
- Become a tourguide in Paris ?
- Become a stand-up comedian in English?
- Volunteer in the LGBT Center in Paris?
- Become the host of Pub Quiz Nights in famous pubs in the heart of Paris?
- Be part of a French underwater Hockey team?

Welcome to Paris!!!

Bienvenue à Paris!!!