



**PARIS
REGION**



The Paris Region Fellowship Programme

Living in Paris

Welcome, support and logistics services for Paris Region Fellowship Programme fellows and their families

July 2020

parisregion.eu/parisregionfp



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ParisRegionFP

Welcome services and logistics

The Paris Region Fellowship (ParisRegionFP) programme complies to the Marie Skłodowska-Curie mobility rule, which enhances the recruitment of researchers at the European and international level. To attract international candidates, the Île-de-France Region puts in place several support actions and accompanying measures to ensure the reception of researchers in the Region under the best possible conditions.

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Financial support

FINANCIAL SUPPORT FOR SELECTED CANDIDATES

Post-doctoral researchers selected within the ParisRegionFP programme receive a mobility allowance of 220€ per month, which can be used to cover costs linked to the settling of candidates and their families in Île-de-France and to cover part of the accommodation expenses.

Acc&ss services

International researchers selected within the ParisRegionFP programme can benefit from several reception and accompanying services in the Île-de-France area offered by the Acc&ss Paris Île-de-France network (<https://access.ciup.fr/>) with the financial support of the Region.

THE ACC&SS PARIS ÎLE-DE-FRANCE NETWORK



The Acc&ss Paris Île-de-France network gathers 4 reception centres located in the Region and managed by the "Cité internationale universitaire de Paris" and by the association "Science Accueil" (for the Acc&ss Paris Sud centre).

These reception centres accompany the ParisRegionFP selected candidates by putting at their disposal real expertise in administrative simplification and support in international mobility issues. All Acc&ss Paris Île-de-France reception centres are labelled "EURAXESS" and are part of the EURAXESS European network, which gathers more than 600 centres supporting international researchers in 42 countries.

Reception and support of selected candidates within the Paris Region Fellowship programme is mainly provided by the Acc&ss Paris Centre, located at 17, boulevard Jourdan, 75014 Paris and managed by the "Cité internationale universitaire de Paris".

The following public transport lines provide access to the Acc&ss Paris Centre: Trains: N, RER : B, Metros: 4, Busses: 126, 21, 216, 62, 88, 92, Tramway: T3A.

If required with regards to the localisation of the employing institution, selected candidates might be directed by the Region services towards another Acc&ss reception centre.

Acc&ss service offerings

In the framework of the Paris Region Fellowship programme, free and tailored support will be offered to researchers, according to their profile, country of origin and needs. The following services are included in the offer:

- personalised administrative support (visa, residence permit);
- accommodation search;
- health insurance set-up;
- support for insurance purchase;
- support for children schooling;
- establishment of a bank account;
- French language learning (ESL) and methodological workshops;
- cultural programme;
- welcome evening and other conviviality moments;
- support in access to leisure;
- support in access to sport activities;
- psychological assistance, educational and social accompanying

How to apply for the Acc&ss services

All selected candidates registered on the Acc&ss portal will receive a free e-mail consultation on issues regarding the preparation of their move to Île-de-France.

To benefit from the accompanying measures, researchers need to register on the Alfred database, which shared by all French EURAXESS centres. Registration can be done on the spot during the first visit of the Acc&ss centre, or remotely through a dedicated online form.

FURTHER INFORMATION

To prepare your stay in Île-de-France:
<https://access.ciup.fr/>

REGISTER to the Alfred database:

<https://www.fnak.fr/inscription/?lang=en&cid=paris-centre>

Welcome Desk Paris

After their arrival in France, selected candidates can also benefit from services offered by the "Welcome Desk Paris" reception platform set up by the "Cité internationale universitaire de Paris" at the start of each academic year. This platform is conceived as a single window offering the possibility to complete all administrative procedures in one place and in several languages. The following organisations are partners within the platform: Préfecture de Police de Paris, Office français de l'immigration et de l'intégration (OFII), Direction régionale des entreprises, de la concurrence, de la consommation, du travail et de l'emploi (DIRECCTE), Caisse primaire d'assurance maladie (CPAM), mutuelles étudiantes, Caisse d'allocations familiales (CAF), Agence Départementale d'Information sur le Logement (ADIL), Pôle Emploi, CROUS de Paris, etc.

More information on Welcome Desk Paris can be found at: <https://access.ciup.fr/en/welcome-desk-paris/>

Based at the "Cité" since 2017, the reception centre for international students and researchers of the Paris Police Headquarters ("Préfecture de Police de Paris") enables faster appointment scheduling.

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Accommodation search

SUPPORT IN ACCOMODATION SEARCH FOR SELECTED CANDIDATES

The "Cité internationale universitaire de Paris" manages a housing stock of 40 houses for researchers and students, which accommodates each year about 12 000 residents.

For an accommodation search elsewhere in Île-de-France, researchers can ask the Acc&ss team for support. The Acc&ss network has access to updated lists of possible accommodations within several residences in Paris, private residences, websites advertising offers for rental and apartment-sharing, associations offering accommodation possibilities within families.

If applicable, researchers can apply for personalised support in accommodation issues at the "Caisse d'Allocations Familiales" (CAF) through an access-free area located at the "Cité"; the Acc&ss team can help the applicant throughout this process.

FURTHER INFORMATION

On the residences at the "Cité":
<https://www.ciup.fr/en/category/living/>

APPLY

For an accommodation at the "Cité":
<https://bienvenue.ciup.fr/questionnaire/?lang=en>

Cultural and language offerings

LANGUAGE, CULTURAL AND SOCIAL INTEGRATION FOR SELECTED CANDIDATES

The Acc&ss network also offers activities focused on language, cultural and social integration, including:

- training workshops in French as a foreign language (FLE) for students, researchers, and their spouses;
- cultural integration programmes;
- support in professional integration;
- support for schooling of children;
- welcome evenings;
- information on leisure and sports activities in Île-de-France.

For more information on these offerings: <https://access.ciup.fr/>

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Support to researchers' spouses

Researchers' spouses are also eligible for a large offer of services in Île-de-France, including language courses, cultural and professional integration, networking, etc. To apply for these services, candidates can refer to the Region to establish contact with the relevant service providers. In case of paid services, they will be at the candidates' charge.

THE JOB COCOON BOOSTER PROGRAMME

The job cocoon booster programme provides the "Expat Communication" offer, specifically conceived to support expats and their spouses in the job search process (both for foreigners arriving in France and for French people coming back). This programme is based on job search groups, it exploits team dynamics, it mingles participants' networks and shares good practices, etc. The duration of the programme varies between 1 week to 4 months, and can also be tailored based on specific needs. This is a paid service. More information can be found at: <https://expatvalue.com/recherche-emploi-expatries/>

HAPPY EXPATS IN FRANCE

Happy Expats in France is a Human Resources counselling service launched by a former expat, Mayghan Dolmy. This programme provides personalised and tailored advice to expat's spouses in their job search in France on issues such as CV writing and translation, advice on job search and preparation for interviews with French recruiters, etc. This is a paid service. More information can be found at: <https://fr.happyexpatsinfrance.com/>

ABSOLUTELY FRENCH

Absolutely French is an integration centre providing French language and cultural training for expat's spouses in France. This centre organises recruitment sessions, called "Absolutely Talented", to foster the encounter between international profiles and potential recruiters. This event is free of charge for recruiting companies. The next session is planned on the 6th of October 2020, at Station F, in Paris. More information can be found at: <https://www.absolutely-talented.com/>

Why to "Choose Paris Region"

BUSINESS OPPORTUNITIES IN ÎLE-DE-FRANCE REGION

"Choose Paris Region" is the portal of the Agency for international attractiveness and promotion of Île-de-France Region. The platform provides free of charge and tailored support to all business people wishing to create or develop their companies in Île-de-France, no matter the stage of their business development. The aim is to support companies taking advantage of the unique business opportunities within the Region, and by doing so to accelerate their growth in an innovation-friendly ecosystem. More information can be found at: <https://chooseparisregion.org/>