

Settle In

A Practical Guide to Living in Paris Region



Foreword

Moving to a new country is a thrilling experience. You get to learn about another culture and do business in a different environment. Even more, you get to learn a new language and discover new surroundings. Nonetheless, it can also be a challenge to make sure you and your family feel comfortable in their new home.

To ensure your landing in Paris Region is as smooth as can be, I encourage you to read this special guidebook. It includes a wealth of invaluable information that any newcomer needs to know about. Finding the latest information on topics such as Healthcare, Education, Housing, Public Transportation, and International Communities is quick and easy.

We hope you will feel at home in our vibrant, innovative and sustainable region.

Paris Region is a popular destination for many people. Some relocate here for work; others choose it to set-up a business while younger ones choose the Region to study. Whatever the reason for their presence, making the move is no small feat – there are administrative details to take care of, accommodation to find, and healthcare to register for. This is why we wrote this guide – we wanted to provide individuals and companies alike with practical information about life in Paris Region.

This guide is the result of the experience acquired over the years by Choose Paris Region in its mission to accompany international companies, startups and entrepreneurs in relocating to Paris Region. The information in it comes from our regular interactions with professionals specialized in relocation services.

Whether you are about to leave or have already set foot in our Region, Choose Paris Region is here to help you settle in.



Alexandra Dublanche

Chairwoman
Choose Paris Region



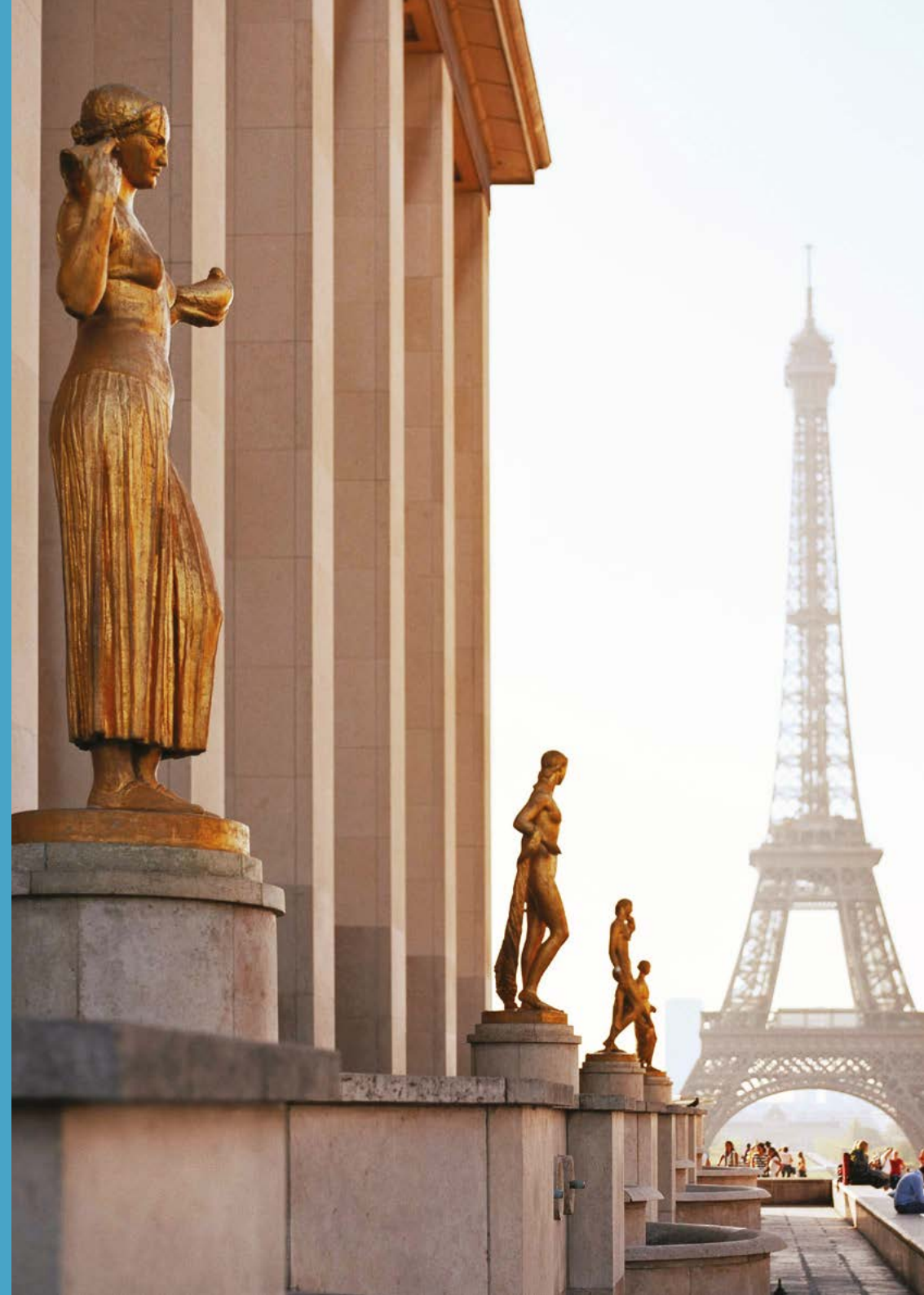
Lionel Grotto

CEO
Choose Paris Region

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Land



Applying for a Visa and Work Permit

The process of applying for a visa or residence permit will depend on your nationality, as well as the length and reason of your stay. EU, EEA, and Swiss Nationals can move about freely in France without a visa or a work permit. Non-European Union nationals intending to invest, work and stay in France for an extended period are required to hold a work permit and a visa.

Getting a Work Visa

A long-stay visa allows foreign nationals to stay in France for longer than three months, with the aim of enabling the holder to obtain a residence permit so they can live in France for a longer period.

Applications must be submitted to the French Embassy or Consulate in the applicant's country of residence. When processing visa applications, the visa authorities usually invite applicants to attend their premises in person. Some formalities, such as arranging appointments and submitting applications, may be outsourced to external service providers (VFS Global, TLS, etc.).

A visa only authorizes its holder to enter France. To stay and work in France, a valid residence permit and a work permit is required.

To enhance its economic attractiveness, France offers specific visas and accelerated procedures for international talents. These schemes will make it easier for you and your family to settle in France.



[France-visas provides a list of documents in support of a visa application, according to the purpose of the stay and the personal situation of the foreign national.](#)

Residence Permits for International Entrepreneurs and Talents

If you are a startup or entrepreneur who is starting a business in Paris Region, you should consider the "Talent Passport": a multi-year residence permit for foreign investors, entrepreneurs, researchers and employees. Likewise, the French Tech Visa, is a simplified procedure especially designed for Tech businesses.

The multi-year Talent Passport was created to develop France's economic attractiveness. To benefit from it, your employment contract and your stay in France must exceed 3 months.



The Talent Passport

- Valid from 1 to 4 years and renewable
- A "Talent Passport – Family" residence permit is available for the accompanying family (spouse and children under 18)
- This permit entitles the spouse and any children entering their 18th year to work in France
- No additional work permit is required

Talent Profile	Eligibility Criteria
Investors, entrepreneurs and company directors	<ul style="list-style-type: none">- Business investors investing at least €300,000 in France- Entrepreneurs with an innovative business project- Company directors or legal representatives of a business in France- Entrepreneurs putting at least €30,000 into a new business
Employees	<ul style="list-style-type: none">- Skilled employees and employees of an innovative new company (<i>Jeune Entreprise Innovante – JEI</i>)- Highly skilled employees (European Union Blue Card)- Employees on assignment under an intra-company transfer where a French contract is signed
Other categories	<ul style="list-style-type: none">- Researchers- Performing artists- Foreigners who are nationally or internationally recognized in scientific, literary, artistic, intellectual, educational or sporting fields

If ineligible for the "Talent Passport", foreign company directors, company founders and investors can also apply for a long-stay visa equivalent to a residence permit (called "VLS-TS") marked "Entrepreneur/Independent Professional". This visa category enables them to move to France and carry on their business for one year on a renewable basis subject to certain conditions.

Please note that certain business areas may be subject to regulations and/or require specific diplomas and qualifications. These are professional activities known as "regulated professions or activities" (e.g. lawyers or accountants, architecture, medicine, etc.). More info [here](#)



The French Tech Visa

[The French Tech Visa](#) is a simplified procedure for 3 types of non-EU international Tech talent to obtain a "Talent Passport" residence permit for France.

It has been designed for:

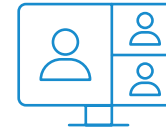
- [Startup founders](#), whose startups have been selected by one of the dedicated incubators and accelerators based in Paris Region (for more info read our dedicated guide [here](#))
- Employees recruited by companies based in France and recognized as innovative by the Ministry of the Economy and Finance and are eligible to recruit via the French Tech Visa (more info [here](#))
- Investors - business angels or international VC firms opening offices in France (more info [here](#))



Learn more about how you can prepare ahead of your relocation at welcometofrance.com, a website designed by Business France to help you navigate the main steps of your settlement. The website offers an online personalized guide detailing the relevant procedures: applying for a visa and a resident's permit, along with social security and personal tax.

The "Talent Passport" Residence Permit Procedure

1



Preparation of the visa and residence permit applications by the international talent

2



Visa application submitted by the international talent to the Consulate or French Embassy

3



Visa issued

4



Arrival in France

5



Residence permit requested online by the international talent on the dedicated [website](#)

6



Residence permit issued *Préfecture* or *sous-préfecture* where the employee resides in France

7



Stay may be extended by request at the *préfecture* or *sous-préfecture* of the place of residence in France



Work Permits for Non-EU Talents

If you are not eligible for a “Talent Passport” or an “ICT seconded employee” residence permit (a residence permit that is equivalent to a work permit and therefore not subject to a prior work permit application), your future employer in France or abroad will have to apply for a work permit to hire you in France.

The application for a work permit is required to obtain an “Employee” or “Temporary worker” residence permit.

Please note that foreign nationals seeking a job are not primary candidates and companies are asked to try and recruit French nationals before recruiting a foreigner. If a foreigner is recruited, the employer can submit the work permit application on the dedicated online platform “[Foreign nationals in France](#)”, at least three months before the employee is due to take up their role.

British citizens

British nationals residing in France from January 1, 2021 and having begun to work after this date will need to apply for a work permit under the same conditions as any non EU citizen unless the residence permit includes a work permit.



Do you or your employer need help to obtain a residence permit or work permit? Our experts are here to assist you with administrative procedures.

Opening a Bank Account

According to the bank you choose, you will be required to submit the following documents (note original versions may be asked):

- Proof of identity: Valid national identity card or passport, residence permit
- Proof of address: Utility bill - water, electricity, phone, Internet... - less than three months old, lease or rent receipt, last tax notice or property tax for the current year
- Proof of income: Last tax or non-tax notice, last pay slip
- Reference from your current bank
- Foreign tax identification number
- Your employment contract or an employer certificate in case of relocation for professional reasons

If you wish to open a joint account, you will have to provide the documents listed above for each co-holder.

The bank will also ask you to complete a tax residency self-certification form that applies to account holders in countries participating in the automatic exchange of financial account data. If you have any questions on how to define your tax residency status, we advise you to get in touch with a professional tax adviser through our [dedicated platform](#).

For US citizens, a W9 form must be completed to comply with the FATCA - Foreign Account Tax Compliance Act reporting requirements.

Once your account is opened, you will receive your bank details and IBAN number (*RIB* or *Relevé d'Identité Bancaire* in French), allowing you to set up wire transfers and direct debits, and a few days later your new credit card. It may take a few days for the account to be opened so remember to take this into account when you are about to rent a property or get a contract for your mobile phone, Internet, electricity, etc.

If you are considering setting up a business in Paris Region, find out how to open a business bank account [here](#).

Connect with our Experts

- Relocation & Integration
- Banking Services
- Recruitment & HR
- Incorporation
- Accounting, Payroll & Tax
- Legal & Tax services

connect-with-selected-partners.chooseparisregion.org

Driving in France

The procedure will vary according to whether you are an EU national or not.

Holders of a European driving license issued by a member country of the European Union can drive in France with their current license if it is valid. Exchanging a driving license for a French license will only be compulsory in the following cases:

- If your license has expired
- If you apply for a new type of license
- If you hold a traffic offence in France
- You have lost your license, it is damaged, or it has been stolen

How Do I Apply for a French Driving License?

The application is free of charge and can be done online on the [ANTS website](#) - the French government's website. All you need to do is scan and upload the required documents. You will be able to track the progress of your application thereafter.

Exchanging a Driving License

If you hold a driving license issued by a non-European country, you will be able to drive in France during the first year of your arrival in Paris Region. You will need to show proof of your residence permit or long-stay visa.

Thereafter, you will need to hold a French license. Note that your foreign license must have been issued in your country of residence just before you arrived in France and will need to be accompanied by an official translation. If you are a European national holding a non-European license, you must apply to exchange your license anytime between the 6th month and the 18th month of your stay.

For your license to be exchanged, it must have been issued by a country that has a bilateral agreement with France.

The list of these countries is available [here](#)

Please note licenses issued by a country outside the European Economic Area, will no longer be valid in France after one year. The holder of this license will then have to apply for a French driving licence.

British Driving Licenses

If you hold a British driving license and live in France, then the rules and regulations will differ according to whether your license was issued before or after 1 January 2021:

- If you obtained your UK driving license before 1 January 2021, it is valid in and you can drive without having to exchange your license for a French one (unless it expires, is lost, stolen or damaged).
- If your UK driving license was issued after 1 January 2021, it will remain valid for one year from the date you move to France. During this period, you must apply to exchange your UK license for a French license on the ANTS website, otherwise you will have to retake the French driving test.

Taking Your Driving License Exam

You can take the B license (car license) and the theory test of the highway code as an independent candidate (see details [here](#)) or through a driving school, accompanied by a translator if you don't speak French. There are several driving schools with English-speaking instructors in Paris Region (Fehrenbach Driving School, Zipee...).

See the dedicated pages on *Service-Public*, the official website of the French administration: [Driving in France with a foreigner license](#)



Need help with applying for a French Driving License? Connect to our [Platform of Selected Partners](#)

Special Expatriate Tax Regime

Individuals relocating to France may be eligible to tax arrangements through partial income tax exemptions, according to certain conditions and for a period of up to eight years.

This special expatriate exemption scheme is designed for employees and company directors of any nationality:

- recruited abroad by a company established in France (external hire)
- called upon by a foreign business to work for a company in France (intra-group transfer)

Please note that individuals who are seeking work in France on their own initiative or who have already established their residence in France at the time of recruitment are not eligible for the expatriate tax scheme.

It applies to individuals who were not residents of France for tax purposes during the five calendar years prior to taking up duties in a France based company.

It provides income tax exemptions on:

- Additional compensation directly linked to the exercise of a professional activity in France (expatriate bonus)

- The share of compensation relating to the foreign activity carried out in the interests of the employer
- 50% of income from investments from foreign sources*
- 50% of certain intellectual and industrial property rights from foreign sources* (royalties earned by writers or composers and their heirs or legatees, rights earned by inventors either through licensing their patents or assigning or granting trademarks, processes or manufacturing formulae)
- 50% of capital gains on the sale of securities and ownership interests from foreign sources

The expatriate scheme also allows beneficiaries to deduct contributions to supplementary retirement and supplementary pension schemes with which they were affiliated before arriving in France from their taxable income.

Find out more about eligibility, benefits and exemptions [here](#)

**Payment of which is made by a person based outside France in a State or territory which has concluded a tax treaty with France that contains an administrative assistance clause to combat tax evasion and avoidance.*



The Tax4Business help desk service, run by the French government's Public Finances Directorate, is the single contact point for all tax queries involving foreign nationals. Contact: tax4business@dgfip.finances.gouv.fr

Checklist

Before Leaving

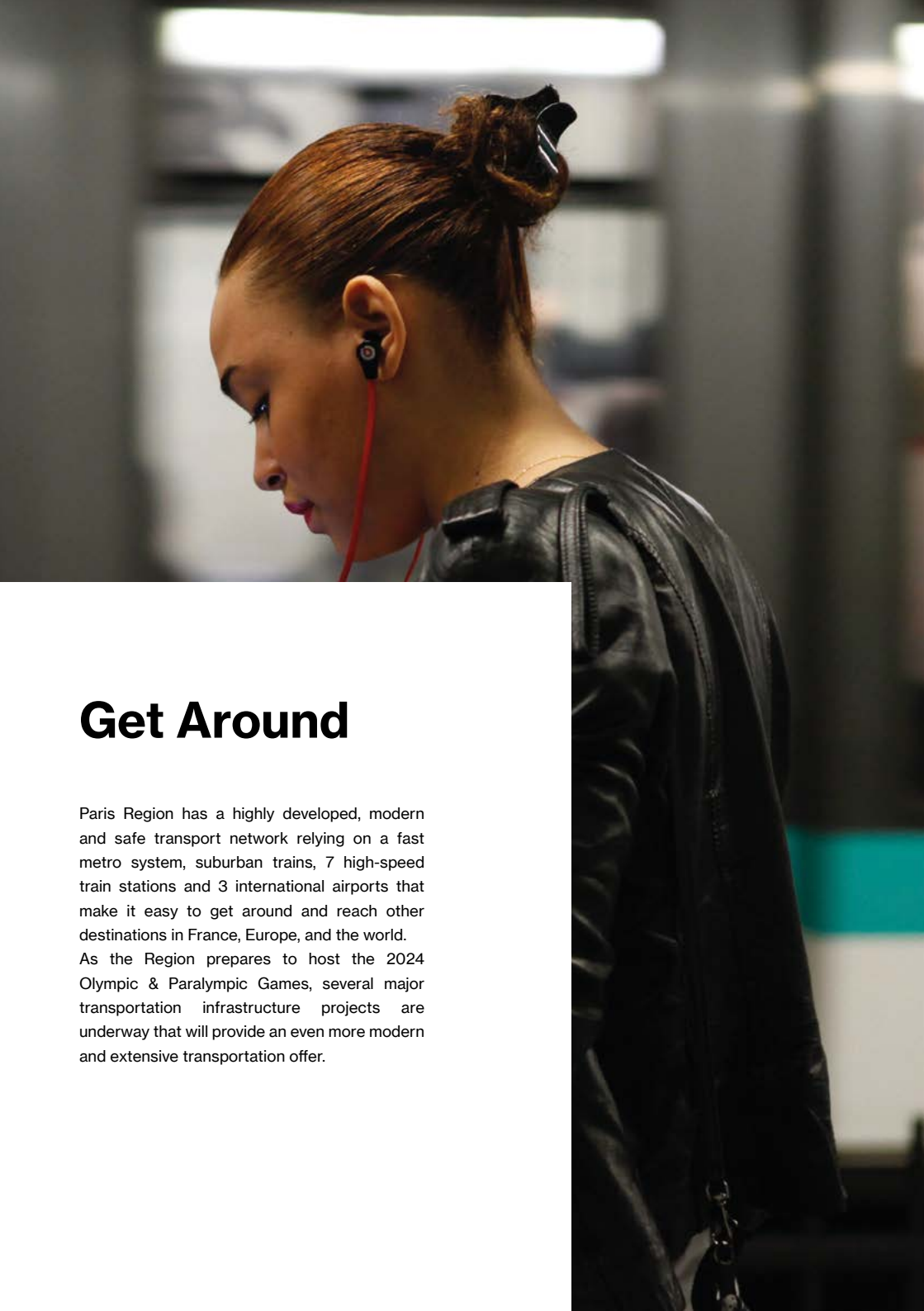
- ✓ At least 3 months before, if you are a non-EU national, apply for a long-stay visa and residence permit or work permit at the consular authorities in your country of residence
- ✓ Arrange transport of your personal effects (possessions, vehicles, valuables etc.), make a customs declaration if you are from a non-EU country and pay any customs duties and taxes
- ✓ Check your tax arrangements and inform the tax authorities in the country you are leaving
- ✓ Check accommodation options or temporary solutions and consider the support of a relocation agency

Upon Your Arrival

- ✓ Obtain a residence permit for long-stay visa holders or make a declaration at the French Immigration and Citizenship Office (OFII) for holders of a long-stay visa equivalent to a residence permit (VLS-TS), get a residence permit for your spouse and travel documents for your children (if applicable)
- ✓ Insure your car, your home, and take out a French school insurance for your children
- ✓ Check whether you need to exchange your driving license
- ✓ Register with French Social Security and request your health insurance card "carte vitale", take out additional private health insurance
- ✓ Sign up at the *Caisse d'Allocations Familiales* (CAF - the French family support fund) and find out if you are entitled to any social benefits, especially if you have children
- ✓ Declare your arrival to the French tax system (you will have to fill out your first tax return the year after your arrival)

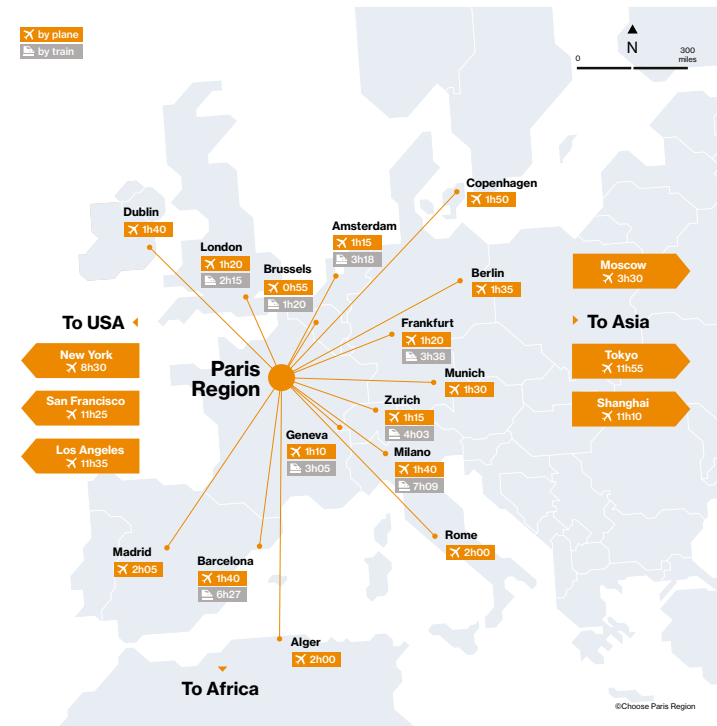
Settle In





Get Around

Paris Region has a highly developed, modern and safe transport network relying on a fast metro system, suburban trains, 7 high-speed train stations and 3 international airports that make it easy to get around and reach other destinations in France, Europe, and the world. As the Region prepares to host the 2024 Olympic & Paralympic Games, several major transportation infrastructure projects are underway that will provide an even more modern and extensive transportation offer.

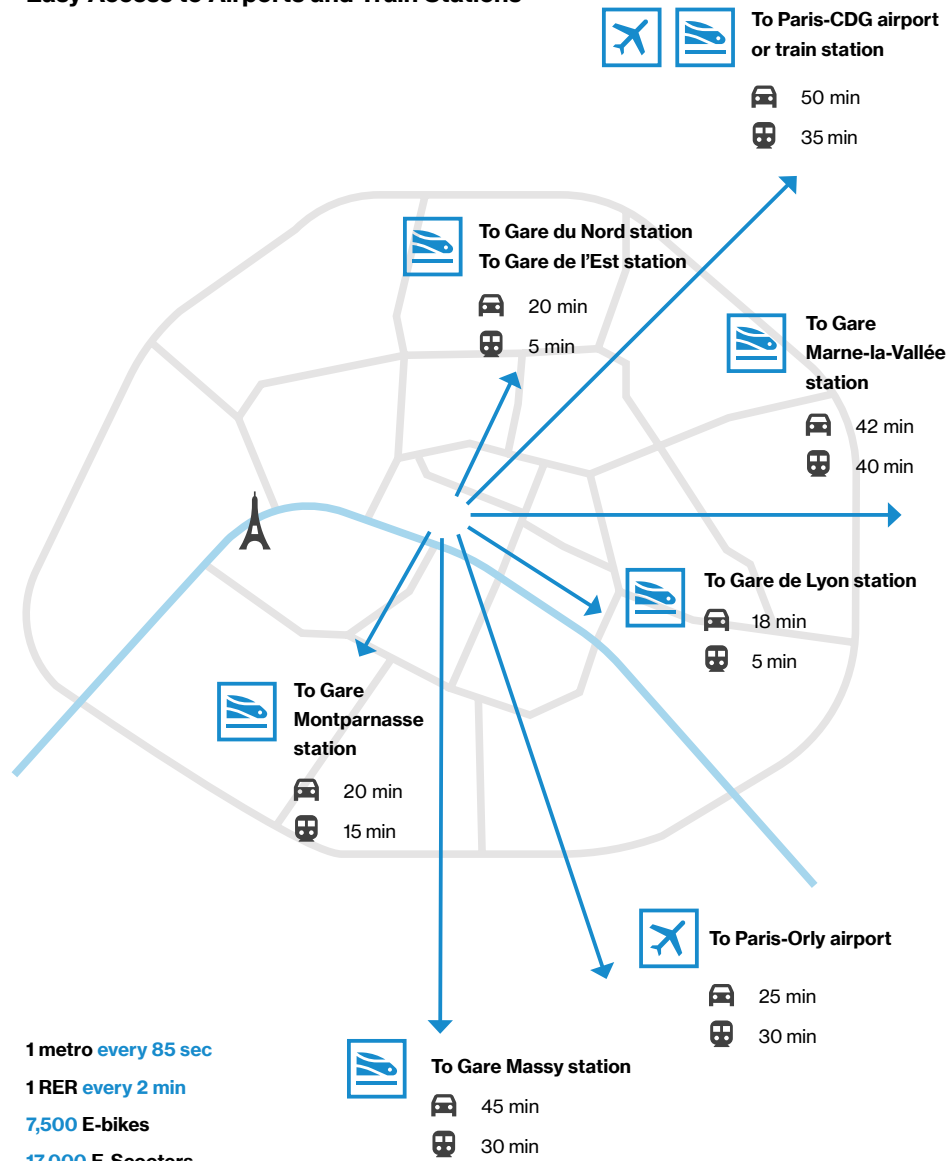


A Region Connected to Europe and the World

The Region benefits from an excellent location in the heart of Europe. Paris is only a 2-hour flight away from Geneva, London, Barcelona, Rome and Berlin and the high-speed train (TGV) links Paris Region to other European capitals within 3 hours.

This makes it easy to travel for work, visit friends and family regularly, plan escapades in France or elsewhere!

Easy Access to Airports and Train Stations



- 1 metro every 85 sec
- 1 RER every 2 min
- 7,500 E-bikes
- 17,000 E-Scooters
- 1,750 Electric cars



Move around quickly and cheaply

One of the many advantages of the transport offering in Paris Region is its price. It is less expensive compared to many other cities in Europe. Paris Region offers an unlimited monthly pass, called "Navigo Pass", that covers all geographical zones, regional trains, buses, and trams.

Good to know

- Transport for children under 4 years old is free
- A junior pass for children aged 4 to 11 is available for €24/year
- Students under 26 have a reduced rate with an "Imagine R" pass
- Employees get a 50% reimbursement of the Navigo pass by their employer
- Whatever the distance, a one-way journey will never cost more than €5



Your Navigo pass is also a cultural pass! It offers discounts, free visits, invitations to openings, etc. [More info](#)

How to Get Your Navigo Pass?

The Navigo Pass gives you access to all means of transport: metros, buses, tramways and RER Regional Express Railway trains. You can choose between getting a monthly or annual subscription or use the Navigo Liberté+ ticket (you only have to pay for the trip you make).

You can order it by creating your personal Navigo account online or at any of the ticket offices. You can find out more [here](#). Note that your Navigo pass can also be recharged on a smartphone using the [Ile-de-France Mobilités App](#).

"As a German expat in Paris Region, I benefit from the proximity to Germany from "Gare de l'Est". It is easy to travel to international destinations from "Gare du Nord" and from Charles de Gaulle Airport. The large parcs, forests and museums in Paris Region are an additional bonus to the quality of life of any Parisian."



David Norta

German citizen, in Paris since 2017

Paris Region's Public Transport Offering



The Metro

With its 16 lines and nearly 400 stations, the metro is the fastest and cheapest way of getting around. It is open 7 days a week between 5:30 and 1:15 and until 2:15 on Fridays and Saturdays.

The RER - Regional Express Railway and Transilien - Regional train lines

The 5 RER lines and the Transilien lines allows you to travel quickly around the region by train. All RER trains cross Paris, the RER A takes you to the La Défense business district and Marne-La-Vallée/Disneyland Paris, while the RER B connects to the Gare du Nord station and the Paris-CDG and Paris-Orly airports.



Batobus

The batobus is available 7 days a week, passing by the Eiffel Tower, the Champs-Élysées, the Louvre or the City Hall. The subscription allows you to get on and off for 1 day, 2 days or 1 year ([batobus](#)).

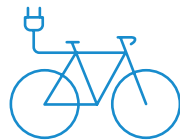


The Bus and Noctilien

There are almost 300 bus lines in Paris Region, running from 7:00 a.m. to 10:30 p.m. Some lines run until 0:30 a.m. Once the metro and buses stop running, the Noctilien night bus service becomes the exclusive late-night/early morning public transportation option.

Trams

There is also a network of 8 tramway lines that circulate mainly around Paris and the surrounding towns.



Prefer travelling by bike?

In the last few years, Paris Region has set up more and more bike lanes, car-free neighbourhoods, bike-only routes, and easy ways to rent or buy a bike, to make it easier, safer and more pleasant to ride in the city.

Self-service bike rentals

Available to everyone and at any time, self-service bicycles offer you great flexibility for your bike trips. With 1,400 docking points in Paris - i.e. one docking point every 300 meters in Paris! - and 55 cities in the metropolitan area, the Vélib' service is the world largest bike-sharing system.

[More info with Ile-de-France Mobilités](#)



Rent an e-bike!

Renting an e-bike is an alternative solution to facilitate your commute while reducing your carbon footprint. [Véligo Location](#) has an e-bike rental system at a rate of €40 per month (which can be reduced with a subsidy from your employer) and is valid for a 6-month period. Cargo bikes are also available for families who wish to transport their children. Other long-term rental services exist such as: Dance, Swapfiets, and many more.

Subsidies for the purchase of an e-bike

As part of its policy to develop cycling throughout the region, Ile-de-France Mobilités offers a grant of up to €500 for the purchase of a standard e-bike or a cargo bike with or without electric assistance.

[To know more about terms & conditions](#)

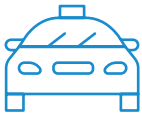
Cycling around Paris Region

[Véligo Parks](#) provides an interactive map to find the nearest bike park. [A Velo en Ile-de-France](#) (Cycling in Paris Region) - also provides an interactive map to visualize cycling paths and routes.



Self-service e-scooters

Paris Region has a wide range of self-service and rental e-scooter services to criss-cross the streets of Paris and the surrounding areas: CityScoot, Yego, Cooltra, Troopy. You just download the app of one of the operators, find a scooter around you and book it. No need to subscribe, as you are charged per minute of use.



Carsharing services

For occasional trips, and limiting the mileage on your personal vehicle, Paris Region offers many electric car options. You can share or use one in many parts of the Region. Reserve and unlock a vehicle from your smartphone, drive, and drop it off for free anywhere in the area served, or at the same location, depending on the conditions indicated by the operator: Free2move, ShareNow, Zity, Ubeeqo, Getaround, Communauto are some examples of popular operators.



Why not try carpooling?

Nearly 1 million people in the Region use this economical, user-friendly and eco-friendly means of transport every day, and it keeps growing.

Île-de-France Mobilités supports the use of carpooling by offering 2 free journeys of less than 30 km per day for Navigo pass holders, and drivers can earn up to €3 per passenger carried per day in their car.

Find [here](#) the carpool platforms for daily commuting in Paris Region, including Blablacar Daily, Karos and Klaxit.



Find useful maps or apps to plan your journey, look at timetables and check live traffic information on:

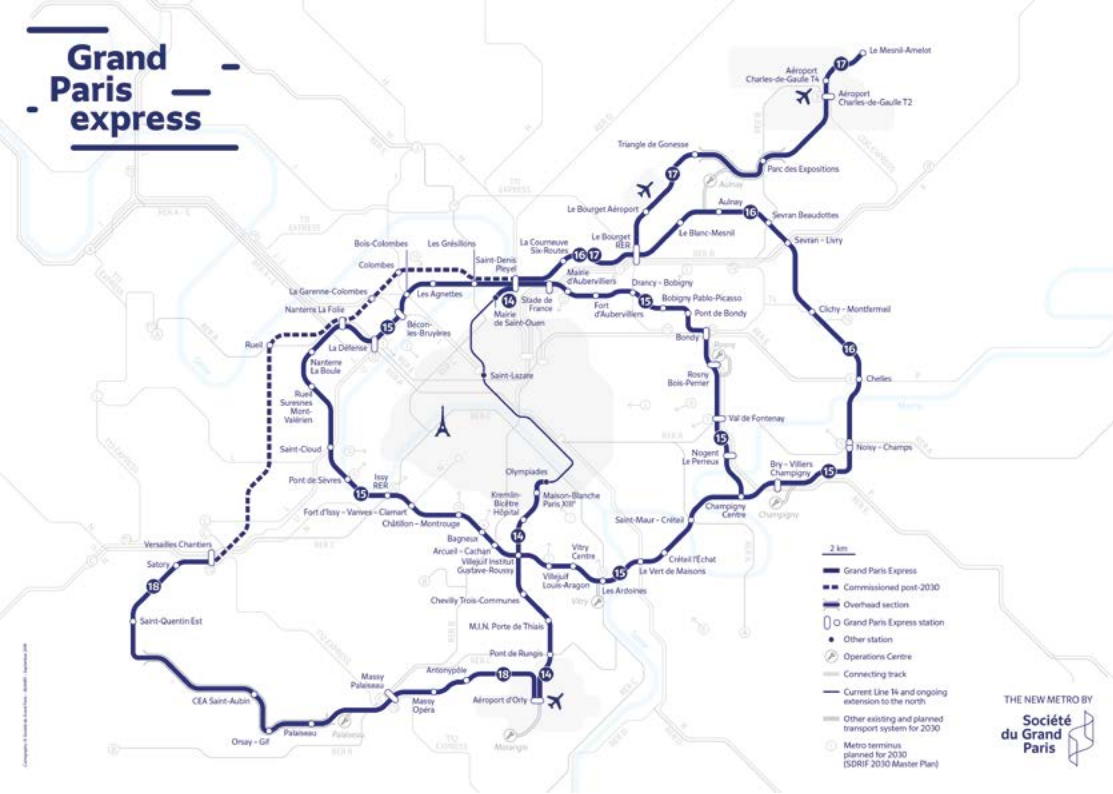
[RATP - The metropolitan operator](#)

[SNCF - Main train operator in France, for regional train services and high-speed TGV trains](#)

[ILE-DE-FRANCE MOBILITES - For trips to and from suburban destinations](#)

[Public transportation maps to download](#)

[CITY MAPPER - For comparing different modes of transport and find the quickest journey](#)



The Grand Paris Express – A New & Faster Transport Network

The Grand Paris Express, the largest transport project in Europe, will grant Paris Region with a new automatic metro system. It will facilitate suburb to suburb journeys, will provide a more pleasant travelling experience and will reduce journey times. For example, travel to Paris-CDG airport will now be easier and quicker from the La Defense business district (34 minutes), as well as travel between Plateau de Saclay from Paris-Orly airport (15 minutes).

The new stations will no longer be just places to catch a train, but also places to shop, live and work; they will be accessible, safe, digital, lively... and of course practical!

The Grand Paris Express will improve the quality of life of the inhabitants and talents who choose our Region. Many projects are already underway: housing, shops, services, student residences, hotel residences, are already underway.

Construction began in mid-June 2016 and will last until 2030. The Grand Paris Express is already in full swing. Don't be surprised if you come across a lot of construction sites, trucks or workers' cabins during your walks... The new metro is right on track!



Find a Home

With its diverse neighborhoods and districts, there is no doubt you will be able to find the perfect location in Paris Region that suits your lifestyle and needs. Green spaces for nature-lovers, family-friendly districts, dynamic places for people looking for cultural outing. There is a wealth of neighborhoods to choose from.

You will also be surprised by the architectural diversity that can be found in the region:

- the charm of the historic centres of Paris and certain suburban cities, with tree-lined avenues and parks, cafés, elegant architecture of Haussmann style buildings;
- the modernity of other districts such as La Défense, with their recent constructions and new eco-districts;
- or even towns with a preserved heritage and environment, surrounded by nature.

But what about the villages and towns in Paris Region that offer the best quality of life?

According to the 2022 ranking of [Villes et Villages où il fait bon vivre](#), an association dedicated to analysing French communities on no fewer than 182 quantitative indicators, out of France's best places to live, 30 cities out of 100 are in Paris Region (in the category of communes with 2,000 inhabitants or fewer).

These are medium-sized cities offering a good work-life balance and meet the needs of their residents in terms of quality of life, security, local facilities, sports, leisure activities and the possibility of finding housing with outdoor space.

To name a few: Levallois-Perret, Courbevoie, Boulogne-Billancourt, Nogent-sur-Marne, Créteil, Versailles, Saint-Germain-en-Laye, Argenteuil, Evry, Massy, Cergy, Saint-Denis, Chelles...

Another ranking provided by [Cadremploi](#) - a recruitment website for executives - highlights the best cities to live in Paris Region's suburbs for people wanting to travel less than 1 hour to get into Paris while living in a green environment. Among these cities feature: Maisons-Laffitte, Chatou, Montigny-le-Bretonneux, Gif-sur-Yvette, Palaiseau, Yerres, Ozoir-la-Ferrière, Bussy-Saint-Georges... They offer many green spaces, high speed broadband, access to public transportation and sometimes a more affordable real estate cost.

Nothing can replace a visit to the areas mentioned above to feel the pulse of a neighborhood, discover local services, and finally find the place that will satisfy all your expectations, so do not wait any longer!



Need expert help for your relocation needs in Paris Region? Connect to our relocation partners, they can guide you in your search.



Living surrounded by nature

Paris Region is full of natural places, real havens of peace, sometimes unknown to Parisians themselves.

The Chevreuse Valley and the Gâtinais regional park in the South of Paris Region, the Vexin natural park and Oise-Pays de France regional park in the North of the Region are full of bucolic places, historical sites, and villages of character.

Fontainebleau and Rambouillet, destinations where nature and heritage, sport and culture coexist in perfect harmony, thanks to the forests of Fontainebleau and Rambouillet which are real paradises for outdoor activities.

Many other forests - Forêt de Meudon, Montmorency, Marly, Sénart..., and parks - Parc de Sceaux, Saint-Cloud, Georges-Valbon..., will satisfy all nature lovers, while offering an easy access to Paris Region's job market.

"We are now living in the gorgeous Vexin forest in the Val d'Oise. We love its gorgeous countryside and pretty villages, and we still come regularly into the city to take advantage of Paris' museums, restaurants and rich cultural life. I believe it is the ideal mix of rural countryside retreat within less than an hour from the city centre."



**Caroline
Watson**

British citizen,
in Paris since 2010



Finding & Renting Accommodation

In France, leases are signed for a longer period than in other countries. It is therefore also more difficult for owners to evict tenants once the lease is signed. As a result, owners will tend to make sure you are a suitable tenant through a more extensive vetting process.

Note that a 2P or 2 rooms - "pièces" in French - does not mean two bedrooms. A 2-room apartment (usually around 35 to 50 sq.m) usually means one bedroom and a living room. A 3-room apartment (usually around 50 to 75 sq.m) could have two bedrooms and a living room or, more frequently, one bedroom and a so-called double living room (one part serving as living room and another as dining area). The kitchen and

bathroom are not included in the number of rooms advertised.

Furnished and unfurnished properties

"Meublé" means the place is furnished while "non-meublé" or "vide" indicates that the place is unfurnished. Most properties on the market are unfurnished. Unfurnished properties have a standard contract period of three years, as compared to furnished properties, which is one year. The tenant can give notice at any time and the minimum notice period is one month. The 3-year or 1-year contract will be automatically renewed (the indication "tacite reconduction" should be included on the contract) unless you give notice.

The special case of "guarantors" in France

In France, landlords can ask you to name a guarantor who will cover any default of payment on your rent especially if your monthly salary is not three times higher than the rent.

This guarantor can be an individual (family member, friend, etc.) and must earn 3 to 4 times the rent and be residing in France. The items required from the guarantor are the last three pay slips, work contract, and tax notice.

If you are unable to provide the name of a guarantor, you will be required to deposit

between 6-and 12-months equivalent of rent on a blocked bank account as a security deposit (with no interest paid). In some cases, alternative guarantors can be provided:

The Visale guarantee is a 100% free and digital guarantee for people aged between 18 and 30 or for people aged over 30 who have been employed in the private sector for less than 6 months. Check the requirements and apply to a Visale [here](#).

Other solutions exist such as [Garantme](#) and [Cautioneo](#). They can act as a guarantor, in return for a percentage of the rent (3.5% of annual rent including charges).

Documents required to rent accommodation:

- Identity card, residence permit, passport, or driver's license
- Last three rent receipts or a proof of address, or your most recent property tax notice
- A copy of your employment contract
- Your last three pay slips or your last two balance sheets if you are self-employed. The unwritten rule is that you need an income at least three times the amount of the rent
- Your last or penultimate income tax notice or non-tax notice, if applicable
- A French bank account number

Household insurance

You are required by law to take out a household insurance (*assurance habitation*) and give the landlord a copy of the certificate you receive from the insurance company before moving into the property. We recommend taking out a

multi-risk insurance policy that covers damage caused to the house and resulting from a fire, an explosion or water damage. Make sure your insurance covers also your personal belongings or damage caused to neighbours or third parties.

Utility costs and taxes

Rents are usually quoted as "*loyer charges comprises*" in French, which means basic rent and charges are included in the monthly rent. These cover the maintenance of the building and usually include water, general maintenance, and garbage tax. They may also include heating if there is central heating system and hot water if it is provided collectively for the whole building. The costs are charged monthly at the same time as the rent.

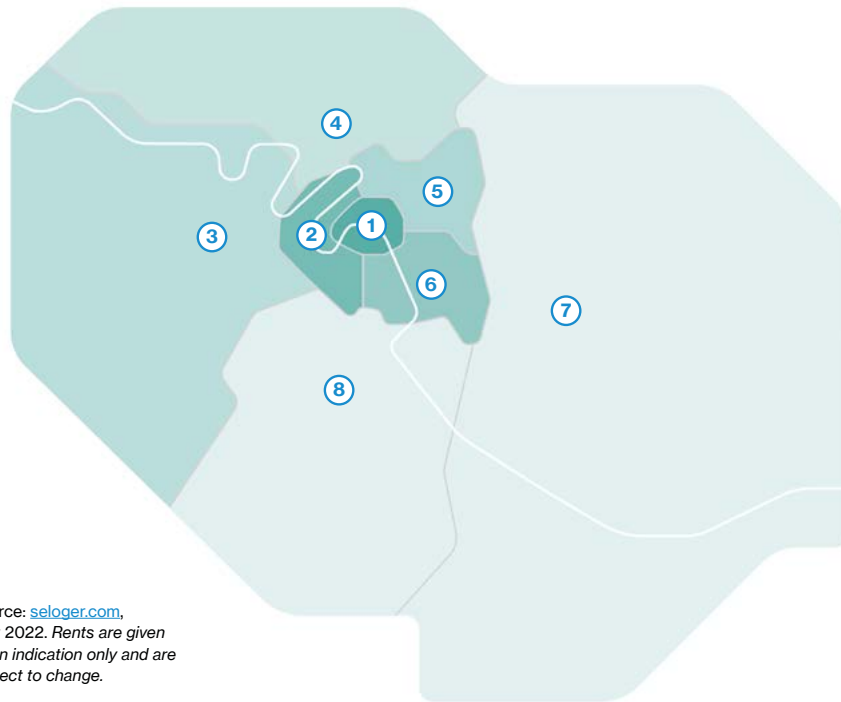
Rental Costs

Average Rental Costs €/sq.m/month in Paris Region

Rents in Paris Region are on average between €14–36 per sq.m/month (May, 2022). However, this depends on whether you are looking for an apartment or a house, a furnished or unfurnished apartment, in the center of the city or in the suburbs, near public transport or international schools, and so on.

To get a better understanding of the average rental cost in Paris Region you can check some websites of classified ads, such as [SeLoger](#) (in French).

The following is a non-exhaustive list of cities illustrating the variety of rents.



Source: [seloger.com](#),
May 2022. Rents are given
as an indication only and are
subject to change.



1 Paris

€30 – €36

Paris is composed of 20 districts (*arrondissements*) each with its own atmosphere and personality, and a wide range of rents.

Western Suburbs

2 Hauts-de-Seine

€24 – €29

Meudon, Sèvres, Rueil-Malmaison, Sceaux, Saint-Cloud, La Garenne-Colombes, Issy-les-Moulineaux, Boulogne-Billancourt, Neuilly, Levallois...

3 Yvelines

€18 – €31

Saint-Germain-en-Laye, Versailles, Maisons-Laffitte, Buc, Bougival, Chatou, Le Pecq, Elancourt, Bois-d'Arcy, Guyancourt, Plaisir...

4 Val d'Oise

€17 – €22

Enghien-Les-Bains, Andilly, Montgeroult, Asnières-sur-Oise, Viarmes, Argenteuil, Montmorency, l'Isle-Adam, Cergy, Pontoise, Auvers-sur-Oise...

Eastern Suburbs

5 Seine-Saint-Denis

€17 – €25

Saint-Ouen, Pantin, Le Pré-Saint-Gervais, Montreuil, Bagnolet, Romainville, Noisy-le-Grand, Neuilly-Plaisance, Drancy...

6 Val-de-Marne

€17 – €25

Vincennes, Saint-Mandé, Ivry-sur-Seine, Gentilly, Arcueil, Maisons-Alfort, Nogent-sur-Marne, Saint-Maur-des-Fossés, Cachan...

7 Seine-et-Marne

€16 – €22

Fontainebleau, Chelles, Serris (Val d'Europe), Réau, Champs-sur-Marne, Montévrain, Meaux, Melun, Croissy-Beaubourg, Lieusaint...

8 Essonne

€14 – €21

Bièvres, Orsay, Bures-sur-Yvette, Saclay, Palaiseau, Wissous, Evry, Etampes, Dourdan...

Navigating the Property Market

The rental market in Paris Region is quite tense as the tenant demand is strong and only 1-month notice is required. Expect to spend 2-3 weeks looking for a place. Once you have handed over all documents, the process can be very quick. Here are some options to get you started.



To save time and effort, you will find here a large network of service providers dedicated to facilitate the search for housing, and the installation of newcomers. Get in touch with our [selected partners](#).

Popular websites of classified ads

You can find these ads on various websites, and you will need to contact landlords directly and set up appointments as soon as possible. The longer you wait, the greater the chance that the apartment will be rented before you get there. Furthermore, being first and eligible does not necessarily guarantee that you will get the apartment. The most popular websites are: seloger, bienici, superimmo, pap, fuscac, entreparticuliers, paruvendu...

Real estate agencies

Real estate agencies inform tenants about the rental offers corresponding to their search. They can organize individual and accompanied visits with specialized rental consultants and assist clients in preparing their application. However, they will not organize a personalized full day of visits, as a relocation agency would do. Some agencies offer properties already insured for unpaid rent. In that case, you will not need to provide a guarantor or a bank guarantee.

Relocation agencies / Flat hunters

They will provide you with a selection of suitable housing according to your criteria and needs, search the market, organize visits and accompany you, help you submit your application, and may also help you with signing the lease and setting up utilities. Some of them will select apartments that they have previously visited on your behalf and can send you a comprehensive report with pictures, videos, and expert advice.

Flexible and temporary solutions

Temporary housing can be an option while looking for the right place. Here are some alternative options:

Hotel/Aparthotel

Fully equipped residences offering studios or apartments with a large range of services and facilities, both for short or long stays. This can be suitable for single individuals as well as families. Booking is easy and possible online. Check the following: Citadines, Residhome, Adagio, Apart'City...

Furnished apartment rentals

Flexible solutions for a month or longer stays. These specialized agencies are used to working with foreign companies and expatriates and they help with administrative procedures, finding the apartment that fits your needs and assist you with presenting your rental application to the landlord. These agencies propose furnished and equipped apartments located mostly in Paris and in the near suburbs. Check out: Paris Attitude, Lodgis, Book a Flat, Paris Housing, The Homelike, Morning Croissant...

Take Care of Your Health

France's Health-Care System

France's universal healthcare system guarantees coverage of healthcare expenses for all individuals who work on a regular basis in France or who have been residing in France on a continuous and ongoing basis for at least 3 months, regardless of their nationalities or income. It covers health expenses (reimbursement of up to 70% of all healthcare costs with remaining costs financed by a private health insurance (called "mutuelle").

Overview of Health & Social Benefits

- Sick leave: In France, the sick leave can last up to 26 weeks, and opens the right to financial compensation up to 50% of the employee's income.
- Maternity leave: The social system offers 16 weeks of maternity leave, two weeks longer than European legal leave. French mothers receive 100% of their previous income during their entire leave.
- Paternity leave: New fathers benefit from a paternity leave of 28 days paid at 100% of their income.
- Annual leave: Entails a minimum of 25 days paid leave, plus 10 bank holidays.
- Unemployment allowance: The social system grants 60 to 75% of their previous incomes to the unemployed, for a period of up to 52 weeks.

Applying to French Social Security

Whatever the duration of your stay in France, you must be covered by a social protection system. Depending on your situation, affiliation to the French social security system might be required. Your first point of call will be *The Caisse Primaire d'Assurance Maladie (CPAM)* which oversees the administration of the [French Social Security](#).

If you come to France to work, then your employer will take care of all formalities for you. Your employer must first complete a pre-recruitment declaration (*DPAE - Déclaration Préalable A l'Embauche*) with the local URSSAF (the government organization in charge of collecting social security and family allowance contributions). More info [here](#) and [here](#)

After registering, you will receive a temporary social security number you can use to go to the doctor or pharmacy and get reimbursed. Once you receive your permanent social security number, you will be able to open a personal account on [Ameli](#), France's health insurance website, and request your health insurance card "Carte Vitale" (sent to you by mail usually takes longer).



If you come to France to work for a company that does not have a legal entity in France, you will be subject to the French social security system and your company will have to complete all the compulsory declarations and pay the social security contributions in France to the National Center for Foreign Firms (URSAFF – CNFE).

If you come to France to run a company or start your own business, then your social security regime will depend on the legal structure of your company and your functions within it. You may be affiliated to the general social security system (and benefit from the same social protection as employees, except for unemployment insurance) or to the social security system of the self-employed.

People who are unemployed can benefit from health coverage if they have been residing in France continuously for at least three months. They are entitled to the Universal Sickness Protection (*Protection universelle maladie* –

PUMA) system. However, they must ensure that they are covered by a European Health Insurance Card (EHIC) or a private insurance for the first three months of their stay.

How the Carte Vitale works

Your *Carte Vitale* does not have an expiration date but make sure to update it at least once a year or after any significant life change (such as change of address or change of marital status). Please note that in France, medical fees are paid upfront and get reimbursed thereafter. On average, 70% of these costs are reimbursed by the health insurance scheme and an optional private top-up health insurance policy (*mutuelle*) could cover the remaining cost. With the *Carte Vitale*, you will receive reimbursement for your health care expenses (medical, paramedical expenses, hospital costs...) within 5 days directly to your bank account.



Health Care Services

Finding a doctor who can speak your language

Patients are free to choose their own doctor in France and register with them as their primary doctor (*médecin traitant*). You can find the contact details of health professionals on the national health insurance online directory (*annuaire.sante.ameli*), or you can book an appointment online with the doctor of your choice using medical appointment booking websites such as Doctolib, Qare, Maïa.



Doctolib and Maïa allow you to identify practitioners who speak foreign languages and to find an appointment that fits your schedule and is located closeby. You select the specialty you are searching for (dentist, dermatologist, general practitioner, pediatrician...), and filter according to the language spoken. Out of the 44,000 Paris Region health professionals registered on Doctolib, 74.5% of them speak either English or another language.

Your referred doctor will direct you towards a specialist if needed (dermatologist, gastroenterologist, cardiologist, psychiatrist, etc.). Note that if you decide to visit a specialist

without visiting your own doctor first, you will be reimbursed at a lower level. Some specialists however can be consulted without you passing through your referred doctor (gynaecologists, ophthalmologists and dentists). Before seeing a doctor, make sure he/she is “contracted” (“*conventionné secteur 1*” or “*secteur 2*”) meaning that fees are established in accordance with the French social security system.

How much does it cost to go to the doctor?

The costs vary depending on the doctor’s “sectors” (*secteurs*) which apply different rates of reimbursement:

- Doctors “Sector 1” charge fixed rates set by social security
- Doctors “Sector 2” can charge fees that are higher but still bound by law
- Doctors “*non conventionné*” can charge whatever amount they wish

As a rule, the medical expenses are the following:

- €25 for a general practitioner in Sector 1
- €30 for a specialist practitioner recommended by a general practitioner
- €50-€60 for a long or difficult consultation with a specialist practitioner

Please see [the French social security website](#) for a full list of rates and reimbursements for Sector 1 and Sector 2 doctors.

Private and complementary health insurance

A private health insurance coverage (“*mutuelles*” or “*assurance complémentaire santé*”) will top up your reimbursements from the French social security system and cover any extra costs incurred. This additional coverage can be paid for through work or taken out independently. Please note that companies have an obligation to subscribe to health insurance for all their employees. The cost of it is part of your social security contribution and based on your salary. The price of it varies depending on the cover required. A complementary health insurance will cover any additional health expenses such as hospitalization, surgery, dental or optical treatment, as well as some pharmaceutical drugs.

Hospitals

Paris Region has around 100 public hospitals and 130 private clinics. Many of them are in the main cities, especially in Paris, Melun, Versailles, Evry-Courcouronnes, Nanterre, Bobigny, Créteil, Cergy. Some hospitals have English-speaking staff: Hôpital Franco-Britannique, Hôpital Foch, The Adolphe de Rothschild Foundation, The American Hospital.

In all hospitals in France, the general procedure is to pay up front, file your claim, and get reimbursed. After being admitted to the hospital, you will need to show your *carte vitale*, a European Health Insurance Card, or any proof of insurance. If you are uninsured, you cannot be denied healthcare in France, but you will be expected to pay for it entirely yourself. Some senior physicians or surgeons at public hospitals can also set their own rates, like private clinics. In this case, the difference in costs is not usually covered by the social security, and private

insurance is needed to top up state provisions. You can check the website [Annuaire Santé](#) to locate a facility and find information on its rates.

Pharmacies

In France, you can only obtain medication by presenting the drug prescription (*ordonnance*) and your *carte vitale* or the *feuille de soins* issued by your doctor. Depending on the drug and your insurance coverage, you may be asked to pay a proportion of the cost of the medication. The amount reimbursed varies according to the type of medication. If you buy any drug without a doctor’s prescription, you will not be reimbursed by the social security.

Click [here](#) to find the pharmacies on duty at night, on Sundays and on public holidays in Paris Region.

Emergency numbers

- Emergency European number: 112
- Fire Brigade: 18
- Police: 17
- SAMU (ambulance emergency service): 15
- SMS emergency number (for people with hearing & speaking difficulties): 114
- SOS Médecins (doctor, house calls): 01 47 07 77 77



- **AMELI - The French social security system** [Watch the video - 3 minutes to understand the French social security system](#)
- **CLEISS - The liaison body between the French social security institutions and their foreign counterparts**
- **French Health Insurance English-Speaking Hotline: +33 974 75 36 46**



Meet Your Children's Needs

Choosing From a Range of Childcare Options

In France, there are many childcare options for children between 3 months and 3 years old and thanks to an advantageous social benefit system, parents in France pay lower costs for childcare than parents in other European countries (depending on your income).

There are two main childcare options: day-care centers called “*Crèche*”, which can be public or private, and childminders referred to as “*Assistantes Maternelles*”, who look after the children in their home or in yours.

- **Collective childcare facilities (« *crèches* »)**

They can be public or private and welcome children from 2.5 months to 3 years old during working hours and are managed by the local city councils.

You must apply through your local town hall (“*mairie*”) who will ask you for a proof of address. Applications for September should generally be made before April/May. Please note that places are limited and waiting lists may be long.

- **Company *Crèches***

Company *crèches* are private daycare centers in which spots must be booked directly by companies for their employees. Spots are co-financed by parents, the CAF - French family benefit fund - and companies (in return companies benefit from tax reductions, they can deduct 83% of the costs incurred through family tax credit and corporate tax savings). Some of them are bilingual: People&Baby, Little Frogs, *Crèches Plumes*, Les Petites Canailles, Babilou... If you work in Paris Region, ask your employer if they provide such support.

- **Micro-*crèches***

These are private, smaller *crèches* that can accommodate up to 10 children. Some micro-*crèches* are company *crèches*. Ask your employer to book you a spot.

- **Haltes-garderies**

This is a “drop-in daycare service” that can accommodate children from 2.5 months up to 6 years old on an occasional basis.

- **Parental *crèches* (“*crèches parentales*”)**

These are managed by parents’ associations who hire childminders and supervise the children themselves. You can find a list of these *crèches* on [monenfant](#) or on the website of your City council (section “*Petite enfance*”)

Other options include:

- **Childminders**

A certified childminder (*Assistante maternelle* or *crèche familiale* in French) looks after 1 to 4 children. Childminders have certifications allowing them to supervise children in their own homes, but they can also work at a daycare center called *Maison d’assistantes maternelles (MAM)*. To find a certified childminder, consult the list [here](#) or visit the website of your City council (section “*Petite enfance*”). You can get a list of registered childminders to contact directly.

- **Employing a childminder at home**

It is possible to hire a childminder or nanny that will look after children in your own home (“*Garde à domicile*” in French) or to opt for sharing childcare with another family (“*Garde partagée*” in French). The family acts as employer or co-employer of the home-based childminder.

“(…) Another important factor that compelled us to move to Paris was all the benefits of raising a family in France vs. the U.S. The options for quality & affordable childcare in France are far more accessible, and public school starts at 3-years old instead of 5 in the U.S. For us, the early childhood education system in France was a major factor that allowed us to fully pursue our professional lives here, knowing that our son is getting a fantastic education & care at the same time.”



Dominique Farrar

American citizen from California, in Paris since 2017



Choose the Best International School for Your Children

Paris Region has an extensive selection of bilingual programs and international schools open to foreign and French pupils from kindergarten to high school:

- 120 public schools offering bilingual programs
- More than 40 international private schools
- A variety of curricula: International Baccalaureate (IB), European Baccalaureate, International French Baccalaureate, A-Levels, High School Diploma, Montessori, etc.

These programs are provided in state/public schools and state-funded schools (*public* or *privé sous contrat*) or private schools (*hors contrat*, fully independently funded and non-contracted).

The French school system educational offer

The French school system, either taught in French or through international programs, is appropriate for bilingual or non-French speaking children, whose parents are planning a long stay in France and wishing to become fluent in French.

1. French schools with International Sections follow the national French curriculum and offer an International Section where courses such as History, Geography, and Literature are taught in the language of the section:

- From kindergarten (3-6 years old) to high school (15-18 years old)
- Bilingual and bicultural programs in 17 different languages

- Intensive schooling with a weekly basis of 3 hours minimum taught in the language of the section for nursery and primary levels and a weekly basis of 6 to 10 hours for secondary and high school levels
- Diplomas: Pupils take specific exams to be awarded the International Option of the *Diplôme National du Brevet* and the International French Baccalaureate (BFI)

To enroll in an International Section, it is usually necessary for a pupil to be a near native-speaker level in the language of the section. However, some International Sections (for the most part American or British) provide opportunities for motivated pupils to join their section even if they do not yet have a near native speaker level. Since these schools are subsidized, some of them are free of charge; otherwise, the annual fees are usually quite modest, ranging from €1,000 to €6,000 per year, depending on grade levels.



The International French Baccalaureate

(*Bac Français International - BFI*)

It starts at the beginning of the school year 2022, for students entering the “Première” class at the high school (equivalent to Year 12 or 11th Grade). The BFI can be in a bilingual, trilingual, or quadrilingual format, depending on the school’s programme and the students’ choices and wishes.

2. French schools with Binational Sections follow the national French curriculum, welcome French and Foreign bilingual pupils, programs them specific courses.

- From secondary school (11-15 years old) to high school (15-18 years old)
- Intensive schooling with a weekly basis of 6 to 10 hours taught in the language of the section
- A specific 3-year training program going from years 11 to 13 (high school), designed with a partner country
- Diplomas: 3 binational sections are available in Paris Region high schools, delivering a double degree: ABIBAC (German Abitur + French Baccalaureate), BACHIBAC (Spanish Bachillerato + French Baccalaureate), ESABAC (Italian Esame di Stato + French Baccalaureate)

3. French schools with “Two-language classes” or “European & Oriental Sections” follow the national French curriculum and offer “reinforced” language tuition on a weekly basis.

4. The European School Paris-La Défense

European School in Courbevoie, with two linguistic sections: French and English. The school offers a comprehensive curriculum from kindergarten to the European Baccalaureate.

A new international high school opened in September 2021 in Palaiseau, with two International Sections, British and Spanish, and another high school opening in Vincennes in 2024.

To find the most appropriate language education offer, visit our [International Education Guide in Paris Region](#)

Choosing an International Private School

The English section of the European School and the international private schools, which enable pupils to follow the official curriculum of the European schools (taught in English) or the curriculum of another country, could be appropriate for the expatriates who move to France only for a few years so that their children can easily reintegrate to a school back home upon their return.

Private schools are independently funded and allow their pupils to take a range of international exams: Cambridge national examinations, IGCSE, IB, A-Levels, Advanced Placement Programs...

There are up to 40 international private schools in Paris Region, including world-renowned schools:

British School of Paris, American School of Paris, International School of Paris, Jeannine Manuel, EIB Paris, Marymount, Deutsche Schule Paris, Liceo Italiano Leonardo da Vinci, Liceo Español Luis Buñuel, etc. Please note that each school defines what is “bilingual”, so the degree and level of bilingualism varies from one school to another.

These private institutions are not subsidized by the French State. Their annual tuition and fees are quite expensive, often between €6,000 and €35,000 per year, depending on schools and grade levels. Not to mention non-refundable application fees and capital assessment fees (one-off payment for new pupils, or extra-curricular activities).

Diplomas in Paris Region's international schools

10 privately funded schools granting the IB, High School Diploma or A-Levels

Schools delivering	IB diploma	A-Levels	US High School diploma
International School of Paris (Paris)	X		
ICS Paris (ex-EIB Victor Hugo) (Paris)	X	X	X
Jeannine Manuel (Paris)	X		X
Hattermer (Paris)	X		X
Kingsworth International School (Paris)		X	X
Ermitage International School of France (Maisons-Laffitte)	X		
American School of Paris (Saint-Cloud)	X		X
Notre-Dame International High School (Verneuil-sur-Seine)	X		X
British School of Paris (Croissy-sur-Seine)		X	
The Lab School Paris (Montreuil)	Accreditation process underway		

Facilities for children with special educational needs

A support unit created by the Ministry of Education for families with children with a learning disability on this helpline (available from France: 0 805 805 110) or by email: aidehandicapecole@education.gouv.fr

To learn more about the Ministry of Education's policies, click [here](#)

Contact support groups or networks for English-speaking or multilingual individuals and families of children with complex learning, medical, or physical needs:

[SPRINT France](#)

[Extraordinary Kids in Paris...Parents too!](#)



[Visit our Guide to International Education in Paris Region: It provides a mapping of the various schools, from kindergarten to high-school, according to the language taught \(17 languages\)](#)

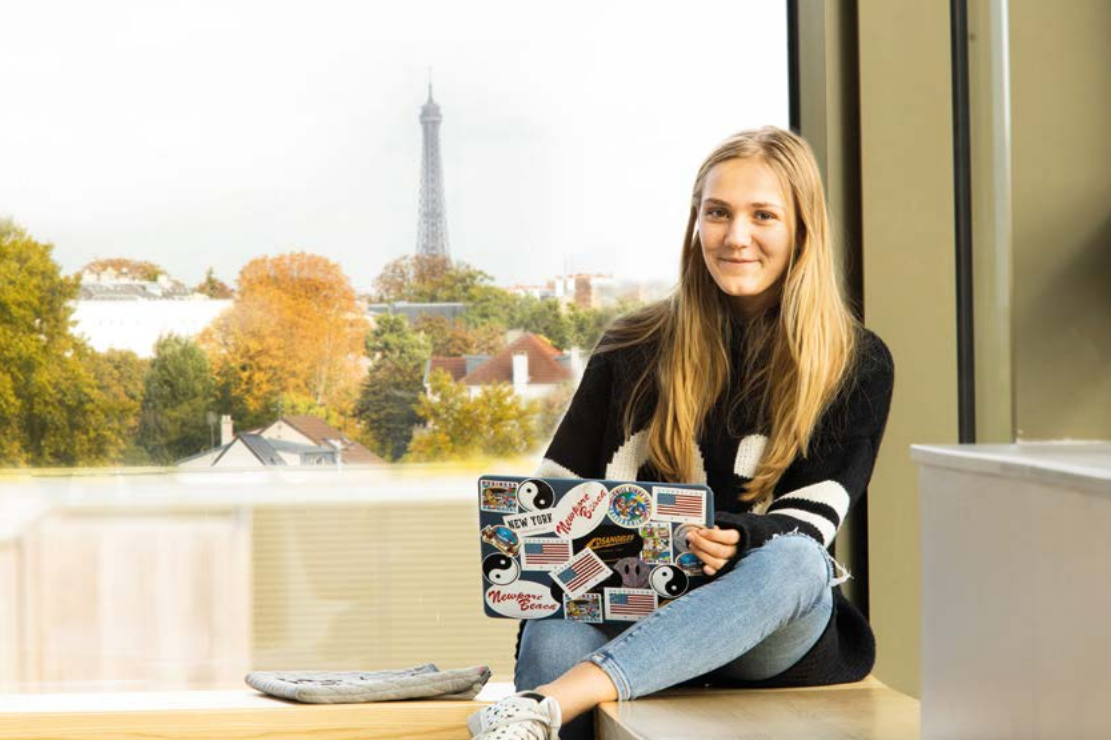
[Contact our “Education” experts for any questions about the education system in France and identify the best schools for your children:](#)

ce.contactinternational@ac-versailles.fr

French School Grade Equivalents

Age	France	UK	European School	USA			
3-4	Petite section	Nursery	Early education	Kindergarten	Pre school		
4-5	Moyenne section	Reception			1	Pre-K	
5-6	Grande section	Year 1			2	Kinder garten	
6-7	CP	Primary School	Primary	Elementary Primary school	1 st Gr.		
7-8	CE1				Year 2	2 nd	2 nd Gr.
8-9	CE2				Year 3	3 rd	3 rd Gr.
9-10	CM1				Year 4	4 th	4 th Gr.
10-11	CM2				Year 5	5 th	5 th Gr.
11-12	6 ^e	Secondary School	Secondary Observation Pre-orientation Orientation	Junior High School	6 th Gr.		
12-13	5 ^e				Year 6	1 st	7 th Gr.
13-14	4 ^e				Year 7	2 nd	8 th Gr.
14-15	3 ^e				Year 8	3 rd	9 th Gr.
15-16	2 ^{de}				Year 9	4 th	10 th Gr.
16-17	1 ^{re}				Year 10	5 th	11 th Gr.
17-18	Terminale				Year 11	6 th	12 th Gr.

In France, pupils are admitted to the nursery school at the beginning of the school year in September of the calendar year in which the child reaches 3 years of age.



Admission policies

In France, all children aged 3 to 16 are guaranteed schooling once in the country, regardless of their nationality and whatever their knowledge of the French language. Thus, the French national education system guarantees newly arrived pupils who do not speak French access to French education. Private schools are under no such obligation.

Compulsory schooling in France starts at 3 years old. Some private nursery schools accept children from 2 years of age, To be accepted they must be 2 years old at the start of school in September (some schools require that children be potty-trained), and when there are more children than places older children are given preference.

When selecting a public/state-run French school, parents are usually required to send their child to the school nearest to their home. It is occasionally possible to apply for a spot in a state-run school outside the family's chosen residential area, but authorization must be obtained from the town hall.

Deadlines vary according to school levels, places etc. Families need to contact schools or educational facilities directly or check their websites for dates and application procedures. Usually the sooner the better (as of October for some schools, as of January for others), but even if a deadline has been missed, an application form could be processed if justified by context (family move for instance).

Who do I contact to apply or enroll my child in a French school?

Type of School	Contact
Public schools / Kindergarten and primary school	The school service at your local town council
Public schools / Secondary and high school	The educational district's administrative head
International Sections, the European School or private schools	The school / Admissions Department

In some international schools, it is possible to enroll any time during the school year. These schools welcome a lot of expatriate pupils and try as much as possible to adapt to the special circumstances international parents are facing. However, most of the schools have waiting lists and the earlier you get on their list, the better chance you have in getting your child admitted to that school.

The School Year in France

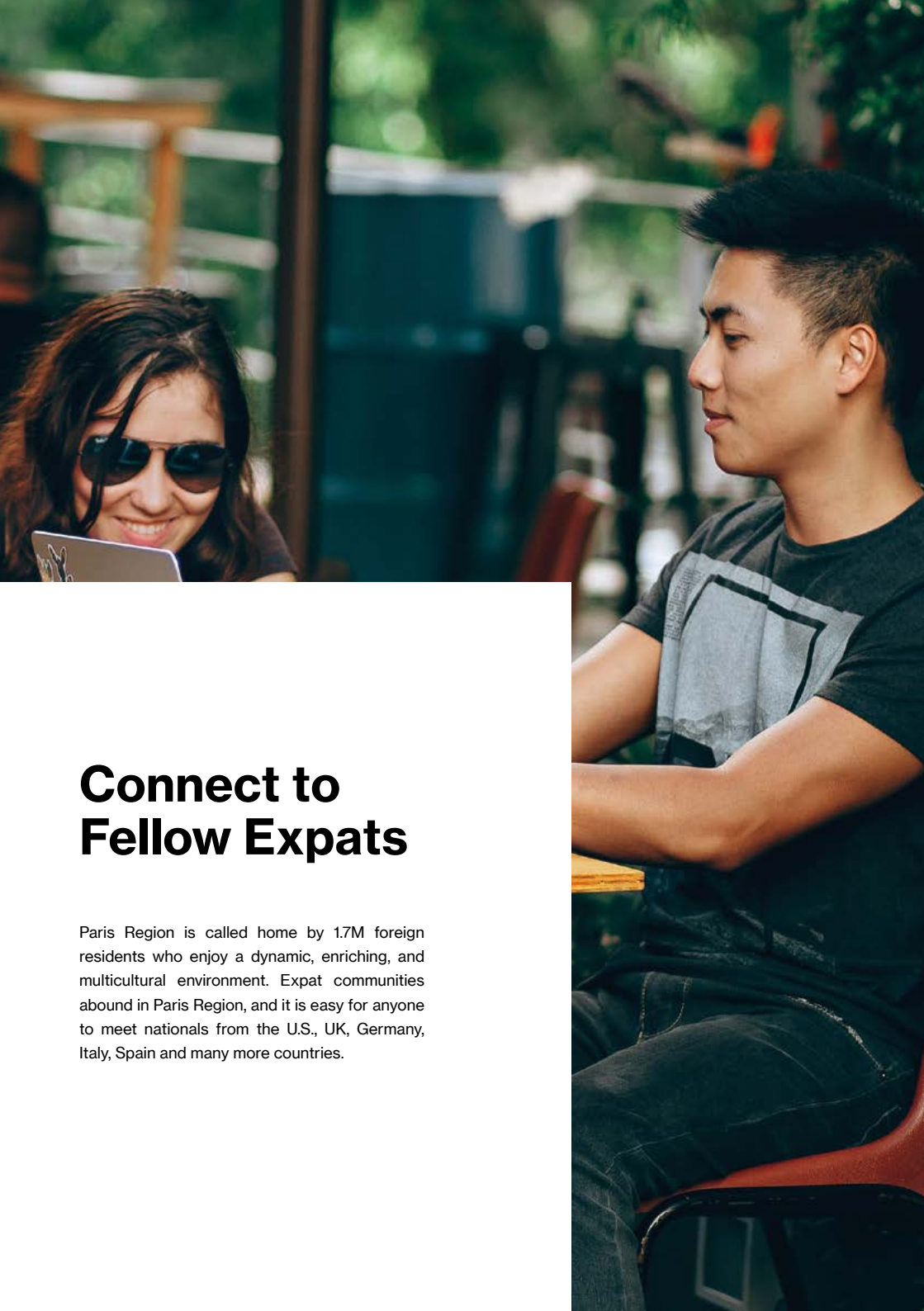
The school year starts in early September and ends in late June or early July. You can visit the French Ministry of Education website for the approved annual calendar.

There are five school holidays spread over the year: All Saints Holidays (October), Christmas Holidays (December), Winter Holidays (February/March), Spring Holidays (April/May) and Summer Holidays (July/August). Note that Winter and Spring holidays dates vary as France splits schools into three different regional zones: zone A, B and C. Paris Region is part of zone C.

French Bank Holidays	
1 January	New Year's Day
18 April	Easter Monday
1 May	Labour Day
8 May	Victory Day 1945
26 May	Ascension Day
6 June	Whit Monday
14 July	Bastille Day
15 August	Assumption Day
1 November	All Saint's Day
11 November	Armistice Day
25 December	Christmas Day

Make the Most of your Stay





Connect to Fellow Expats

Paris Region is called home by 1.7M foreign residents who enjoy a dynamic, enriching, and multicultural environment. Expat communities abound in Paris Region, and it is easy for anyone to meet nationals from the U.S., UK, Germany, Italy, Spain and many more countries.

Many expat networks and groups exist in Paris Region such as:

- Message Paris, a supportive community of English-speaking families living in Paris Region
- Association of American Women in Europe, a bicultural community of American women primarily in France, Europe, and the world
- Extraordinary Kids in Paris, a support network for Anglophone and multilingual individuals, families with children with complex medical, or physical needs
- International Dual Career Network – IDCN, a non-profit association formed through the collaboration of companies, NGOs and academic institutions facilitating the job search for mobile employees' partners
- British and Commonwealth Women's Association, a club open to all female expats in Paris who are either British nationals or married to British or Commonwealth nationals
- *Accueil des Villes Françaises (AVF)*, is an association that welcomes newcomers and helps them discover their new town and meet other new arrivals and residents
- Some local networks: *Accueil International de Saint-Germain-en-Laye*, *Café Bilingue Vincennes...*
- *Femme Expat*, a French-speaking web magazine for female expatriates which organizes regular free events workshops, webinars, and coaching sessions, etc.

Outings or activities for the whole family without language barriers:

- Enjoy the many events organized by the foreign cultural centers such as: American Library of Paris, American Center for Art and Culture, Shakespeare & Company or Smith&Son bookstores, The Irish Cultural Center, Japan Cultural Center, Goethe Institut, Italian Cultural Institute,...
- Discover various bilingual or English shows and comedies: Théâtre in Paris offers the opportunity to attend modern comedies, classics, musicals, one-(wo)man-shows... in French with English subtitles. With Lost in Frenchlation you can discover French films with English subtitles every month.

Hotspots for Leisure, Sports, and Culture

Paris Region offers an unbeatable and affordable quality of life. Whether you are a cinephile, athlete, foodie, nature-lover, art buff or world traveller, you'll never run out of ideas to occupy your weekends or your free time with friends or family!

A Green Region

75%

green spaces

800

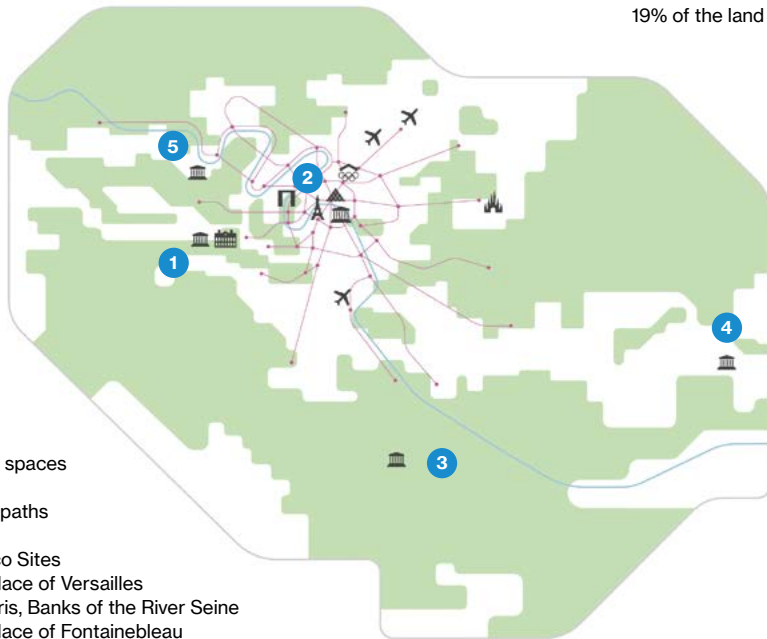
farms producing fresh food & vegetables

4,900

parks and gardens

4

regional nature parks representing 19% of the land area



Green spaces

Cycle paths



Unesco Sites

- 1 - Palace of Versailles
- 2 - Paris, Banks of the River Seine
- 3 - Palace of Fontainebleau
- 4 - Provins Medieval Town and Fairs
- 5 - Le Corbusier's Villa Savoye



2024 Olympic Village

An Unrivalled Cultural and Leisure Offering



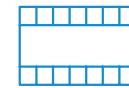
4,000

historic monuments



150

museums



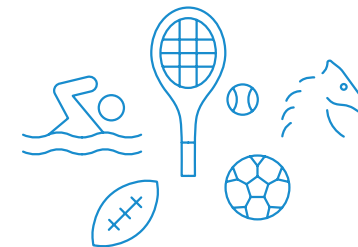
300

cinemas



360

theaters and opera houses



1,000

sites dedicated to outdoor sports: horse riding, golf, climbing

5,300 tennis courts
700 swimming pools
400 equestrian centers

Paris Region's vibrant Art & Culture scene

Once you have visited the emblematic and must-see places of the capital and its region, and the latest exhibitions, make sure you make the most of Paris Region life and discover the capital's trendy places.

Paris Region is full of old and new alternative places (old train stations, abandoned lots...) that will take you off the beaten track. Street art tours are the perfect way to discover the city with your family.

To find out more, explore the "[Visit Paris Region](#)" website. It includes useful information in English about Paris and its region: museums, monuments, shows, gastronomy, parks and gardens, shopping spots, and a selection of themed tours to discover Paris Region as you wish. If you

want to go on exciting walks, download the free CityGem application and enjoy thematic walks, an audio guide, stories, and anecdotes about the places you visit.



The free app [Paris Region Adventures](#), includes a virtual treasure hunt that allows you to enjoy a thousand and one aspects of Paris Region: walk in the footsteps of great kings of France, visit beautiful villages, explore parks, forests or admire street art. The Paris Region and the Routard have also published a guide "[Paris Region Aventures](#)", with a selection of the "[best bistros, bakeries and places to eat that appeal to children](#)" as well as an adventure booklet with many games.



For sport and nature lovers

Paris Region has four regional natural parks (Haute Vallée de Chevreuse, Vexin français, Oise - Pays de France and Gâtinais français), numerous forests (Saint-Germain, Fontainebleau...), parks and green spaces (Parc de Saint-Cloud, parc de Sceaux, parc Georges-Valbon, parc du Château de Versailles...).

If you are a hiking fan, 11 long-distance hiking trails run through Paris Region, also accessible by train. Find these trails online on [Helloways](#) or [Hiking in the Natural Parks of Paris Region](#) (in French).

Are you more of a padel player, a tree-hugger, a windsurfer, a rafter, or a walker? Paris Region has 12 outdoor leisure centers where swimming and other activities are hotspots for many families during the summer. These recreational parks with artificial beaches are the ideal solution for sunbathing, picnicking, and swimming while enjoying inexpensive activities, and relaxing while staying close to home. [Guide to leisure](#)

[islands in Paris Region \(in French\).](#)

Sports enthusiasts and race lovers will be pampered with options when it comes to training or participating in various races and marathons throughout the year in Paris Region.

With over 70 courses, the Region is also a [paradise for golfers](#) of all levels. Whatever your passion - horse riding, soccer, rugby, yoga, salsa you will easily find near you all the sports facilities, for all ages and budgets. Ask your local town hall for more information.

Popular sporting events happening in Paris Region include: The *Tour de France*, Roland-Garros, 6 Nations championship, Paris Marathon... and top events to come: The World Golf Championship, The 2023 Rugby World Cup, World Para-Athletics, Paris 2024 Olympic and Paralympic Games.



Fair and trade shows for all tastes!

More than 1,600 events are organized in Paris Region each year, including more than 400 trade shows open to the public. From fashion, agriculture, gastronomy, to well-being, art and design,... there is something for everyone! To name a few: Salon de l'Agriculture (International agricultural Show), Foire de Paris, Salon du chocolat (Paris Chocolate Show), Taste of Paris, Naturally, Mondial de l'Automobile (Motor Show), Japan Expo, International Contemporary Art Fair (FIAC), Paris Air Show, Maison&Objet, etc. Discover the event calendar [here](#).

Try local products

Very few people know this, but Paris Region is a land of agriculture. The Region has many emblematic products resulting from local agricultural and artisanal know-how. Local fruits and vegetables grown and picked in Paris Region include Mushrooms from Paris, peaches from Montreuil, saffron from the Gâtinais, cherries from Montmorency... To discover some of them, go to the store "[La box du Grand Paris](#)", dedicated to local crafts and local products.



The Greater Paris Guide, a one-of-a-kind guidebook which celebrates Paris Region's cultural scene with more than 300 insider tips on culture, lifestyle, the outdoors, family activities, food, and rest. It is available at bookstores and online retailers.



Learning French

Even if you don't speak French yet, you may want to learn the language. To help you in this process, we have selected some ideas, websites, and phone apps to help you master Molière's language. But when it comes to speaking, there's nothing like real day-to-day conversations with locals and participating in activities!

French language classes

Many companies specialized in helping expats in Paris Region offer French courses to facilitate their integration. Among them, *Alliance Française* and *Institut Français* have schools abroad which means that you can even start learning French before relocating to Paris Region!

Upon arrival, you can also opt for private lessons with a dedicated tutor (Lalangue Paris, French à la Carte, I learn French), benefit from courses offered by your company (contact your HR department), or by associations located in your city. For example, the City of Paris' Municipal [Courses for Adults](#) train more than 30,000 Parisian citizens each year, in different fields, including French as a foreign language. These courses are offered at very affordable prices, open to people who are 18 or older and who live in Paris Region.

QIOZ, a free e-learning platform

Paris Region launched [QIOZ](#), a free e-learning platform for language learning (French, English, Spanish, German...), accessible to all residents of Paris Region over the age of 15, regardless of their level.

Websites & Apps

Many other websites and applications offer daily lessons or exercises for free or at a reduced cost, such as TV5 Monde - the French international TV channel, or Frantastique, Babbel, Duolingo, Busuu, among others, not to mention podcasts and YouTube channels. TV5MondePlus offers many programs in French and streaming programs with subtitles in English, Spanish, Arabic and German.

Free Moocs

The *Alliance Française* Paris Ile-de-France offers French online classes called "[Living in France](#)" and "[Working in France](#)". These courses are designed to introduce the French language and French culture to newcomers and touch on topics such as everyday life, civic life or administrative procedures. They target beginners and intermediate speakers (levels A1, A2 and B1). This MOOC is free and open to anyone.

Other resources are available [here](#) to learn French and better understand the values and functioning of French society. And for those who one day may want to become French and apply for French nationality, a [Citizen's booklet](#) will allow you to test your knowledge of the history and culture of French society, as well as the rights and duties of each citizen ("*liberté, égalité, fraternité, laïcité*...").

Useful Links

The following links will provide you with additional information on Life in Paris Region. Some websites may only be in French but most of them are available in English. For services related to relocating to Paris Region, visit our platform [Connect with Our Selected Partners](#) or contact [us](#).

Administrative Procedures

- [France Visas](#) - Official website for visa applications to France
- [Welcome to France](#) - Information portal for foreign talents
- [OFII](#) - The French Office for Immigration and Integration
- [Public Service](#) - Official website of the French Government's Portal
- [Impots.gouv](#) - Tax authorities' website

Healthcare

- [Health insurance Ameli](#) - The French Social Security portal / English-speaking hotline: +33 974 75 36 46
- [CLEISS](#) - Liaison body between the French Social Security institutions and their foreign counterparts
- [Become a mother - Preparing for baby](#) - A guide released by the French Social Security to ensure a healthy pregnancy in France
- [Paris Psychology Centre](#) - Free support group for English-speaking people in Paris
- [SOS HELPLINE](#) - English-speaking helpline for health in France

International schooling

- [Guide to International Education in Paris Region](#) - A guide dedicated to helping parent identify the best schooling options for their children

Transportation

- [RATP](#) - The main metropolitan operator
- [SNCF](#) - Main train operator in France for regional trains and high-speed trains (TGV)
- [ILE-DE-FRANCE MOBILITES](#) - Paris Region's main operator for trips to and from suburban destinations
- [Transport public maps to download](#)
- [CityMapper App](#) - A friendly app to compare different modes of transport and find the quickest way to your destination

Leisure

- [Visit Paris Region](#) and [Paris Tourist Office](#)
- [TimeOut Paris, Sortir à Paris...](#) - To find ideas for outings with family and friends
- [The Fork Paris](#) - To look for restaurants around you and book a table
- [Qioz](#) - To learn French with movies and games

Local information in English

- [The Local, France24...](#)

About us

Who we are

At Choose Paris Region, our core mission is to assist international companies in their expansion. With our support, unlock business opportunities in Paris Region and get the most out of the Region's assets.

Every year, our team of 80 dedicated professionals across Europe, the US and China, brings their deep market and industry expertise to support 1,200+ international companies and their staff looking to grow their business in the Paris Region.



A One-Stop Shop

Choose Paris Region, a single point of access to a series of personalized, free and confidential support services. Our experts provide meaningful technical advice to support your development projects at any stage of the process.

[Discover our experts and reach out on chooseparisregion.org](https://chooseparisregion.org)

1 Explore

Learn more about your industry in Paris Region
Evaluate your potential market
Get in touch with the local ecosystem

3 Settle

Find the best real estate solution for your business (office space or industrial site)
Explore coworking space options

5 Recruit

Identify your talent needs
Tap into the Region's talent pools
Build your team (contracts and visa solutions)

7 Grow

Keep growing your established business in the Region

2 Set up

Create your legal entity in France
Open a bank account
Understand the French tax system

4 Confirm

Connect with large French corporations
Explore potential R&D partnerships
Create business connections
Identify local accelerators, incubators and clusters
Learn about financing opportunities

6 Thrive

Prepare the relocation of employees and family
Connect with communities of international expats

[More info on our services on chooseparisregion.org](https://chooseparisregion.org)



Stay in the Business Loop

Practical Guides

Choose Paris Region regularly publishes practical guides sharing tips and advice to set up a business, settle into Paris Region, and any information you may need to invest or relocate.

[Browse all our guides on chooseparisregion.org](https://www.chooseparisregion.org)



Start Here

Learn the basics for starting a business in Paris Region: registering a business, bank accounts, recruiting.



Build Your Team

An essential tool for international businesses wanting to recruit in Paris Region: get information on locally-available talents and recruitment tips.



Accelerate

Navigate Paris Region's buzzing startup scene by connecting to the ecosystem & finding opportunities.



Green Business Opportunities

Paris Region's green and social impact accelerators, funding sources, brownfield sites, service providers, and events.



Connect with our Selected Partners

Gain access to services through this online platform aimed at helping you expand to Paris Region. The top partners and organizations have been carefully selected by our teams.

[Connect with selected partners chooseparisregion.org](https://www.chooseparisregion.org)

Business News

Whether you want to receive news about Paris Region or insights into a specific industry, get the content you need to stay informed on topics such as innovation, business, events, and culture.

[Subscribe on chooseparisregion.org](https://www.chooseparisregion.org)

Paris Region Business Digest

Content to help your business accelerate in Paris Region: industry events, call for applications, articles, and success stories.

Cleantech

The latest news, trends, events, figures, and opportunities in Greentech, and other related industries.

Digital Revolution

Keep informed on Paris Region's developing AI, Deeptech and digital technologies landscape.

Healthtech in Paris Region

Learn what's going on in Healthtech: major events, call for applications and business opportunities.

Calls for Applications

Corporate leaders and local authorities are teaming up with Choose Paris Region to launch calls for applications and build innovation ecosystems. Find top startups, companies, and academia in Paris Region.

[Explore them on chooseparisregion.org/calls-for-applications](https://www.chooseparisregion.org/calls-for-applications)

Creative Paris Region

Stay tuned on Paris Region's creative scene: film, arts, videogames, fashion, design, and tourism.

The Fintech Post

Projects, opportunities & accelerators to grow your business in Paris Region.

Space Paris Region

Get your monthly update about the latest opportunities and market insights in Paris Region's Space and Tech.



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