



INFORMATION SESSION

*Get ready for your stay at Telecom Paris
and in France*



Your check-list!

- Visa procedure
- Accommodation
- CVEC (not applicable for non degree exchange students!)
- Liability Insurance

*Prior to your
departure in France*

- Bank
- Validation VLS-TS (Visa)
- Health insurance and mutuelle
- CAF
- Phone/Internet
- Transportation card («Navigo»)

Upon arrival in France

Prior to your departure in France

Visa

- Contact Campus France office in your country
- Register on “**Etudes en France**” platform and upload the necessary documents if your country of residence is one of the 65 affected by “Etudes en France” procedure. Campus France will verify your visa application file before submitting it to the French consulate.
- Make sure your passport is valid for the entire period of your stay in France.
- Original birth certificate (translated in French), carried out by a sworn translator
- The **VLS-TS** (“Visa Long Séjour valant Titre de Séjour”) is equivalent to a French residence permit that allows you to stay in France for one whole year.
- *A visa is not required for citizens of the European Economic Area (European Union member countries (EU), Iceland, Norway and Liechtenstein) or Switzerland.*

Accommodation

Residences available on the campus, in nearby towns or in Paris are listed on the following page:

<https://www.telecom-paris.fr/en/campus/campus-life/housing-and-dining>

We have direct partnerships with many residences (Cité Universitaire, Kley, Ecla, Twenty Campus, Hacker House, Studefi, You First ...). They are mentioned in our website under « Accommodation in Direct Partnership ».

To book a place in one of these residences, contact the housing department of Telecom Paris at: logement@telecom-paris.fr

Other recommended organizations which provides accommodations:

- **LivingFrance (No guarantor needed!)** : to contact directly at <https://living-france.com/telecom-paris/login>
- **Studapart (No guarantor needed!)**: <https://telecom-paris.studapart.com/en/>
- **Sciences Accueil**: To contact directly <https://www.science-accueil.org/en/request-services/>
- **Heberjeunes**: is another organisation similar to Sciences Accueil (8€ registration fee): <https://www.heberjeunes.fr/>
- **La carte des colocs**: www.lacartedescolocs.fr, to find a place to share with roommates

The list is not exhaustive. Please check regularly the dedicated page on our website as some additional elements will be added from time to time



!! Be cautious: Payment start on the date mentioned on the agreement, not necessarily on the arrival date!!!

Accommodation Guarantor (garant)

During the process, a **guarantor** (someone who will stand security for you) will be required.

If you do not know anyone in France to act as such (case for most of you!), some companies can provide you with a guarantor;

We recommend « **Visale** »: <https://www.visale.fr/> (Free process)

The website is unfortunately in French only.

Some residences will even prefer that you use Visale instead of someone you know in France.

FAQ: *To book my accommodation, I am asked to provide a guarantor. However to provide this guarantor (or Visale certificate), I need to obtain my visa/resident permit for France first and to obtain my visa, I need an accommodation! What can I do???*

Our answer: You can send your guarantor certificate later. If the booking system does not allow you to go further without any document: download a document indicating that your visa (and guarantor certificate) are under process.

Accommodation

Deposit and conditions before leaving a place

When registering for your accommodation, a **deposit** will have to be paid (in case you damage the place).

This deposit is equivalent to a one month rent.

The money will be sent back to you when you will leave the place.

When leaving your place, you will have to send a notification one-month before you actually plan to leave the place.

CVEC (Contribution vie étudiante et campus) (Exchange students not concerned!)

- A tax known as the Student and Campus Life Contribution “intended for the promotion and improvement of student welcome and integration, social support, medical services, cultural and sports activities, and also for the support of student-oriented work related to disease prevention and education”.
- Paying the CVEC is a compulsory step when you enroll in a French higher education institution : A fixed amount of €105 for 2025-2026 academic year. <https://cvec.etudiant.gouv.fr/>
- Your CVEC certificate must be submitted to Telecom Paris at the moment of your enrollment (September)

Liability insurance **or “Assurance Responsabilité Civile”**

- Subscription is compulsory for all students and will be requested in September by Telecom Paris
- The liability insurance covers you in case of damages you may cause to people or their belonging(s)
- It can be sometimes included in a mutuelle, a housing insurance, or the services offered by your bank when opening a bank account... So check first to make sure you do not already have this coverage.
- If not, you have the possibility to sign up independently with an insurance company for less than 20€/year (Heyme/LMDE...)

Upon arrival in France

Open your French bank account

Not mandatory if your current bank account is located in a SEPA country (Single Euro Payments Area)

Required documents

- passport + accomodation proof (in France)
- student card or enrollment certificate for special offers dedicated to students

*The bank will give you a « **RIB** »: Relevé d'Identité bancaire (bank and account details); necessary for other administrative procedures.*

The student Union (BDE) has a partnership with LCL Orsay that will allow you to get some benefits if you open your bank account with them.

Validation of your VLS-TS visa

The **VLS-TS (LONG-STAY STUDENT VISA)** is equivalent to a French residence permit that allows you to stay in France for one year and which is renewable.

**You must validate it within the 3 first months after your arrival in France on
the following website:**

<https://administration-etrangers-en-france.interieur.gouv.fr/particuliers/#/>

NB: Tax to pay: 50€

The online process allows you to be considered as a legal resident: situation of a foreigner in possession of documents authorizing him/her to remain in France and to cross the borders of the Schengen area.

HEALTH INSURANCE

(also called « Sécurité sociale », « Assurance maladie », « Ameli », « CPAM »)


All students registered to the French higher education must have a health insurance during their stay in France.

You'll find below several options regarding your situation/nationality and application procedures.



Case 1 : European students (UE) or students from Quebec



- You need a European Health Insurance Card (“EHIC” or “CEAM”), valid for the whole duration of your studies in France. Contact your health insurance institution in your home country to get this card, free of charge
-  It's not a full coverage of your medical expenses in France though. Which means that you have to pay in advance the medical expenses then ask for a refund. Private health insurance is recommended for a better coverage.
- Students from Quebec are exempted of affiliation to the social security upon presentation of Form #SE 401-Q-102 bis.
- In the absence of a European health insurance from your country, you have to join the French public health system (refer to Case 2).

Case 2 : International students (non UE citizens), First year in the French higher education

Application to the French public health insurance (Sécurité Sociale) is free and **compulsory**.

Register to: <https://etudiant-etranger.ameli.fr/#/>

Upload the following documents:

- "Proof of registration for the current academic year" = enrollment certificate
- "Proof of identity" = first page of the passport
- "A student visa" = visa page of the passport
- "A vital record" = birth certificate
- "A residency permit" = validation of your VLS TS student visa
- "RIB " = details of your French bank account

Next steps

- You will receive your « attestation définitive d'affiliation » in a few weeks
- Open, then, your personal account on Ameli.fr or on the Ameli application
- Request your « Vitale Card », uploading a few additional documents (picture and ID) to get an easy refund of your medical expenses
- Declare a doctor to the CPAM as your “medecin traitant”
If not done, you'll only receive a 30% instead of 70% refund of your medical consultations expenses.

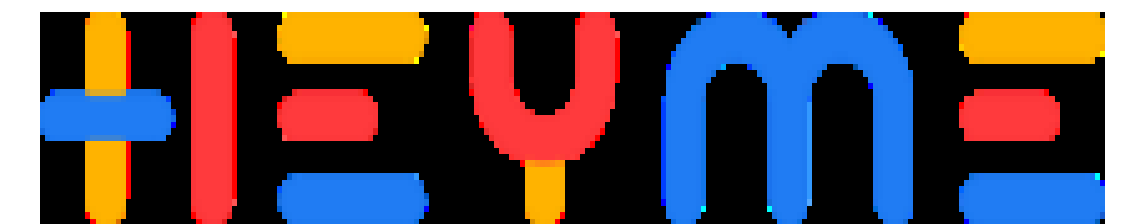


DO NOT FORGET TO INDICATE YOUR FULL NAME ON YOUR MAILBOX

Multiple documents to be received by post.

“MUTUELLE” = complementary health insurance

- The Sécurité Sociale partially covers your medical expenses but it can be completed by a subscription to a *mutuelle*.
- Reliable mutuelle providers for students : [LMDE](#) and [HEYME](#), offer different packages from 15€ to 50€ per month or « [Complémentaire Santé Solidaire](#) » (from CPAM) - Free of charge
- Heyme offers Telecom Paris' students a **discount** if you register with **them** (through a code that will be sent later)



Social security = free and compulsory


Mutuelle = not compulsory but highly recommended

CAF (Caisse d'allocations familiales)

- International students are eligible to a housing allowance called « *aide au logement* » provided by the CAF (also called « APL »): From 100 to 200€
- Some student residences will do the registration process for you.
- Check on [CAF.fr](https://www.caf.fr) for more details.



Phone/Internet Subscription

- Four main operators: [Bouygues Telecom](#), [Free](#), [Orange](#), and [SFR](#)
- There are also other operators that are often cheaper than the above-mentioned operators: [Prixtel](#), [La Poste Mobile](#), etc. Depending on your budget and needs, make sure to compare all offers.
-  • Most operators will require a 12- to 24-month commitment.
- A bank account in France will be (not necessary for prepaid cards). While waiting to open your bank account, you can purchase a prepaid SIM card. You can then purchase prepaid cards to top up your credit.
- Most of the time, Internet will be included in your residence

HOW to reach the campus?

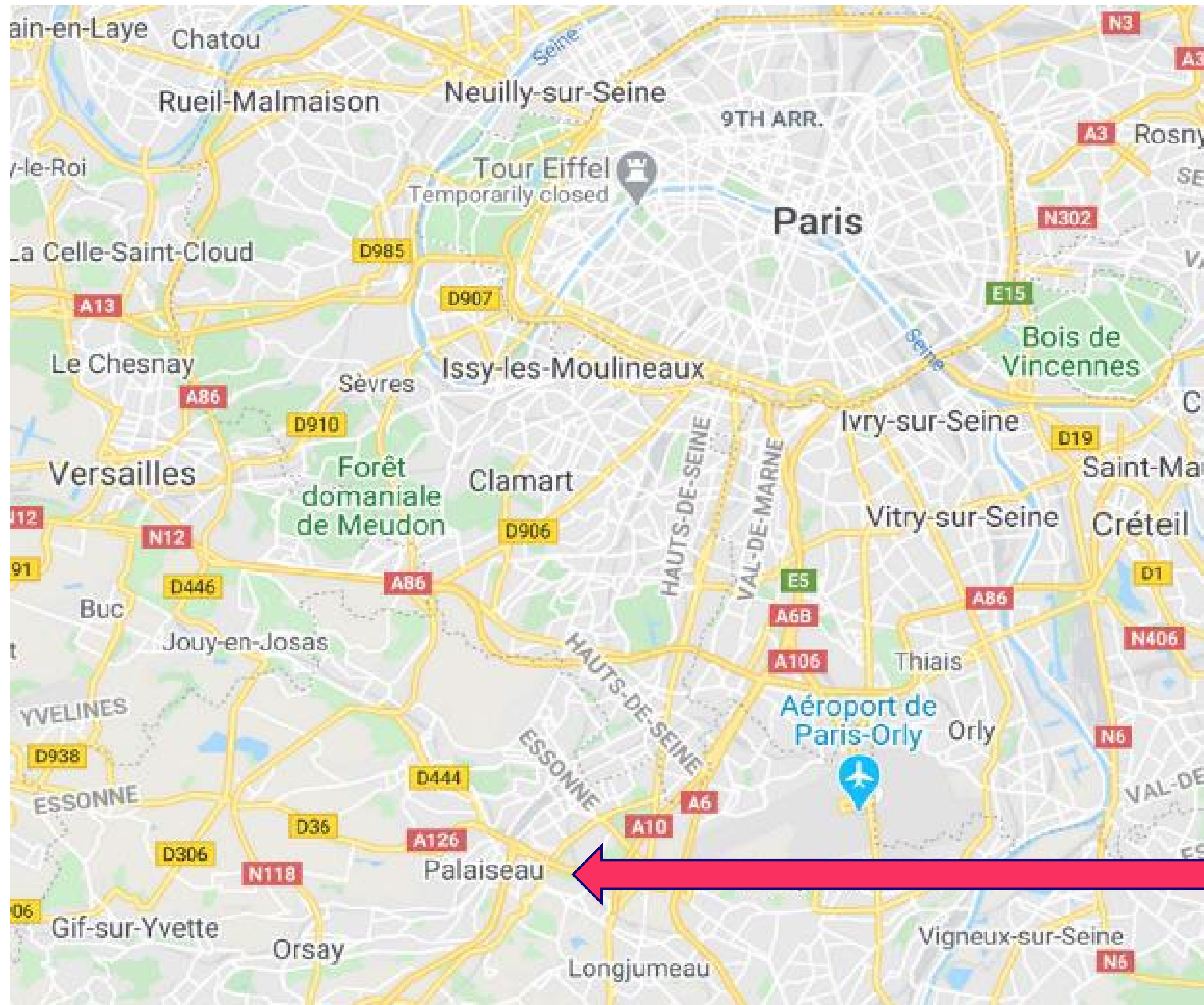
PUBLIC TRANSPORTATION:

Download the **RATP**, **iledefrance-mobilites** or **citymapper** app on your mobile to search for transit routes, directions, timetables, etc.

Purchase your transportation card [here](#) (“**carte Navigo**”) by registering to the “Imagine R étudiant” package (384,30€ per year). An enrollment certificate will be required. This unfortunately prevents you from purchasing the card before arriving in France.

It will take up to one month to receive your card!





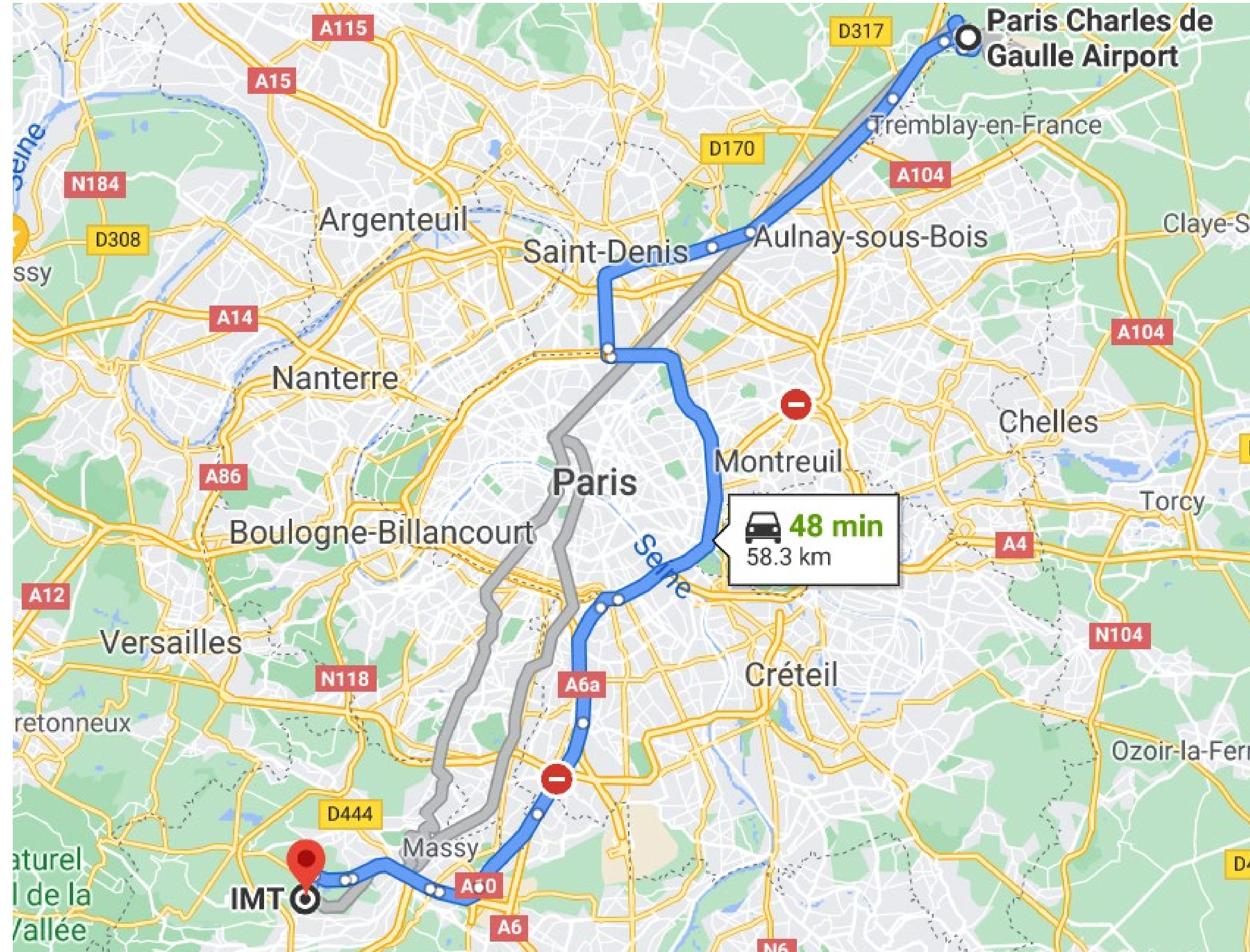
***Telecom Paris' Campus
situated on the
« plateau de Saclay »,***

***City of Palaiseau
(southwest of Paris)***

Essonne Department

From CDG Airport (Paris Roissy Charles De Gaulle)

Commuting time : 1 to 2 hours by train + bus





Telecom
Paris

Ecole
Polytechnique

10 minutes walking distance

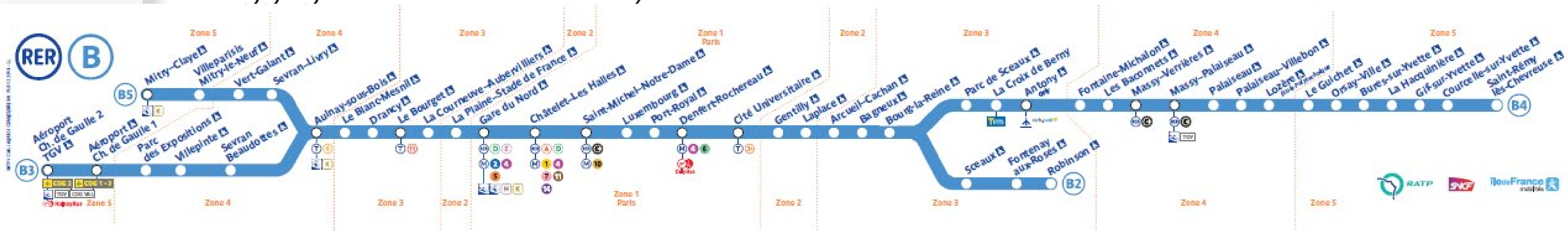


Reach the campus by public transportation

Take RER B towards Saint-Rémy-lès-Chevreuse or Massy-Palaiseau or Orsay Ville (avoid Robinson!)

- Option 1 : Get off at **Massy-Palaiseau** then take bus TransEssonne 91.06 or 91.10 (until “Place Marguerite Perey”)
- Option 2 : Stay in RER B and get off at “**Lozère**” station where you can reach Telecom Paris by foot (follow Ecole Polytechnique sign) or at “Guichet” station

***NB:** Option 2 not recommended for your first visit at Telecom Paris if you have luggage as there are many unavoidable stairs to climb!*



Discounts with your student card

Multiple discounts available for students!
(cinema, museums, leisure activities, hairdresser, sports, transports etc.)

Always bring your student card with you and always ask if there is any discounts for students!

A few “Bons plans”:

- <https://www.nousantigaspi.com/>
- <https://www.myunidays.com/FR/fr-FR>
- <https://www.etudiant.gouv.fr/fr/la-carte-jeunes-europeenne-1831>
- Interrail Pass
- Pass Culture (under 21!)

Your integration into Telecom Paris' student life

- Bureau des Elèves (BDE)
 - Bureau des Internationaux (BDI)
 - Bureau des Sport (BDS)
 - Other clubs (displayed in the BDE brochure)
- <https://www.telecom-paris.fr/en/campus/clubs-and-associations>
- Events organized all year long. Among them the most important event for your intégration: The « WEI » (Weekend d'Intégration in September)
 - Buddy program

Useful Links:

- ➔ <https://www.telecom-paris.fr/fr/international/etudiants-internationaux/avant-votre-arrivee>
- ➔ Livin France: <https://livin-france.com/telecom-paris/login>
<https://www.youtube.com/@livinfrance/streams>
- ➔ Sciences Accueil:
<https://www.science-accueil.org/en/preparez-votre-venue/>
- ➔ BDE / BDI
<https://bde.telecom-paris.fr/>
https://youtu.be/gA4WoU_jcxs (video with testimonies from WEI)
- ➔ <https://www.campusfrance.org/fr/des-tutos-pour-aider-les-etudiants-internationaux-dans-leurs-demarches>

Check-list

Documents needed:

For your registration at Télécom Paris, you will need:

- ☐ An identity picture
- ☐ Copy of passport or ID
- ☐ Liability insurance
- ☐ CVEC certificate

For other needs (Bank, CPAM, CAF...):

- ☐ Birth certificate translated in French
- ☐ Enrollment certificate (sent when you will finalize your administrative registration)
- ☐ Housing certificate
- ☐ Copy of your VLS-TS and VLS-TS validation
- ☐ Your RIB (bank)

To take care upon arrival in France:

- ☐ Bank account
- ☐ Navigo card (transport)
- ☐ Phone/Internet subscription
- ☐ VLS-TS validation
- ☐ CPAM
- ☐ Additional health insurance (« mutuelle »)
- ☐ CAF