

INTERNATIONAL STUDENTS: PLAN YOUR BUDGET FOR YOUR STUDIES AT PSL

• • • • • • • • • • **Planning your budget is the first step towards a successful student life at PSL. So, how much money is needed for financing your studies in Paris? How to manage smartly this budget? What kind of financial aids are available to international students? This practical guide is made to answer all these questions.**

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I. THE BUDGET FOR YOUR FIRST MONTH IN FRANCE

When arriving in France, you will need to make expenses for your settling. These "one shot" expenses can double or even triple your standard monthly budget. Therefore, it is recommended to plan a budget for your first month in France to avoid unexpected surprises.

In general, the expenses of this first month may include:

- your plane/train ticket;
- your tuition fees;
- your first month's rent and security deposit
- the validation of your student visa VLS-TS (if you are from outside the EU/EEA/Switzerland).
- the purchase of bed linen/dishes/furniture/appliances.

Let's talk about these expenses in more detail.

1. YOUR PLANE/TRAIN TICKET

The cost of transportation to France can be a big expense, especially if you come from a country that is far from France.

Piece of advice (if you are from outside EU/EEA/Switzerland): If you wish to book your flight while your visa application is still pending, we advise you to buy a flexible ticket.

It will be more expensive but it will prevent you from having to buy a new one in case your visa is not be issued in time. Here are some price indications :

- A one-way plane ticket Cairo-Paris 300€
- A one-way plane ticket Beijing-Paris 500€
- A one-way bus ticket Geneva-Paris 40€
- A return air ticket Paris-Barcelona 150€
- A return air ticket Paris-Barcelona 100 to 150€.

2. TUITION FEES, THE CVEC AND THE LIABILITY INSURANCE

Tuition fees may vary depending on the nature of the diploma (national diploma or institutional diploma) and the level of study (undergraduate/graduate). To find out the exact amount of your tuition fees. If this information was not given to you when you received your admission letter, don't hesitate to reach out to the secretariat of your program.

For the 2021/22 academic year, PSL University has voted to renew its policy of partial exemption of tuition fees **for programs which issue national diploma**. Therefore, if you are a student from outside EU/EEA/Switzerland, you are required to pay tuition fees equivalent to those of EU students, i.e. 243€/year (for a national Master's degree) and 170€/year (for a national Bachelor's degree).



The CVEC, or Contribution Vie Etudiante et de Campus (Contribution of Student Life and Campus), is a mandatory fee of 92€ that most students must pay each year. To be authorized to enroll in your school, you need to provide a certificate of payment of the CVEC. The CVEC will be used to finance student association projects, to improve the welcoming service for newcomers on campus, and to provide better access to sports facilities.

Student civil liability is also a mandatory insurance that is needed for your university registration. It covers human and material damages that you could cause involuntarily. The cost of the subscription varies between 10 and 15€ per year. It can sometimes be included in a student health insurance package (which is called "mutuelle" in French).

3. SECURITY DEPOSIT FOR YOUR ACCOMMODATION

The security deposit is a sum of money that the tenant must pay to the landlord right after signing the lease (rental agreement). This amount will be cashed immediately and kept by your landlord for the duration of the rental period. The amount of the deposit is limited to two months' rent (charges excluded) if your apartment is furnished. If your apartment is rented empty, the amount should not exceed one month's rent (charges excluded).

In general, the security deposit is paid to the landlord at the same time as the first month's rent. To learn about different levels of rents in the Parisian region, please consult the second part of our guide.

When leaving the apartment, the landlord will be required to reimburse you the total amount of the deposit if no damages are observed compared with what is noted in the inventory of fixtures that you made with them.

4. FEES FOR THE VALIDATION OF YOUR RESIDENCE PERMIT (IF YOU ARE A NON-EU STUDENT)

After your arrival in France, you must validate your student visa (VLS-TS). You have three months to complete this step. The cost of this procedure should be paid in the form of a 50-euro residence tax. You can pay this tax by purchasing an electronic tax stamp or a normal tax stamp at a tobacco shop. To finalize this procedure, please visit the following website: administration-etrangers-en-france.interieur.gouv.fr/particuliers

5. EQUIP YOUR ACCOMMODATION

When you rent a furnished studio or student room, a bed, a desk, and sometimes an individual kitchenette of the minimum necessary standard (stove, microwave and refrigerator) will be provided to you. However, sheets, pillow and dishes may not be provided. Before your arrival, please check what appliances/equipment you will need to purchase and the budget you should prepare accordingly.

If you are living with roommates or in the house of a host, you will be allowed to use the furniture, appliances and cleaning supplies which are available to all.



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II. YOUR "STANDARD" MONTHLY BUDGET

You have settled in France, and you are starting to experience your student life at PSL. So, it's time to learn about what a "standard" budget looks like for a student living around Paris. It includes several elements: accommodation, food, health, etc.

1. ACCOMMODATION

The expenses relating to accommodation include the followings:

- the rent
- charges: these may be excluded from your monthly rent in some cases
- the home tax (if you rent from a private landlord): in January of each year, you may be asked to pay the home tax for the entire year. Students are not exempt from this tax, but an exemption is possible in certain situations. To find out whether you need to pay this tax and how much to pay, please visit this [website](#).

Rental price range in the Parisian region*:

Accommodation type	Monthly average rent	
	Paris	Parisian region (outside of Paris)
Room in a host's house	between 500€ and 700€	between 400€ and 600€
Room in a co-living house	between 500€ and 700€	between 450€ and 600€
Studio in a student residence (type CROUS)	between 400€ and 550€	between 400€ and 550€
Studio	at least 600€	between 500€ and 700€

* For a single room, we refer to a surface area of around 15 m²; for a studio, our reference area is around 18 m².

2. FOOD BUDGET

The food budget will represent an important part of your monthly expenses. Please note that the cost of living is significantly higher in Paris than in other regions.

A. Restaurants

Here are some examples of "standard" prices that you will find in Parisian cafés and restaurants:

- a cup of coffee in a bar or restaurant: 2€ ;
- a meal at a fast-food restaurant: 7€ ;
- a meal in a classical restaurant: 10 to 20€ ;
- a sandwich in a bakery with a drink: 5 to 8€.

Good to know: As a student, you have access to the "university restaurants" of the CROUS which offer complete meals for 3.30 euros. In general, you can choose what you want to compose your meal, but the total points of the chosen dishes should not exceed 6 points. Since mid-2020, they offer 1€ meals for students benefiting from a scholarship.

B. Food shopping

If you cook at home, you can make significant savings. 200€ per month can be enough to cover your food shopping expenses.

In Paris, you may easily find supermarkets near your home. Don't forget the open-air markets that usually take place on Sundays: there, you can buy fruits and vegetables cheaper than in a supermarket.

Here are the names of the most famous French supermarkets:

- Cheap prices: Lidl, Leader Price, Aldi
- Intermediate/more expensive prices: G20, Franprix, Monoprix, Magasins U, Casino, Auchan, Carrefour, Intermarché, Coccinelle, etc.
- You can also find a lot of organic supermarkets: Naturalia, Biocoop, Bio c' Bon, etc.





3. HEALTH-RELATED EXPENSES

As a non-EU student, you can benefit from the French social security system and be reimbursed up to 70% of your medical expenses.

If you are an EU/EEA or Swiss national, you can apply for a European Health Insurance Card (EHIC) from the social security agency of your home country, and this card will allow you to be reimbursed for your health expenses by the social security system of your country.

Remember to declare a general practitioner as soon as possible in order to optimize your reimbursement. In fact, the cost of a GP consultation varies according to the sector to which your doctor belongs. The following table shows you the standard cost of a GP consultation and its reimbursement:

Type of doctor*	Sector	Tariff	Reimbursement basis	Reimbursement rate	Amount of reimbursement
General practitioner	1	25 €	25 €	70 %	16,50 €
General practitioner who is a member of the Option pratique tarifaire maîtrisée (OPTAM)	2	Fees with controlled overruns	25 €	70 %	16,50 €
General practitioner	2	Fees fixed freely by the practitioner	23 €	70 %	15,10 €

In this table, the "General practitioner" refers to the general practitioner you declared to the Caisse primaire d'assurance maladie (CPAM), the agency which manages the French social security system.

It is also important to know that the consultation of a specialist need to be intermediated by your general practitioner, except for ophthalmologic and dental consultations. To get better coverage, take into consideration the subscription to a complementary health insurance (mutuelle).

Good to know: as a PSL student, you have access to free consultations at the PSL health service center as well as remote consultations with the QARE service.

For more information: psl.eu/vie-de-campus/service-sante-etudiant



4. INSURANCE (HOME INSURANCE, HEALTH INSURANCE)

A. Home insurance

In France, home insurance is mandatory for tenants. The price of a home insurance depends on the characteristics of your accommodation: area, number of rooms, dependence, number of occupants, etc.

The following table gives you information about the range of prices of a home insurance:

Accommodation type	Monthly price	Annual price
Independent studio of 20 m ²	6 €	73 €
Shared apartment of 30 m ² – 2 rooms	9 €	112 €
Shared apartment of 40 m ² – 2 rooms	11 €	135 €

B. Complementary health insurance (mutuelle)

The social security coverage can reimburse you for most of the general health expenses; however, hospitalization, optical, dental and prevention expenses are reimbursed at a very low rate. In this case, health expenses can be very high. Therefore, it is strongly recommended that you subscribe to a complementary health insurance.

Here are two examples of complementary health insurance for students (for your information only):

• **Student complementary insurance LMDE**

Package	Description	Price
Vitalité LMDE	You need to make an appointment, at least once a year, with your dentist, gynaecologist, or your general practitioner... the Vitality LMDE guarantee covers these consultations.	14,60 eu-ros/month
Essentielle LMDE	You need to see specialist doctors (dermatologist, ophthalmologist, psychiatrist, etc.) and are likely to go abroad on an internship or university exchange. The LMDE Essential Guarantee is made for you.	25,60 eu-ros/month
Zen LMDE	You need complete health cover, and you are likely to purchase a pair of glasses, receive more frequent dental care, and you are going abroad – the Zen LMDE guarantee covers all these expenses.	37,90 eu-ros/month
Hospi LMDE	You have a tight budget but you want to be able to deal with unexpected emergencies. The Hospi LMDE guarantee enables you to cover your hospital ex-penses	4,90 eu-ros/month

• **Heyme: complementary health insurance for students and young workers**

from 9,90€
/month

Level 1

- Hospitalization
- Common health care
- Pharmaceutical expenses
- Scaling & root planning
- Male condom package
- Reusable feminine hygiene products package

from 17,90€
/month

Level 2

- Hospitalization
- Common health care
- Pharmaceutical expenses
- Laboratory tests and examinations
- Basic dental care
- Scaling & root planning
- Medical hearing aids and devices
- Male condom package
- Reusable feminine hygiene products package

from 27,90€
/month

Level 3

- Hospitalization
- Common health care
- Pharmaceutical expenses
- Laboratory tests and examinations
- Radiological procedures
- Basic dental care
- Dental prosthesis
- Medical hearing aids and devices
- Scaling & root planning
- Dental implant package
- Optical package (glasses & lenses)
- Contraception package
- Male condom package
- Reusable feminine hygiene products package

from 44,90€
/month

Level 4

- Hospitalization
- Common health care
- Pharmaceutical expenses
- Laboratory tests and examinations
- Radiological procedures
- Basic dental care
- Dental prosthesis
- Scaling & root planning
- Dental implant package
- Medical Hearing aids and devices
- Optical package (glasses & lenses)
- Contraception package
- Male condom package
- Reusable feminine hygiene products package



5. BANKING

Opening a French bank account is necessary for your daily life in France. You can find both physical and online banks in France. Physical banks offer you more comprehensive services but their fees of service are higher. Online banks have lower fees, but you will be required to provide a proof of French or European RIB (bank account identification number) before opening an account. As a result, if you are a non-EU student, you will have to open an account in a physical bank first when you arrive in France.

Some student associations may have established partnerships with banks so that students may benefit from some advantages. You can ask your school for more information.

Here are some examples of student offers provided by major French banks and their annual fees:

Bank	Annual fees
BNP Paribas	Free for the first year - Visa électron : 32,16€ - Visa classic : 35,40€ - Visa Premier : 84,24€
Société Générale	50% off for the first year - carte V pay : 37,20€ - Visa ou MasterCard : 41,40€ - Gold ou Premier : 83,40€
LCL	1€ for the first year - LCL ISIC MasterCard : 48€ - MasterCard inventive : 49€ - Visa Premier : 142€
Banque Populaire	- Visa électron : 32,40€
La Banque Postale	- Carte Réalys : 27,84€ - Visa classic : 35,70€ - Visa Premier : 78€
Crédit Agricole	- Offre « Card and job » : 36€ - Carte Maestro : 41€ - Carte classique : 46,20€ - Carte Premier : 108,80€
Crédit Mutuel	- MasterCard Online : 47,40€ - MasterCard ou Visa : 56,64€ - Gold ou Premier : non disponible

**The fees showed in the table are not contractual prices; please consult bank websites to get updated information and compare the offers.*

6. TELECOMMUNICATION

A. Phone subscription

Many mobile plans are offered by traditional operators (Orange, Bouygues Telecom, SFR, Free), and others by MVNOs (Mobile Virtual Network Operator). MVNOs may offer packages that cost less, but they usually don't have a physical store. You can choose your plan according to your specific needs, e.g. unlimited calls/SMS, international calls, 4G/5G, etc. In general, the monthly fee for your plan is deducted from your French bank account on a fixed date of the month. Thus, ordering a French mobile card can only be done after your bank account has been opened.

In general, you can subscribe to a package covering unlimited calls/SMS and 50 GB of mobile data for about 10 euros. The mobile card itself is not free, it costs 10 euros.

Please note that there are offers "with commitment" and "without commitment". If you choose a package "with commitment", you cannot cancel your contract during the commitment period, otherwise you will have to pay significant fees. If you choose a "no commitment" package, you can cancel your contract without any additional costs. In the case of a change of operator, you will need to order a new mobile card from your new operator; nevertheless, it is possible to keep your phone number.





B. Internet subscription

The rental charges do not include Internet fees? And the mobile data are not enough? While you can use the free Wi-Fi on campus, you will probably need to subscribe to an Internet package for your home. For a room or a studio, you just need to choose a package that costs around 20 or 30 euros per month, some additional services may be included in it (for example, smart TV). If you choose a mobile package and an Internet package from the same operator, it is advisable to choose a "box + mobile" package, because it's cheaper. Before subscribing, remember to learn about the rules associated with your contract's cancellation.

7. DAILY TRANSPORTATION

A. Public transportation

The Île de France public transportation network is one of the most developed in the world. The metro network provide transportation within the city of Paris and its immediate suburbs, while the rail network RER (Réseau express régional) and Transilien (réseau de trains de banlieue) will allow you to travel to the farther suburbs. Besides, hundreds of bus lines complete this network.

If you choose public transportation as your primary mode of transportation, it is good to know that students and/or young people under 26 years old can benefit from preferential rates for subscriptions. It is easy to subscribe, you just need to present your school certificate/student card and your proof of identity when undertaking this procedure.

Here are two specific offers for young people and students:

- **The Imagine'R card:** reserved for students in the Ile de France region, this special pass allows unlimited travel throughout the region for less than 350 euros per year. The subscription link: imagine-r.com/souscription-en-ligne/
- **The Ticket jeune (youth ticket):** reserved for young people under 26 years old and valid for 24 hours on a Saturday, Sunday or public holiday, it allows you to travel freely in a limited area for only 4.1€*.

**Public transportation pricing is based on the zones crossed. For more information, please consult the following map made by the RATP (Régie autonome des transports parisiens): ratp.fr/en/plan-rer.*

In addition, some options are available to everyone. If you only travel occasionally by public transportation, and you want to avoid waiting in line for tickets, the Navigo Liberté + is made for you. With this pass, you only pay for the journeys you make, the payment is effectuated by direct debit the following month. Here is a table of the rates for the Navigo Liberté + pass:

Type of trip	Full price	Reduced price
Price of a trip by bus/metro/tram, RER in Paris, or Montmartre fu-nicular	1,49€	0,74€
If a trip on the bus/tram is made before or after a trip on the RER in Paris/metro, then only one trip needs to be paid	0€	
Price of a long-distance bus/tram trip	2,98€	1,49€
Price for a trip on OrlyBus	8,50€	
Price for a RoissyBus trip	12€	

For more details, please consult the website of the RATP: ratp.fr/titres-et-tarifs.



B. Self-service bicycles

In Paris, if you prefer to travel by bike, you can rely on self-service bicycles.

Vélib' services are not expensive, because Vélib' offers affordable service packages for young people and students from 14 to 26 years old (a proof of age is required for subscription). Depending on your situation and your needs, you have the following options:

→ V-Plus package

With this package, you can use the mechanical (green) Vélib' bicycles freely for up to 30 minutes per trip. For those under 27 years old, the monthly rate is 2.3 euros.

→ V-Max package

This package gives you one hour of free use of the mechanical Vélib' (green) and up to 30 minutes of free use of the electric Vélib' (blue) on all your

Good to know: If you are a student with a scholarship, you can benefit from a solidarity rate of €1.55/month for the V-Plus package and €4.15/month for the V-Max package.

Please note:

For subscribers, trips outside the package are not included in the monthly rate. You can learn about all the conditions and rates on velib-metropole.fr. Costs for each trip:

- For the V-Plus package – mechanical bikes: you can use the mechanical bike 30 minutes for free, then 1€ per additional half-hour. Electric bikes: €1 for the first half hour, then €2 per additional half hour.

- V-Max subscription – mechanical bikes: you can use the mechanical bike 60 minutes for free, then 1€ per additional half-hour, you will need to pay 1€ per additional half-hour. Electric bikes: you can use an electric bike for 30 minutes for free, then 1€ per additional half-hour.

8. RENEWAL OF THE RESIDENCE PERMIT (IF YOU HAVE A LONG STAY VISA VALID AS RESIDENCE PERMIT FOR STUDENTS - VLS-TS)

Since 2020, you are allowed to renew your residence permit online. Remember that you must begin to apply the renewal at least two months before your permit expires. Here is the link to the dedicated platform:

administration-etrangers-en-france.interieur.gouv.fr/particuliers/

The cost of this procedure should be paid in the form of a fiscal stamp. For a student residence permit, the amount of the tax stamp is 75 euros.

Please note that if you submit your application for the renewal of your permit after the deadline, you will have to pay a visa regularization fee of 180 € (except in cases of force majeure).

9. ENTERTAINMENT

The cost of entertainment and cultural activities varies greatly. In Paris, you can find activities for all tastes and budgets. It is quite often that you can have access to discounts and special rates if you show your student card or if you are under 25 years old. Here are some examples which can help you estimate your budget for entertainment:

- 1 entry to the cinema at the under-26 rate: *between 5 and 7.50€* ;
- 1 visit to a museum or a national monument: *free for all European Economic Area citizens under 26 years old, or between 5 and 15€*;
- 1 entry to the swimming pool at a reduced rate: *between 1.50 and 3€*;
- 1 paperback book: *between 5 and 10€*;
- 1 theater ticket: *from 10€*;
- 1 national daily newspaper: *between 2 and 3€*.

If you like watching movies online or downloading music to your mobile phone, you can also subscribe to Netflix, Spotify, Deezer, etc. For Deezer and Spotify, you can benefit from a student rate of 4.99 euros per month, provided that you show your school certificate.



10. BOOKS, PHOTOCOPYING AND PRINTING

A. Book purchase and access to libraries

During your studies, you will certainly need to buy books. In general, the price of an academic book or textbook can be a few tens of euros. In some cases, you can find good deals in bookstores or on platforms selling used books.

Well, do you think that buying books costs a lot? Don't worry, because your enrollment at PSL provides you access to some libraries! Outside of PSL, the municipal libraries of Paris are open to all, and you can register for free to borrow books. The Bibliothèque nationale de France (BNF), the national library of France, is also accessible to you, it includes the Bibliothèque tous publics (François-Mitterrand) which is open to everyone from 16 years old; and the Bibliothèque de recherche (François-Mitterrand, Richelieu-Louvois, Arsenal and Opéra) which contains heritage collections, is accessible only with a research justification. To access the BNF, you can choose between the Pass BNF lecture/culture (€15 per year, for the Bibliothèque tous publics) and the Pass Recherche (€50 per year, for the Bibliothèque de recherche) depending on your needs.

Good to know: if you are a student under 35 years old, you can benefit from **reduced rates for the Research Pass**. In this case, the annual fee is 35€. In addition, students of the École nationale des Chartres can benefit from a fee waiver.

B. Photocopying and printing

The cost of photocopying and printing varies according to the size, color and number of pages you need. For example, if you print your documents at an off-campus print shop and you want the documents to be black and white (A4 Size), the cost of printing a single page may be \$0.20. If you print more, the cost of printing each page will decrease. The same goes for photocopying and scanning. Don't forget that you can also take advantage of the printing services in your school; they can be paid or free.

It can be more convenient to print at home than outside, right? If you want to buy a printer, your budget should be comprised between 50 and a few hundred euros, according to your needs. In addition to the price of a printer, you should count the expenses related to consumables and paper.

11. TRAVEL IN FRANCE

Between regions, it is common to travel by train or plane. If you want to pay less for your trip, you can also choose the bus. In addition, more and more people are choosing carpooling nowadays.

Here we give you some examples of travel costs in France:

- 1 round trip Paris-Marseille on the classic TGV: 140€.
- 1 round trip Paris-Strasbourg by Flixbus: 60€.
- 1 one-way ticket Paris-Lille by OUIGO (low-cost TGV): 10€.
- 1 one-way ticket Paris-Lyon by plane: 100€.
- 1 one-way ticket Paris-Rouen by carpooling (Blablacar): 10€.

Good to know : Students can benefit from many advantageous transport rates. Don't hesitate to learn about them, they can help you save money.

Here are some good deals for traveling by train:

- **Prem's** tickets (billets Prem's): the booking is available for three months before the departure date, with cheap prices.
- Ouigo trains: these low-cost trains mainly serve stations far from city centers, but accessible by public transport.
- The **troc des trains**: on this website of ticket resales, you can find cheap tickets at the last minute.
- The **carte Jeune** (youth card): reserved for young people under 28 years old, it costs 50€ per year and allows you to benefit from at least 25% discount on all trains.
- The **TGV Max** pass: also reserved for young people under 28, this pass costs 79€ per month and allows you to take the TGV at will under several conditions.
- The **Interrail Pass**: this pass allows you to travel freely (or almost freely, depending on the country) by train in over 30 European countries.





II. FINANCIAL AIDS AVAILABLE TO INTERNATIONAL STUDENTS

Your student status allows you to benefit from several financial aids.

1. PUNCTUAL FINANCIAL AID

If you are in financial difficulty or if you face unexpected expenses, you can apply for punctual financial aid from your school. This aid is financed by the FSDIE (Fonds de solidarité et de développement d'initiative étudiante). For more information, please contact the social service office of your school.

Useful information: If you need to meet a CROUS social worker in Paris, you can contact the social antenna located at Dauphine-PSL. This office covers all PSL's schools. Appointments must be arranged via messervices.etudiant.gouv.fr.

2. HOUSING AID

The Caisse d'allocation familiale (CAF) offers personal housing aid to people with low incomes. There are three types of aid: APL (Aide personnalisée au logement), ALF (Allocation de logement familiale), and ALS (Allocation de logement sociale). Students enrolled in a degree program or in university mobility at PSL are eligible for it. The types of aid available to students are APL and ALS. Here is a brief description of the both of them:

- **APL:** You can benefit from an APL if you are a tenant of accommodation (new or old) that has been the object of an agreement* between the landlord and the French State. This agreement fixes for example the evolution of the rent, the duration of the lease, the conditions of maintenance and the standards of comfort.
- **ALS:** You may be eligible for an ALS if your accommodation is not covered by an agreement.

**Your accommodation is subsidized if it is concerned by an agreement of this type.*

To apply for this aid, please sign up via the link: www.caf.fr/wps/portal/caffraidesetservices/lesservicesenligne/faireunedemandedeprestation#/logement.

3. FOOD AID FOR STUDENTS

The Paris City and several solidarity associations offer free food aid for all students. Some of the campaigns of food aid are held throughout the year for all students, whether they receive a grant or not. If you have difficulties, don't hesitate to come and apply. Here are a few examples of the food aid programs:

A. Student social grocery store of Secours Populaire

This social grocery store is opened thanks to the partnership between Secours Populaire and the CROUS of Paris, it allows students to buy dry goods, fruits, vegetables and hygiene products at a fixed solidarity price. It is located at 3-11 Rue Nicole-Reine Lepaute, 75013 Paris (A common room of the Lepaute CROUS residence)

B. Solidarity grocery store of Crimée

This solidarity grocery store is located in the 19th arrondissement of Paris and is open to families, young people, working people, students, and elderly people in temporary or long-term precarious situations. In this store, you can find fresh and various food products, as well as household cleaning products, personal hygiene products, baby products and other types of products which are offered at a price of 10 to 30% of their market value. Address : 166 rue de Crimée, 75019 Paris.



C. Linkee Paris

Linkee is an association supported by the Paris City, it offers balanced and sustainable food aid to all students in need, without any prerequisites. To benefit from its food aid, you just need to pre-register by email.

Basic information for regular food distributions of Linkee:

Locations and times:

- Saturdays from 12:30 to 14:30 at Ground Control (81, rue du Charolais 75012).
- Mondays and Thursdays from 6:30 pm to 8 pm at the ESS'pace Bar (15, rue Jean Antoine de Baïf, 75013).
- Tuesdays and Fridays from 6pm to 7:15pm at the Bar Commun (135, rue des Poissonniers, 75018).

Registrations should be made by email, you need to send a message to one of the following addresses first according to your chosen distribution location:

- for the 12th arrondissement : etudiant12@linkee.co
- for the 13th arrondissement : etudiants@linkee.co
- for the 18th arrondissement : etudiant18@linkee.co

After contacting Linkee, an email containing a link to the registration form will be sent to you. It will be considered as confirmation of your registration.

In addition, PSL and Linkee organize regularly food distributions on campus. PSL Welcome Desk regularly shares information on its social networks about food distributions on PSL campuses. Stay tuned!

D. Other types of food aid accessible to students:

- AGORAé : <https://ageparis.org/>
- Co'p1 – Solidarités Étudiantes : <https://cop1.fr/>

Les Restos du Coeur de Paris: Les Restos du Coeur de Paris, in partnership with the CROUS de Paris, supported by the Paris City, have opened a center of reception and food aid for students. Food aid is offered free of charge to students who have accommodation in Paris (75) and who meet the resource criteria of Restos du Coeur de Paris.

For more information, please visit this page: restosducoeur.org/nos-actions/aide-alimentaire/.

4. IF YOU ARE A REFUGEE

If you are from Syria, Egypt, Iraq, Jordan, Lebanon or Turkey, you are concerned by the **HOPES project** (Higher and Further Education Opportunities and Perspectives for Syrians).

The objective of the HOPES project is to improve the situation of young Syrian refugees, as well as of youth in vulnerable positions, in five countries that have taken in Syrian refugees (Egypt, Iraq, Jordan, Lebanon and Turkey) and to make it easier for them to access higher education. A page dedicated to this project is available on the Campus France website: campusfrance.org/fr/projet-Hopes-etudiants-syriens.

Any questions ?

Please reach out to :

welcomedesk@psl.eu

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