

GUIDE FOR ERASMUS+ EXCHANGE STUDENTS IN FRANCE

ANGLAIS/ENGLISH

**CONSERVATOIRE
NATIONAL SUPÉRIEUR
DE MUSIQUE ET
DE DANSE DE PARIS**

Dear international students,

You have been accepted to the Conservatoire de Paris **Erasmus+** exchange program!

This guide will answer any questions that you may have about being a student musician or dancer in Paris. You will find all the information that will help you prepare for your trip, your life in Paris and **any useful information that will help you during your stay here.**

We are delighted to welcome you to the **Conservatoire National Supérieur de Musique et de Danse de Paris.**



Conservatoire National Supérieur de Musique et de Danse de Paris

209, avenue Jean-Jaurès

75019 Paris

Metro station: Porte de Pantin, line 5

telephone: +33 (0)1.40.40.45.45

<http://www.cnsmdp.fr>

TABLE OF CONTENTS

● THE CONSERVATOIRE

1. Our Departments and Academic Calendar

2. Arriving at the Conservatoire

- Your first day

- Registration

- Academic Departments Contact List

3. Facilities and Associations

- The media library

- Our three public halls

- The Students' Association

- The Conservatoire Sports and Cultural Association

- The computer lab

- The cafeteria and dining hall

- Practice rooms and Photocopying

4. Instruments provided by the Conservatoire

5. Public Events

6. Additional Information

● PREPARING FOR YOUR TRIP TO FRANCE

1. Financing your studies

- Erasmus+ program grants

- Government grants from your home country

- French government grants

- Useful links

2. Finding accommodation

- Cité Universitaire de Paris
- Cité Internationale des arts
- Student housing
- Private rentals/Apartment Shares/Host families
- Housing benefits provided by the CAF
- Home insurance

3. Learning French

- Alliance Française
- Cultural centers and French institutes
- La Sorbonne

4. Administrative and legal formalities

- Documents allowing entrance in France
- Residence permit (carte de séjour)
- Health insurance coverage
- Personal civil liability insurance

● ARRIVING IN PARIS

1. Your arrival

- By plane
- By train
- Useful links

2. Public Transportation

- Metro/RER /bus/tramway
- Vélib'
- Useful links

3. Finances

- Opening a bank account
- Estimated cost of living
- Administrative fees

4. Health

- Health insurance coverage
- Private doctors
- Mental health
- Health clinics
- Hospitals
- In case of emergency
- Other types of emergencies
- Useful links

5. Working as a student

- Procedure
- Useful links
- Finding a job

6. Enjoying the Parisian life

- Exploring Paris
- Guides
- ISIC Card

7. Keeping in touch

- By phone
- By internet

8. Daily life

- Climate
- Electricity
- Selective sorting and recycling
- Eating healthy and local

● CONTACTS AT THE CONSERVATOIRE

● MORE LINKS

● THE CONSERVATOIRE

1. Our Departments and Academic Calendar

Each year, the Conservatoire receives more than 2,000 applications; of those 2,000, between 200 and 300 new students are admitted. 81 core subjects are taught to more than 1,200 students by approximately 400 professors, teaching assistants and accompanists.

The teaching program is organized into nine different departments:

Vocal Studies

Musicology and Analysis

Composition, Compositional Aesthetics and Conducting

Classical and Contemporary Instrumental Studies

Early Music

Jazz and Improvised Music

Pedagogy

Music Studies and Research

Dance Studies

The Conservatoire academic year runs from September to June, with four school holiday breaks:

1 week for All Saints' Day (October-November)

2 weeks for Christmas

2 weeks in February

2 weeks for Easter (April)

Below you will find a link to the detailed calendar for the 2016-2017 academic year:

http://www.conservatoiredeparis.fr/uploads/tx_sacparisblocs/Calendrie__scolaire_2016-2017.pdf

Conservatoire Homepage > Student Life > Administrative Formalities

The Conservatoire's Bylaws:

Conservatoire Homepage > Student Life > Life at the Conservatoire
http://www.conservatoiredeparis.fr/uploads/tx_sacparisbloccs/Reglement-interieur2015.pdf

2. Arriving at the Conservatoire

Your first day

Your first day at the Conservatoire will begin with a welcome breakfast followed by an information session for Erasmus+ international exchange students.

All students that were accepted in June/July will be notified of the date of this meeting before the school year begins. At the end of the meeting you will visit the buildings and faculty offices of each academic department. Other information sessions and individual meetings will be organized by the academic departments during the first week of class.

Steps for Registration

There are two steps to complete in order to register:

1st Step: Course Registration

You need to meet with the registrar of the subject that you are specializing in so that he/she can register you in the respective department. This is also an opportunity to discuss the complementary courses relevant to your department that you may want to take (for example: piccolo for flautists or sight-reading for instrumentalists)

2nd Step: Administrative Enrollment

You will be notified of a date and time for your individual enrollment appointment during the information session. This step will officially enroll you in the Conservatoire, you will be insured under the French social security system and will receive your student ID card. **Students that have not enrolled will not be permitted to attend**

classes.

You must bring the original and a copy of the following documents to your appointment:

- Proof of health insurance that corresponds to your personal circumstances (**see chapter...)**

PLEASE NOTE: The European Health Insurance Card is mandatory for all students who are E.U. citizens

- Passport or ID card
- Proof of civil liability insurance (**see chapter...)**

Registering for complementary and elective courses

Every student of the Conservatoire de Paris must register for complementary and elective courses. Students accepted in June/July will receive a current, up-to-date list of these courses, which is included in the Student Guide, before the start of the school year. The names and contact information of each department registrar are included in this list.

In some cases, registration can be done via e-mail whereas for others, meeting the registrar personally may be the better option. The Erasmus program coordinator will be available to help you with this process.

Academic Departments Contact List

Philippe Brandeis
+33 (0)1 40 40 47 98
Office 347

Music Studies and Research Department Chair

Classical and Contemporary Instrumental Studies

Thierry Vaillant
+33 (0)1 40 40 45 04
Office 107
Head of Department

Fabienne Cosaque
+33 (0)1 40 40 46 83

Office 108

Assistant Department Registrar:
brass and percussion

Nathalie Branger
+33 (0)1 40 40 45 55

Office 107

Department Secretary

Marie Cimo
+33 (0)1 40 40 45 42

Office 102

Department Registrar: strings

Anne Rivet
+33 (0)1 40 40 46 24

Office 101

Department Registrar: piano, organ, accompaniment,
ondes Martenot, keyboard improvisation, accordion

Eric Dégrois
+33 (0)1 40 40 45 85

Office 107

Department Registrar: woodwinds, music education

Françoise Sebastiao
+33 (0)1 40 40 47 34

Office 103

Department Registrar: harp, guitar, chamber music

Vocal Studies

Jean-Marc Demeuré
+33 (0)1 40 40 46 25
Office 344
Head of Department

Pascale George
+33 (0)1 40 40 46 05
Office 343
Department Registrar

Nelly Moulin
+33 (0)1 40 40 45 53
Office 356
Secretary

Composition, Compositional Aesthetics and Conducting

Nicolas Rouvière
+33 (0)1 40 40 46 82
Office 339
Head of Department

Clio Lacroix
+33 (0)1 40 40 45 84
Office 337
Department Registrar

Elise Drilhon
+33 (0)1 40 40 46 63
Office 337
Department Registrar

Jazz and Improvised Music

Riccardo Del Fra
+33 (0)1 40 40 45 83
Office 338
Department Chair

Corinne Tudela
+33 (0)1 40 40 46 23
Office 338
Department Registrar

Sound engineering

Denis Vautrin
+33 (0)1 40 40 46 14
Office 112
Department Chair

Catherine Barbe
+33 (0)1 40 40 45 56
Office 113
Department Assistant

Muriel Charpentier-Leroy
+33 (0)1 40 40 45 59
Office 105
Department Registrar

Early Music

Pascal Bertin
+33 (0)1 40 40 46 38
Office 363
Head of Department

Josepha da Silva Sousa
+33 (0)1 40 40 45 50
Office 363
Department Registrar

Musicology and Analysis

Liouba Bouscaut
+33 (0)1 40 40 46 43
Office 329
Head of Department

Emilie Ronce
+33 (0)1 40 40 47 21
Office 328
Assistant Department Registrar

Isabelle Ruchaud
+33 (0)1 40 40 46 27
Office 327
Secretary

Pedagogy

Serge Cyferstein
+33 (0)1 40 40 45 81
Office 426
Head of Department

Dance Studies

Jean-Christophe Paré
+33 (0)1 40 40 46 30
Office 412
Head of Department

Pierre Bisson
+33 (0)1 40 40 46 32
Office 410
Studies Coordination

Christian L'Anthoën
+33 (0)1 40 40 46 31
Office 408
Production and External Relations

Corinne Covarrubias
+33 (0)1 40 40 46 19
Office 406
Department Registrar: dance notation

Marie-Christine Goncalves-Alves
+33 (0)1 40 40 46 33
Office 409
Dance Department Registrar

3. Facilities and Associations

The Hector Berlioz Media Library

The Hector Berlioz Media Library has nearly 280,000 documents in French and other languages covering the entire span of music history as well as a large music (vinyl records and CDs) and video collection. It can be used for both research and borrowing purposes and has a multimedia consultation section and a lending library where you can check out up to eight documents for two weeks. All catalogues are available online.

Lending Library - 1st floor

Open from Monday to Friday from 10:30 a.m. to 5:30 p.m.

In order to check out materials you need to sign up with your student ID card. Once you sign up, we will explain how the collections are organized and how to borrow from the library.

You can check out eight documents (sheet music, books, CDs, DVDs, etc.) for a total of four weeks. A one-time renewal for a two-week period is permitted.

In-Library Consultation - Ground floor

Open from Monday to Friday:

Monday and Wednesday: from 12:30 p.m. to 5:30 p.m.

Tuesday, Thursday and Friday: from 10:30 a.m. to 12:30 p.m.

You can browse or reserve material for onsite consultation of our vast collections of books, sheet music and digital resources.

4 studios – 2 of which are equipped with surround sound – are available for your listening pleasure. Explore a collection of over 30,000 CDs and vinyl records and nearly 2,000 VHS, DVD and CDVs.

A reading area is also at your disposal for reading the newspaper or perusing our 90 different open-access periodicals.

All media library resources are accessible via the web portal:

<http://mediatheque.cnsmdp.fr/opacwebaloes/opac/index.aspx>

The library staff is always available to explain how the system works and to help you find material (documents, references, etc.). Tours are given regularly to help you get familiar with the rich and diverse collections of the media library.

The Conservatoire's Media Library in a few key figures:

Created 221 years ago (in 1795!)

2.5 km of bookshelves,

1 borrowing section,

1 in-library consultation section,

4 studios for listening or sight-reading music,

125,000 pieces of sheet music,

25,000 books,

45,000 audio and multimedia files,

900 periodicals

and most importantly, 15 people to help and guide you in your library research

Contacts

Problems with checking out materials:

01 40 40 46 52

Rush requests for books:

Patricia Frechon (pfrechon@cnsmdp.fr; 01.40.40.45.36)

Rush requests for sheet music:

Nicolas Renault (nrenoult@cnsmdp.fr; 01.40.40.47.40)

Library tour reservations:

Cécile Grand (cgrand@cnsmdp.fr; 01 40 40 46 28)

Patricia Frechon (pfrechon@cnsmdp.fr; 01 40 40 45 36)

Nicolas Renault (nrenoult@cnsmdp.fr; 01 40 40 47 40)

Our three public halls

Our three public halls are designed for opera performances, concerts, recitals, ballets, public master-classes or for any other public performances. The Organ Hall (250 seats) is used for organ classes and recitals but also for chamber music concerts. The Opera Hall (347 seats) was designed as an Italian-style theater and is used for hosting

opera and dance performances. The Maurice Fleuret Hall (180 seats) is particularly intended for creation and was designed for a various range of activities.

The Students' Association

The Student's Association (Bureau des Elèves – BDE) is the association that organizes student activities on campus, *created by students, for students.*”

The association organizes several activities, including:

1. The Monday Evening Series (Les Salons du Lundi): Once a month on a Monday starting at 7 p.m., the Students' Association uses the Salon Vinteuil (one of the public halls) to organize concerts that are reserved for students. All you have to do is sign up!
2. The Students' Association Festival (Le Festival du BDE): For three days in January, concerts, conferences and debates are organized in one of the Conservatoire's large halls. A call for proposals is launched in mid-October so that students can submit their ideas for what they would like to see on the program.
3. The Movie Club (Le Ciné Club): One Tuesday each month, the Students' Association shows a movie in Messiaen Hall.
4. Parties, concerts, partnerships, entertainment...the association's activities are constantly changing thanks to an enthusiastic team that is always ready to listen to your suggestions!

Joining the Students' Association (Bureau des Elèves) costs €10 for the entire year. Joining shows your support and a real participation in student life at the Conservatoire! The Students' Association is also available to answer any questions that you may have about classes or even about living in Paris.

BDE

bde@cnsmdp.fr

Facebook page: BDE Cnsmdp

Open on Thursdays from 9 a.m. to 12 p.m.

The Conservatoire Sports and Cultural Association

The Conservatoire Sports and Cultural Association (ASCCV) offers a wide range of activities for relaxation and fitness. Upon payment of an annual subscription fee of €30 and during leisure hours, you can use the exercise machines, ping-pong tables and the badminton, volleyball and basketball equipment. Other activities like Fitness Training, Volleyball and Gymnastics are also offered for an additional fee. More detailed information is available upon your arrival.

Office hours on Thursdays from 1:30 p.m. to 2:30 p.m.

Internet/E-mail Access

E-mail:

You will be informed of your **@cnsmdp.fr email address** when you receive your student ID card.

You can use this e-mail address even after you have finished your studies at the Conservatoire.

It is recommended to check this e-mail frequently because all e-mails sent by the Conservatoire will be sent to this address.

If you lose your login details, please contact Mrs. Fatoumata Dieng (Office 159) in the Office of Academic Affairs.

You can access your e-mail via: **<http://email.cnsmdp.fr>**

You can also access your inbox from your personal e-mail account (Gmail, Free, Orange, etc.)

WIFI:

You can use your @cnsmdp.fr login details to access the wifi network called "**Wifi.Conservatoiredeparis.**"

Three wifi hotspots are available: La Chapelle □ Floor -1, Tapis Vert □ area Floor -2, and in the Foyer de l'internaute."

Computer Lab:

Computers and a printer are at your disposal in room 156 on the first floor by the Office of Academic Affairs.

Open Monday-Friday from 9 a.m. - 8 p.m.

Cafeteria and Dining Hall

When you visit the cafeteria and dining hall at the start of the school year, you need to show your student ID.

You will receive a cafeteria card in the following weeks.

For the 2015/2016 school year, a meal costs €3.25.

Open from 11:30 a.m. - 2:15 p.m. (closed during school holidays)

The cafeteria is closed nine weeks of the year – dates will be announced in September 2016

Practice rooms and Photocopying

Practice rooms are available for personal use. You can get a key to a practice room at the student welcome desk on the first floor.

HOURS:

Monday-Saturday: 8 a.m. – 10 p.m.

Sunday: 9 a.m. - 8 p.m.

School and bank holidays: 9 a.m. - 8 p.m.

Closed during Christmas break and February vacation

In certain cases, you may reserve classrooms and jazz stages. To check out these rooms, you need to go to the reception desk located on the ground floor.

Students studying music composition can print out and bind their work in the photocopying room located on the ground floor.

The photocopying staff is more than happy to assist you. Their offices are located on the ground floor by the photocopying room. The manager is available to answer any questions that you may have about using the workspace or to answer any technical questions that could help you with your schoolwork.

4. Instruments provided by the Conservatoire

You may use the instruments provided by the Conservatoire (the contrabass, for example).

Contact Didier Legrand for the conditions for use.

Monday-Friday 9 a.m. - 5 p.m.

5. Public Events

The Conservatoire organizes about 300 musical and dance performances each year that take place in its three public halls as well as in several other partner institutions in France and abroad.

It's in the students' interest to discover the sheer range of these programs, to support and encourage their classmates and enjoy watching and listening to them on stage.

The event calendar is available on our website: www.conservatoiredeparis.fr

Please note: Conservatoire students may benefit from event invitations for the Opera de Paris (the Garnier and Bastille opera houses) provided there are still tickets available. **Only a very limited amount of tickets are available!**

Information and reservations for the opera: reservations@cnsmdp.fr

6. Additional information

Come take a tour to discover the Conservatoire and get acquainted with the specificity of Christian de Portzamparc's architecture. Explore behind-the-scenes and uncover your future surroundings!

The tour will take place on September 19, 2016 at 11 a.m. and 3 p.m. at the Conservatoire's main entrance.

For more information about the school, studying at the Conservatoire, course subjects, school administration or to see or hear a Conservatoire production, visit our website: conservatoiredeparis.fr

To stay informed about the latest news at the Conservatoire, follow us on social media:

Facebook: <https://www.facebook.com/conservatoiredeparis.cnsmdp>

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

YouTube: <https://www.youtube.com/user/conservatoiredeparis>

Instagram: <https://www.instagram.com/cnsmdp/>

PREPARING FOR YOUR TRIP TO FRANCE

1. FINANCING YOUR STUDIES

Different types of grants are available for students wishing to study in France.

Erasmus+ program grants

Grants are financed by European funds and are managed by the national specialist agencies of each country:

http://ec.europa.eu/education/programmes/llp/national_en.html

Grant award procedures vary depending on the country and institution.

Contact the Erasmus+ coordinator of your school for more information.

Government grants from your home country

The large majority of grants awarded to foreign exchange students come from their home country's government. On average, there are three times as many grants awarded by the country of origin than by the French government and international institutions combined.

Contact the Department of Education of your home country to receive a list of grants awarded by the government.

You can find the Department of Education of your country and its address via the list on UNESCO's website: <http://www.unesco.org/new/fr/unesco/worldwide/>

2. FINDING ACCOMMODATION

Finding accommodation in Paris isn't easy, so you need to start looking months in advance. Several possibilities are available for short-stay students (3 to 10 months).

PLEASE NOTE: Conservatoire dormitories are not available to students in the short-

stay international exchange program.

La Cité Universitaire de Paris

This little paradise for students is located in the southern part of the capital. The 40 different student residences, of which the majority are dedicated to a specific country, and its grounds that extend for 34 hectares make the Cité Universitaire a very popular choice among students. In order to be eligible for this housing, **students must be in Paris for at least 6 months and be studying for at least a graduate degree.**

PLEASE NOTE: Students can register online on the website starting in April for the September semester. Submit your registration request as soon as you have been admitted to an educational institution. However, you can still submit a request all year round.

The cost of housing differs depending on the student residence house, but ranges from €400 to €550 for a single room. Other possibilities are available for renting onsite work studios.

www.ciup.fr

La Cité Internationale des Arts

Students are selected twice a year, in March and November.

For students starting their exchange program in September, it is usually too late apply. Students arriving for the second semester may submit their application to the November commission.

This institution also offers a few studios that are equipped with pianos as well as some work studios on the basement floor.

www.citedesartsparis.net

Tel: +33 (0)1.42.78.71.72

Student housing

Open to all regardless of financial resources. They generally offer furnished rooms or studio apartments for prices slightly lower than the market rate.

The UNME (Union Nationale des Maisons d'Etudiants) keeps a list of student housing

in Paris (with admission conditions and services offered) but candidates should **apply to each student residence hall as early as possible.**

UNME :

www.unme-asso.com (website in French); Click on Rechercher un hébergement? □>

Paris □ then

select the desired student housing from the list.

2, rue de la Roquette, 75011 Paris; tel : +33 (0)1.48.05.73.62

ARFJ :

The ARFJ (Association des Résidences et des Foyers de Jeunes) offers a list of youth housing for people between 18-25 years old. Half of the housing offered is reserved for girls, and the rest is mixed. Three of the residences on this list even offer housing for couples. To reserve a room, you need to contact the residence hall directly.

Private rentals/Apartment Shares/Host families

The Conservatoire has established connections with **apartment owners** wishing to rent out separate small studio apartments or a room in their homes. Prices range from €450- €650 per month. Students who have been accepted will be sent this list during the summer before the exchange programs starts. Ads for private apartment rentals are also displayed in the main hall of the Conservatoire.

For more information: Tel: 33 (0)1 40 40 47 79

e-mail: mbardon@cnsmdp.fr

You need to have a cosigner in order to submit a housing application in Paris. The cosigner is either someone who lives in France and pays taxes in France or a bank guarantee from your bank.

Useful links

www.fusac.fr : bilingual website with classified ads for furnished apartments to rent or share.

www.explorimmo.fr : French-language website that displays the different ads from real estate agencies.

www.pap.fr : a multilingual website where private owners and tenants can connect.

Please note that home owners require very reliable guarantees. Housing ads for students can be found under holiday rentals.”

<http://fr.chambrealouer.com/chambre-a-louer>

www.airbnb.fr

www.unme-asso.com (website in French); UNME, click on Rechercher un hébergement?> Paris

select the desired student housing from the list.

Atome

Atome is a housing agency that takes charge of setting up your accommodation with a host family before you arrive and provides support and help before and during your stay:

www.atomeparis.com (trilingual website, offers comprehensive service and management).

Apartment Shares

<http://www.appartager.fr/>: a multilingual website for people looking for a roommate(s) or for an apartment.

www.mapiaule.com: a French-language website with classified ads and helpful tips; the column on the left-hand side is where you will find different housing options (Résidences étudiantes, Résidences universitaires, Foyers).

www.colocation.fr

www.e-colocation.fr

Housing benefits provided by the CAF

Students of any nationality may request housing benefits from the CAF (Caisse d'Allocations Familiales) to help them pay their rent.

These benefits are only given once you have moved into your housing accommodation and under certain conditions. You can get an estimate and/or apply online.

CAF de Paris: www.caf.fr

Home insurance

All tenants (including for houses, apartments, student residence halls, private rooms, etc.) must get comprehensive home insurance. Different plans and fees are available starting from €23.02/year.

As a reminder, home insurance generally includes civil responsibility insurance coverage. The student may present this proof of insurance during their administrative enrollment.

www.assurances-etudiants.com

3. LEARNING FRENCH

In order to get the most out of your classes, you should have a good command of the French language before arriving at the Conservatoire. It is highly recommended for all Erasmus+ exchange students to have a minimum level of proficiency, which is equivalent to the B1 level of the Council of Europe's European Language Portfolio. The B2 level is required for students in Musicology and Sound Engineering.

You can assess your language level by referring to the chart at the end of this guide. The Conservatoire reserves the right to require a student to take **weekly French classes**, which are organized into different levels: beginner, false beginner, intermediate and advanced. The advanced level class is open to Erasmus students, subject to availability.

For students that have a good command of French, we recommend that they take **Literature** classes.

For those students wishing to brush up on their French before their arrival in Paris, several options are available:

Alliance Française

The Alliance Française has been teaching French throughout the world for over a century. The list and addresses of Alliance Française centers are available on the bilingual website: www.alliancefr.org 101, boulevard Raspail, 75270 Paris Cedex 06, tel: + 33 (0)1.42.84.90.00

French cultural centers and institutes

These centers and institutes usually work together with the Alliance Française. You can look at the Ministry of Foreign Affairs website to find a French cultural center near you: www.diplomatie.gouv.fr/annuaire (website in French)

La Sorbonne

La Sorbonne offers various French courses and in particular, a 4-week course in September for €1,700 (12 hrs./week, price for 2016).

La Sorbonne: www.cafs-sorbonne.fr (multilingual website)

Tel: + 33 (0)1.44.10.77.00; e-mail: contact@cafs-sorbonne.fr

Langue Appart

Langue Appart offers various French courses and in particular a 4-week evening class for €240 or a 4-week intensive course for €900.

www.langueappart.fr/fr/home/

Tél + 33 (0)1.43.38.90.57

4. ADMINISTRATIVE AND LEGAL FORMALITIES

Documents allowing entrance in France

-Citizens of the European Economic Area are only required to present their national ID card or passport when arriving at customs.

-If you are not a citizen of the EEA, you need to contact the French consulate in your home country regarding the conditions for getting a visa.

A long-stay student visa is **mandatory if you are staying longer than three months.**

PLEASE NOTE: You cannot obtain a long-stay visa in France if you arrive with only a tourist visa.

Residence Permit (la carte de séjour)

-EEA and Swiss citizens are not required to obtain a residence permit. They are authorized to stay in France by simple presentation of a valid national ID card or passport. **However, a student residence permit card is necessary for certain**

formalities like requesting housing benefits or, in certain cases, opening a bank account.

-If you are not an EEA or Swiss citizen, **you must apply for a temporary student residence permit** from the Préfecture de Police (police headquarters) of your place of residence (department). You must submit your application **as soon as you arrive in France or no later than three months after your arrival.**

Legal information can be found on the Paris police headquarters (Préfecture de Police de Paris) website, including a required documents list and the possibility to make an appointment: <http://www.prefecturedepolice.interieur.gouv.fr/Demarches/Services-en-ligne/Pour-vous-aider/Toutesles-demarches#ressortissant>

Health insurance coverage

Student health insurance is mandatory in France; students will sign up for it during registration. It makes the student eligible to be reimbursed for medical care for the entire school year.

All students coming to France must therefore be covered by health insurance, regardless of age or nationality.

-European students

European students must have a **European Health Insurance Card** that provides coverage for the entire period of the Erasmus+ exchange.

PLEASE NOTE: If the student does not have this card during administrative enrollment, he/she will not be enrolled and therefore will not be permitted to attend classes.

-Non-European students

If you are staying for **less than three months**, you must take out a private insurance policy and provide a detailed certificate in English or French indicating the period of coverage.

If you are staying for **more than three months**, you must be registered with the French student health insurance, which will replace the private insurance certificate. You must pay the fees on the day of your administration enrollment at the

Conservatoire (approximately €215 in 2016/2017).

Non-European students starting their exchange in second semester (after January) will have to pay the health insurance contribution in November by bank transfer.

Complementary Student Health Insurance

It is not mandatory.

The French social security system reimburses about 70% of medical costs and a complementary health insurance plan reimburses the rest.

These rules may change from one year to another. Additional information will be sent by the Conservatoire's Erasmus program coordinator to students admitted during the summer before the start of the exchange program.

Personal civil liability insurance

Civil liability insurance coverage is compulsory in France. It guarantees the repair of damages that may be caused by the student to a third party. This proof of civil liability insurance must be provided by the student during administrative enrollment.

<https://www.mae.fr/contrats/assurance-etudiant>

If you have taken out a home insurance policy, it should be noted that it usually includes civil liability insurance coverage. This proof of insurance may therefore be presented by the student during administrative enrollment.

www.assurances-etudiants.com

Useful links

www.smerep.fr

www.lmde.com

www.mae.fr

● ARRIVING IN PARIS

1. YOUR ARRIVAL

-by plane

There are several options available for getting to the center of Paris from the two international airports, Roissy-Charles de Gaulle and Orly:

The RER (suburban train) and metro

Trains come every 10 to 15 minutes during the day running from the airport to Paris and a ticket costs between 9 and 12 euros.

If you arrive at **Roissy-Charles de Gaulle**:

CDGval and RER: depending on the terminal, you must either take the moving walkway or the CDGval airport shuttle to the **RER B** station. The trip lasts between 30 and 45 minutes depending on the number of stops the train makes between the airport and city center. A ticket costs **€10**.

If you arrive at **Orly** :

Orlyval and RER: an airport shuttle runs from all terminals to the RER B Antony station and costs **€9,30**. The same ticket can be used to take the RER into Paris.

Taking the metro: see the following chapter, "Public Transportation"

The bus

If you arrive at Roissy-Charles de Gaulle:

The **Roissybus** leaves about every 15 minutes from each terminal for the city center (Opéra Garnier) from 6 a.m. to 11 p.m. The trip lasts about 1 hour and 15 minutes and costs **€11**.

If you arrive at **Orly**:

The Orlybus leaves from both terminals (South and West) every 15 to 20 minutes and goes to Denfert-Rochereau. The trip lasts between 25 and 35 minutes and costs **€8**.

- by train

If you are traveling by train, you will arrive in one of the seven Paris stations: Gare de

Lyon, Gare du Nord, Gare de l'Est, Gare Saint-Lazare, Gare de Bercy, Gare Montparnasse and Gare d'Austerlitz. They are all hubs with connections to public transit. To reach your accommodation in Paris, you can take the bus or the metro. For the city metro trains: see the next chapter, Public Transportation and the map in the appendix.

- Useful links

ADP: Aéroports de Paris – bilingual website: www.aeroportsdeparis.fr
Information on flight times and access maps

RATP: the public transit network for Paris and the surrounding regions (Ile-de-France): www.ratp.fr
Multilingual website with a trip planner to help you plan your metro route.

SNCF: French national railway company: www.sncf.fr
Information, prices and access (RER)

2. PUBLIC TRANSPORTATION

As in other big cities, cars in Paris are not very practical. Fortunately, the city has a well-developed public transportation system.

- The metro, RER, bus and tramway

The 14 metro lines in Paris serve all the arrondissements (districts) and is the fastest mode of transport. The name of the last stop on each line indicates the direction of the train.

RATP: the public transit network for Paris and the surrounding regions (Ile-de-France): www.ratp.fr (Multilingual website with a **trip planner to help you plan your metro route**).

The Conservatoire is located on line 5, Porte de Pantin station, Parc de la Villette

exit. When coming from the center of Paris, exit at the front of the train and take the stairs on the left.

The RER (Regional Express Network) serves the suburbs in a 40 km radius around Paris. There are not many RER stations in Paris and the distance between them is quite spaced out, but they nonetheless offer quick transport. A regular metro ticket allows you to take the RER within Zone 1.

The bus lines serve all the different neighborhoods in Paris (careful, there are traffic jams during rush hour!). To find a bus line, note that each line corresponds to a different color on the official maps of the RATP (regie autonome des transports parisiens).

There are nine tramway lines in operation. They run around the outskirts of Paris or the inner suburbs.

Prices and passes for public transit

- A ticket costs €1.90. **It is no longer valid once you exit.**

- A book of 10 tickets costs €14.50. One ticket is enough for any trip in Paris on the RER (zone 1), metro and bus (zone 1 and 2).

- **The Pass Navigo** is a rechargeable card.

It allows unlimited trips in Paris on the RER, metro, bus and tram (zones 1-5). The Pass also saves you time from having to wait in the long lines to buy tickets. You can find the application form online on the RATP website, at station ticket windows and authorized shops. In major stations you can purchase the pass and receive your card on the same day.

A yearly pass costs €63.30/month

A weekly pass (from Monday to Monday): €22.15

A monthly pass (from the 1st of the month to the 1st of the next month), valid in all zones: €73.

This choice is the most beneficial for stays shorter than 5 months.

-**The imagineR card** is a yearly pass for students under the age of 26. It costs €333.90. You will be asked to provide proof of admission to the Conservatoire in order to get this card. To see the conditions: http://www.ratp.fr/fr/ratp/c_21584/forfait-imagine-r/

— Vélib' (city bikes)

You can borrow a bike using a credit card, Pass Navigo or ImagineR card and then return the bike to any station when you have finished your trip.

A day-long ticket costs €1.70 and allows you to use the Vélib' with unlimited rides.

If you plan on using the Vélib' bike system more often, it may be more beneficial to buy a week-long ticket for €8 or a year-long pass for €29 or €39.

When you borrow a bike, regardless of the ticket you've chosen, the first 30 minutes are free. For trips longer than that, you must pay additional fees per half-hour.

A security deposit of €150 will be deducted if the bike is not returned to a station within 24 hours or if the general conditions of access and use are not respected.

This is a great option for short trips.

Keep in mind that you must respect the traffic laws and use the correct hand signals to indicate changes in direction.

- Useful links

RATP: the public transit network for Paris and the surrounding regions (Ile-de-France): www.ratp.fr

Multilingual website with a **trip planner to help you plan your metro route.**

Bus, Metro, Tram, RER

VELIB: Self-service bikes in Paris: www.velib.paris

3.FINANCES

— Opening a bank account

If you are staying in France for longer than three months, you can open a resident's bank account. However, it is recommended that you contact your bank in your home country to see if it is partnered with any banks in France, which could make banking operations easier.

To open a resident's bank account in euros, you need to provide three documents:

- a passport
- a French resident permit (for certain cases)
- proof of residency dated less than 3 months – telephone or electric bill, rent receipt, proof of accommodation (official document stating that you are staying with a local resident)

After opening your account, you will be given a checkbook and/or a credit card. The checkbook is usually free but the credit card costs between 15 and 40 euros/year depending on the bank and the type of card. For more detailed information:

- **Campus France:** <http://www.campusfrance.org/fr/page/gerer-son-argent> (trilingual website)

- **Studyrama:** <http://www.studyrama.com/vie-etudiante/budget-etudiant-financer-ses-etudes/financerson-quotidien/compte-bancaire-mode-demploi-1162349>

If you decide that you do not want to open a bank account, withdrawing money using your debit or credit card is probably the cheapest way to get euros in cash. Although there may be a currency exchange fee, this one-time fee prevents having to pay a currency exchange fee every time you use your card in a restaurant or store.

— Estimated cost of living

To live comfortably in Paris, students should have a **monthly budget of about €1,000,**

broken down as follows:

Housing:

For accommodation, plan for between €400 and €800

Food: €300 to €400, depending on your appetite

Miscellaneous:

As a student, you benefit from certain reduced rates: the ImagineR metro pass (only available to students staying longer than 6 months in Paris), reduced ticket prices at museums, CROUS restaurant vouchers, etc.

Below you will find the prices for everyday consumer goods in order to give you an idea of the cost of living in Paris in 2016:

Newspaper: €1.70

French bread (baguette): €1.00

Croissant : €0.90

Coffee: €1.40 at the bar and €2.30 at a table (Cit de la Musique: €2.70)

Sandwich: between €3.50 and €7.00

Meal at the Conservatoire cafeteria: €3.25

Meal in a CROUS university restaurant: €3.25

Meal in a typical French bistro: between €13 and €32

1 metro ticket: €1.90

Monthly Metro Pass - Pass Navigo: €63.30

Movie theater ticket: between €7 and €13

Museum ticket for the Louvre: €15 (free for EEA residents under 25 years old)

Fixed-price meal in a Chinese or Japanese restaurant: between €8 and €13

Paris CROUS university restaurants: www.crous-paris.fr

The purpose of the CROUS is to help students in general and to help foreign students successfully assimilate on an educational, social and cultural level in France.

There are 17 university restaurants in Paris: <http://www.crous-paris.fr/restauration/carte-des-lieux-derestauration/>

- Administrative fees

Foreign exchange students are exempt from paying administrative fees at the Conservatoire de Paris.

Enrollment fees

Foreign exchanges students pay their enrollment fees to their home university.

Healthcare coverage: this costs €215 in 2015, not including private complementary health insurance (This only applies to non-European students under certain conditions (see administrative and Legal Formalities)).

4. HEALTH

EMERGENCY: If you're calling from an internal telephone line at the Conservatoire, dial 0 and then the number; For ex.: SAMU (ambulance): 015

Health insurance coverage

Two health insurance systems operate in France: student health insurance (or your country's social security system or private insurance policy) and complementary health insurance (Mutuelle). Being covered by both systems is the best way to limit any possible healthcare expenses.

The French social security system reimburses a percentage of the official standard fee (tarif conventionnel), depending on the type of medical consultation. If you have a European Health Insurance Card (CEAM), the same conditions apply.

Complementary health insurance mutuelle reimburses a part or the rest of the remaining cost depending on the type of coverage. However, this type of insurance is not compulsory. Before taking out a complementary health insurance policy, be sure to carefully read the information about each coverage option and choose the one that best fits your needs.

www.smerep.fr

www.lmde.com

PLEASE NOTE: complementary health insurance is only available with an annual payment.

When at the doctor, pharmacy, health clinic and hospital, present your European Health Insurance Card (CEAM) and, if you have one, your complementary health insurance card.

See: Preparing your arrival in France > Administrative and social formalities > healthcare coverage

Private doctors

General practitioners are family and neighborhood doctors that deal with all general health issues. Very often, it is the general practitioner who will refer you to see a specialist. The official fee for a consultation ranges from €23 to €25, but you may be required to pay additional fees.

Specialists deal exclusively with diagnosing and treating certain illnesses or parts of the body. The official fee for a consultation is €25. However, the cost is often higher depending on the specialist's field and the cost of additional fees.

Before going to a private doctor, be sure to check how much he/she charges.

Below you will find useful telephone numbers **if you get sick while at the Conservatoire:**

First-aid attendant at the surveillance center who will assess your situation and provide first aid.

Dial 46 00

Below are some names and contact information for general practitioners in the neighborhood:

- Docteur Céline Friant
142 avenue Jean Jaurès 75019 Paris
tel: 01 42 01 45 48

- Docteur Eric Goldberg
146 avenue Jean Jaurès 75019 Paris
tel: 01 42 39 64 65

- Cabinet médical de médecins groupés (Medical group practice)
Docteurs F. Grall, & P. Guerillot
173 avenue Jean Jaurès 75019 Paris
tel: 01 42 39 90 90

Mental Health

If you feel you need psychological assistance during your stay in Paris the **Bureau d'Aide Psychologique Universitaire** (BAPU) (University Psychological Assistance Office) offers free short and long-term psychiatric and psychological help to students. BAPU - 30, rue Pascal - 75005 Paris Tel: 01 43 31 31 32 - bapu.pascal@fsef.net

Health clinics

Health clinics (centres de santé) offer versatile healthcare services including general and specialized care, dentistry, medical laboratories and medical imaging.

Furthermore, clinics are less expensive than private doctors because they respect the official fees of the French social security system.

Below are the addresses of a few health clinics:

-Centre de Santé Cornet

10-12 rue Eugène et Marie-Louise Cornet, Pantin

Tel: 01 49 15 45 05

Metro station: Hoche (Line 5)

- Centre de santé du Square de la Mutualité

1-3 Square de la Mutualité 75005 Paris

Tel: 01 55 25 01 90

— La Mutuelle de étudiants

Tel: 08 11 50 56 33 - <http://www.lmde.com/choisir-la-lmde.html?xtor=AD-136&xts=493395&xtor=AD-136&xtdt=24322354>

A complete list of health clinics can be found on the Mairie de Paris website:

http://www.paris.fr/centresdesante#les-centres-de-sante_23

Via Homepage: Accueil > Services et infos pratiques > Santé> Se faire soigner > établissements de santé

Hospitals

Hospital emergency rooms are open 24 hours a day. However, there may be a long wait.

You can find a list of hospitals by name or location on the Assistance Publique - Hôpitaux de Paris (APHP) website: <http://www.aphp.fr/hopitaux>

Or via www.aphp.fr > **Hopitaux**

Hospitals close to the Conservatoire:

Hôpital Jean Jaurès

9 □ 21 Sente des Dorées 75019 Paris

Tel: 01 44 84 54 44

In case of emergency:

House calls/ambulance 24/7:

- SOS medecins : Tel: 01 47 07 77 77
- Urgences médicales de Paris: Tel: 01 53 94 94 94

Pharmacies open 24/7:

- Pharmacie Citypharma - Place de la Nation

13 place de la Nation, Paris, 75011

- Pharmacie Malesherbes

Galleries des Champs-Élysées - 84 avenue des Champs-Élysées, Paris, 75008

- British and American Pharmacy

1 rue Auber, Paris, 75009

List of pharmacies open 24/7: <http://www.parisinfo.com/decouvrir-paris/guidethematiques/paris-la-nuit/carnet-pratique-du-noctambule/ouvert-tres-tard-ou-toute-la-nuit/lespharmacies-de-nuit>

Fire: Dial 18

Police: Dial 17

SAMU (Service d'Aide Médicale Urgente):

- General number: 15

-European number: 112

This service, available 24 hours a day, responds to emergency calls dealing with all types of medical distress. The SAMU specialists can answer questions and offer medical advice as well as arrange for emergency medical care quickly and effectively.

More information about the SAMU can be found on the APHP website:

<http://www.aphp.fr/urgences>

Other types of Emergencies

(Poison) Centre Anti-Poisons – open 24/7

200 rue du Faubourg St Denis 75004 Paris

Tel: 01 40 05 48 48

(Eye clinic) Fondation ophtalmologique

Adolphe de Rothschild

29 rue Manin 75019 paris

Tel: 01 48 03 65 65

(Dental) Urgences dentaires

147 rue Manin 75019 Paris

Tel: 01 42 00 07 57

(Gynecologist) Urgences gynécologiques

Hôpital Robert Debré

48 boulevard Serrurier

75019 Paris

Tel: 01 40 03 20 00

Useful links

Mairie de Paris website: www.paris.fr,

Les mutuelles étudiantes:

www.smerep.fr

www.lmde.com

BAPU Bureau d'aide psychologique universitaire

<http://www.fsef.net/>
www.fsef.net/Etablissements/BAPU

In case of emergency: SAMU
<http://www.aphp.fr/urgences>

Late night and 24 Hour Emergency Pharmacies:
<http://www.parisinfo.com/decouvrir-paris/guides-thematiques/paris-la-nuit/carnet-pratique-dunoctambule/ouvert-tres-tard-ou-toute-la-nuit/les-pharmacies-de-nuit>

Health clinics
http://www.paris.fr/centresdesante#les-centres-de-sante_23

AMELI – Assurance maladie (social security healthcare system)

Official fees for general practitioners in mainland France:
<http://www.ameli.fr/professionnels-de-sante/medecins/votre-convention/tarifs/tarifs-conventionnelsdes-medecins-generalistes/tarifs-des-medecins-generalistes-en-metropole.php>

5. WORKING AS A STUDENT

Procedure:

If you have a **student visa**, you have the right to work part-time during your studies in France. You do not need a work permit. It is therefore no longer necessary to obtain a temporary work permit (Autorisation Provisoire de Travail- APT) in order to work while going to school.

Your employer must notify the Préfecture that you have been hired.

However, for three specific cases, you must request a work permit: If you are Algerian, if you must work more hours than the authorized limit or if you have a 6-month temporary visa.

The law allows foreign students to work 964 hours throughout the school year, which corresponds to 60% of the normal working week in France.

Campus France: <http://www.campusfrance.org/fr/page/travailler-en-france-pendant-ses-etudes>

Etudiant de Paris: <http://www.etudiantdeparis.fr/node/87> > Travailler pendant ses études

Useful links

Campus France > Living in France > Working

<http://www.campusfrance.org/fr/page/travailler-en-france-pendant-ses-etudes>

MAIRIE DE PARIS > services et infos pratiques > famille et education > etudier à Paris > etudiant

étranger à Paris

<http://www.paris.fr/services-et-infos-pratiques/famille-et-education/etudier-a-paris/etudiant-etranger-apis-2264>

ETUDIANT DE PARIS

English version: <http://etudiantdeparis.fr/infospratiques/Foreign%20Students>

French Version: Accueil > Infos pratiques > Etudiants étrangers > Formalités administratives > travailler en France pendant ses études

<http://www.etudiantdeparis.fr/infospratiques/Etudiants%20etrangers>

Working in France during your studies:

English version: <http://etudiantdeparis.fr/node/18>

French version: <http://www.etudiantdeparis.fr/node/87>

CROUS DE PARIS

French-language website:

Accueil > Job étudiant > Trouver un job

<http://www.crous-paris.fr/un-job-etudiant-sur-mesure/trouver-un-job/>

ETUDIANT.GOUV (Ministry of National Education)

The web portal for student procedures and services

<http://www.etudiant.gouv.fr/>

L'ETUDIANT

Website and magazine for students with an entire section on jobs.

<http://www.letudiant.fr/>

Finding a job

Classified ads:

www.vivastreet.com > Ile-de-France

www.capcampus.com: French-language website offering search by tab on the homepage.

www.jobetudiant.net: Specialized French-language website

<https://www.studentjob.fr/>: French-language website offering search by tab on the homepage.

6. ENJOYING THE PARISIAN LIFE!

Exploring Paris

Paris is the third most popular tourist destination in the world and is proud of its status as a cultural capital city. You will be able to discover major historical monuments (Tour Eiffel, Arc de Triomphe, Notre-Dame, etc.) and visit famous Parisian neighborhoods (Montmartre, the Marais, the Latin Quarter, etc.), museums, parks and gardens of France's capital. Biking or walking are good ways to discover the unique places around the city that have that distinct Parisian feel!

National museums offer numerous discounts for students. Most of them either always apply the reduced entry fee or apply it for night visits (nocturnes of the museum). For culture buffs, annual passes for specific museums grant you unlimited access!

National and private theaters in Paris offer a wide-range of programs and have preferential rates for students. Three ticket booths, one at Montparnasse, another at

Place de la Madeleine and a third at Place de Ternes, sell tickets at half-price for shows for the same evening.

The Conservatoire, in addition to its rich and diverse musical season, offers a few free tickets for the Opéra de Paris as well as some invitations for certain concerts at the Philharmonie de Paris.

Check your Conservatoire e-mail inbox for offers.

Going to the movies is a very popular cultural activity in Paris. In addition to the large movie theater chains, there are several small, independent theaters that show films d'auteur or old movies in their original languages at very low prices. There is also a system of loyalty cards or subscriptions, which often offer lower prices than student rates.

The Cinémathèque Française features exhibitions, retrospective film screenings and other cinema-related events.

www.cinematheque.fr

Movie programming online at: www.allocine.com

Concerts: Paris is a city that abounds with musical events; from opera to chamber music, to sacred music and symphony concerts in official concert halls like the Théâtre de Châtelet, Théâtre des Champs Elysées, Radio France, Opéra and Philharmonie de Paris as well as in other majestic historical buildings in the capital.

The Paris Philharmonic offers the Carte Cit for free for young people under 28 years old. This card offers a fixed rate of €8 for each ticket when you make a purchase for at least 3 concerts or shows, which you can choose from the entire season programming. <http://philharmoniedeparis.fr/fr/tarifs-et-offres/abonnements-et-formules/abonnement-jeunes-28-ans-2015-2016>.

Radio France Auditorium

Last-minute discount tickets at the Maison de la Radio (except fixed rate of €15 for concerts and family/kids concerts) 30 minutes before the concerts;

Unemployment and welfare beneficiaries, people with disabilities;

People under 28 years old and seniors older than 65 years old:

€25 for concerts in category A and B

€10 for concerts in category C and D

<http://www.maisondelaradio.fr/page/les-tarifs>

Théâtre des Champs-Élysées

Subscription for a minimum of 5 shows - €10 or €20 for a ticket

<http://www.theatrechampselysees.fr/uploads/document/25ea0df76abd56b2a20f16002f8450f9e633c992.pdf>

Théâtre du Châtelet

People under 28 years old, subject to availability. 15 minutes before the start of the show. A special rate between €10 and €25 is granted upon presentation of ID at the ticket window on Avenue Victoria.

<http://chatelet-theatre.com/fr/jeunes>

Cultural events punctuate the lives of Parisians throughout the year and are another unique way to enjoy the city.

La Nuit Blanche illuminates the City of Lights the first weekend in October. A celebration with diverse exhibitions, concerts and sound and light installations that are sure to entertain spectators all night long.

La Fête de la Musique takes place on June 21st. At the initiative of Jack Lang and Maurice Fleuret, this musical event was based on the idea of having Music everywhere and concerts nowhere (La musique partout et le concert nul part). This festival invites amateur and professional musicians to perform for free throughout the country, often outdoors or in the street, in bars or even in unexpected places like museums, castles and train stations.

Guides

Printed guides

For all cultural outings including the theater, concerts, shows, ballets, exhibitions and movies. You can buy these guides in all newspaper kiosks.

- *Le Pariscope*
- *L'Officiel des spectacles*
- *Bonjour Paris* is an English-language publication that playfully talks about Parisian life and provides information about cultural sites, shopping and restaurants in the

capital city.

- Specialized magazines that often have a section on the latest in cultural news

These two newspapers are also free and available at the main entrance of the Conservatoire:

- *La Terrasse*
- *Cadences*

Online Guides

Websites for show programming, good deals and buying tickets

- Office de tourisme and Congrès de Paris: www.parisinfo.com
- Ville de Paris: www.paris.fr/fr/culture
- Région Ile de France: www.paris-ile-de-France.com
- Le bonbon: www.lebonbon.fr
- Billetreduc: www.billetreduc.com
- Telerama: www.telerama.fr/musique
- Paris Art: www.paris-art.com
- Bonjour Paris: www.bonjourparis.com The insider's guide – English-language website

The ISIC card

The International Student Identity Card (ISIC) allows you to get discounts in restaurants, museums and cultural sites throughout the world. You can buy it online or in a local issuing office for €13/year.

English website: www.isic.org / French website: www.isic.fr

7. KEEPING IN TOUCH

By phone

Cell phone:

Several telephone operators share the market in France: Orange, SFR, Bouygues,

Free, etc.

These national operators offer no-contract plans and payment options that are rechargeable using pre-paid cards purchased in one of their stores or in tobacco shops.

Before leaving for France, contact your phone company to be informed about your possible options and be sure to check:

- compatibility with French telephone companies,
- saving your address book and voicemail in international format (country code/leave out first 0)
- PLEASE NOTE: to avoid paying substantial additional fees, turn off the Data option on your Smartphone if you are still using the phone plan from your home country.

A few telephone booths can still be found in the streets, in public places and in telephone service shops. These shops specialize in international telecommunications, sell pre-paid international phone cards and are equipped with telephone booths for international calling at a very low price. You can easily find these shops near the Conservatoire. (For ex.: rue Eugène Jumin).

Via Internet

At the Conservatoire: See: Le Conservatoire > Equipements et associations > Informatique

Skype

If you have a good internet connection, Skype is probably the cheapest option for long-distance calls. The service is free for calls made from computer to computer. You can also call landline and cell phone numbers for a low price by paying directly online (www.skype.com).

Public Wifi Networks

The city of Paris has set up free Wifi hotspots throughout the city where you can connect to the internet from your laptop from 7 a.m. to 11 p.m. (depending on the opening hours of the establishment). Hotspots are also available in more than 260

parks, museums, libraries, and public buildings throughout Paris.

A list of Wifi hotspots (by arrondissement) can be found on the Mairie de Paris website: www.paris.fr Accueil > Services et infos pratiques > Innovation et recherche > Paris WI-FI

8. DAILY LIFE

Climate

Temperatures range from -5 and 10°C in the winter (December to February), 5 and 20°C in the fall (October and November) and in the spring (March-May).

Wide variations in temperature have been occurring in the last few years.

Electricity

The French electricity supply network works on a 220-volt system. Remember to bring an international adaptor if your chargers have a different voltage.

Selective sorting and recycling

Packaging/cardboard: yellow bins

Organic waste: Certain neighborhood parks or buildings have composts. Otherwise, use the green bins.

Household waste: green bins

Glass: White bins or large glass receptacles in the street

Batteries/electronics: Certain stores (supermarkets/home improvement) and public institutions collect batteries and used electronics that are sorted into designated receptacles that you can often find at the entrance.

Eating healthy and local

Short food supply chains

A short food supply chain refers to distribution configurations. A supply chain is short when there are very few intermediaries between producers and consumers.

To buy local food, go to the farmer's market (by buying directly from the producer) or

join an AMAP (community-supported agriculture) which favors the short food supply chains and will therefore promote food consumption that pollutes less and that wastes less energy.

AMAP Ile de France: http://www.amap-idf.org/trouver-une-amap_33.php

Organic grocery stores

You can purchase organic products at organic grocery stores (products marked with the Bio label). These stores also favor no packaging for products and no plastic.

French Student Network for Sustainable Development:

Réseau français des étudiants pour le développement durable: <http://refedd.org/>

● CONTACTS AT THE CONSERVATOIRE

Conservatoire National Supérieur de Musique et de Danse de Paris

209, avenue Jean Jaurès
75019 Paris
metro line 5, Porte de Pantin
Tel: +33 (0)1.40.40.45.45
<http://www.cnsmdp.fr>

Erasmus Program Coordinator for the Conservatoire

Ania Sergueeva
Office 160
Tel: +33 (0)1 40 40 46 29
echanges@cnsmdp.fr

Head of Academic Affairs

Chahinez Razgallah
Office 158
Tel: +33 (0)1 40 40 46 88

Academic and housing assistance

Martine Bardon
Tel. +33 (0)1 40 40 47 79
scolarite@cnsmdp.fr

● MORE LINKS

Telephone directory

The Yellow Pages — all public and commercial addresses: hospitals, services, stores and other locations: www.pagesjaunes.fr

The White Pages — private listings: www.pagesjaunes.fr, pages blanches"

Transportation

RATP (www.ratp.fr): trilingual website of the Paris metro: information, prices and access

SNCF (www.sncf.fr): multilingual website for French train services with information, prices and access to the RER and main line trains

VELIB' (<http://www.velib.paris.fr>): multilingual website

Paris

The Mairie de Paris website (city hall): www.paris.fr. This website is the most comprehensive and practical. It is available in three languages and has several different topics of information grouped together on one website. A must-see website!

Office de tourisme et des congrès de Paris (Paris Tourism and Conference Office) www.parisinfo.com: select your preferred language to access the website which contains very comprehensive information and can give you great ideas for weekend outings!

Région Ile de France (www.paris-ile-de-France.com): very comprehensive multilingual website listing activities available throughout the entire Paris region.

The Ministry of Foreign Affairs

<http://www.diplomatie.fr/fr/venir-en-france/> (multilingual website)

Online movie times/programming (www.allocine.com): Movie programming, reviews and times/locations for each movie.

Bonjour Paris (www.bonjourparis.com): English-language website with information regarding restaurants, museums, monuments, shopping, etc. in Paris.

CROUS de Paris: Centre Régional des Œuvres Universitaires et Scolaires
Public service center consisting of 9 departments (grants, culture, employment, international, housing, restaurants, health, social, sports) whose purpose is to improve the living and working conditions for students.

CROUS de Paris

www.crous-paris.fr

35 avenue Georges Bernanos, 75005 Paris

Mon-Thurs 9 a.m. - 12 p.m.

Grants and housing: 01 40 51 62 00

International service: 01 40 51 37 35 / e-mail: international@crous-paris.fr

For all other questions: 01 40 51 36 00

Websites and addresses for study abroad students

Mobilité Internationale Paris Ile-de-France

Students, Phd students and researchers, French or foreign, will be received with a warm welcome here.

Access: Paris Center – Maison Internationale – 17 Bd Jourdan – 75014 Paris

www.ciup.fr

French-language website of the Cité universitaire internationale. It offers practical and factual information regarding accommodation and also information about the life at the Cite and the activities available.

www.unme-asso.com

Bilingual website for student residence halls. It lists the different student residence halls as well as their contact information and allows you to choose, based on location, which one you would like to apply to.

www.capcampus.com

French-language website with a host of different links and search tabs.

www.campusfrance.org

French institution in charge of promoting higher education and managing the reception and international mobility of students.

www.studyrama.com

<https://esn.org/>

International Exchange Erasmus student Network