



PARIS

SCHOOL OF ARTS AND CULTURE

A ROUGH GUIDE

By Kent Union

KENTUNION.CO.UK/ABOUTUS

University of
Kent

**KENT
UNION**
KENTUNION.CO.UK

CONTENTS

WELCOME	4
INTRODUCTION	5
KENT UNION	7
The Officer Team.....	8
Paris Student Committee.....	8
The Buddy Scheme	8
Student Reps	9
The Advice Centre	10
PARIS CULTURE	
Paris geography	11
Multicultural city	11
Weather	11
Museums/Cultural life	12
Books about Paris	13
News websites	14
Cultural integration tips	14
Culture shock	14
PARIS STUDENT	15
Reid Hall	15
Libraries and study spaces	15
Study resources	16
Events and conferences	16
The Menteur	16
MA Festival	16
Improving your French	16
Paris 'on the cheap'	17
Budgeting	17
Job opportunities	17
CAF	18

PARIS HOW-TO

SETTING UP	20
Buying essentials	20
Post	20
Bank	21
Mobile Phones	21
Wifi	21

TRAVEL AND TRANSPORT	21
Public transport	21
Travel in and out of Paris	23

GASTRONOMY	23
Food - Eating out	23
Food - Eating In	24
Vegetarian/Vegan/Gluten Free/Halal options	25
Bars/going out	25

HEALTHCARE	
Wellbeing.....	26
GP Visits	27
Pharmacies	27
Feuilles de soins	27

MISCELLANEOUS	
Haircuts	28
Printing	28
Exercise	28
General Safety Advice	29
Stolen Property	29

IMPORTANT NUMBERS	30
--------------------------------	----

CHECKLIST: BEFORE YOU LEAVE	30
--	----



WELCOME MESSAGE FROM A PAST STUDENT REP

Welcome to the University of Kent - and welcome to Paris!

I'm so pleased you have decided to embark on this adventure. What you have here is a unique opportunity to discover a new city and while you are earning your postgraduate degree. Of course, you will notice that programs offered at the Paris School of Arts and Culture fit perfectly into the Parisian mold. You can sit at cafés, walk the streets, and immerse yourself in the histories that you are studying - because you are or will soon be living in the city where it all happened.

My advice to you is threefold. First, be prepared to work on your French. The level you are at doesn't matter because you can navigate most of the city in English. But if you put in that extra bit of effort, you will find that you will only be met with encouragement and support. Second, find a "spot." Some place outside of your apartment to call yours, amidst the hustle and bustle of the city. Maybe it's a café where you get to know the baristas, a library where you have a favorite desk, or even the steps of a monument where you like to get lost in the crowd. Third, don't be afraid to ask for help. The facilities available at the Paris Centre may be different from what you are used to, but they are there. You just need to ask.

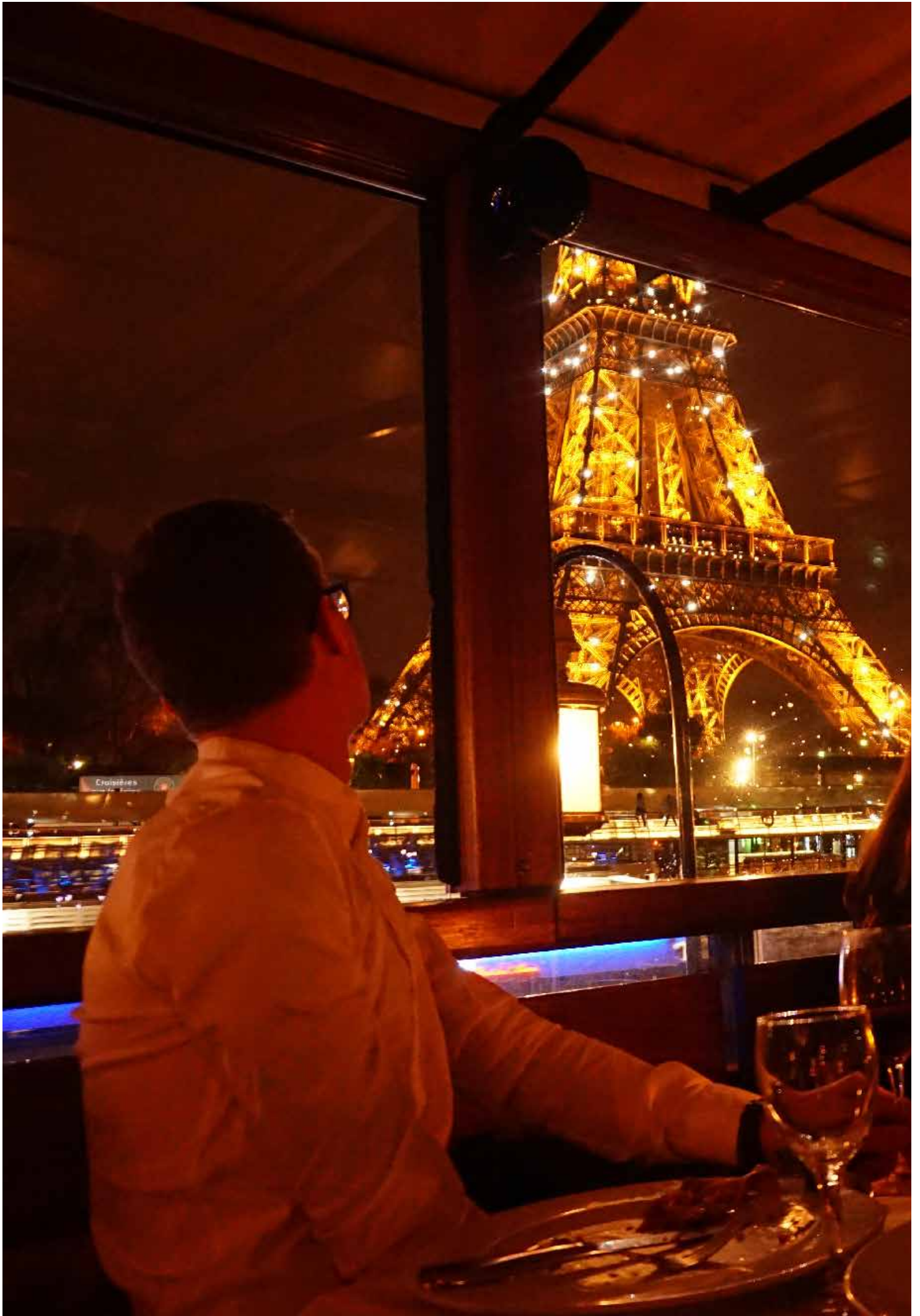
I wish you the best for your Parisian adventure.

Jessica Lagoutte
Student Representative 2016-17 (Canterbury-Paris)

INTRODUCTION

This guide is produced in collaboration with Kent Union, the Paris Centre staff, and past students. It is a comprehensive guide to everything 'Paris'. We hope that it will answer your questions, spark your curiosity, and guide you through your time in Paris. Read it thoroughly, and refer back to it often - it's here to help you navigate all the different aspects of student life in Paris.





KENT UNION

Kent Union was set up in 1965, when a small group of students from the University of Kent got together to represent all the other students on campus. We've grown a bit since then and now have multiple campuses, but the purpose of our organisation is the same. We exist to stand up for students, help them have the best time at the University of Kent, and prepare them for life after study.

We are a registered charity. All the money we make is reinvested in the services we provide students of the University of Kent.

We represent a collective voice of over 20,000 students, led by five elected Full-Time Officers and overseen by a Trustee Board. This ensures we always have the needs of students of the University of Kent at the heart of what we do.

In Paris Kent Union supports students via:

- The Officer Team
- Paris Society
- The Buddy Scheme
- Student Reps
- The Advice Centre

THE OFFICER TEAM

Kent Union is led by five elected Officers. The role of the Officers is to represent the interests of students. Officers are elected each year by the student body. Your Officers for 2017/18 are:

Ruth Wilkinson, Union President union-president@kent.ac.uk
Fraser Inglis, Vice-President Sports union-sports@kent.ac.uk
Clara Lee, Vice-President Welfare union-welfare@kent.ac.uk
Stuart Lidbetter, Vice-President Education union-education@kent.ac.uk
Aaron Thompson, Vice-President Activities union-activities@kent.ac.uk

You can contact any of your Officers if have an idea for something they should be working on, if you would like to get involved, or a query about Kent Union.



Welcome MESSAGE FROM RUTH WILKINSON, UNION PRESIDENT

It is with great pleasure that I welcome you to Paris as a student of The University of Kent. Kent is unique in that it is the only UK university to have specialist postgraduate centres in four European capital cities: Athens, Brussels, Paris and Rome. Kent Union is your Students' Union; we represent you to the University, campaign on your issues and run services to give you the best student experience possible. We are based in Canterbury but we also work at the Medway campus and across the European study centres. I am one of your full time elected officers and was a student at the University myself.

This year we want to continue to improve our support of students at the Paris Centre. This includes establishing a Paris Society, offering specialised training for Student Reps and further development to the Buddy Scheme. It would be great if you wanted to get involved in these activities as they are an excellent way of making lasting friendships and enhancing your experience in Paris. If there is anything further you would like to see us working on, please do not hesitate to get in touch with the Officer team, we would love to hear from you and hear what you would like us to be campaigning on. If you want any more information about Kent Union please visit our website at www.kentunion.co.uk.

I hope that Kent Union can support you to make the most of your time in Paris and take up the wonderful opportunities that the city has to offer.

Ruth Wilkinson, Union President
Union-president@kent.ac.uk

PARIS STUDENT COMMITTEE

Getting involved in a student committee has huge positive benefits. As well as widening your social circle, and giving you the opportunity to attend unique events, it also looks great on your CV, and if you hold a committee position you can develop important employability skills. In 2017/18 Kent Union would like to support students to set up a committee in Paris. A variety of roles will be available. We strongly encourage you to get involved. You will hear more through your regular newsletter, but in the meantime if you have any queries please contact studentactivities@kent.ac.uk

THE BUDDY SCHEME

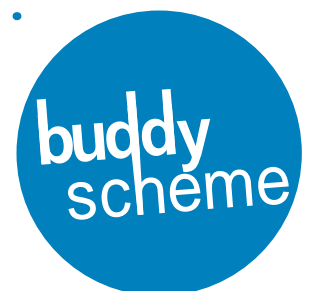
Post graduate study in a foreign country can be daunting. Getting used to the Paris way of life is exciting but can leave some students feeling a bit isolated. Kent Union's Buddy Scheme, known as Les Copains in Paris, has been developed to help students settle into life at University!

Being part of Les Copains also gives you access to social events as well as volunteering experience. Students are paired up to provide each other with peer support, share experiences, tips and advice. The scheme offers the opportunity to make new friends from all walks of life and be part of something that celebrates diversity in an informal, fun and sociable way.

You can stay up to date through the Buddy Scheme website and Facebook page:

www.kentbuddy.co.uk
www.facebook.com/kentbuddies

To join the Buddy Scheme www.kentbuddy.co.uk/apply/new-students



STUDENT REPS

Student Reps act as the link between the student body, Kent Union and the University. Each position is elected to represent you, and they are your first port of call for any suggestions, comments or queries you have about your course. Student Reps are actively involved in shaping your education and your course.

Your Student Reps are elected to help you with your course and are there to deal with your queries, represent you and generally support you throughout your course. They meet with the school regularly and bring up student issues. So please get in touch with your Rep if you have had any problems.

You will have the opportunity to nominate yourself for a Rep position. There are two year long places for Paris-only students, and two Spring term places for Canterbury-Paris students.

You can read about becoming a Rep and access our online tool – Digital Rep on the Kent Union website kentunion.co.uk/representation/student-reps

Becoming a Rep

Being a Rep enables you to develop your relationship management, communication and organisation skills. In order to become a one of the four Student Reps for the Paris Campus you will need to stand for election. This is a very simple process and will involve heading to the Kent Union website when nominations open early in the academic year/term. You'll have a chance to write a short manifesto in which you can outline why you'd like the role and what you'd like to achieve. From there it'll be down to your peers to vote! (Please do remember to vote for yourselves too.)

Training

If you get elected into the role of Student Rep you'll have the opportunity to receive specifically tailored training. This will be an introduction to the Paris Centre, coupled with skills which will help you carry out your role. It will help you gain an understanding of how to effectively represent your fellow students. The training is essential but is also a tremendous benefit of being a Rep. You'll learn skills which can be transferred beyond your role as a Student Rep.



DIGITAL REP

Digital Rep is our online feedback tool which allows any student to get their voice heard and give positive or negative feedback on their course. Your Student Reps then use your feedback to improve the academic experience of all.

Your feedback will be stored online in the Digital Rep system, which allows Kent Union staff to keep track of issues students are facing. Reps can request reports from the system to take to Student Staff Liaison Committees. These reports will help to make positive improvements to your course and to recognise what is going well.

Expectations and Benefits

If you become a Student Rep there will be some responsibilities which you'll be expected to fulfil. They are:

- Attend training
- Use Digital Rep to record student feedback
- Engage with and support other Reps and students
- Attend the relevant meetings (for the year long Reps this will be two meetings- one in Autumn and one in Spring- and for the Spring term Reps this will only be the latter of these).
- Participate in handover period

Through taking part in these responsibilities you'll be exposed to the benefits which the role bring. These are listed below:

- Chance to make change and have your voice heard on your campus
- Develop skills, such as communication and teamwork, and log volunteer hours which can enhance your CV
- Develop professional relationships with staff members and so enhance your experience in Paris



THE ADVICE CENTRE

The Student Advice Centre is run by Kent Union and provides free, non-judgmental, independent advice, guidance and assistance to students on a range of issues. These include academic extensions and concessions, finance and budgeting and applications to the Access to Learning Fund. We also help with other issues, so if there is anything you need assistance with please contact us and we will point you in the right direction.

Please check out details at www.kentunion.co.uk/welfare/advice-centre

The Advice Centre is physically located at the Canterbury campus, but Paris students can access support by email or telephone: advice@kent.ac.uk +44(0)1227 827724 or by completing the online Contact Form.



Our friendly advice team based in Canterbury are here to help

PARIS CULTURE

PARIS GEOGRAPHY

Paris is split into twenty boroughs or districts called arrondissements, arranged in a clockwise spiral starting in the middle of the city. Each has its own unique personality; Reid Hall is situated in the beautiful 6th arrondissement on the Left Bank of the river Seine, which is a quintessential Paris neighbourhood of parks, universities, and cafés.

Paris is a very walkable city. Use maps such as Google Maps and Citymapper to guide your exploration – alternatively, getting lost in Paris can often be the best way to discover new places or hidden gems!



Citymapper: Great for finding the best transport routes as it integrates all modes of transport and shows up-to-date timetables and delays.



Google Maps: great for finding the fastest walking routes around the city and checking opening or busy hours for restaurants and museums.

MULTICULTURAL CITY

Paris is a hugely multicultural city with a long and recent history of immigration. While the inner city may not feel particularly multinational, the areas of the city that are more diverse are often dynamic and home to great restaurants, markets, and bars.

Paris' multiculturalism is particularly evident in quartiers with strong cultural identities, such as the renowned Chinese quarter in the 13th arrondissement, the Jewish quarter in the Marais, and the North African communities in the 18th and 19th arrondissements.

WEATHER

Paris has a seasonal climate, so if you're spending the whole year here be prepared for a real winter and a hot summer! Temperatures around Christmas can reach near to freezing while in July and August temperatures rise above 30°C/86°F. Spring and Autumn are generally quite mild and can be rainy, so prepare for all sorts of weather with warm and lighter clothes, as well as a proper coat and something waterproof. Scarves, an iconic part of a Parisian's wardrobe, are not just for fashion: changing weather patterns make them a practical addition to your outfit too!

Paris is particularly beautiful in the rain. It was just a nice experience for me, a pleasant experience, and I was able to present it to the world through my eyes, very subjectively – not realistically, but subjectively. Woody Allen



AccuWeather – up-to-date and real-time weather information, particularly useful for working out whether or not you'll need a raincoat.

MUSEUMS/CULTURAL LIFE

What I love most about studying in Paris is being able to read a book or study a painting and knowing the exact place the author is referring to, or being able to visit it. Dayse Lopez

One of the best things about Paris is the huge range of culture on offer – there's something for everyone and it often comes for cheap (or even free!) It's also amazing having cultural resources directly related to your course at your fingertips.

You can find out about new and upcoming events and exhibitions through Instagram, Facebook, emails from Kent and Reid Hall partners such as Columbia Global Centers, posters on the métro and via word-of-mouth.

Museums

Start with the major institutions and in a year you still might not see everything. Kaitlin Cockerham

Paris is home to hundreds of museums – from the large and famous to the small and quirky – so it's worth seeking out a few of the lesser well-known haunts.

A few museums worth a look:

- o **Palais de Tokyo** – offers contemporary exhibitions that are often performance or installation-based: think robots and interactive mazes.
- o **Musée Rodin** – even if you're not that interested in sculpture, this museum has a beautiful and romantic garden which has been featured in lots of films!
- o **Musée des Arts Forains** – less a museum than an experience: a collection of fairground rides and games, and objects and instruments from the Belle Époque. You get to go on the rides too!

While you'll definitely want to visit iconic museums such as the Louvre, Musée d'Orsay, and the Pompidou, these museums have late-night opening hours on certain days of the week, which can be a great time to check out famous works and big exhibitions without it being too crowded. The museums are also less crowded during the winter months. See individual museum websites for opening times.

You can go to the Musée d'Orsay every week and see something different because they change their collection so often. That said, if you see something interesting, make a note of it because it might not be there next week!
Anonymous

Going to museums can be a very cheap day out as most offer free entry to under-26s, and some offer other discounts, such as to History of Art students. Always have your passport and student ID with you in case proof of your age and student status is required.

Helpful vocab:

- tarif réduit = reduced ticket price
- billet = ticket
- ressortissants de l'Union européenne = EU citizens
- résidents de longue durée d'un pays de l'Union européenne = long-term residents of an EU country (this includes people on student visas)

The Louvre is open late on Wednesdays and Fridays, and running around there after dark when very few people are around is 100% recommended. Anonymous



CULTURE

Take advantage of all the cultural things Paris has to offer – one of the benefits of doing an MA in Paris is that offers so much more than just the university. Make the most of the amazing cultural and social life of Paris by checking TimeOut and pariscope.fr to see what's going on. Anonymous

As well as museums, there are activities like opera, dance, and theatre, for which you can get cheap tickets if you're quick!

www.operadeparis.fr/en
www.billetreduc.com/
www.theatreinparis.com/

Student tip: For the opera we wanted to go to the Palais Garnier instead of the newer Opéra Bastille which is hard to do as they don't have as many performances there and it's a lot smaller. I signed up for an account to get email updates about upcoming opera/ballet and it tells you the first booking dates for each season, when the bookings opened I got straight online and got the tickets for the opera in July! Lucy McCloskey

You can also often see cheap classical concerts in churches, buying tickets at the door. Keep an eye out for posters in the streets. Our favourite is l'Église St Julien le Pauvre, around the corner from Shakespeare & Co., 1 Rue Saint-Julien le Pauvre, 75005 Paris.

Cinema is also very popular in Paris, there is a great range from the artsy and independent to big blockbuster showings. The district around Reid Hall houses lots of smaller cinemas with showings of foreign and cult films, and equally is not far from Odéon, which has several large cinemas that show big-budget films.

Increasingly films in Paris are shown in the original language with French subtitles, but it's best to check ahead! The cinema chain MK2 does booklets of 5 tickets for a slightly cheaper price per trip! For an avid cinema goer, a yearly membership for 20€/month is also available. Some cinemas may also do a student discount – it's always best to ask.

Helpful vocab:

- VO = version originale (original version)
- VF = version française (French dubbed version)
- VOSTFR = version originale sous-titres français (Original version with French subtitles)



Trip Advisor



Time Out

BOOKS FEATURING PARIS

These books were recommended by past students as their favourite books featuring Paris.

- *Good Morning, Midnight* – Jean Rhys
- *Down and Out in Paris and London* – George Orwell
- *Paris Trance* – Geoff Dyer
- *The Spleen of Paris* – Baudelaire
- *Notre Dame de Paris* – Victor Hugo
- *A Moveable Feast* – Ernest Hemingway
- *Tea in the Harem* – Mehdi Charef
- *Quiet Days in Clichy* – Henry Miller
- *Pieter the Latvian (Maigret series)* – Georges Simenon

NEWS WEBSITES

If you want to stay up to speed on the French news while here, websites such as lemonde.fr or lefigaro.fr produce French news content. Le Monde is France's newspaper of record. If you would like to read the news in English, france24.com is a bilingual news site that produces content in both English and French. For something lighter and more expatriate-centric, try thelocal.fr.

If you are learning French, RFI produce a news show called *Journal en français facile*, which summarises the news in simple French for language learners and is a great resource to getting used to the French accent and tone of voice. <https://savoirs.rfi.fr/fr/apprendre-enseigner/langue-francaise/journal-en-francais-facile>

All of the above have their own dedicated apps.

CULTURAL INTEGRATION TIPS

Make an effort to greet and speak to people in French, (even if you only know a few words!) Greeting people in shops, lifts, and on the street, with a polite *bonjour* (good day) or *bonsoir* (good evening) is a huge part of French culture, and even making that small bit of effort goes a long way in terms of being friendly. People will also be much more likely to help you if you are polite and friendly!

Try and meet people outside of the Kent community: while you will no doubt have a great social group amongst your classmates, in order to integrate into the Paris community it can be a good idea to try and meet people outside your course. Reid Hall is a fantastic student community, and further afield you can meet people by going to language exchanges, through sports and meet up groups, and even through the vibrant nightlife of Paris!

CULTURE SHOCK

Culture shock is a term coined by anthropologist Kalervo Oberg to describe "a state of anxiety and frustration resulting from the immersion in a culture distinctly different from one's own." It is caused by the inability to understand, interpret, or translate new patterns of cultural behaviour, symbols, and expressions present in the new social setting. The loss of references, the absence of familiar cues and symbols can lead to identity conflict, disorientation, cultural misunderstandings, interpersonal conflict and feelings of powerlessness. Homesickness is the most well-known symptom of culture shock.

Culture shock usually hits sometime after the 'honeymoon' period you experience when you first arrive in a new country. It is temporary, and you will learn to adjust. Some ideas to help you get through it:

- Get out of your house/room/apartment, talk to people, socialise, stay active
- Do things that you know make you happy
- Try to counter the negativity – look for the good things in each day
- Don't be afraid to ask for help!

Bring a little piece of home. Homesickness really sucks, and having some physical photographs, your favourite books or little odds-and-ends can make you feel a bit more settled. Kiara McCalvin

If I am feeling homesick or just fed up, a walk around Montmartre, Île St. Louis or Jardin du Luxembourg will remind what a wonderful city Paris is. If that doesn't work? Well, there's always a patisserie nearby. Lucy McCloskey



PARIS STUDENTS

REID HALL

The University of Kent in Paris is based at Reid Hall, a beautiful facility with a rich cultural history, which is shared with other international universities. Situated in the charming 6th arrondissement, the building is surrounded by other intellectual institutions buzzing with student life.

Reid Hall is where the Kent offices are, as well as our lectures and events. It houses a dedicated study room and several alternative spaces for individual study or group meetings, as well as a beautiful courtyard which is a great social space (with wifi!).



LIBRARIES AND STUDY SPACES

Reid Hall has a small study room for students, but your main library resources will be outside of Reid Hall. You will get inducted into two established libraries in Paris: the American Library of Paris and the Bibliothèque Nationale de France (BnF). Film students will also be inducted into the Cinémathèque Française. Furthermore, there is a comprehensive guide to all the libraries around Paris that you can access as a student available on Moodle, our student learning platform.

The American Library became a favourite of mine. It is in a nice area, near the Eiffel Tower, and the internet connection was pretty good... I love the feeling of being in a library. Rebecca Barnstien

As well as these library facilities, lots of students like studying in the many cafés of Paris, as well as at home or outside in parks or by the river (weather permitting!)

I love the different coffee shops around Paris, as well as BnF Richelieu. Would recommend ONI Coffee Shop, Matamata, and generally places in that area. There seem to be new coffee shops popping up all over the 2nd, 10th, and 11th. Kaitlin Cockerham

Aside from an actual library, grabbing a bench at any park around Paris is also a nice place to study. Kiara McCalvin

Students mainly use online access to Kent's library facilities to access e-books, journals and other scholarly materials. As a Paris student, you have a dedicated Kent librarian who will assist you in finding resources across all of the libraries you have membership to. If you need an item that is not available from one of your local Paris libraries, University librarians will try to borrow it for you from elsewhere.

The online library is a great resource for accessing texts. A lot of texts are available online as PDFs as well. If you prefer to read the actual book however, either borrowing from one of the Paris libraries or ordering from Amazon is the best bet. Kiara McCalvin



STUDY RESOURCES

Beyond what is available to you in libraries, you may wish to buy your own study resources. While there are not lots of English bookstores in Paris, there are ways to purchase English-language books, either online from sites such as Amazon, on e-readers, or through publishing houses.

We recommend that you get books ordered online sent to Reid Hall, unless you have a reliable concierge to receive packages (see p.*).

Some tips from past Creative Writing students:

Shakespeare and Co. is crowded and overpriced. A couple of streets away hides the Abbey Bookshop, which is a super-friendly, Canadian-run, English bookshop with a great selection of cheap second-hand paperbacks (and free coffee!!). Anonymous

Try Kindle. Some of the books through Amazon Kindle are very cheap, and you get them instantly. Rebecca Barnstien

Gilbert bookshops (mostly located near St-Michel metro stop) are cheap. Phil O'Neil

EVENTS AND CONFERENCES

On most Thursday evenings in the Autumn and Spring terms we host a talk or reading by a visiting writer or speaker, followed by a reception. These open events are a great way to meet academic and creative professionals as well as students and staff from other universities in Paris.

You are also welcome to attend events and conferences hosted by Columbia, and are often invited to other events and seminars put on by partner universities throughout the city – be sure to check your email regularly to not miss anything! This is a great way to extend your academic network and enhance your experience in Paris.

The Menteur

One of the amazing opportunities on offer in Paris is the chance to participate in the student literary magazine: The Menteur. Open to all, this student-produced project draws together different disciplines and allows students to reach out into the artistic community of Paris. Previous issues have revolved around different themes, and culminate in the launch of the printed magazine at the Paris MA Festival which takes place in early June.

MA Festival

The Paris MA Festival is an opportunity for students from Paris and the University's Canterbury campus to celebrate their research and creativity during a week-long programme of events, organised and performed by the students themselves. Previous festival themes have included 'Motion' and 'Boundaries', and have included an academic conference, The Menteur magazine launch, an author-led walking tour, and a night of spoken word and music. Check out the 2017 festival here: <https://www.facebook.com/boundariesMA/>.

IMPROVING YOUR FRENCH

Work on French outside language lessons – something that really helps students feel more a part of the community is brushing up on the language. Doing a language exchange or going to speaking meet-up groups is a great way to integrate into the language-speaking community (which is a very friendly and forgiving one!) Ellen French

Learning French is a great way to integrate into the local community and make the most of your time in Paris. As well as attending the French lessons offered by Kent, and the external courses mentioned in the Getting Started guide, there are plenty of extra ways to learn outside the classroom.

Speak! Take every opportunity to strike up conversation with people in your local community – it's a great way to get used to the accent and style of French conversation.

Watch French films: France's film culture is world-renowned and a great way to pick up slang and pop-culture references. Some great films to get started are Les Intouchables, La Haine, and Paris, je t'aime.

Language exchanges: Doing a language exchange with a native French speaker is a great way to practise your conversation and also meet someone in the community. There are also language-based social events such as Franglish that allow you to speak to several people in English and French.

www.franglish.eu/en/language-exchange-paris

Duolingo: practise vocabulary a little bit every day for best results.

PARIS 'ON THE CHEAP'

Paris has long been a student city, and it looks after its students well. There are lots of ways you can save money as a student, if you know how.



The city is relatively small and thus easy to get around by walking or bike, meaning transport costs can be very little in compared to other cities. If you are taking the métro you can buy tickets in packs of 10 to save money, or look into getting a student Navigo pass (see p.22).

In terms of shopping for food, clothes, or household items, markets, flea markets and second-hand 'op-shops' are excellent places to go to find good quality second-hand items.

Food markets such as Marché Bastille can be a great place to buy cheap fruit and veg (see page 24), while the French chain Guerrisol has locations all over Paris for second-hand clothes: www.guerrisol.fr/les-magasins-guerrisol/france/. Flea markets with antiques, furniture, clothes, and junk pop up all around the city, with Marché aux Puces de St-Ouen thought to be the biggest in the world!

There are lots of tips throughout this guide for how to keep your expenses down while in Paris.

BUDGETING

While it's a good idea to work out the average monthly cost of studying and living in Paris, bear in mind that your first month will likely cost much more than the average as you will be paying the upfront costs of accommodation, banking, and travel. This can be stressful if you don't expect it – so budget to spend more during your first month while you sort everything out and expect your expenses to calm down as you settle into everyday life in Paris.

Once you're settled in, it can take some discipline to keep your costs down. Past students recommend eating at home as much as possible, carrying snacks with you, eating food that's in season, and cycling or walking as much as you can to get around.

JOB OPPORTUNITIES

For English-only speakers it tends to be easier to find a job as a nanny or tutor. Learn some French, and you'll have more opportunities. Dayse Lopez

There are plenty of jobs for English-speakers in Paris, popular ones being in childcare or English-teaching – agencies such as Babylangues, Sokidy and Speaking Agency employ English-speakers.



If you speak some French then you have more chance of getting a part-time job – hand your CV/resume out to local establishments and go and speak to people! Many stores and restaurants advertise in their windows.

There are also useful apps for finding jobs – CornerJob, Indeed.fr, and websites such as thelocal.fr and fusac.fr can help you in your search.

Please note that if you are here on a visa, there are restrictions on how many hours you can work. You will also need to find out what tax obligations you have, depending on your country of origin and how long you are in France for.

Helpful vocab:

- CDI = contrat de durée indéterminée (permanent contract)
- CDD = contrat de durée déterminée (fixed-term contract)
- Intérimaire = 'temp' employee



Corner Job



Indeed

CAF - WWW.CAF.FR

CAF (Caisse d'Allocations Familiales) is a monthly payment from the French government that helps students and young people meet the cost of their accommodation. The amount varies depending on accommodation and income, but it can be up to €200 a month. CAF is notoriously challenging to apply for, but the month or two of phone calls and paperwork can be well worth it financially!

The best way to go about it is to find your local CAF office online and get a list of required paperwork – you will at the very least need a copy of your passport, translated birth certificate, a French bank account, proof of tenancy, and perhaps more... However, if you are patient and follow the process through you might receive a fairly substantial amount to help finance your time in Paris. If you are successful, they will back-pay from the date that you applied, so even if it takes a few months to sort out, you won't miss out on that time.

Please note that your accommodation must be declared – you will need a lawful renting contract to be eligible. If in doubt, ask your landlord before signing anything if this is something you'd like to apply for.





PARIS HOW-TO

SETTING UP

When you're getting started, you will likely need photocopies of your important documents, such as passport, proof of address, bank statement and proof of student status.

BUYING ESSENTIALS

When you get to Paris, you might be missing a few key items: here's where to buy things when you first arrive.

- **Darty:** a big electronics store that sells adaptors and electric converters for use with non-European appliances. There is one by Montparnasse, a short walk from Reid hall.
- **Monoprix:** a one-stop shop for socks, hairdryers, bedding, appliances, food – the Monoprix on rue de Rennes not far from Reid Hall stocks all this and more!
- **Tati:** a cheap and adequate-quality shop for household items and appliances, useful for sticking a kitchen or bedroom from scratch!
- **Primark:** there are three Primark locations in the Paris suburbs, so accessing them requires a certain time investment. We recommend taking metro line 8 to the Créteil Soleil shopping centre where there is a Primark location inside.

POST

Getting post in France can be difficult if you don't have a permanent address when you first arrive, but to make it easier you can get your post sent to Reid Hall. This can also be a good idea if you don't have a gardien(ne) or concierge in your building who collects your mail, as if you aren't home when a package arrives, it can be quite a mission to track it down.

The French postal service is generally reliable, and sending things abroad is just a matter of popping into a post office and asking for help! Post offices can be found throughout the city, but they occasionally have temperamental opening hours, so it's always best to check on Google maps before making a special trip.

The closest post office to Reid Hall is just off the rue de Rennes, on the corner of rue Littré, opposite the tour Montparnasse.

BANK

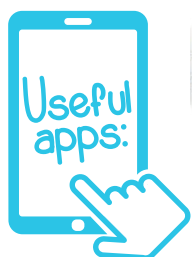
Setting up a bank account in France often has to be done in person when you get here, and it can be obligatory to have one if you are renting property, paying for a transport subscription, or getting paid to work. Banks also offer insurance packages that could come in handy (e.g. renter's insurance, which is mandatory if you are renting accommodation).

There are several French bank options, all should offer similar current account packages of cheap/free accounts with nominal charges for extras. In order to get a bank account you typically have to provide a small amount of paperwork including passport, proof of residence, and student status.

The Paris School has a contact at a nearby branch of Société Générale who can guide you through the process when you arrive. Making an appointment rather than walking in the door is guaranteed to get you better service, so don't be afraid to get in touch first. Contact details can be found on Moodle, in your orientation presentation.

Note that when you leave France it is important to notify your bank before you go, and find out if there is anything you need to do, such as give them your new address, close your account, and pay any outstanding fees.

Most French banks have their own dedicated app for online banking.



XE Currency conversion: handy for keeping up to date with your home currency vs the Euro (if different).

MOBILE PHONES

Having a French mobile phone number can be useful if you want to make or receive calls from lots of French numbers, or use data on your phone whilst out and about in France.

Buying a French SIM is often as simple as going into a shop of one of the French service providers (Free, SFR, or Orange) as asking to buy a SIM only (top-up or contract), or a mobile phone and contract deal.

Contracts are generally much cheaper, but they can also be hard to get out of early, so make sure you know what you are signing up for. Add the following text: If you wish to use a mobile phone you already own, make sure it is unlocked by your provider before you travel to France.

Helpful vocab:

- forfait = package, plan
- bloqué = means that you can't go over the fixed limit
- engagement = contract

WIFI

There is wifi that you can use at Reid Hall if you need to use the internet before you've managed to set it up at home. Getting wifi is often as simple as going into a service provider and asking about their deals – providers such as Free often offer package deals with landline telephones, TV, and internet.

TRAVEL AND TRANSPORT

Public Transport

There are four main services for getting around Paris – métro, buses, trams and the Réseau Expresse Régional (RER). Tickets can be bought individually or in packs of 10 (with a slight discount), or with a Navigo pass, in all métro/train stations and at some convenience stores or tabac. On buses you can pay for a ticket as you get on, but it is more expensive and you need exact change. It is important to 'validate' your ticket when you enter public transport, and to keep the ticket until you are back in the street. There are expensive fines for people who don't, and there are often surprise checks.



The métro is easy to use and runs from early in the morning to after midnight Sunday-Thursday and extends until around 2 am on Fridays and Saturdays.

Buses run throughout the city, and they can be particularly useful on the Left Bank or Rive Gauche (where Reid Hall is) because there are fewer métro lines that run east-west. Taking the bus is also a great way to get a sense of the city as you're above ground.

The RER is the regional train system which runs across central Paris and extends out into the suburbs. They are slightly older and more prone to delays than the métro, but the advantage is they are much faster and with fewer stops over longer distances. To get the RER within Paris you use the same tickets and Navigo as you would to use the métro.

Top Tip: Your métro tickets are magnetised, and if they are kept next to anything metallic or magnetic (coins, keys, phone, credit cards), they become demagnetised and won't work. If this happens to you, go to the information desk and they'll replace them for you. If this happens after hours, wait to replace it the next day.



Citymapper: Great for finding the best transport routes as it integrates all modes of transport and shows up-to-date timetables and delays.

- **Navigo**

A Navigo is a transport pass that offers unlimited use of the métro and bus systems in Paris. If you are going to be using the métro regularly or if you live outside of Paris on the RER (train) network, purchasing a Navigo pass can be much cheaper than buying métro tickets. You can buy a weekly or monthly Navigo (bear in mind that the weeks and months are fixed!), or if you are under 26 you can benefit from the annual reduced rate, which gives you a Navigo for the year at a significantly reduced cost. This has to be applied for via post and you will have to provide documents proving your student status in Paris, and pay from a French bank account. You can pay by cheque or in monthly instalments.

- **Vélib**

Paris was the first city in the world to introduce their bike hire system called Vélib. With your Navigo pass, you can pay 29€ for one year of free rides! You can also hire them for 24 hours at a time, but be aware that a 150€ deposit will be taken from your account, and it can take a few days for it to be returned.

There are stations all over the city, and the bikes are generally in good condition. It can be a bit scary at first with all the traffic, but actually there are lots of designated bike lanes, and if you're careful, drivers are quite respectful of cyclists. Biking can be faster than taking the métro, and it is a great way to explore and get to know the city.



One of the few difficulties with Vélib can be finding a free bike – or a free place to park your bike – at peak times of the day. The Vélib app shows you in real time where your nearest bike stands are.

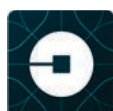
Taxis/Uber

The main Paris taxi company is G7. Taxis can be found around the city at taxi stands, or you can order one by phone or through their app. Generally, one does not hail a taxi in the street. Keep in mind that some taxis will not accept card payments, so it's best to check before you get in. If you do find yourself without cash, and no card machine, you can often ask the driver to take you to a nearby cash machine to make a withdrawal.

Uber is the alternative to taxis, and can also be managed easily through an app. It is often cheaper than a taxi (apart from airports – taxis have generally cheaper fixed rates of 30-35€ to/from Orly, and 50-55€ to/from CDG). Uber is a great solution for getting home late at night if you miss the last metro – taxis often hike their prices at this time, while Uber does not.



G7 taxis



Uber

Travel in and out of Paris

If you love to travel, try to use Paris as a gateway. Take a few trips over reading week or the weekends if your homework/classes allow it. But manage your time well because it goes by fast. Rebecca Barnstien

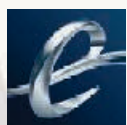
For getting out of Paris, you can often find cheap flights by using Google flights and booking in advance – Easyjet, Ryanair, and Vueling do great deals if you book ahead.

Paris has three airports, Charles de Gaulle (CDG), Orly, and Beauvais, all accessible by trains and buses from Paris. CDG is connected to Paris via the RER B line, while Orly is connected via the RER C (get a shuttle from the airport to the nearest station) or the metro (Line 7). Note that Beauvais takes a long time to get to, and the cost of the bus can be more than your too-good-to-be-true cheap airfare! Check Citymapper for your best and cheapest options.

Eurostar do great deals if you are flexible with timings – Eurostar Snap offer cheap tickets to London for travellers who don't mind finding out the time of their trip two days before!

For trains on the continent, try SNCF (France) and Thalys (France/Belgium/Germany/Netherlands). They often have discounts for students, so it's always best to check. Book well in advance to get the best deals. There are many bus companies that offer very affordable fares too. Check out www.eurolines.fr/en

Blablacar is a car-pooling travel app which has gained popularity in recent years, and can be a very affordable way to travel, especially if you enjoy meeting new people and prefer to travel by car.



Eurostar



SNCF Voyages



Thalys



Blablacar

GASTRONOMY

Food - eating out

Many students will say one of their favourite things about living in Paris is the excellent food! French specialities such as crêpes, fromage, charcuterie, and pâtisserie are aplenty, but as an international city there is also a massive range of food available – the world-famous falafel in the Marais, preferably eaten in the nearby Place des Voges, is not to be missed.

In terms of eating out there is a huge range of restaurants and cuisine – beyond the excellent French cuisine, you can find just about any international food you could wish for. Check TimeOut.fr, Parisbymouth.com, and TripAdvisor for restaurant recommendations.

Eating out can be expensive, and eating in can be one of the best ways to save money – so save it for a treat and go somewhere nice!



I love rue de Montorgueil and the surrounding neighbourhood most. So many speakeasies and great places to grab a bite. I generally don't love French food. So I adore how diverse the food options in Paris are. Kaitlin Cockerham



Trip Advisor



Time Out

- **Resto U**
Resto U (restaurant universitaire) are state-subsidised student cafeterias offering cheap 3-course meals for the unbeatable price of 3,25€ for students studying in France. Access is open to all students – just remember to bring your student card and some exact change! There is one not too far from Reid Hall, at 3, rue Mabillon 75006 Paris.

Resto U became a favourite of mine. I was surprised by how good the food was at such cheap prices!
Rebecca Bernstien

- **Student favourites near Reid Hall**
There are a variety of lunch options not far from Reid Hall, and the inner courtyard or the nearby Luxembourg gardens are great lunch spots.

Some great boulangeries in close proximity are Eric Kayser and Chez Julien, there are also several supermarkets nearby for drinks and snacks.

For the best baguette of 2016, go to La Parisienne on rue Madame in the 6th. Lucy McCloskey

Favourite restaurants:

- Mian Fan: 124 boulevard du Montparnasse, 75014 Paris
- My Noodles: 129 boulevard du Montparnasse, 75006 Paris
- La Mamma (Pizza): 46 rue Vavin, 75006 Paris
- Crêperie Plougastel: 47 rue du Montparnasse, 75014 Paris
- Il Forno de Napoli: 162 boulevard du Montparnasse, 75014 Paris
Great pizza and super nice staff. Lucy McCloskey

Food - eating in

You can save a lot of money by eating in, so it's a good idea to get familiar with the options in your area and buy some kitchen supplies early on.

Generally, prices go up in this order: open market < supermarket < specialised food stores. If you live near a hypermarché, a giant supermarket, this will be the cheapest place to shop.

- **Supermarkets**
Supermarkets in France offer a standard range of fruit, vegetables, and produce, though French people will often shop at specialist vendors for items like meat and cheese. Increasingly, supermarkets are offering better organic and free-from ranges – bigger supermarkets are more likely to have a wider choice and may also stock imported international items if you are craving for a taste of home! Supermarkets are often closed on Sunday and sometimes on other days of the week such as national holidays, although smaller supermarkets may be open on these days. It's always best to check. Also remember to bring shopping bags! If you're picking up a quick lunch at a supermarket, most of them are now equipped with microwaves if you need to heat something up in a pinch.
- **Markets**
Paris is famous for its open markets, which can be found all over the city. There should be one near you at least once a week – check <https://meslieux.paris.fr/marches> to find your nearest ones. Shopping at the market can be daunting, but it is an excellent way to practise your French and live like a true Parisian; not to mention save money. Take your own bags, and cash, and if there's something you're looking for in particular it might be worth looking up the name in French before you go. Many vendors will serve you, as opposed to you serving yourself, so you'll ask them for five apples, four potatoes, three courgettes ...etc. The prices are generally cheaper than the supermarket, and the quality is usually superior too.

I actually had more fun exploring the markets, buying food there, then cooking with my host family, than going out. Rebecca Barnstien





Vegetarian/Vegan/Halal/Free-from options

If a planche of cheeses, bread and cured pork meats isn't your cup of tea, never fear! Alternative diets may not fit well with the traditional French bistro fare, but there's no danger of going hungry in this bustling métropole. There are options in most supermarkets, lots of health food stores, and markets and specialist shops that can meet your needs. The trick is to know your vocabulary so that you can effectively explain to someone what you require. Using an app such as WordReference can be a lifesaver! Another tip is to not assume the person you are talking to will have the same understanding as you, so be prepared to explain what 'vegan' means in terms of what you do and don't eat.

Eating out might feel daunting, particularly if you have a very strict diet, but there are plenty of options if you look. Apps such as 'HappyCow' (vegan and vegetarian) and websites such as Yelp and TripAdvisor can help you out. Google can help with finding options too – for example there are a number of excellent gluten free bakeries around the city. If you are looking for something suitable on a French menu, it can be helpful to google the recipes of unfamiliar dishes so you can save yourself from asking the waiter a thousand questions.



WordReference



HappyCow (not free)

BARS/GOING OUT

Didn't really settle on one spot. So many spots, so little time. Anonymous

Some areas of Paris are livelier than others of an evening... Popular places to go and grab a drink are Bastille (11th), Pigalle (18th), République (3rd), and Oberkampf (10th), Latin Quarter (5th), Parmentier (11th).

There are also some beautiful spots in Paris to bring your own food and drink to enjoy the atmosphere. Great spots include the riverbank, the Canal St. Martin, and by the Sacré Coeur.

You are allowed to drink alcohol in public places, but it is illegal to purchase alcohol from street vendors, so make sure you bring your own.

- **Student recommendations:**
 - o Café aux Folies: 8 rue de Belleville, 75020 - for rowdy French drinks
 - o Chartier: 7 rue du Faubourg Montmartre, 75009 - for rowdy French food
 - o rue Jean Pierre Timbaud in Oberkampf - has the best food and drink, and everything's about 3€!
 - o My baar: 152 boulevard du Montparnasse, 75014 - cheap happy hours near Reid Hall
 - o The Palais de Tokyo does club nights sometimes!
 - o The Bootleg bar: 55 rue de la Roquette, 75011 - cheap drinks in a busy, student-friendly area



WELLBEING

Your wellbeing and mental health are incredibly important. Living in an unfamiliar culture can be challenging, so please do speak up if you are struggling, or are feeling that things are not going well. The points of contact you have and the type of support they can offer are outlined below:

- o Reid Hall staff. They can help with day to day queries, help with local knowledge, point you in the right direction and offer friendly advice.
- o Kent Union's Student Advice Centre. The Student Advice Centre is run by Kent Union and provides free, non-judgmental, independent advice, guidance and assistance to students on a range of issues. These include academic extensions and concessions, finance and budgeting and applications to the Access to Learning Fund. We also help with other issues, so if there is anything you need assistance with please contact us and we will point you in the right direction. Please check out details at www.kentunion.co.uk/welfare/advice-centre The Advice Centre is physically located at the Canterbury campus, but Paris students can access support by email or telephone: advice@kent.ac.uk +44(0)1227 827724 or by completing the online Contact Form.
- o The University's Student Wellbeing Service. The Wellbeing team offers free support to all enrolled students experiencing distress arising from psychological, emotional or mental health issues. The Wellbeing team are based in the UK, but students in Paris can access support by email, telephone or by completing the online contact form.

We are here for you if you are upset, confused or struggling with a problem and you think it might be helpful to discuss things with someone outside your circle of family and friends. You may be experiencing specific issues, such as problems with adjusting to student life, studying, relationships, drugs, alcohol, sexuality, grief and loss, illness, a traumatic experience, low self-esteem, self-harm, body image etc. You may find it difficult to contact us for the first time, thinking that your problem is too big or too small; you may feel embarrassed, weak or fearful. However, we understand that you may feel anxious but we are not here to judge you. What you say will be treated with respect and held in confidence by experienced professionals www.kent.ac.uk/studentwellbeing/index.html +44 (0) 1227 82 3206

HEALTHCARE

GP Visits

Most doctors work alone or with one or two other doctors, and many don't have secretaries or a reception. You can often book appointments online via booking websites such as doctolib.fr, or by calling the doctor directly. You will often need to bring exact change in cash to pay for your appointment. Ask on the phone when you book how much it will be. If they are conventionné it will be the standard national fee of 25€; if they are non-conventionné they can charge whatever they like, sometimes as much as 90€.

While it is fair to assume that a number of GPs speak English, a list of known English-speaking GPs can be found in the Kent office and on Moodle. However, even if a GP speaks English, expect there to be a cultural learning curve. If you are seeing a non-native English speaker, it is especially important to be prepared for your appointment:

- Take any medications you take with you so you don't have to try to explain or translate what they are (especially as brands are different between countries and you might not know the chemical name).
- Check WordReference for possible translations for your symptoms and what you think you might have wrong with you – and write them down! There is also an extensive health vocabulary list available on Moodle for this purpose.
- Think about what you want from the appointment, and be prepared to communicate it. What would your usual doctor do for you? It will be easier to navigate cultural differences if you know what your own expectations are.

Also, expect it to take a long time. Many doctors run behind, and you can end up waiting for your appointment for a long time, especially at the end of the day. Take a book! (This is actually good advice for any sort of appointment, for anything, in France!).



WordReference



Doctolib

Pharmacies

Pharmacies are everywhere in France (look out for the flashing green cross), and may vary, but all will stock standard remedies and take prescriptions.

Pharmacists can also offer basic medical advice so don't be afraid to ask for help — it can be useful to look up your symptoms in a dictionary beforehand, and even if you don't speak much French people will often speak some English!

Feuille de soins

In all cases, you will need proof of your medical visits and prescriptions to be able to claim them on insurance. In France, you can ask for a feuille de soins, which you can then send to your insurer (often attaching any payment receipts). Ask for one at the doctor, the pharmacy, the dentist...all medical practitioners in France use the same system.

MISCELLANEOUS

Haircuts

Getting a haircut in Paris can be a nerve-wracking prospect if you don't speak much French! To be on the safe side take along a picture of what you want to show the hairdresser.

Top Tip: For a cheap haircut, Passage Brady near métro stop Strasbourg-Saint-Denis is a covered passage housing great shops, Indian restaurants, and barbers who typically charge around €10. Many hairdressers also have a student-discount day, often earlier in the week.

Helpful vocab:

- une coupe: cut
- un brushing: blowdry
- le balayage: highlights
- teinture: dye/colour

Printing

There are lots of affordable print shops around the city, look for chain shops such as CopyTop and COREP, and remember to take your student ID with you for potential discounts. Often you can order your printing online and go to the store to pick it up, at no extra cost, in short time frame.

Helpful vocab:

- Imprimer – to print
- Fichier – file
- Recto-verso – double sided

Exercise

One of the great things about Paris is the number of beautiful parks throughout the city, which are great for walking or running. Using the cheap vélib bikes to get around the city is also a great way to get some exercise. You can save money on public transport by biking and walking most places too!

Often it can be faster to walk than you might think: recently a map of the métro with the walk-times between stations marked on it took the internet by storm. You can see it here: img15.hostingpics.net/pics/817525PariswalkingmetromapGM84.jpg

If you fancy something a little more structured, gyms such as Neones www.neones-forme.com/salles-sport-fitness.htm or Gym Suédoise www.gymsuedoise.com offer a range of monthly subscriptions at locations around the city.

Affordable Yoga and Fitness offer different types of yoga classes at various studios, with cheap deals for new members: affordableyogafitness.com



GENERAL SAFETY ADVICE

As in any city, it is sensible to take general precautions to ensure you feel safe and secure. One of the best ways to do this is to be prepared, by always carrying a phone (and charger), some ID, and some money.

As Paris is a big city there is a risk of pickpocketing, so it's best to keep your possessions safe in a zipped bag, worn on your front in crowded or touristy areas. Equally keep an eye on your belongings in cafés and bars, especially if you are sitting outside, and don't put bags on the ground. Also, be vigilant about using your phone in public places!

If you are out with friends, look after each other, and be aware of your surroundings. Don't let alcohol impair your judgement. If something out of the ordinary happens, stay calm, and don't be afraid to talk to the people around you if you don't understand what's happening. (even in English – many French people do actually speak English in Paris and will be happy to help you out). You can also do a quick twitter search for information, using key words like the location or public transport provider.

STOLEN PROPERTY

If something is stolen from you in Paris, you are unlikely to get it back. Try not to panic and use it as a lesson learned about personal security. Items can be replaced; your personal safety is much more important.

If you have insurance you will need to report the incident at your local police station in order to get a police report. This process is standard and police are typically very helpful – go in person to the station in your local arrondissement and file a crime report with the staff there.



IMPORTANT NUMBERS



Paris Office Administrator: (+33) 1 76 73 92 83 (during normal office hours only)



Emergency Services: 112 (EU emergency number, in any European language)



The Advice Centre: +44 (0)1227 827724 (10am - 4pm UK time, Monday - Friday)



University of Kent Campus Security: (24 hour emergency number) +44 (0)1227 823333



Kent Union: +44 (0)1227 82 4200

CHECKLIST - BEFORE YOU LEAVE PARIS

Taxe d'habitation (Paris-only students only)

End your rental agreement 3 months in advance for unfurnished apartments, 1 month in advance for furnished apartments (this is revocable if you decide to stay longer). Note that you must post a tracked letter with returned receipt (lettre recommandée avec accusé de réception) for this to be legal notice.

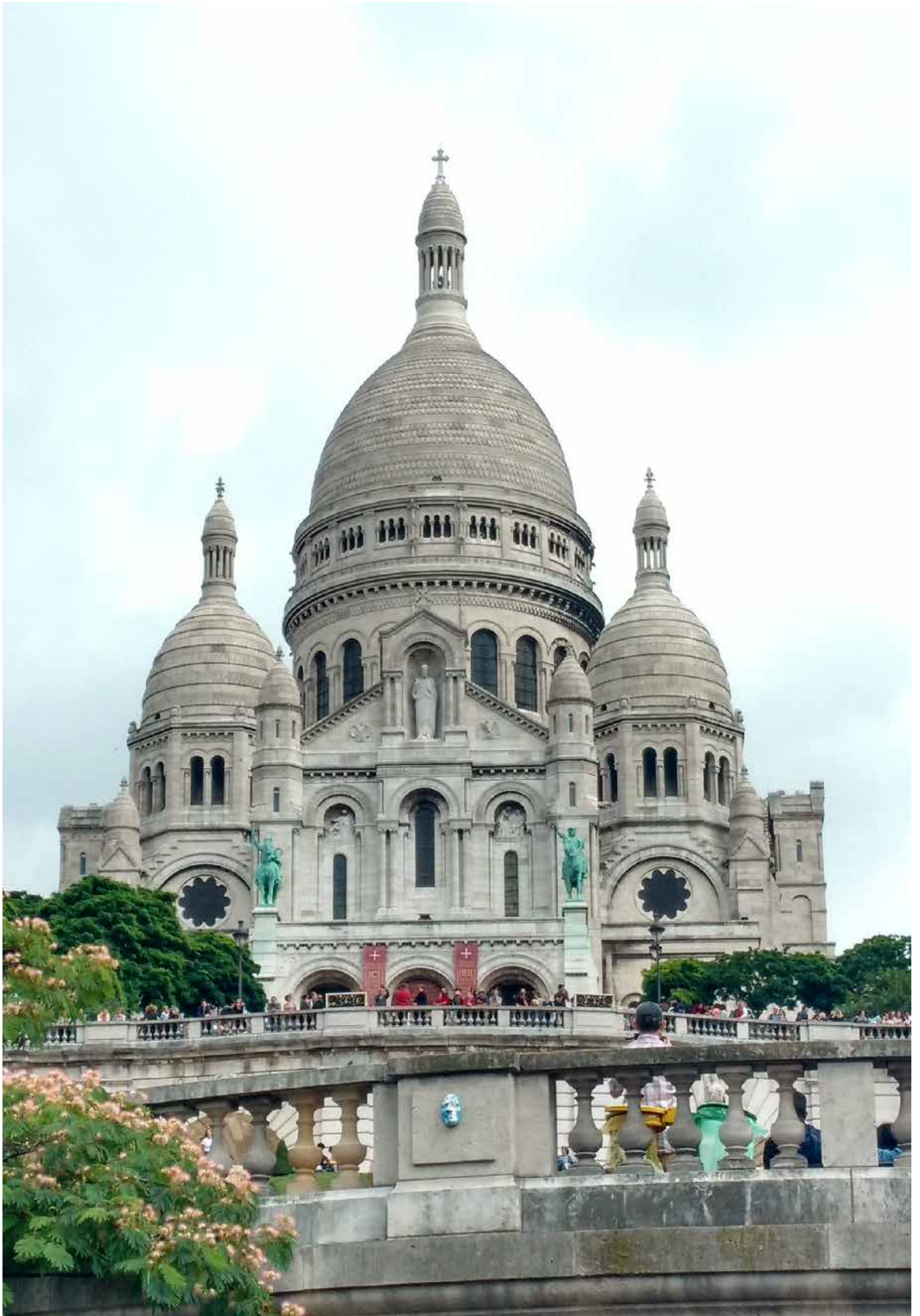
Stop relevant insurance policies – this usually needs to be done one month in advance, also by lettre recommandé

Pay all bills

Close bank account/change your address

Update your address on the Student Data System







THANK YOU

for your hard work and for making Kent Union what it is today. Please feel free to get in touch, campaign, challenge, like and share!

Mandela Building,
University of Kent
Canterbury, CT2 7NW

01227 824200
kentunion@kent.ac.uk

 unionkent
 @kentunion
 kentunion



**KENT
UNION**

KENTUNION.CO.UK