

## Exploring France and Europe

### VISIT AND TRAVEL

#### FRANCE

- ✓ Tourism offices in France: [www.tourisme.fr](http://www.tourisme.fr)
- ✓ France's national Web portal: [www.france.fr/vivre/detente/manifestations-culturelles-et-sportives](http://www.france.fr/vivre/detente/manifestations-culturelles-et-sportives)
- ✓ French Federation of International Musical Festivals: [www.francefestivals.com](http://www.francefestivals.com)
- ✓ National Monuments Center: [www.monuments-nationaux.fr](http://www.monuments-nationaux.fr)
- ✓ National Museums: [www.mn.fr/francais/musees/](http://www.mn.fr/francais/musees/)

One place I want to visit is: \_\_\_\_\_

City: \_\_\_\_\_

Address: \_\_\_\_\_

Days and hours of operation: \_\_\_\_\_

Fare: \_\_\_\_\_

Length of trip: \_\_\_\_\_

Another place I want to visit is: \_\_\_\_\_

City: \_\_\_\_\_

Address: \_\_\_\_\_

Days and hours of operation: \_\_\_\_\_

Fare: \_\_\_\_\_

Length of trip: \_\_\_\_\_

#### ✎ Purchase train tickets in advance on the Web

[www.voyages-sncf.com](http://www.voyages-sncf.com)

To ensure a smooth trip and get the best price, buy your train tickets in advance on the Web. If you can, choose the option of printing out the ticket rather than picking it up from a machine at the station (which is more complicated, and you have to use the same bankcard that you used to buy the ticket).

The station from which the train departs is indicated on the ticket and on the purchase confirmation that you will receive by email.

## Exploring France and Europe

### VISIT AND TRAVEL

#### EUROPE

- ✓ Europe train pass: <http://francais.interrail.eu/enfr/>
- ✓ Bus: [www.eurolines.fr](http://www.eurolines.fr)
- ✓ Website of the European Union: [http://europa.eu/travel/index\\_fr.htm](http://europa.eu/travel/index_fr.htm)
- ✓ European youth portal: [http://europa.eu/youth/travelling\\_europe/index\\_eu\\_fr.html](http://europa.eu/youth/travelling_europe/index_eu_fr.html)
- ✓ Airline ticket sites: [www.kayak.com](http://www.kayak.com), [www.skyscanner.com](http://www.skyscanner.com), [www.expedia.fr](http://www.expedia.fr)

One place I want to visit is: \_\_\_\_\_

City: \_\_\_\_\_

Address: \_\_\_\_\_

Days and hours of operation: \_\_\_\_\_

Fare: \_\_\_\_\_

Length of trip: \_\_\_\_\_

Another place I want to visit is: \_\_\_\_\_

City: \_\_\_\_\_

Address: \_\_\_\_\_

Days and hours of operation: \_\_\_\_\_

Fare: \_\_\_\_\_

Length of trip: \_\_\_\_\_

#### FURTHER...

City: \_\_\_\_\_

Address: \_\_\_\_\_

Days and hours of operation: \_\_\_\_\_

Fare: \_\_\_\_\_

Length of trip: \_\_\_\_\_

## HOW MUCH DOES IT COST?

Taking into account the many discounts for which students are eligible, the average monthly student budget is €1,000 in Paris and €800 elsewhere in the country.

### Food, meals, everyday expenses

- ✓ 1 baguette: €0.80
- ✓ 1 coffee: €1–2
- ✓ 1 Camembert cheese: €2
- ✓ 1 croissant: €1
- ✓ 1 kg of pasta: €1
- ✓ 1 kg of potatoes: €1.20
- ✓ 1 kg of rice: €1.90
- ✓ 1 liter of milk: €1.20
- ✓ 6 eggs: €1.50
- ✓ 1 meal at a university cafeteria (RU): €3.05
- ✓ 1 fast-food meal: €7
- ✓ 1 meal at neighborhood restaurant: €10–20
- ✓ 1 sandwich: €3–5
- ✓ 1 newspaper: €1.50
- ✓ 1 postage stamp: €0.50 (Europe)
- ✓ 1 set of photos at a photomat: 4 photos for €5
- ✓ 1 calling card for use with public telephones: 50 units for €7.50; 120 units for €15
- ✓ 1 load of wash in a laundromat: €4.5

### Culture, leisure

- ✓ 1 student-rate movie ticket: about €7.50. Some national theater chains (UGC, Gaumont) offer unlimited monthly admission cards for €30).
- ✓ 1 museum admission: €5–10
- ✓ 1 student-rate swimming pool admission: €1.70
- ✓ 1 newspaper: €1.20
- ✓ 1 DVD player: €50–150
- ✓ 1 MP3 player: €20–150
- ✓ 1 paperback book: about €6
- ✓ 1 night in budget hotel (\*\*): €60
- ✓ 1 theater ticket: €10–30

## HOW MUCH DOES IT COST?

### Health

- ✓ Medical visits:
  - General practitioner: €23 and up (of which €14 is reimbursed)
  - Psychiatry, neuropsychiatry, neurology: €37 and up (€24 reimbursed)
  - Gynecology, ophthalmology: €28 and up (€19 reimbursed)
  - Specialist: €25 and up (€19 reimbursed)
  - Dentist: €30 and up depending on service rendered (filling, plaque removal, etc.).

### Household supplies, Internet access

- ✓ 1 month of Internet access: €20–50 depending on the plan or bundle (Internet, TV, telephone, unlimited calling to several dozen countries).
- ✓ 1 cell-phone plan: starting at €30 per month depending on provider (Orange, Bouygues, SFR). Prepaid cards starting at €5 are sold in licensed tobacco shops.
- ✓ Microwave oven: €120–215
- ✓ Vacuum cleaner: €60–110
- ✓ Electric iron: €25–45
- ✓ TV set: €110–200
- ✓ CD player: €55–190
- ✓ Music CD: €20

### Transportation and travel

- ✓ 1 round-trip Paris-Barcelona air ticket: €100–150
- ✓ 1 round-trip Paris-Brussels-Amsterdam Thalys rail ticket: €100–120
- ✓ 1 round-trip Paris-London Eurostar rail ticket: €100–150
- ✓ 1 round-trip Paris-Nice TGV (high-speed train) ticket: €140. If purchased far enough in advance, the price may be as low as €50.
- ✓ 1 night in budget hotel (\*\*): €80
- ✓ 1 monthly public transportation pass in Paris: from €60 (Paris proper) to €123 (outlying suburbs)
- ✓ 1 liter of gasoline: €1.70
- ✓ 1 city bike: €1 per day in Paris, but free for the first 30 minutes. Public bike rentals (through Vélib', Vélov, V3) are available in several large cities. Prices vary.

## WORKING AND INTERNING

### WORKING WHILE YOU'RE IN SCHOOL

A VLS-TS student visa validated by OFII serves as a residency permit and entitles the holder, while enrolled and without prior authorization, to engage in paid employment for up to 60% of the work year (964 hours per year). Hours the student spends in study-related internships covered by a formal internship agreement are not counted toward the employment limit, even if the student is paid during the internship.

#### Employment contract / Offer of employment

These essential documents are subject to specific rules under French labor law. These rules protect you in case of conflict with your employer. They also provide you with the assurance that you are working in full compliance with the law.

The employment contract must specify:

- the job title
- the gross monthly salary and hourly rate
- the duration of the employment
- the place, days, and hours of work

French government portal:

[www.service-public.fr](http://www.service-public.fr) > Etranger - Europe > Etrangers en France

#### NOTE

Two business days before you are hired, the employer must file with the prefecture of police for the jurisdiction in which you live a declaration of your employment accompanied by your residency permit.

#### Minimum wage and working hours

France has a national minimum wage, known as the SMIC (*salaire minimum interprofessionnel de croissance*). The gross amount is currently €9.43, of which about 20% is withheld by your employer to pay mandatory social contributions. The work week in France is limited to 35 hours.

## WORKING AND INTERNING

### Finding a job

Consider passing out notices of your availability to businesses in your neighborhood. Look for job notices in the local papers. Check the bulletin boards at your academic institution and in supermarkets. Don't hesitate to let people know you're looking for a job. Here are a few common student jobs:

- ✓ language lessons
- ✓ child care
- ✓ translation
- ✓ telemarketing, conducting telephone surveys
- ✓ server, dishwasher, cook (especially in fast-food restaurants)

### Student jobs with institutions of higher education

International students are eligible for student jobs with public institutions of higher education. If you are hired, you will be asked to sign a contract to perform various activities: welcoming new students; assisting disabled students; tutoring; providing computer support and helping others use new technologies; staffing cultural, scientific, athletic, and social events; working in the career center; and marketing the institution's programs. Contracts are offered for a maximum duration of 12 months between September 1 and August 31. Students are limited to 670 hours of work between September 1 and June 30 and an additional 300 hours of work between July 1 and August 31.

### Useful addresses

- ✓ France's regional student-service agencies (CROUS, *Centres Régionaux des Œuvres Universitaires et Scolaires*) post notices of job opportunities in their offices. [www.crous.fr](http://www.crous.fr)
- ✓ CIDJ (*Centre d'Information et de Documentation Jeunesse*, the center for youth information and documentation) and its regional centers (CRIJ) post job notices in their offices and online: [www.cidj.asso.fr](http://www.cidj.asso.fr).
- ✓ Studyrama: [www.studyrama.com](http://www.studyrama.com)
- ✓ L'Étudiant: [www.letudiant.fr/jobsstages.html](http://www.letudiant.fr/jobsstages.html)