

PRACTICAL GUIDE FOR RESIDENTS



A different view
of the world

2023

2024



**JEAN-MARC SAUVÉ, PRESIDENT OF THE FOUNDATION
CITÉ INTERNATIONALE UNIVERSITAIRE DE PARIS**

**Welcome to the Cité internationale universitaire de Paris!
During your stay, we'll do everything we can to make you
feel at home.**

The Cité internationale universitaire de Paris, soon to celebrate its centenary, is a campus unlike any other. It was built around strong values: tolerance, respect for others and solidarity. Nearly a century after its creation, these values are still at the heart of our project. By joining us, you agree to share these values and help us build a common future.

Our 43 residences, most of which were founded by patrons or foreign governments, offer students and researchers an original model of community life. Thanks to the mix of nationalities and disciplines, you'll enjoy an environment conducive to encounters, exchanges and the sharing of knowledge.

A wide range of services is available to help you succeed in your studies, including libraries, sports facilities, a language center and music studios, as well as a rich cultural and artistic program organized in the houses and an environment conducive to creativity. The Cité internationale will be at your side to help you develop your projects relating to climate change, innovation, culture or peace.

The house directors and all the staff join me in wishing you an excellent stay at the heart of a campus that is enriched by your talents every day. Welcome to Cité internationale!

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UNLIKE ANY OTHER IN
THE WORLD**



MY DIGITAL TOOL

THE RESIDENTS'

PORTAL



A UNIQUE USERNAME

The Cité internationale will give you a unique username so that you can easily access the Residents' Portal and all the services that it offers. When you arrive, you will receive an email to create your account.

THE PORTAL: THE ENTIRE CITÉ AT YOUR FINGERTIPS!

Activate your Residents' Portal account as soon as you arrive on campus. This digital tool will give you quick access to all the information you need for life on campus as well as practical services. It will help you to keep up to date with campus life!



INSIDE NEWSLETTER

Every month discover all the news from the Cité internationale as well as house events, recommendations and resident features in the Inside newsletter. It's another view on the campus! **If you don't receive it, please subscribe!**



WITH THE PORTAL YOU CAN:

- ✓ Obtain your resident card to identify yourself on campus.
- ✓ Receive notifications about cultural events, residents' projects and Residents' Bureau activities.
- ✓ Reserve a sports class online.
- ✓ Make an appointment at the health centre.
- ✓ Access campus library catalogues online.
- ✓ Get to know your house, its news and events.
- ✓ Find your way around the campus using the interactive map...

ACTIVATE MY ACCOUNT

Upon your arrival you'll receive an email to set up your account at:

 **portail.ciup.fr**

Click *Reset my password*, enter your username and follow the instructions.



Discover the Residents' Portal on Google Play and the App Store as well as the web version using your internet browser.

GOT A QUESTION?

Write to:

 **support@ciup.help**

THE RESIDENTS' PORTAL IS FOR YOU!

ACTIVATE YOUR ACCOUNT.



USEFUL INFORMATION

To stay in contact with the Cité internationale in real time, find us on social media. And become a Cité internationale ambassador by sharing our news!



Cité internationale
universitaire de Paris



@ciup_fr



@citeinternationaleparis

Want to share content?



Contact us on Messenger

USEFUL CAMPUS CONTACTS

SUPPORT AND HEALTH

Acc&ss

Maison internationale

This service will support you throughout your stay.

 access.ciup.fr/access-paris-centre

Health centre

Relais social international Résidence Honnorat

Make an appointment: **see page 11.**

Counselling

Relais social international Résidence Honnorat

Free and confidential psychological support system.

Make an appointment:

 psy@ciup.fr

Social service

Relais social international Résidence Honnorat

Assistance with social, financial and family problems, access to rights and healthcare.

Help for victims, seeking legal support, support in cases of disability, isolation...

 **+33 (0)1 44 16 65 62**

 social@ciup.fr

STUDYING, LEARNING A LANGUAGE

Main library

2nd floor of the Maison internationale

 bibliotheque@ciup.fr

Language centre

Maison internationale

2nd floor of the main library

 espacelanguages@ciup.fr

REPORTING SEXUAL AND GENDER-BASED VIOLENCE

 alerte-violences@ciup.fr

SECURITY DESK

27 bd Jourdan open 24/7

 **+33 (0)1 44 16 66 00**

CULTURE AND HERITAGE

Music studios

Maison du Cambodge

 +33 (0)1 58 40 83 14

 studiosmusique@ciup.fr

Heritage centre

Maison internationale

 +33 (0)1 76 21 26 96

 visites@ciup.fr

Cneai: modern art centre

Maison internationale

Nathan's room

 +33 (0)1 76 21 26 96

 communication@cneai.com

Cité internationale theatre

Maison internationale

 quentin.fondu@theatredelacite.com

SPORTS

Southern centre

Sports services

 sports@ciup.fr

GET INVOLVED ON CAMPUS

Resident elections

Ask at the reception desk when you arrive on campus.

Help resident projects

Campus life.

Maison internationale

 viecampus@ciup.fr

Researchers' club

Fondation Victor Lyon

 club-chercheurs@ciup.fr



USEFUL NUMBERS

17: Police

18: Firefighters

15: Paramedics

112: Emergency European calls

114: Emergency calls in France for people with difficulty speaking or hearing

1

4 – 17 SEPTEMBER 2023

SPORTS OPEN HOUSE

Which sport are you going to choose at the start of the academic year? For two weeks, the sports centre invites you to try about 50 sports for free with no obligation. To participate, present your resident card.

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11 SEPTEMBER – 3 NOVEMBER 2023

WELCOME DESK PARIS

The Acc&ss team and our partners will help you with your administrative tasks.

SEE PAGE 17

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16 – 17 SEPTEMBER 2023

HERITAGE DAYS

40th edition of the Heritage Days on the theme "Living heritage" and "Sport heritage". Free guided tour of the Centre du Patrimoine for residents on Sunday 3 September at 2:30pm.

Reservations:



+33 (0)1 76 21 26 96



visites@ciup.fr

4

4 OCTOBER 2023

RESIDENTS' FORUM

Find out everything you need to know about the campus, discover our services and partners as well as meet our residents from 6:30pm until 9:30pm at the Maison internationale.

20 OCTOBER 2023

RESIDENTS' COMMITTEE ELECTIONS

Represent residents, bring the campus to life, set up collective projects etc. This is the role of the residents' committee and an enriching experience to make the most of your stay at the Cité internationale.

5 NOVEMBER 2023 AND 3 MARS 2024

THE RESIDENTS' INITIATIVE FUND

Submit your projects to the Residents' Initiative Fund. This fund allows chosen projects to benefit from financial aid.

Information:



viēcāmpus@ciup.fr

13 MAY - 17 JUNE 2024

MERIT AND ENGAGEMENT GRANTS

This is the time period for returning the application form for merit and engagement grants, payment at houses' reception desks and submission of the application online.

24 - 26 MAY 2024

FÊTE DE LA CITÉ

Over this weekend, residents will celebrate cultures from around the world and campus values with a festive programme full of surprises!

HAVING PROBLEMS?

SOLUTIONS HERE!

I NEED ONE-TIME FINANCIAL ASSISTANCE

The relais social international social workers can help you find solutions. Thanks to the support of Cité internationale's patrons and donors, residents can apply for help paying their rent, obtain a computer loan or benefit from donations of basic necessities.

 social@ciup.fr

 **+33(0)1 44 16 65 62**

I AM A VICTIM OF VIOLENCE, DISCRIMINATION

To report discrimination, harassment or sexual or gender-based violence on campus, email:

 alerte-violences@ciup.fr

I LOST SOMETHING IN THE PARK

All found objects are collected by security.

 **+33(0)1 44 16 65 25**

I WANT TO BENEFIT FROM A GRANT

Patrons-funded scholarships help students with limited financial resources to stay at the Cité internationale in the best conditions. As well as financial support, mentoring allows scholarship holders to benefit from aid throughout their course.

Find out more about scholarships:



I AM IN DANGER

To report theft or assault in the park or your house, contact the security desk.

 **+33(0)1 44 16 66 00**

I HAVE A TECHNICAL PROBLEM

Is the water, electricity or heating not working in your house? Contact your home reception.



I NEED TO SEE A DOCTOR

The relais social international health centre offers residents appointments with general medicine and gynecology consultations. There are no upfront costs: the appointment is covered by your health insurance.



**Make an
appointment
at the health
centre.**

I'M HANDICAPPED

The Cité internationale is committed to developing accessibility for people with a handicap on campus. Got a question? Speak to your house's reception desk. The relais social international will also be able to inform you of your rights and the assistance that you can request during your stay.

 **social@ciup.fr**

 **01 44 16 65 62**

I NEED COUNSELLING

The relais social international offers residents a psychological support service with no upfront costs (paid for by social security).

 **psy@ciup.fr**

**The Cité
internationale
is always there
for you!**

MY FIRST STEPS ON CAMPUS

A photograph of three students walking on a campus path, overlaid with a semi-transparent purple filter. The student on the left is a young man with glasses and a dark hoodie. The student in the middle is a young woman with her hair in buns, wearing a grey hoodie and a backpack. The student on the right is a young woman with blonde hair, wearing a white t-shirt and a backpack. They are all smiling and looking towards the right. The background shows trees and a path.

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DISCOVER MY HOUSE

You've just joined one of the 43 houses on campus. Welcome! Each house has its own director. It also has a professional team who will ensure that your stay goes smoothly.

COMMUNAL AREAS TO ENCOURAGE EXCHANGES

Each house has communal areas to encourage meetings and collective living. There are 15-70 different nationalities in each house, allowing you to live in a multicultural and international environment that encourages exchanges and creativity.



USEFUL INFORMATION

In order to encourage exchanges, a mixing principle, which is written into general rule, requires each house to welcome at least 30% of residents of other nationalities.



PARTICIPATE IN BRINGING YOUR HOUSE TO LIFE

The campus is yours, so take part in organising its social and cultural life! Every year residents are elected to bring the campus to life and represent residents in front of the administration.

The Residents' Committees

Representing residents, bringing your house and campus to life, setting up collective projects... That's the role of the Residents' Committees. Each house has its own committee, which is elected at the start of the year, and which is responsible for residents' initiatives at the house and campus levels.

Residents' Bureau

Every committee selects two delegates to sit on the Residents' Bureau. These delegates represent residents' interests, organise numerous events and get involved in the Fête de la Cité. Two elected representatives sit on the board of directors for the National Foundation Cité internationale universitaire de Paris.

Find out more:



WHAT TO DO UPON ARRIVAL

As soon as you arrive, get to know the services that will support you throughout the year.

Welcome Desk Paris

At the start of the academic year, the Welcome Desk Paris on campus will allow you to deal with all your administrative tasks in one place. **See page 17.**



access.ciup.fr/welcome-desk-paris

Main library

The main library offers an environment and services that are conducive to academic success. **See page 26.**

Language centre

At the main library's language center, learn French or another language, or perfect your language skills to enrich your stay. **See page 28.**

Sports

Want to play a sport? The sports centre offers around 60 different activities as well as tournaments and inter-fondation games. **To subscribe: see page 32.**

Music studios

You can use the music rehearsal studios to practise an instrument in the best possible conditions. **See page 38.**



VISIT THE SHOP

Want to represent the spirit of the Cité internationale, keep a souvenir or give someone a gift with the campus' logo? Take a look at our range of clothes and accessories. Aesthetic, sophisticated, eco-friendly, responsible and committed, the goodies on offer from the Cité internationale await you at the shop in the Maison internationale and online at boutique.ciup.fr.

The shop, Hall of the Maison internationale. Mondays, Wednesdays, Thursday and Fridays (8:30am-8pm) Tuesdays (9am-8pm), Saturdays (9am-5pm).

HELPING WITH ADMINISTRATIVE TASKS



Whether you are a student, doctoral student or a researcher you'll find all the information that you need to help with your administrative tasks on campus.

The acc&ss teams are waiting for you at the Maison internationale to answer any questions about your stay:

- ✓ Administrative tasks: visa, residence permit, health insurance, work regulations, opening a bank account.
- ✓ Daily life in Paris, transport, leisure activities.
- ✓ Finding accommodation outside the Cité internationale.
- ✓ Learning or perfecting a language.
- ✓ Help looking for work as a student, researcher or spouse.
- ✓ Cultural visits and evening events in Île-de-France.
- ✓ The procedure for enrolling children in school.



CONTACT

Acc&ss Accompaniment and support services
Maison internationale



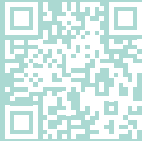
access.ciup.fr/access-paris-centre/contact/

Opening hours: Mondays, Tuesdays and Fridays (9am-5pm), Wednesdays (1pm-5pm) and Thursdays (2pm-5pm).



To use this personalised welcome, visit the acc&ss office in the Maison internationale.

ALL YOUR ADMINISTRATIVE TASKS IN ONE CLICK



From 11 September to 3 November 2023, get all your information and take care of your administrative tasks in one click thanks to the Welcome Desk Paris. This service, supported by the City of Paris and the Île-de-France region, offers numerous services: welcome on site or via video, dedicated email, chatbot, Live Chat, Live Facebook sessions and Welcome Desk Paris TV.



YOUR RESIDENT CARD

Your resident card is proof of your status. Always keep it with you to prove your resident status. You can download it in the Residents' Portal.

A SAFE CAMPUS

The campus has a security desk at 27 Boulevard Jourdan.

Security guards are present 24/7 to ensure residents' safety and to monitor the park, houses and campus spaces. For your security, the park has CCTV and houses are equipped with fire extinguishers and defibrillators.

In the park

- ✓ Consumption of strong alcohol and drugs is forbidden.
- ✓ Avoid walking alone in badly lit areas at night.
- ✓ The park is closed to non-residents after 9:30pm.

In your house

- ✓ Do not let any unknown persons enter with you.
- ✓ Always close your bedroom door and windows when you leave.
- ✓ Smoking is prohibited.
- ✓ Installing cooking plates and high-energy or non-compliant electrical appliances is forbidden.

In case of danger

Contact the security desk.

 **+33 (0)1 44 16 66 00**

FIGHTING AGAINST ALL TYPES OF VIOLENCE ON CAMPUS

In line with its values of tolerance and mutual respect, the Cité internationale has created a system for reporting, supporting and dealing with discrimination, harassment and sexual or gender-based violence.

Find out more about the system and act to improve community living.

How to report violence

If you are a victim or witness, talk to your house directors, friends and resident advisors... To report discrimination, harassment or sexual or gender-based violence write to the Cité internationale's equality advisor:

 alerte-violences@ciup.fr



USEFUL INFORMATION

Read the
protocol



**Got a question?
Report?
Testimonial?**

One address:



alerte-violences@ciup.fr



Listening unit

Depending on both the situation and the victim's agreement a listening unit can be set up to hear the victim and take stock of the situation. Victims are supported throughout the process (social support, psychological support, medical consultations, referral to legal aid, etc.).

Investigation unit

For serious offences a disciplinary investigation is carried out confidentially and impartially. According to the situation a disciplinary sanction may be imposed, which may include exclusion.



Created with the help of residents and the Residents' Bureau, this video explains the protocol's main principles for reporting and dealing with discrimination, harassment and sexual or gender-based violence.



Check out
the video.



OTHER USEFUL NUMBERS

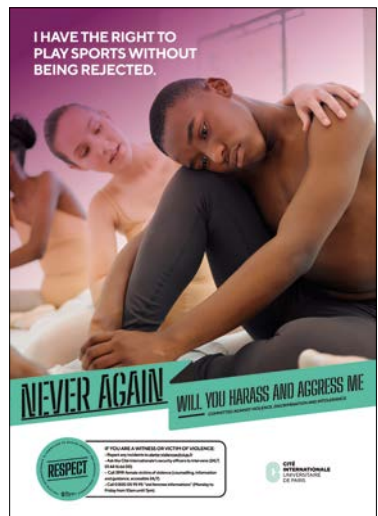
3919: "Female violence info"

0 800 05 95 95: "Rape SOS"

08 842 846 37: For all victims,
including sexual assault victims

0800 200 000: "Net Ecoute"
For cyber bullying

0810 10 81 35: "Homophobia SOS"





CHARTER TO ANCHOR CAMPUS VALUES

The Cité internationale places solidarity and humanist values at the heart of its commitments. In 2022 a Charter of values was created and signed by all of the houses at the Cité internationale. It is displayed in each house.

The Cité internationale holds collaborative value projects and connects residents from different backgrounds. Loyal to its founders' values, it promotes them to as many people as possible, encouraging communal living and inclusion. Respect, diversity and tolerance as well as being open to the world and solidarity are all values that this collective ambition is based on.

In order to reaffirm and reinforce this engagement, the houses at the Cité internationale created a Charter of values. This Charter provides a common foundation for better living together and sharing a common humanity by contributing to peace while respecting

diversity. These values are also present in our hospitality services, organisation and development of our intellectual, artistic, cultural and sport activities. It's up to you to embrace them!



IT'S UP TO YOU TO EMBRACE THEM!

Read the
Charter
of values:





**CITÉ
INTERNATIONALE
UNIVERSITAIRE
DE PARIS**

VOTRE APPLICATION LE PORTAIL DES RÉSIDENTS

LA CITÉ DANS VOTRE POCHE



**CARTE DE RÉSIDENT, SERVICES NUMÉRIQUES,
ACTUALITÉS, ALERTES, ...**

PORTAIL.CIUP.FR



BE ECO- FRIENDLY

Faced with the ecological crisis, the Cité internationale is taking action toward a sustainable world by being at the forefront of the fight against climate change.

In 2009, all pesticides were banned and in 2014 a sustainable development strategy was adopted with an eco-campus charter. This strategy has three main bases: to protect, preserve and enhance our green spaces, to improve waste management and to reduce our energy consumption. Concrete measures promote eco-friendly behaviour, support the collaborative and circular economy, encourage biodiversity in Paris and integrate planetary limits into our activities.

In order to reduce our waste, improve our energy consumption, avoid wasting resources and further reduce our greenhouse gas emissions, everyone needs to change their daily habits and consumption.

**Be an actor in
the sustainable
campus
development
strategy.**

Protecting the park and its biodiversity

The second biggest park in Paris, the Cité internationale is one of Southern Paris' green lungs. This exceptional landscape, which is home to more than 400 different plant species, is a popular relaxing and leisure space for residents, Parisians and those living in Île-de-France. The Cité internationale is a pioneer in Paris and since 2009 has sustainably managed its spaces in order to fight against climate change and promote biodiversity. The gardeners have adopted a reasoned approach to maintaining the park.

The increased number of visits to the site over the last 10 years and the increased harmful behaviour have significantly weakened our flora and certain trees and shrubs are failing. This weakness compromises the development of biodiversity and calls into question the park's original aspects.

All residents of the park are invited to respect this biodiversity!



Adopt selective sorting

The park and its kitchens are equipped with selective sorting bins and 8 composting sites to allow residents to sort their green waste. Ask your house for information on sorting rules.

Reduce energy consumption

In 2022, a plan to reduce energy consumption was adopted to respond to the energy crisis and the climate emergency. Adopt good habits to limit your consumption of water and energy and preserve resources.

For more information:



www.ciup.fr/en/an-eco-responsible-park/



USEFUL INFORMATION

You can take part in campus environmental projects! The Residents' Initiative Fund provides financial support (see page 36).

RESPECT

THE PARK'S BIODIVERSITY



Dispose of your waste in the selective sorting bin shelters



Do not throw food so as not to attract rats



Don't feed the birds



Don't damage the trees. Activities around, on and in trees are prohibited



Don't cut the flowers

RESPECT

CAMPUS LIFE



No noise after 10 pm



Recreational activities are permitted except near houses and the large lawn



Groups of more than 20 people are subject to authorization



maisoninternationale@ciup.fr

THE CITÉ INTERNATIONALE IN EVERYDAY LIFE

A photograph of three people in a kitchen, overlaid with a semi-transparent blue filter. On the left, a man with a beard and dark hair is smiling and looking towards the center. In the middle, a man with dreadlocks is smiling and looking towards the right. On the right, a woman with long dark hair and glasses is smiling and looking towards the center. They are standing around a kitchen counter. On the counter, there is a bag of flour, a bottle of oil, a cutting board with vegetables, and some jars. In the background, there are large windows with multiple panes, looking out onto a city street.

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RESEARCH AND STUDYING

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**LEARN OR PERFECT
A LANGUAGE**

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**DISCOVERING FRANCE:
THE CNAM CYCLE**

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PRACTICE A SPORT

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**DINING AT THE
CITÉ INTERNATIONALE**

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**CREATE AND GET INVOLVED
ON CAMPUS**

PAGE 39
**GOING OUT AND DISCOVERING
DIFFERENT CULTURES**



RESEARCH AND STUDYING

In a prestigious and welcoming environment, the main library provides work spaces and collections covering all disciplines.

It is open 7 days a week from Monday to Friday from 10am-10pm and on the weekend from 1pm-7pm on the second floor on the Maison internationale.

MULTIDISCIPLINARY COLLECTIONS

Collections are primarily oriented toward Master's students and researchers. There are:

- ✓ 50,000 physical works available for on-site use.
- ✓ 9800 periodicals available for on-site use.
- ✓ 378,000 digital books.
- ✓ 63 databases (journals, articles, scientific works, raw data, news, etc.) are available on-site and in the houses via the digital network: Cairn.info, Dalloz, Lextenso, SpringerNature, British Medical Journal, Nature, Oxford University Press, etc.



USEFUL INFORMATION

Free admission with
a resident card.



SERVICES

- ✓ Support for documentary research.
- ✓ Specific individual or group training sessions to make use of all available resources.
- ✓ Group work rooms bookable on Affluences.
- ✓ Interlibrary loans to obtain documents from non-Parisian, non-French or foreign libraries (for on-site use only).
- ✓ Reprography service (scanning, photocopying, printing).
- ✓ Wifi available via internal network.
- ✓ 7 computer stations connected for free access.

THE HOUSE LIBRARIES

Some of the campus houses have specialised libraries: the Collège d'Espagne, the Fondation Hellénique, the Maison de l'Italie, the Maison du Maroc, the Maison Heinrich Heine, the Maison du Japon, the Maison du Portugal-André de Gouveia, the Maison de l'Argentine and the Maison du Mexique.



**PORTAIL.
CIUP.FR**

RESIDENTS' PORTAL

- Find all practical information on the library.
- Access library catalogues.
- To avoid waiting, use the Affluences app to see how many people are currently using the library.

LEARN OR PERFECT A LANGUAGE

WORKSHOPS AND SELF-STUDY



All throughout the year, take part in free conversation groups in French, English, Spanish and Chinese, as well as French language and thematic workshops.



There are also numerous documentary resources available (textbooks, bilingual novels, magazines, etc.) The computer stations are equipped with specialised software that lets you self-study 26 languages.



Take advantage of the language centre reading and conversation lounge, a relaxed and friendly place to work (comics, games, films...).

BECOME A CONVERSATION GROUP LEADER!

Want to share your language or culture with other students? The language centre is recruiting volunteers to lead conversation groups throughout the year.

Write to us!



espacelanguages@ciup.fr



**Need to learn French or want to improve?
Want to discover another language?**

**The language centre welcomes you from
Monday to Friday.**



USEFUL INFORMATION

At the language centre, subscribe to the Altissia language learning platform for a special rate and learn and progress wherever you are.



RESIDENTS' PORTAL

Find all the practical information about the language centre.



DISCOVERING FRANCE: THE CNAM CYCLE

The Cité internationale, in partnership with the CNAM, is offering a series of specialised courses designed to help you discover French and European political, scientific and cultural life through courses, workshops, lectures and visits.

UE - French culture and institutions (courses, workshops and visits) - 2ECTS

7 courses and 4 visits (Constitutional Council, National Assembly, Council of State, Ombudsman):

- ✓ Introduce students to French culture, legal sources and institutions, and the places in which they operate.
- ✓ Familiarise students with French judicial, administrative and constitutional organisation.

EU - Cultures and institutions in the European Union - 2ECTS

10 courses and 2 visits (European Commission Representation in France, Jean Monnet House-Museum in Bazoches-sur-Guyonne):

- ✓ Present the impact of the traditions and cultures of each Member State and understand France's place in the European Union.
- ✓ Identify current issues and outline prospects for Europe based on the history of European integration.

A series of lectures throughout the year - 2ECTS

"The adventure of inventions" (Thursday evenings) a speaker uses an object from the Cnam museum to tell the story of a major invention and its implications.

- ✓ Workshops and visits to French institutions (14 hrs).
- ✓ Free admission to the Cnam libraries and museum.

VALIDATION:

- ✓ Attendance: compulsory attendance at lectures and visits.
- ✓ 8 multiple choice questions and 1 open question on a subject covered in the course.



PRACTICAL INFORMATION

Prerequisites:

French language level (B2, C1)
Distance learning and face-to-face courses (evening classes)

Start date:

5 October 2023

Enrolment:

before 30 September 2023

Special price:

€80 (instead of €240)



Pre-register.

INSCRIVEZ-VOUS À



Inside
LA Newsletter
QUI VOUS INFORME SUR LA VIE DU CAMPUS

UN AUTRE
REGARD sur le
Campus





PRACTISE A SPORT

Discover a new sport or continue practising your favourite one as the Cité internationale offers more than 60 sports at special rates. There's an activity for everyone!

A SUBSCRIPTION FOR EVERYONE

There are two options to choose from:

- ✓ **Free Actisport programme:** choose from a range of different activities that you can do by yourself at your own pace.
- ✓ **Supervised Actisport programme:** choose from a range of different activities supervised by a professional.

INTER-FOUNDATION GAMES

Throughout the academic year there are inter-foundation games, allowing residents to defend their house colours in different activities: table tennis, tennis, volleyball, football, basketball, futsal and badminton.

On campus you can play 60 sports either on your own or with a group, choose yours!



FREE ACCESS FACILITIES

If you don't want to join a sports club, you can still freely practise sports in the park. Free access facilities allow you to play boules, football and basketball. A free access crossfit area is also located by the west stadium in front of the Pavillon Habib Bourguiba.



USEFUL INFORMATION

Included in the offers, or available à la carte, the tournaments are played ad hoc (leisure tournaments) or regularly throughout the year. Inter-foundation games allow residents of the houses to compete in tournaments.



portail.ciup.fr



RESIDENTS' PORTAL



- Purchase a subscription online.
- Book sports lessons and tennis courts online.
- Keep up to date on sporting news and lesson cancellations.
- See the events calendar.

DINING AT THE

CITÉ INTERNATIONALE

The Cité internationale offers a range of restaurants for all tastes and budgets. In every house communal kitchens allow students to make their own food and share moments of conviviality.

The Cité internationale's Café-restaurant Crous de Paris

Here you'll find balanced meals and brunch menus on the weekend at special rates (full meal for €3.30). A cafeteria, which is open 7 days a week, offers breakfast, hot drinks and fast food to have on-site or takeaway. This space is also open all day long to get together with friends or work.

Restaurant: Monday to Friday (11:30am-2pm and 6:30pm-9pm), Saturday brunch (10am-3pm). Closed on Sunday.

Cafeteria: Monday to Friday (8am-6pm), Saturday and Sunday (9am-6pm).

Payment methods: bank card, IZLY.



A full meal for €1 for scholarship students and students in need.

Maison Heinrich Heine cafeteria

On the menu: quiches, salads, dish of the day and homemade cakes.

Open Monday to Friday (8:30am-4pm) and Saturday (10am-4pm). Lunch service (12pm-2:30pm).



A terrace is available.

Collège d'Espagne restaurant

Offering breakfast and lunch. Full set menu from €8.90.



Once per month an international speciality is offered.

Breakfast from Monday to Friday (7:15am-10:30am), Saturday, Sunday and bank holidays (8:30-10:30). Lunch from Monday to Saturday (12pm-2:30pm).



Maison de la Corée Korean counter

Discover Korean classics. Reduced prices for residents.

Lunch from Monday to Friday (12pm–2:30pm), Saturday (12pm–3pm), Sunday is takeaway only (12pm–3pm).



A grocery store where you can buy classic items from the country.



ORDER YOUR ORGANIC BASKET

Every Tuesday, organic baskets are offered for sale to residents. These seasonal vegetables are grown by a farmer in Île-de-France. Every Tuesdays from 6pm–8pm in the Maison international's hall.



panierbiociup@gmail.com

Theatre Cafe

The cafe offers vegetarian cuisine and organic and sustainable products.

Monday to Saturday (12pm–6:30pm, 8 p.m. from May) and every show evening.



Organic brunch every Saturday.

Zaïm Cafe

The Maison de Tunisie's Pavillon Bourguiba houses the Zaïm Cafe which offers a menu featuring Tunisian street food and a tea salon.

Open every day (8:30am–10:30pm).



The cafe has a grocery store.

CREATE AND GET INVOLVED ON CAMPUS

Being a resident doesn't just mean living or studying onsite, but also participating in communal living, starting collaborative projects and organising cultural, artistic and intellectual events involving several houses.

SUPPORT FOR YOUR CREATIONS

In order to help you realise your projects, the Cité internationale has created the Residents' Initiative Fund (RIF). This fund can help you logistically and financially to realise your artistic, civic and cultural projects.

These projects can be on many themes: peace, sport, digitalisation, culture, citizenship, the environment, solidarity, etc. It should involve several campus houses.

Initiatives financed by the RIF have been established over time. Join them to bring campus values to life.

JOIN THESE EMBLEMATIC PROJECTS

Jardin du monde

Residents come here to garden, learn about nature and spend time together.



[www.facebook.com
jardin.du.monde.ciup](https://www.facebook.com/jardin.du.monde.ciup)

Cité Unie magazine

Residents explore international news thanks to the *Cité Unie* magazine. Want to write? Join the editing team!



info@citeunie.org



Vélo volant: encouraging people to help each other with their bikes

At Vélo volant, you can learn to do small (or big!) repairs. The workshop takes place every Saturday afternoon.



www.facebook.com/levelovolant



levelovolant.ciup@gmail.com



EXCHANGE, MEET UP

Researchers' club

Located in Fondation Victor Lyon, the Researchers' club is a club where you can exchange and share knowledge for doctoral students and researchers. Debates, cultural programmes, collective work, workshops, themed meetings etc. Subscription is free.



club-chercheurs@ciup.fr



+33 (0) 1 40 79 02 46



WANT TO RUN A PROJECT ON CAMPUS?

The Campus Life Department service can help! There are two calls for projects every year. Grants may not exceed €1500 per project. Contact: Tangi Bertin, Responsible of the Campus Life Department:



viēcampus@ciup.fr



Contemporary art on campus

Cneai = (Centre national édition art image) is a contemporary art centre housed in the Maison internationale, in the Nathan's room. As a centre for research, production and dissemination, residents can take part in a range of activities throughout the year, including events, exploring the collections and cultural and educational activities.

Until 21 October 2023, you can discover *The Infinity of Grapes*, an exhibition that pushes back the boundaries of art and explores our complex relationship with the world.

 communication@cneai.com

Meeting music: the Cité internationale Choir

Every year the Cité internationale choir welcomes around 100 amateur singers, subject to auditions, who want to practise or discover choral singing and explore varied and eclectic repertoires.

 choeurcite@zaclys.net



Practise in the music studios

Are you a musician?

The Cité internationale has 13 music practice rooms for solo musicians as well as groups and large ensembles at the Maison du Cambodge and Maison des Provinces de France.

Welcome office (Maison du Cambodge), open Tuesday to Sunday.

 +33 (0) 1 58 40 83 14

 studiosmusique@ciup.fr



GOING OUT AND DISCOVERING NEW CULTURES

The campus is brought to life with a rich cultural and artistic programme in the houses: exhibitions, shows, concerts, debates, conferences, screenings, etc. Throughout your stay, make the most of this cosmopolitan programme.

CITESCOPE: THE CALENDAR OF WORLD CULTURES

Citescope.fr is your cultural calendar. Around 1000 events are organised every year in the houses. Citescope lists all these events and has favourites, selections and suggestions for in the week and on the weekend.



THE CITÉ INTERNATIONALE THEATRE

Open to the world around it, the Théâtre de la Cité internationale hosts a multidisciplinary program of theater, dance, circus and music. The theme of this new 2023-2024 season is metamorphosis. Not the kind of metamorphosis being prepared in biotechnology or artificial intelligence laboratories in these times of climatic, social and democratic crisis, but the kind of metamorphosis heralded by artistic activities: taking us beyond appearances and everyday life, reporting on the excesses of our world and contributing to its profound transformation, its metamorphosis - and ours at the same time.

Admission is €7 (€5 for some performances!). Throughout the year, residents are also invited to take part in meetings, participatory projects, dance and theater workshops with artists. Find out more on the theater website:



Got an idea? Don't hesitate to contact the theatre:



DISCOVER A CAMPUS UNLIKE ANY OTHER IN THE WORLD



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**CONTINUE THE CITÉ
EXPERIENCE: BECOME
AN ALUMNUS**



A SCHOOL FOR LIVING AND SHARING

Every year the Cité internationale universitaire de Paris welcomes 12,000 students, researchers, top athletes and artists from 150 different nationalities in its 43 houses. It doesn't offer teaching but a unique model of communal living.

Created in 1925 in the context of the pacifist movement in the interwar period by exceptional figures, the project of the Cité internationale was to create a place dedicated to international exchanges where young people from around the world could learn and live together and, once they'd returned to their countries, keep strong ties favouring friendship between nations.

MAKING SENSE OF THE WORLD

By promoting community life, exchanges and understanding of a rich and complex world, the Cité internationale contributes to raising awareness and giving meaning to the world. A laboratory of ideas for thinking about the world of tomorrow, the Cité internationale is a city-world in the heart of Paris.



A LOW-COST STAY AT ÎLE DE BRÉHAT

The Cité internationale gives you the chance to rent a house on the Breton island of Bréhat, the Fondation Haraucourt, which the poet Haraucourt donated to the Cité internationale in 1929 in order to allow residents to enjoy the sea air all year long at affordable prices. With cars banned, the island is a place to relax, unwind and enjoy the quiet. It's the ideal place to have a change of scenery and recharge. Don't miss out!



portail.ciup.fr



CITÉ
INTERNATIONALE
UNIVERSITAIRE
DE PARIS



Illustration : sandrine LAMBERT

Un autre regard
sur le monde



portail.ciup.fr

A MAJOR ARCHITECTURAL SITE

The Cité internationale has an exceptional architectural heritage with 43 houses built since 1925.

Built by renowned architects, the houses offer a diversity of styles that are unique to Paris. From Foujita to Jacobsen and Perriand, many of the works were also created by famous painters, sculptors and designers.

- ✓ To discover the Cité internationale's history, architecture, missions and development, head to the Maison internationale in the Heritage Centre.
- ✓ As a group or individually, take part in guided tours all year round to discover the architectural, artistic and landscape heritage of the Cité internationale.
- ✓ Six campus houses are classed as historic monuments.

Cité 2025: 10 new houses and modernised services

The Cité internationale is currently undergoing a historic development phase. 10 new houses will be built by 2025 and the entirety of its services will be modernised according to the Cité numérique plan. Two new country houses will open their doors: the Maison d'Égypte (October 2023) and the Maison de Chine (January 2024). The Fondation Avicenne will reopen after undergoing a major refurbishment in January 2024.

Energy renovation

The Cité internationale benefits from financial support from the State and the European Union as part of the Recovery Plan for energy renovation. Five houses on campus are concerned: the Fondation Avicenne, the Fondation Deutsch de la Meurthe, the Fondation de Monaco, the Maison des étudiants arméniens and the Maison des Provinces de France. End of work in the summer of 2024.



Free guided tours for residents are organized all year round.



CITY
INTERNATIONALE
UNIVERSITÄT
DE PARIS



NEW COLLECTION

Resident and employee rates

- Hoodie: 37 €
- T-shirt: 18 €
- Tote bag: 12 €
- Mug: 9 €
- Sports bag: 15,50 €
- Notebook: 9 €
- Water bottle: 19 €
- Stamps: 15 € (sheet of 10)
- Books: 26 € - 39 €



NEW COLLECTION OF GOODIES

ON SALE AT THE MAISON INTERNATIONALE



All our textile products are made from organic cotton and designed with respect for the environment and human rights at work, for a quality, sustainable and responsible purchase.

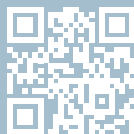
CONTINUE THE CITÉ EXPERIENCE: BECOME AN ALUMNUS

Create your profile as soon as you arrive at alumni.ciup.fr

More than 450,000 residents have stayed at the Cité internationale since 1925. They work all around the world and in all sectors. This unique international network has a digital platform and an app. As a resident you can create your very own profile. There are many ways to get involved in the Alumni community.



**JOIN THE
ALUMNI
COMMUNITY**



alumni.ciup.fr

8 good reasons to join Cité Alumni:

- ✓ Access to an online directory and an online map to find alumni all over the world.
- ✓ Participate in new alumni events in the houses.
- ✓ Share your experience in a forum.
- ✓ Message other alumni.
- ✓ Benefit from work offers from our sponsors.
- ✓ Take part in themed, geographical or professional clubs.
- ✓ Become a Cité Alumni ambassador by developing the network.
- ✓ Sponsor a project working on the environment, innovation, culture or peace.