



VILLE DE
PARIS

YOUTH AND STUDENTS

BETTER HOUSING AND LIVING IN PARIS



2025 - 2026

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ROOMS AND STUDIOS

▣ CROUS

The CROUS mainly offers accommodation (from studios to traditional rooms) to students, regardless of their annual budget, for the duration of their stay.

More information can be found at www.crous-paris.fr/se-loger

And on Paris.fr



▣ FJT and social Residences for Young workers

Foyers for Young Workers (FJT) and social residences provide temporary housing during a training program, an internship, a first job contract (fixed-term or permanent), an apprenticeship, or while searching for employment. These accommodations can be rented for a few weeks up to a maximum of two years.

All types of housing are offered, from individual rooms to shared apartments and studios. All are furnished.

To apply for housing, you must first identify the residence or foyer of interest by scanning the QR code, and then contact a managing association (such as Hénéo, Association pour Les Jeunes Travailleurs, or Centre du Logement des Jeunes Travailleurs) to submit your application.

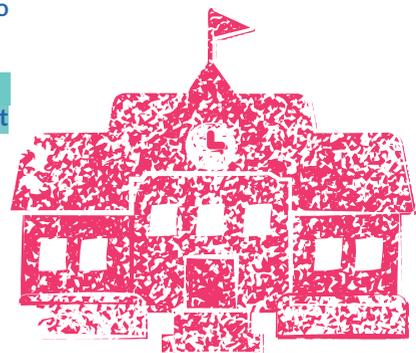


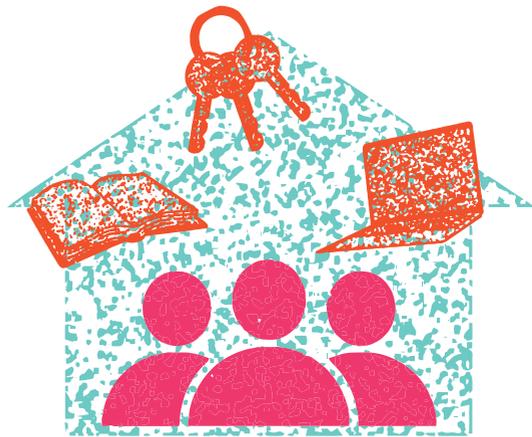
▣ Cité Internationale Universitaire

The Cité Internationale Universitaire of Paris is a unique campus that hosts 12,000 students, researchers, and artists from 150 nationalities every year.

Also known as "Cité U", this campus offers 6,800 accommodations, ranging from single rooms to 3-to 5-bedroom apartments.

More information can be found on the Campus website : www.ciup.fr/demander-hebergement





INCLUSIVE HOUSING AND SHARED ACCOMODATION

▣ Intergenerational living schemes

Are you a young student, worker, or intern and still haven't found affordable housing in Paris? Would you be interested in building connections by living with an elderly person while continuing your studies ?

Many charities help connect young people and older people

More information can be found at www.paris.fr/pages/la-cohabitation-intergenerationnelle-7493

▣ Inclusive Shared Housing Schemes with AFEV and ACLEF CoopColoc

Affordable rooms in solidarity housing in exchange for volunteer hours in a neighborhood: it's possible !

The Student Foundation for the City (AFEV) offers an alternative housing model for over a hundred students, allowing them to engage in social projects in the city's priority neighborhoods.

CoopColoc provides furnished shared accommodation and organizes meetings between tenants throughout the year to foster community spirit and solidarity among students.

More information can be found at www.afev.org/actions/colocation-solidaire and www.coopcoloc.fr



RENTING IN THE PRIVATE RENTED SECTOR

▣ Rent control

You are planning to rent or are currently renting from a private landlord.

For all leases signed after July 1st, 2019, the rent (including for shared accommodations) cannot exceed a cap set each year. You can check if the rent complies with this limit by visiting paris.fr/encadrementloyers.

If you notice that the rent exceeds this cap, you can file a report with the City of Paris, which will contact your landlord to request a rent adjustment and the reimbursement of any overcharges.

Note : If your lease includes a rent supplement (an additional amount charged by the landlord beyond the base rent), and you have concerns about its validity, you can consult [Paris.fr](https://paris.fr).

Be aware that you have 3 months from the date of signing the lease to challenge it.



PARISIAN HOME INSURANCE

When renting a property, multi-risk home insurance is mandatory. It is an additional expense that directly affects your budget.

The City of Paris has negotiated with VYV Conseil (vyv-conseil.fr/paris) to offer a Parisian home insurance policy at the best price, with advantageous coverage, aimed at Parisian tenants with modest or middle-class incomes.

LOCATAIRES PARISIENS
L'ASSURANCE HABITATION
QUI FAIT DU BIEN À VOTRE BUDGET

TOUTES LES INFOS SUR

vyv conseil

PARIS

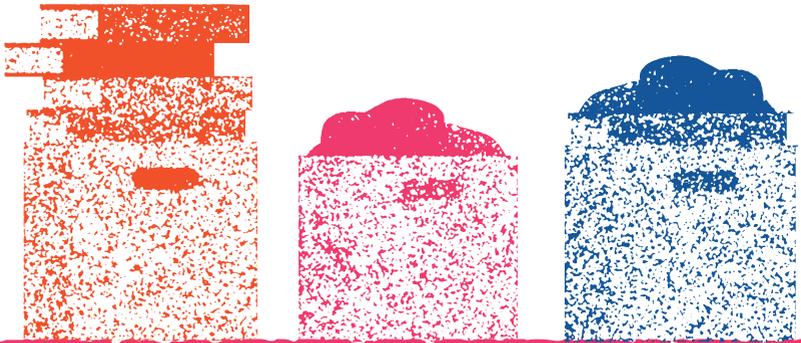
The advertisement features a stylized illustration of Parisian apartment buildings with people on balconies and the Eiffel Tower in the background. The VYV Conseil logo is in the bottom left, and the City of Paris logo is in the top right.



▣ Tenant and Landlord Rights and Obligations

Are you renting in the social or private housing market and want to know your rights and responsibilities regarding the occupancy and maintenance of your home, or how to address an issue ?

Find the necessary advice and information
to contact your landlord



NEED LEGAL ADVICE ON HOUSING ?

The legal experts at the Paris Housing Information Agency (ADIL 75) offer consultations on all housing and legal issues.

The advice is free, neutral, and personalized.

To schedule an appointment at one of the district town halls :
www.adil75.org/ladil-de-paris/nos-permanences

You also can find all information at www.adil75.org



ASSISTANCE WITH MOVING IN

▣ Mobili-Jeune, Visale Guarantee

Action Logement offers several housing grants and guarantees that you can benefit from when moving in, including :

- **MOBILI-JEUNE® AID** covers part of your rent during the duration of your training or apprenticeship, up to a maximum of two years,
- **Visale** provides a reliable and serious guarantor to strengthen your application and cover unpaid rent and property damage.

More information can be found at mobilijeune.actionlogement.fr and www.visale.fr

▣ Assistance with Moving into Housing for Students

Are you a student moving into the private rental market in Paris ?

You can receive between €500 and €1,000 to cover moving-in expenses such as purchasing appliances, furniture, and computer equipment...

This assistance is available only once throughout your academic career.

Check if you are eligible and take advantage of the moving-in assistance



▣ Moving-In Assistance for renters

Are you a Parisian and experiencing temporary difficulties with your housing expenses ?

The Paris Housing Solidarity Fund can assist you by facilitating your move into a new home, helping you maintain it (by contributing to debt or bill payments), and supporting you with your energy expenses, including electricity and gas.



For moving in, you can request assistance to cover the security deposit, the rental guarantee, and to finance home insurance.

ASSISTANCE FOR COVERING DAILY EXPENSES

▣ Assistance from the family Allowance Fund (CAF)

As a student, whether single or in a couple, you can benefit from CAF assistance. You may be eligible to receive :

- Personalized Housing Allowance (APL),
- Social housing allowances (ALS) to help cover part of your rent.

Estimate your housing allowance eligibility on **CAF - Etudiants, tout savoir sur vos droits et services**



▣ Assistance from the City of Paris

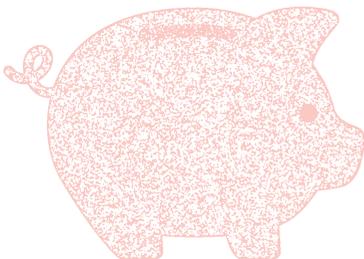
Depending on your situation, you may be eligible for assistance to help reduce your housing expenses, such as **Paris Logement**, **Paris Logement Familles**, and **Paris Énergie Familles**

More information can be found at **www.paris.fr/aides-au-logement**

ASSISTANCE FOR UNPAID RENT

You may encounter difficulties that prevent you from paying your rent and utilities. The Paris Housing Solidarity Fund can assist you through programs offering rent guarantees, coverage of unpaid rent and utility bills, and help with energy expenses.

To learn about and **apply for these aids**



SECOND-HAND SHOPS

Second-Hand Shops are places where furniture, clothing, books, and small equipment are collected, refurbished, and resold at lower costs as part of a social and solidarity economy.

Thanks to reuse centers, make second-hand your first choice ! These organizations allow you to recover, upcycle, and then resell goods at bargain prices. This way, you reduce your expenses while contributing to a new social, solidarity-based, and circular economy.

There are **8 reuse centers** in Paris, discover them



CROUS RESTAURANTS

CROUS restaurants offer meals at low prices, close to your home or place of study.

The university dining sites of CROUS Paris are open to all students, whether they receive scholarships or not. They offer a price range from €3.30 for non-scholarship students to €1 for scholarship students and those in financial difficulty.

www.crous-paris.fr/se-restaurer/nos-sites-de-restauration

FOOD ASSISTANCE

▮ Access to healthy and balanced food should be the norm. That's why, The City of Paris and numerous charities have organized food distribution actions, meal services, and social and solidarity grocery stores in several districts and facilities of the city:

QJ (Paris Centre - 1st), ESS Pace (13th), SmartFood Paris&Co (20th), and the Academy of Climate (Paris Centre - 4th).

www.paris.fr/pages/distribution-de-repas-123

▮ The Student House (Paris Centre - 3rd) also coordinates an extensive network of organizations providing food assistance to students across the entire Paris area.

maison-etudiante.paris/aides/aides-alimentaires/

▮ A food distribution is organized for young people under 25 facing financial difficulties by the Louvre Center of Les Restos du Coeur at Quartier Jeunes (QJ) every Thursday afternoon.

For more information, visit qj.paris.fr

TRANSPORTS, DISCOUNTED FARES

The cycle scheme Vélib' offers attractive subscription rates for scholarship students and young people under 27, only for those who can provide documents proving their situation.

All useful information on
maison-etudiante.paris/offres-bons-plans/sport



STUDY SPACES FOR STUDENTS

▣ Work spaces

Are you looking for study spaces where you can work in peace?
Are you seeking a job, apprenticeship, internship, or training ?

Find all the available programs at
www.paris.fr/etudier-se-former-travailler

▣ Main Libraries in Paris

- University libraries of the Paris, Créteil, Versailles Academies
www.sorbonne-universite.fr/bu/decouvrir-nos-bibliotheques
- The National Library of France – François Mitterrand
www.bnf.fr
- Paris City's Libraries
bibliotheques.paris.fr

GO OUT, GET MOVING, EXPLORE CULTURE

Paris offers numerous opportunities to get involved, explore culture and art, and engage in sports.

Check out the best deals at www.paris.fr/tout-pour-les-jeunes

Benefit from free or discounted offers by obtaining the **City of Paris Youth Pass**.

Other good deals can be found at www.etudiant.gouv.fr/fr/se-cultiver-sans-se-ruiner-1348

There is also a wide range of cultural and sports offerings available to all students, either for free or at discounted rates. To take advantage of these, you can apply for the following passes:

- Culture Pass : pass.culture.fr
- Sport Pass : www.pass.sports.gouv.fr



HEALTH CENTERS

The City of Paris has municipal health facilities open to everyone.

For a general medical consultation, you can book an appointment online with practitioners at the seven health centers in the City of Paris (doctors, dentists, and ophthalmologists).

📍 Where to find them ?

The 7 health centers are located in 5 districts:

- ▶ 3rd: Maire Volta - 4 rue au Maire
- ▶ 5th: Centre de Santé Épée de Bois - 3 rue de l'Épée de Bois
- ▶ 13th: Centre de santé Edison - 44 rue Charles-Moureu
Centre dentaire George Eastman (child specialist)
- 11 rue George Eastman
- ▶ 14th: Centre de santé Tisserand - 92 rue de Gergovie
- ▶ 18th: Centre de santé Marcadet - 22 rue Marcadet
Centre dentaire de la Porte de Montmartre - 9 rue Maurice

Find all information about [the health centers](#)



📱 How to Make an Appointment?

On doctolib.fr

Additionally, to better support young adults aged 18 to 30 in precarious situations (students, apprentices, job seekers, unemployed...), municipal health centers offer a comprehensive health check-up provided by a general practitioner.

To make an appointment : consultationbilanjeune@paris.fr

And more information on Paris.fr



The Paris health centers are mobilized to meet the needs of students, offering unconditional and free services: access to contraception, testing and treatment if necessary, as well as broader sexual health advice.



COMPLEMENTARY HEALTHCARE

At Quartier Jeunes, within Quartier Santé, additional specialized services are available :

- drop-in sessions with psychologists are available,
- listening sessions focused on emotional and sexual life,
- a dedicated drop-in service for harm reduction to address topics related to alcohol and drug use, with the possibility of on-site testing for sexually transmitted infections.

For more information, visit the Quartier Santé services : qj.paris.fr

The Maison Étudiante offers free psychological support sessions for students, in partnership with the Association for Prevention, Support, and Guidance (APASO) and the CROUS of Paris.

It also provides yoga and dance therapy workshops.

For more information on the health and well-being programs at the Maison Étudiante : maison-etudiante.paris/aides/sante-bien-etre



And on Paris.fr



PLACES DESIGNED FOR YOU

▣ The Student House



The Student House supports you through every step of your projects, whether they are charitable or entrepreneurial, as well as in all aspects of your student life (housing, health, studies, financial support, culture, sports).

Come meet us at our two locations:

- ▮ at 50, rue des Tournelles dans le 3^e arrondissement
- ▮ at 76 bis, rue de Rennes dans le 6^e arrondissement

More information can be found at maison-etudiante.paris

▣ Quartier Jeunes (QJ)

Are you between 16 and 30 years old ? Do you have questions or needs on any topic ?

Quartier Jeunes, the central hub for young people in Paris, welcomes you to a friendly and warm space to provide concrete solutions in all areas of your daily life : employment, career guidance, engagement, health, social matters, and more.

QJ also features a social space, Café QJ, where you can enjoy a meal or a drink from Tuesday to Saturday, 10 AM to 1 AM.

Where to find us ?

4, Place du Louvre, Paris 1st - Monday to Saturday from 9:30 AM to 6 PM (open until 9 PM on Wednesdays, Thursdays, and Fridays).

For more information, visit qj.paris.fr and on Instagram : [@qjparis](https://www.instagram.com/qjparis)

▣ Local Committee for Autonomous Youth Housing



HousingThe Local Committee for Autonomous Youth Housing (CLLAJ) is an association that supports and guides young people in Paris with their housing projects, including finding, accessing, and maintaining their homes.

This organization assists individuals under 30 in securing temporary housing.

The CLLAJ holds public office hours at Quartier Jeunes (QJ).

More information can be found at www.cllajparis.org

▣ Youth Information and Documentation Center

The Youth Information and Documentation Centre (CIDJ) provides free guidance and advice to young people on a wide range of topics, including career orientation, studies, employment, apprenticeships, jobs, internships, access to rights, health, international mobility, entrepreneurship, and citizenship.

Whether you are a middle or high school student, a university student, or a young person seeking employment, CIDJ is available to answer your questions. You can visit them from Tuesday to Saturday, 1 PM to 5 PM at Quartier Jeunes (QJ).

More information can be found at www.cidj.com

▣ Youth Housing Forum

Finding accommodation in Paris is not always easy when you are young.

To support you in your search, the Comité Local du Logement Autonome des Jeunes de Paris (CLLAJ), based at Quartier Jeunes (QJ), hosts an annual Youth Housing Forum in June. This is the promise of this event: to get the best deals, find out about your rights and discover the schemes best suited to your situation.

Find all the details about the event at www.cllajparis.org/forum-logement

▣ Other ressource location

Numerous other locations exist in the capital.

Find them at www.paris.fr/les-lieux-pour-les-jeunes

LEGAL ADVICE CLINICS FOR INFORMATION ON YOUR RIGHTS

Paris offers free, anonymous and confidential legal advice sessions.

These can be found at Points d'Accès au Droit (PAD), Maisons de la Justice et du Droit (MJD), Relais d'Accès au Droit (RAD), as well as at the Maison Étudiante. The PAD Jeunes, located at Quartier Jeunes (QJ), is available without appointment from Tuesday to Friday, 2 PM to 5:30 PM.

Where can you find these legal advice sessions? How do they work ?

Find all the answers to these questions

Find more information about the legal advice sessions available at the Maison Étudiante



YOU CAN DOWNLOAD THIS GUIDE

at www.paris.fr/pages/les-logements-etudiants-2440



INFO PARIS
3975* or paris.fr

*Cost of a local call from a landline