Watizat, tous droits réservés

# WATIZAT

Paris

# INFORMATION GUIDE FOR PEOPLE IN EXILE

## AUGUST-SEPTEMBER 2026

Please note! The 1st and 11th November is a bank holiday. Some places may be closed.

EN

# SUMMARY
# HOW IS THE GUIDE ORGANIZED?

## ARRIVING IN PARIS


Your right to residency / housing ..... 4

Your documents ..... 6

Getting around ..... 6

Emergency numbers ..... 7

Unaccompanied minors ..... 8


## USEFUL ADDRESSES


Reception, orientation, administrative support..... 10

Free legal aid ..... 11

Food..... 14

Showers ..... 15

Day Centres ..... 15

Healthcare..... 19

Restoring family links ..... 24

Domiciliation..... 25

Clothing ..... 25

Bag Storage ..... 25

Social housing ..... 25

Learning French..... 25

Employment..... 26

Activities ..... 27

Libraries ..... 27

*With the support of*

FONDATION AMNESTY INTERNATIONAL FRANCE
Sous l'égide de la FONDATION UNIVERSITÉ PARIS NANTERRE

# GUIDE WATIZAT INFO-EXIL

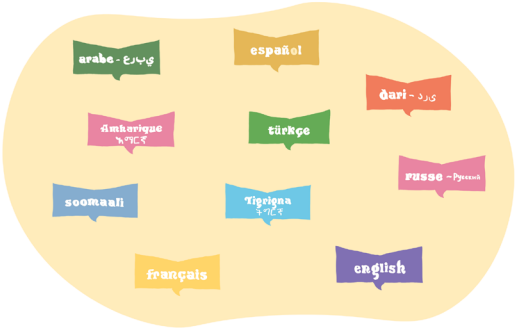
## AVAILABLE ONLINE FOR FREE

### WHAT IS THAT?

A new **socio-legal information guide** for exiled people in France, **valid throughout mainland France**.
Updated in line with legal and political developments, and **translated in**:
English, Italian, Spanish, Arabic, Urdu, Tamil, Albanian, Somali, Turkish, Russian, Pashto, Dari, Amharic, Tigrinya, Bengali.

### WHO IS IT FOR?

- Exiled people in France
- Non accompagnied minors
- Any foreign person living in France
- Volunteers and social workers
- Institutions and local authorities






**Find the Watizat Info-Exil guide for free on: https://watizat-info-exil.notion.site/**

# ARRIVING IN PARIS

## YOUR ADMINISTRATIVE SITUATION

You are a foreigner and wish to stay in France: in order to stay on French territory without risking expulsion, you should apply for a residency permit. There are various possibilities **(asylum claim, applying for residency permit)** depending on your personal situation.
In the box below you will find information on how to start an asylum claim.
This is not the only available option.
These procedures are long and complicated.

**For legal help, go to a free legal aid advice service (see page page 11)**

**For more information, read the procedure section of this guide (see page 40)**

## ASYLUM CLAIM

**Call the OFII to arrange a meeting: 01 42 500 900**

**Monday to Friday: 10am-3:30pm**
Wait for the language options to choose your language.There are lots of people calling at once: The waiting time can be very long. Every call cuts off automatically after 45 minutes. You have to try several times.

⚠ **Careful, this number is not free. It's the price of a local call.**
**If you don't have a phone, go to a day center (page 15), the people working there will lend you one.**
⚠ **If you are unable to get a meeting, take a screenshot of the calls made to the OFII from your phone.**
**This will help you prove that you've called several times and that you haven't been able to get a meeting to make an asylum claim.**

## HOUSING

### Emergency accommodation for all

**If you don't have any accommodation, you can call this emergency number for free: 115**

You don't need a French residency permit to qualify.

⚠ **Careful, there aren't many spaces so accomodation isn't guaranteed and is often only available for a short stay.**

More information on page 29.

### Accommodation for asylum seekers

During your first appointment at the Prefecture (see page 41), the OFII should offer you housing.

The waiting time can be very long.

There are other accommodation solutions, even before your procedure starts.

**These options are different for men, women, families and couples (see the following)**

**Caution, the French Office for immigration and integration (OFII) can offer you a referral to accommodation in another region than the one you filed your asylum claim in. If you refuse to go where you're referred, you will not be entitled to accommodation or financial benefits (ADA) anymore. More information on page 34.**

Watizat, tous droits réservés www.watizat.org

# Single men

If you want to apply for asylum or if you have started your asylum procedure, **you can go to a day centre (see below) for information and advice.** For those who have applied for an asylum request at the prefecture, you can apply for housing at a day centre. Be aware that the waiting time can be very long. **This kind of housing is only available to registered asylum seekers who receive ADA financial benefits and have never been provided with housing before.**

**ACCUEIL DE JOUR CITÉ**
Here you can get help to call the OFII number.
1 boulevard du Palais, 75004 Paris
Ⓜ 4 Cité
Monday to Friday 9am-4pm.
**Come early to register** for a housing transit centre (**CAES**).
More information on page 17.

**ACCUEIL DE JOUR LA ROCHE**
15 avenue du Général Leclerc, 75014 Paris
Ⓜ 6 4 RER B Denfert Rochereau
Monday, Wednesday, Thursday, Friday 9am-4pm.
Tuesday 9am-2:30pm.
**Come here to register** for a transfer to accommodation **(CAES or the region's SAS).**
More information on page 17.

# Families, couples and single women

Access to accommodation will vary depending on your family structure and the timing of the asylum procedure.

**If you haven't submitted an asylum claim yet, you are less likely to be provided with** housing. Call the OFII number (see **green** box to the left) to ask for accommodation during your asylum procedure. The Aboukir day centre specialises in helping families, couples and single women who have only just arrived in Paris.

**ACCUEIL DE JOUR BARON LE ROY**
**Families or pregnant women without housing.**
here you can get help with your asylum claim.
28, rue Baron le Roy
Ⓜ 14 Cour Saint-Émilion
Monday-Sunday: 9am-12.30pm, 2-5.30pm
Closed in the afternoons on Tuesdays
***Reception and shelter on Saturdays, Sundays and bank holidays (only during the day)***
More information on page 17.

**UTOPIA 56**
Place de l'Hôtel de Ville, 75004 Paris
Ⓜ 1 11 Hôtel de Ville

For families, single women, couples and unaccompagnied girl minors.

Distribution of blankets and solidarity housing (people host you in their house) for one night.
Monday-Sunday at 6pm

**For unaccompanied minors, see page 8**



Watizat, tous droits réservés www.watizat.org

# YOUR DOCUMENTS

⚠ **It is very important to keep photographs and copies of all documents and letters in your name** that may be given to you while you're staying in France.
Keep these copies in various different places (at a friend's place or at an organisation) and online (in your emails...).

**As soon as you arrive, make sure you keep track of all of the documents you receive and organise them by theme (health, work, education, etc).**

- They can be **useful for your asylum procedure or in case of arrest to prove your presence** on French territory and allow organisations to better understand your situation.
- These proofs of presence in France will be **mandatory if you request a resident permit.** Examples: your income declarations (taxes), medical prescriptions, social security certificate, phone and electricity bills, Pass Navigo, proof of domiciliation, pay slips, French class registration and diplomas, various letters...

# USEFUL APPS

Use the **ADOBE SCAN app to help you** scan your documents.

**TARJIMLY**
Allows you to contact a volunteer translator directly via the Messenger application (written, audio and voice messages) Tarjimly

**SPIKY COMMUNITY**
A free application with access to useful information for getting set un in France, with good tips and advice for discovering the city.

# GETTING AROUND

## Tickets

Metro tickets Métro-Train-RER (2,55€) allow you to make a single trip on the metro, tramway or RER (you can take various metro lines but once you leave the metro your ticket is no longer valid) within 2h.

- It is cheaper to buy a ticket in the metro than on the bus.

## Pass Navigo

This is a travel pass that you can top-up to get the bus, metro and RER. It costs 90,80€ a month but some discounts are available:

- CSS beneficiaries (ex CMU-C) get a 75% discount
- AME beneficiaries get a 50% discount
- RSA beneficiaries get it for free

### To get a Navigo Pass

**Ask for a Navigo Pass at a RATP office in most metro stations, at the ticket office. Issuing a Navigo pass is free and compulsory. If the RATP agent refuses to issue it, try another agency.**

### To benefit from the "Solidarité transport" discount

www.solidaritetransport.fr/first-request/online/home
Asylum seekers can get help from the association that gives them their mail (SPADA). If you are not entitled to these discounts, you can buy a 'Pass Navigo Découverte' (with daily, weekly or monthly top-ups) or a 'Pass Navigo Liberté' (linked to your bank card, a journey in Paris costs 1,64€). You can get more information at an RATP office.

anglais
www.watizat.org
Watizat, tous droits réservés

## If there is an inspection

If you travel without a valid ticket, you risk a fine. If there is an inspection, your identity papers might be requested. If you don't have any ID, the inspectors could ask the police to come and check your identity. If you are arrested, see your rights on page 29.

The inspectors can't search your belongings without your consent, but they could ask you to leave if you refuse.

## If you are fined

In the event of a fine, please note the time limits:

- You have a maximum of 3 months from the date of the offence to pay your fine. After this period, the fine may increase.
- If you pay it within the first 20 days, you will get a 20€ discount.
- Please note, if you don't have a bank card, you can only pay with cash for the first 30 days, in the 5 following offices:

Les Halles, Gare de Lyon, La Défense, Noisy-le-Grand Mont d'Est et Bourg-la-Reine (see the metro map on page 62).

The inspectors give you a document called a fine ticket (PV) or receipt: you should keep it with you.

If you have no income, you have three months from the date of the offence to contest the fine. Please note that this does not always work.

If there are any difficulties or you can't pay the fine, ask for help from a social worker (see page 28)

# EMERGENCY NUMBERS

**15 SAMU**

If you have serious coronavirus symptoms and difficulty breathing.

**18 Firemen**

Report a dangerous situation: accidents, fire, sick person...

**17 Police**

Call to get help in case of assault

**114 SMS emergency**

Allows deaf and hearing-impaired people as well as everyone who can't make a call to alert the emergency services 24/7 by SMS, chat, videoconference.

**115 Samusocial**

Emergency accommodation for one or more nights. Open 24/7 but you may have to call several times and wait about 2 hours. Ask for an interpreter for your own language. You can ask for humanitarian assistance (warm food, hygiene kit, blankets, clothes and shoes).

**119 Children in danger**

Emergency number for any child or young person who is a victim of violence or anyone who is concerned about a situation where a child is in danger.

**3919 Women violence info**

For female victims of violence (domestic, sexual, psychological, forced marriages, sexual mutilation, harassment...). Doesn't deal with emergency situations.

anglais
Watizat, tous droits réservés www.watizat.org

# -18 UNACCOMPANIED MINORS

*(UNDER 18 WITHOUT A LEGAL GUARDIAN)*

## 1. What is an 'unaccompanied minor'?

You are an "unaccompanied minor" if:
- You are **under 18 years old**
- You don't have **parents or legal guardians (adults with legal authority over you)** in France.

**As an unaccompanied minor, you are considered "in danger".** You will therefore be protected and taken into care by Child Welfare Services: Aide Sociale à l'Enfance (ASE).

## 2. Your rights in France

**The French State is legally responsible for unaccompanied minors on its territory** and therefore has to protect them. Child Welfare Services (ASE) is responsible for accommodating and protecting these unaccompanied minors. Before being taken into care, you will first need to take an **"underage and unaccompanied" evaluation** with the ASE. This evaluation is mandatory to be taken into care and protected by the ASE who will interview you to assess if you truly are underage and unaccompanied. Usually, this only takes a few days, **but it can take up to a few weeks.** Once you are officially recognized as underage and unaccompanied, you will be accommodated and guided towards independence until you turn 18. That will include socio-educational work, education or training, legal and administrative monitoring.

## 3. Arriving in Paris

**Halte humanitaire day centre page 15**

Go to these organisations to help you prepare for the next administrative steps:

**UTOPIA 56**

**Material support (blankets, tents, tarpaulin) and guidance.**

- Couples, and families: information and overnight accomodation in private homes or associations.

Place de l'Hôtel de Ville, 75004 Paris
Ⓜ 1 11 Hôtel de Ville
Monday-Friday 6-8pm male minors in an appeal
Monday-Sunday 6pm for female minors,

- Certificates for young people in an age dispute and distribution of clothing, snacks and hygiene products.

Jardin Gabriële Buffet Ⓜ 11 Pyrénées
Wednesday 9am-12pm

**POINT D'ACCÈS AU DROIT DES JEUNES**

***Closed 1st and 11th November***

4 place du Louvre, 75001 Paris
Ⓜ 1 Louvre Rivoli
Pre-registration on-site 9.30am

- **Information, referral and guidance (general legal practitioners)**
- **Legal Aid**
- **Representative from the Defender of Rights (la défenseure des droits)**

More information on Instagram:

- **Legal advice clinic with a legal practitioner specialised in immigration law, by appointment with an interpreter** Make an appointment: https://urlz.fr/izkz

When you feel ready, go to one of the **3 evaluation centres** below (no appointment needed):

**AMNA in Paris**

127 rue de Tolbiac, 75013 Paris
Ⓜ 7 Tolbiac 14 Olympiades
Monday to Saturday 9am-6pm

**PEMIE in Bobigny**

1-15 rue Benoît Frachon, 93000 Bobigny
T1 Libération 01 82 46 81 00
Monday-Friday 9am-12.30pm, 1.30-4.30pm
**Arrive very early.** Closes Wednesdays at 12pm

**SERVICE D'EVALUATION ET DE MISE À L'ABRI POUR MIE (EX POEMIE)** ***Closed 11th November***

85 Av. du Général de Gaulle, 94000 Créteil.
Access via the 3rd floor Ⓜ 8 Créteil-Bichat
Monday-Friday: 9.30am-5.30pm. Arrive very early. 01 42 07 09 02

## 4. The evaluation interview

**You will most likely have a quick 1st interview,** then will be placed in a shelter while you wait for a second interview. Usually, you must stay in the shelter before the next interview.

**The 2nd interview will be longer,** and you will have to discuss: your identity, your family, your life in your home country (living conditions, education), the reasons you left, your journey to France, your living conditions since your arrival in France, what you plan to do in France.

- Don't forget to bring the documents that prove you are underage. **Warning: it is very dangerous to show fake identity papers.**

anglais
Watizat, tous droits réservés www.watizat.org

- **You can ask an organization (see p11) to help you retrieve documents from your home country.**
- **You have the right to an interpreter of your native language.**

In some cases, after this evaluation, the ASE can ask for "complementary examinations":
a verification of your identity papers (if you have them), and sometimes, a bone age assessment.
**Note that you should not undergo any medical exams or X-rays if you did not give your consent and if the judge has not allowed it!**

# 5. After the interview

After the interview, the evaluation center is in charge of filling out a report for the ASE. Then, **the ASE is in charge of determining whether or not you are underage based on that report.**
You should receive an answer from the evaluation centre in the following days. Any rejection must be notified on a document that indicates the reasons behind that rejection.There are two possibilities:

- **You are officially recognized as an unaccompanied minor:** you will be accommodated (in a shelter, or in an apartment, and in some cases in a foster home), you will be supported by a tutor, you will learn French, go to school or undergo professional training in a specific field of work.
- **Or, the ASE does not recognize you as being underage and/or unaccompanied.**

# 6. In case of rejection

**If you aren't recognized as a minor, the reasons for the rejection should be explained in a document.** It is important for you to keep that document for the next steps. You have the right to appeal the decision before a children's judge. **The judge will set up a meeting to hear your case**.
They can also ask for complementary examinations: the verification of your papers and medical exams, with your consent. Once they have reviewed your case, the judge can either recognize you as an unaccompanied minor or confirm the ASE's rejection.

- **You have the right to an attorney**
- **When waiting for the judge's decision, you will not receive housing or financial aid from the Government.**

For info on where to eat/shower/get help, see p10

**ANTENNE DES MINEURS** ***Closed 11th November***
Free lawyers for unaccompanied minors who were refused minority recognition and want to appeal.
**Bring your original documents.**
Tribunal judiciaire, in front of reception (ground floor), 29-45 avenue de la Porte de Clichy 75017 Paris
Ⓜ 13 14 Porte de Clichy
Monday - Friday 2-5pm
01 42 36 34 87 telephone helpline
Monday-Friday 2-5pm

**CENTRE ACCUEIL DE JOUR DE PANTIN MSF**
Unaccompanied female minors in an appeal whose status as minors was refused. Legal, psychological, somatic and social support, etc.
101bis av Jean Lolive, 93500 Pantin
Ⓜ 5 Eglise de Pantin
Monday-Friday 9am-1pm, 2-5pm
Closed Wednesday morning
msff-pantin-acceuil@paris.msf.org
09 78 81 80 24
***Closed 11th November***

**PERMANENCE PLURIDISCIPLINAIRE**
- Legal and administrative advice
- Attendance certificates, distribution of clothing and hygiene products, young people in an age dispute: Utopia 56
Jardin Gabriële Buffet Ⓜ 11 Pyrénées
Wednesday 9am-12pm
- Healthcare clinic: Medecins du monde
Unaccompanied minors and families
Utopia 56 and Médecins du monde:
**Place de l'Hôtel de Ville, 75004 Paris**
Ⓜ 1 11 Hôtel de Ville Monday 6.15pm-9pm

**ADJIE**
Legal help for minors on their own.
1 rue de Nantes, 75019 Paris
Ⓜ 7 Crimée Corentin Cariou
Mondays 6-9pm. **Arrive early.** contact-adjie@proton.me

# 7. Seeking asylum as a minor

If you are underage, have fled your country in fear for your life, or have been persecuted, you can also apply for asylum in addition to the procedure for recognition that you are underage. Because you are underage, an ad hoc administrator (a legally responsible adult) will be appointed to help you through your asylum application. This person is a professional (sometimes someone who works for an organization like France terre d'asile). If a member of your family is currently in another European Union country, you can ask to join them.
**Please note: As a minor, you will not be granted an asylum seekers allowance (ADA). Only the ASE can house unaccompanied minors because you cannot be housed in adult centers adults. For more info on asylsum see p 40.**


Watizat, tous droits réservés www.watizat.org

# USEFUL ADDRESSES

## RECEPTION, GUIDANCE, ADMIN SUPPORT

**HALTE HUMANITAIRE**
**(Men) asylum seekers and refugees without housing.**
2 rue Perrault, 75001 Paris
Ⓜ 1 Louvre Rivoli
Monday-Sunday 9.30am-5.30pm
Closed every day 12.30-1.30pm and Wednesday afternoons.
• Showers : Monday-Sunday 9am-12pm

**ACCUEIL DE JOUR LA ROCHE**
**Men - Asylum seekers and refugees**
15 avenue du Général Leclerc, 75014 Paris
Ⓜ 6 4 RER B Denfert Rochereau
Monday-Friday 9am-4pm, Tuesday 9am-2.30pm
ajdarapine@aurore.asso.fr 06 18 53 37 99
• Breakfast, hot meals, laundry, showers
• **French lessons:**
Monday-Thursday 10am-12pm: BPI (Beneficiary of International protection)
Monday and Wednesday 10am-12pm and 2-4pm, Thursday 2-4pm: DA (Asylum Seeker)
• **Asylum seekers:** Regional SAS housing registration and CAIR
• **Refugees:** CAIR programme.
• **Medical clinic:** Monday, Wednesday, Thursday, Friday 9.15am-4pm
• **Pychological clinic** Monday, Friday morning
• **Help registering at the GUDA:** Max. 25 people
• **Reception and administrative services (no appointment needed):** Tuesday, Wednesday,Thursday 9am-1pm
• **Sports workshop:** vendredi 10h-11h30
• **Cultural activities:** Friday afternoons
• **CPAM:** Monday morning, by appointment
• **French Lessons:** Restarting in September

**ACCUEIL DE JOUR CITÉ Hommes (Men)**
**Asylum seekers and refugees.**
1 bd. du Palais, 75004 Paris Ⓜ 4 Cité
Monday-Friday: 9am-4pm Tuesday 9am-3pm
• **Access to meals, showers and washing machines in groups:**
- Breakfast, lunch, showers, washing machines 9.30am-12.30pm
- Lunch, showers, washing machines 12.30-4pm
• **Asylum seekers:** Phones available to call OFII
• **Asylum seekers and refugees: registration for a transfer to housing (SAS)**
• **Refugees:** social support, vocational integration (CAIR registration for working refugees) Tuesday and Thursday 9am-12pm, without appointment. **Come early!** Monday-Friday by appointment.
• **Socio-cultural activities:** bi-weekly schedule available on-site.
***Only open in case of Orange/Red alert : cold waves, bank holidays and weekends 9.30am-10pm***

**PSA GAUTHEY**
**Open to all without fixed address. (Paris only)**
39 rue Gauthey, 75017 Paris
Ⓜ 13 Brochant Ⓜ 14 Pont Cardinet
Monday-Friday 8.30am-5pm.
Thursday 8.30am-12.30pm.
• Reception, information and guidance
• Access to legal rights
• Psychological support **on appointment**

**LA MAISON VERTE**
**Unconditional welcome.**
127 rue Marcadet 75018 Paris
Ⓜ 12 Jules Joffrin et Lamarck - Caulaincourt
**Drop-in social and postal services:** Monday 2-5pm and Wednesday 10am-1pm, 4-7pm
**By appointment** Monday, Tuesday and Thursday, 10am-5pm
Wednesday 10am-1pm and 4-7pm
• **Locker room:** Wednesday 10am-12pm, 4-6pm
• **(Primary) School support:** Monday and Thursday 4.30-6pm
• **(Seconday) School support (college):**
Tuesday 5.30-7pm and Saturday 10am-12pm
• **Activities for senior citizens** 2.30-4.30pm

**ITINERANCE**
**For itinerant young people (18-30 years).**
61, boulevard Magenta, 75010, Paris
Ⓜ 4 5 7 Gare de l'Est
Monday, Tuesday, Thursday: 10am-1pm and 2-5pm. Wednesday and Friday 10am-1pm
• Showers, breakfast, washing machines, phone charging and activities
• Social support by appointment on site, subject to availability
• Legal and administrative support
01 40 05 54 87

anglais
Watizat, tous droits réservés www.watizat.org

## WASSLA
22 rue Malher 75004 Paris Ⓜ 1 Saint Paul
- Help for LGBTQI+ people with asylum and BPI (international protection beneficiary) claims
- Queer safe and Arabic-speaking psychologist
- Cultural and social activities

By appointment via ✉: wassla.ong@gmail.com
@wassla.ngo

## MAISON DES COURSIERS
**Delivery men such as Uber, Deliveroo, Stuart...**
10 rue François Miron 75004 Paris
Ⓜ 1 11 Hôtel de Ville
tueday to friday 1-6pm
✉ mdc@coopcycle.org
- **Battery charging, restrooms, coffee, tea**
- **Administrative assistance:** connecting platforms, housing-related procedures, prefecture..
- **Social support by appointment**
- **Healthcare support**

## BAAM PÔLE SOCIAL
- Healthcare (AME, CMU, carte vitale), work (CV and research), Solidarity Transport, social housing and residency permit applications

8 rue Duchefdelaville 75013 Paris
Ⓜ 14 Bibliothèque François Mitterrand
Monday 6.30-8.45pm
Online help everyday ✉ baam.social@gmail.com

## L'OASIS
***Asylum seekers attending their OFPRA interview:*** A space to support asylsum seekers on the day of their OFPRA interview.
50 rue Louis Auroux, 94120, Fontenay-sous-Bois RER A Val de Fontenay
Monday-Friday 9am-5pm
- Psychologist (multiple languages available) : Monday-Friday 10am-3pm
- Artistic and creative activites
- Help with essential needs (e.g. hygeine products and clothes) on request. For the most vulnerable people attending OFPRA interviews.

01 78 68 41 08. Register in advance here: https://bit.ly/4bIZUql

# FREE LEGAL AID

Help and advice for your procedures depending on your situation:
- Asylum procedure
- Dublin information
- Refugees
- Residence permits

See page 40 for more information about procedures.

**MINORS:** See page 8 to get legal aid for unaccompanied minors.

## CEDRE
**Day centre.**
23 bd. de la Commanderie, 75019 Paris
Ⓜ 7 Porte de la Villette Ⓜ 12 Aimé Césaire
- **One-to-one information on your rights**

Monday, Tuesday, Thursday 9-11am
- **One-to-one information on Dublin procedure**

Monday 9-11am

## AMNESTY INTERNATIONAL
Help for people at any stage of asylum or statelessness applications.
72 boulevard de la Villette, 75019 Paris Ⓜ 2 Colonel-Fabien Wednesday 3-6pm 01 53 38 65 65 ✉ asileparis@amnesty.fr

## BUS DE LA SOLIDARITÉ
Free lawyers from the Paris Bar. **For asylum and immigration law.**
The blue bus in front of: Avenue de la porte d'Aubervilliers, by Jardin Anaïs Nin 75019 Paris
T3b Porte d'Aubervilliers
Fridays 2-5pm. **Arrive early!**
Place de la Chapelle, 75018 Paris
Ⓜ 2 La Chapelle
Tuesdays 1-4pm **Arrive early!**

## CIMADE BATIGNOLLES
Assistance with OQTF and IRTF appeals.
46 bd. des Batignolles, 75017 Paris
Ⓜ 2 Rome.
- **Without an appointment:**

Wednesday 9.30am-12.45pm, 1.45-5.30pm
Thursday 9.30am-12.30pm, 2-5.30pm
- **Call to make an appointment**:

01 40 08 05 34
Monday 2.30-5.30pm
Wednesday 9.30am-12.30pm
- **By appointment:** Wednesday 5-9pm

Thursday 9.30am-12.30pm, 2-5.30pm, 6-9pm

## CIMADE LUXEMBOURG
58 rue Madame, 75006 Paris (entrance on 11 rue Jean Bart 75006 Paris)
Ⓜ 12 Rennes Ⓜ 4 Saint Placide
- **Without appointment :**

Thursday 2-8pm (residency, 'séjour').
- **To make an appointment call:**

01 42 22 75 77 Monday 9am-1pm
- **By appointment:**

Tuesday 9am-1pm (asylum)
Wednesday 10am-12.30pm (residency)
11 rue Jean Bart, 75006 Paris
Ⓜ 4 Saint-Placide
Thursday : 2-5pm, 5-8pm (residency)

anglais

Watizat, tous droits réservés www.watizat.org

### CIMADE FESSART
25 rue Fessart, 75019 Paris Ⓜ 11 Jourdain
**With or without appointment:**
By phone: 01 42 45 65 07
Monday 6.30-9pm
Tuesday 8.30am-12.30pm

### CIMADE DENFERT-ROCHEREAU
76 rue Daguerre, 75014 Paris Ⓜ 13 Gaité
**With or without appointment:** 01 40 08 05 34
Thursday 1.30-5pm

### ESSOR
Help with the OFPRA interview, CNDA appeals, Dublin appeals, CMA appeals, OQTF and family rights. Help with the reexamination procedure, come before you collect the form from the prefecture. **Make an appointment by phone, SMS text or WhatsApp**: 07 51 49 52 29 / 06 51 82 31 92

- **Legal, administrative and social aid for asylum seekers and refugees:**

Maison des associations, 15 passage Ramey 75018 Paris Wednesday 10am-5pm
Médiathèque Melville 79 rue Nationale 75013 Paris Friday 12-5pm

**Bibliothèque Vaclav Havel,** Esplanade Nathalie Sarraute, 75018 Paris Ⓜ 12 Marx Dormoy
Wednesday 1-6pm, Thursday 11am-6pm

- Legal outreach sessions resume on Thursday afternoons (Stalingrad and surrounding areas, and various camps in Paris)

### FASTI
**Drop-in sessions and information without appointment.**
58 rue des Amandiers, 75020 Paris
Ⓜ 2 3 Père Lachaise
Tuesday 6-8.30pm Thursday 2-4.30pm

### LDH 18/19 - AMNESTY INTERNATIONAL MONTMARTRE
Help for people at all stages of the asylum claim
Tuesday 2-6pm Septembet
**Make an appointment by phone first on Monday, Wednesday, Thursday and Friday.**
07 51 51 29 25 leave a message or email: permanence18@ouvaton.org

### MARAUDE FRANCE TERRE D'ASILE
Mobile van-clinic, visiting camps in the North-East Tuesday 2.30-4pm
Ⓜ 2 La Chapelle

### AVOCATS DU BARREAU PARIS
Parvis du tribunal de Paris, Paris 75017 ground floor. Ⓜ 13 14 T3b Porte de Clichy
With or without appointment 01 44 32 49 95

- **Employment, housing, family and general law for victims of crime** Monday-Friday 9.30am-12.30pm. **Arrive 8.30am**
- **Domestic violence** :

Tuesday and Thursday 2-5pm

- **Disability rights (MDPH):** 1st, 3rd, 4th Wednesday of the month: 2-5pm
- **Sign language for D/deaf people:** Video call by appointment: agir@droitpluriel.fr
- **Immigration and asylum law** Monday, Wednesday, Friday 2-5pm

### ATMF
10 rue Affre, 75018 Paris Ⓜ 2 La Chapelle
Legal and Social Help with Immigration Law
Make an appointment: 07 45 00 20 79 (message or voicenote)
permanence.atmf@gmail.com
Wednesday and Thursday: 10am-5pm

### PERMANENCE POUR LES EXILÉ·E·S LA CHAPELLE (ADDE, ATMF, Dom'asile, ELENA, GISTI, MRAP). **Problems with prefectures, the OFII (CMA appeals) and OFPRA. Information and Dublin, OQTF and CNDA appeals.**
**French, English, Arabic, Pashto and Dari.**
10 rue Affre, 75018 Paris Ⓜ 2 La Chapelle
Mondays at 2pm

### MRAP
Asylum, French nationality, and residency applications. 43 bd de Magenta, 75010 Paris
Ⓜ 5 Jacques Bonsergent
**Appiontments in person or** 01 53 38 99 99
Monday-Friday 10am-12pm, 2-5pm
Saturday mornings by appointment.

### BAAM PÔLE ASILE
Help with OFPRA interview and asylum story, and CNDA appeals.
8 rue Duchefdelaville, 75013 Paris
Ⓜ 14 Bibliothèque François Mitterrand
Monday 6.30-8.45pm

- Online help : baam.asile@gmail.com

## Telephone helplines

### GISTI
Telephone helpline, try calling several times:
01 84 60 90 26 Monday-Friday 3-6pm
Friday 10am-12pm

### LIGUE DES DROITS DE L'HOMME
Information and advice (residency permit, regularisation) by phone: 01 56 55 50 10
Monday-Friday: 10am-1pm

anglais
Watizat, tous droits réservés www.watizat.org

### CIMADE ÎLE-DE-FRANCE
Legal aid for people with a deportation order. Urgent appeals against OQTF (Order to leave French territory) and support for people who have received a deportation order or a court-ordered ban on entering France.
For information and to make an appointment by phone 01 40 08 05 34
Monday 2.30-5.30pm,
Wednesday 9.30am-12.30pm

### SCIENCES PO REFUGEE HELP
Legal and administrative support via phone and email. Re-examination, drafting personal statements, and preparing for OFPRA interviews. **Make an appointment by sms, voice message or WhatsApp :** 07 80 75 59 37 **or** asylum.aid@refugeehelp.fr
Leave a message with the languages you speak.

## Women's centres

### CIMADE ÎLE-DE-FRANCE
**For women and foreign nationals who are victims of violence.** 06 77 82 79 09
Wednesday 10am-12.30pm, 2.30-5.30pm
Leave a message with your details to be called back.

### BUS DE LA SOLIDARITÉ - BPS
**For victims of sexual and sexist violence: criminal law and immigration law (Sexist and Sexual violence in couples, in public, at work, etc.)** The blue bus in front of:
7 rue des Maraîchers, 75020 Paris
M 1 2 9 Porte de Vincennes
Wednesday 28th October and 25th November : 12-3pm
**With and without appointment:**
barreausolidarite@avocatparis.org

### PERMANENCE FAMILLE/MIE - MARAUDE FRANCE TERRE D'ASILE
**Attended by Utopia 56.** Place de l'Hôtel de Ville, 75004 Paris M 1 11 Hôtel de Ville
Monday, Wednesday, Thursday 6-8pm

### FEMMES DE LA TERRE *Closed 5th Oct.*
**For foreign nationals' rights: Women and young people under 25 years old**
2 rue de la Solidarité, 75019 Paris
M 7bis Danube Monday 1-5pm
By appointment, call: 01 48 06 03 34
- **Public writer and access to rights:**

Tuesday 1-5pm

## LGBTQIA+

### ARDHIS
Support for OFPRA, CNDA, Dublin procedure for LGBTQI+ people. Workshops and friendly outings. Social and psychological support.
La bulle, Maison des solidarités LGBTQI+, 22 rue Mahler, 75004 Paris M 1 Saint-Paul
**No appointment:** Two Saturdays a month: 9-10.30am ⚠ check the dates on their website
ardhis.org contact@ardhis.org

### BAAM
Help with writing your narrative, with the OFPRA interview and CNDA appeals.
8 rue Duchefdelaville, 75013 Paris
M 6 Chevaleret
14 RER C Bibliothèque François Mitterand
Tuesday 6-8pm. Contact them before going:
baam.lgbt@gmail.com

### CENTRE LGBTQI+ DE PARIS ET D'ÎLE DE FRANCE
- **Information sessions on OFPRA and CNDA**

Individual support for LGBTQI+ people
- **Cultural outings**
- **Support with administrative procedures**

63 rue Beaubourg, 75003 Paris
M 11 3 Arts et métiers
Sundays 2-5pm. **Come early.**
01 43 57 21 47

### ACCEPTESS-T
**Transgender people.** Social, administrative, legal and healthcare support. 01 42 29 23 67
88 rue Philippe de Girard 75018 Paris
M 12 Marx Dormoy M 2 La Chapelle
**First reception :** monday to friday 11am-6pm
**First asylum claim, follow-up and preparation for OFPRA :** wednesday 11am-2pm

### ARC ESSENTIEL
Reception centre, advice and facilitation services: support with administrative procedures (residency permit, job centre, CAF financial support, health insurance, social housing search, driving licence etc.)
By appointment: contact@arcessentiel.fr
06 71 92 95 16

**Maison des réfugiés:** 10 bis Henri Ribière, 75019 Paris M 7bis Place des fêtes
M 11 Télégraphe
Saturday 2-6pm, Wednesday 11am-8.30pm

**Maison des associations et de la vie citoyenne du 14eme :** 76 rue Daguerre 75014, Paris M 13 Gaité
- Writing consultant (writing emails, CVs and cover letters) and administrative procedures

Tuesday 12-6.30pm
- Naturalisation Thursdays 12-6pm
- All senior citizens Friday 12-6pm

anglais

Watizat, tous droits réservés www.watizat.org

# Sex Workers

### BUS DES FEMMES
**Sex workers.** ***Closed 11th November***
58 rue des Amandiers, 75020 Paris
Ⓜ 2 3 Père Lachaise
Monday-Friday 9:30am-5:30pm
Closes at 5pm on Fridays.
**Social help without appointements:**
***Call before going*** 01 43 14 98 98
Friday 10-12am
- Administrative domiciliation services for sex workers only.
- Weekly CPAM (health insurance) consultations
- All-round social support
- HIV, Hepatitis B and Hepatitis C rapid testing (TROD) available
- Various advice centres for access to social and medical rights

# FOOD

**Halal or vegetarian options available for breakfast, lunch and dinner.** حلال

## Breakfast

### P'TIT DÉJ' SOLIDAIRES
Jardin d'Éole, 75019 Paris
(Entrance at the intersection of rue d'Aubervilliers and rue du Département)
Ⓜ 2 5 7 Stalingrad
Monday to Sunday around 8.30am

### FONDATION ARMÉE DU SALUT
51 rue Ramponeau, 75020 Paris
Ⓜ 11 Pyrénées
monday-saturday 9.30-11.30am
***Closed 11th November***

## Lunch

### L'UN EST L'AUTRE / RESTOS DU CŒUR
15 avenue Porte de la Villette, 75019 Paris
Ⓜ 7 Porte de la Villette
Monday to Friday 11am-1pm

For addresses other than those of Watizat, more food distributions can be found on: www.soliguide.fr

### REFUGEE FOOD -LA CANTINE DES ARBUSTES
5 rue des Arbustes , 75014 Paris
Ⓜ 13 Porte de Vanves ***Closed 11th November***
Monday-Friday 11.30am-2.30pm
**Come in person or call** 06 50 94 54 09

### LES MIDIS DU MIE
Socio-cultural centre in Belleville; solidarity wardrobe and breakfast
15bis/17 rue Jules Romain, 75019 Paris
Ⓜ 2 11 Belleville / T3a / Bus 58, 59, 191
Monday 10am-12pm

## Dinner

### LA CHORBA
Halal and veggie options
15 avenue Porte de la Villette, 75019 Paris
Ⓜ 7 Porte de la Villette
Monday to Sunday 6-8pm, (not Thursdays)

### LA GAMELLE DE JAURÈS
29 av. de la Porte d'Aubervilliers, 75018 Paris
T3b Porte d'Aubervilliers
Mondays at 8pm

### LA FABRIQUE DU SOURIRE
Gare de Lyon, rue Roland Barthès, 75012 Paris
Ⓜ 1 14 RER C Gare de Lyon
Monday from 8pm

### UNE CHORBA POUR TOUS
In front of the Ⓜ 2 5 7bis Jaurès,
135 boulevard de la Villette, 75019 Paris
Monday to Saturday at 4.30pm. **Come early.**

### RESTOS DU CŒUR
1 avenue de Verdun, 75010 Paris
Ⓜ 4 5 7 Gare de l'Est
Monday, Wednesday, Friday 8-9pm
Sunday 7.30-9pm
Place de la république 75003 Paris
Ⓜ 3 5 8 9 11 République
Tuesday, Thursday and Saturday 8-9pm

## Food parcels

### AERI
**Pay what you can** fruit and vegetables
57 rue Étienne Marcel, 93100 Montreuil
Ⓜ 9 Croix de Chavaux
Monday 1.30-3pm.

### LES RESTOS DU CŒUR
**Register to 'restaurants du cœur' in your area.**
Operational hours and registration sites:
- **10th arrondissement:**
  18 rue Boy-Zelenski, 75010 Paris
  Ⓜ 2 Colonel Fabien
  Tuesday 9am-12pm, 1.30-4.30pm, Thursday 9am-12pm

anglais
Watizat, tous droits réservés www.watizat.org

- **3re, 4th, 11th and 12th arrondissements:**
  3-5 impasse Cresselin, 75011 Paris
  M 8 Faidherbe-Chaligny
  Tuesday-Friday, 12.30-4pm
- **17th and 18th arrondissements:**
  124 rue des Poissonniers, 75018 Paris
  M 4 12 Marcadet-Poissonnier
  Monday 12.30-4.30pm, Tuesday and Thursday 9am-12pm and 1.30-4.30pm
- **19th arrondissement:**
  7/15 av. de la Porte de la Villette, 75019 Paris
  M 7 Porte de la Villette
  Monday and Tuesday 9am-12.30pm, Thursday 9am-12.30pm et 2-4.30pm
- **20th arrondissement (for Families with children aged 0-36 months):**
  29 rue du soleil
  M 7bis 11 Place des fêtes
  Tuesday-Thursday 2-4pm

***Drinking water fountains are available for people to use. Scan the QR code to locate them: urlr.me/9khCy4***

# SHOWERS

**Free Individual shower cubicles.**
**Bring your own towel and soap.**

**BAINS-DOUCHES DES HAIES**
Disabled Access
27 rue des Haies, 75020 Paris M 9 Buzenval
Monday-Sunday 7.30am-12.30pm
**Come early!** ***Closed 1st and 11th November***

**BAINS-DOUCHES SAINT-MERRI**
18 rue du Renard, 75004 Paris
M 11 Rambuteau
Monday to Saturday 7.30am-12.30pm
Sunday 8am-12pm. Closed on Thursdays.
Last entry 30 mins before closing time.

**BAINS-DOUCHES MEAUX**
Disabled Access
18 rue de Meaux, 75019 Paris
M 2 Colonel Fabien
7.30am-12.30pm Sunday 8am-11.30pm
Call 01 42 08 16 44 to confirm it's open

**BAINS-DOUCHES OBERKAMPF**
Disabled Access
42 rue Oberkampf, 75011 Paris
M 5 9 Oberkampf
Monday-Saturday 7.30am-12.30pm. Sunday 8am-12pm. Closed Thursdays.

**BAINS-DOUCHES ROUVET**
1 rue Rouvet, 75019, Paris
M 7 Corentin-Cariou
Tuesday-Saturday 7.30am-1pm
Sunday 8am-12.30pm

# Laundry

**LAVERIE SOLIDAIRE**
1 rue Aboukir, 75002 Paris
M 3 Sentier M 1 7 Palais Royal
Saturday 9:30am-4:30pm, **come early!**
**Call before going: 01 59 35 25 03**
Access depending on availability.
Bring the clothes you want to wash.
Sanitary products (limited stock).
Sockets and computers available.
**Scan for more information:**
https://bit.ly/49HHwOo

# DAY CENTRES

**FREE**
**Places to rest and access to different resources depending on the centre, such as: hot drinks, phone charging, wifi, advice, etc.**

**Showers: limited spots**

**Laundry: to wash your clothes**

**HALTE HUMANITAIRE DIDEROT**
**For minors who have done an AMNA (Paris) evaluation.**
61 rue violet, 75015
M 10 Avenue Emile Zola
Access to washrooms, social and medical support, artistic workshops and trips.
***By referral.*** Contact them before you go:
06 11 80 71 63 or 06 03 23 26 53
Monday-Friday 9am-12.30pm, 2-6pm
Saturday and Sunday 9am-12.30pm, 2-5pm
***Closed on the last Friday of the month***

For addresses other than those of Watizat, more showers can be found on: www.soliguide.fr


Watizat, tous droits réservés

## AUTREMONDE *Closed 11th Nov*

**Adults with or without children.**
30 rue de la marre 75020
Ⓜ 11 Pyrénées Ⓜ 2 Couronnes
Wednesday, Friday 2-5.30pm, Sunday 3-6pm
**Administrative services (healthcare rights, AME...):** Monday 7.30-8.30pm
01 43 14 96 87 contact@autremonde.org
**Reception and guidance services - in vans**
• Gare de l'Est Ⓜ 4 5 7
Tuesday 9-11pm
• République Ⓜ 3 5 8 9 11
Wednesday 9-11pm
• Gare du nord Ⓜ 4 5 RER B
Thursday 9-11pm

## ESI LA MAISON DU PARTAGE

**Adults without children.**
***Closed 1st and 11th November***
32 rue Bouret, 75019 Paris Ⓜ 2 5 7bis Jaurès
Monday-Thursday: 8am-12.30pm, 2-4.30pm
Friday: 9th, 23rd October; 6th, 20th November : 8am-1pm
Sunday: 4th, 18th October; 15th, 29th Nov
• **Showers:** by registration same morning
Monday-Thursday all day
• **Laundry:** By appointment on-site

## ESI HALLE SAINT DIDIER

Unconditional welcome. By appointment on-site, for accompanied/supported people.
23 rue Mesnil, 75016 Paris Ⓜ 2 Victor Hugo
Monday-Friday 8.30am-12.30pm, 1.30-5pm.
• **Social and legal support** (including CPAM)
• **IT Support** every two weeks
• **Healthcare**:
- nurse everyday
- psychologist, podiatrist two weekly mornings
• **Hygiene and well-being**: showers, laundry, podiatrist, solidarity wardrobe, hairdresser

## ESI AGORA *Closed 11th November*

**Adults without children. Women's space.**
32 rue des Bourdonnais, 75001 Paris
Ⓜ 1 4 7 11 14 RER B Châtelet ou Les Halles
Monday-Friday 9am-12pm Friday 2-4pm
Closed Wednesday afternoons
• Laundry washrooms and showers on apt.
• Legal support
•CPAM: Monday and Friday by appointment
• Healthcare support: Monday
• BOCIEK clinic Friday mornings. with nterpreters in: Russian, English, Polish
•Cyberspace

For addresses other than those of Watizat, more day centers can be found on: www.soliguide.fr

## HALTE JEUNES

**Day centre unconditionally for isolated itinerant young people**
11 rue Henri Degrange, 75012 Ⓜ 6 14 Bercy
Monday 9am-2pm
Tuesday-Friday 9am-4pm
• Hot drinks and lunch, showers, washing machines/dryers
• **Psychologist** once a week
• **Legal support** once a month
• **Social support** by appointment
• **Sport and cultural activities**

## ESI BICHAT *Closed 11th November*

**Isolated adult women without housing.**
35 rue bichat, 75010 Paris
Monday, Tuesday, Wednesday, 9am-5pm
Thursday 9am-3pm Friday 9-am-4pm
• **Snacks:** 9-11am
• Lounge room
• **EMPP (mobile medical/psychiatric/precarity clinic) for people who go to the ESI :**
Tuesday 9-11am
By appointment: • Showers • Laundry
By appointment by phone 01 40 18 04 41
• **CPAM :** 1st wednesday every fortnight
• **Legal aid (emergency rights):** Tuesday 2-4pm

## MAISON DANS LA RUE

**Adults without children.** ***Closed 11th November***
18 rue Picpus, 75012 Paris Ⓜ 2 Nation
Monday-Friday 8am-4pm, Wednesday 1-4pm
• **Day centre and café**
• **Laundry**
• **CPAM clinic:** Tuesday 9.30am-12.30pm
• **Legal expert:** Friday 9.30am-12.30pm
Without appointment:
• **Doctor:** Wednesday 2-4pm
• **Nurse:** Monday 9.30am-12.30pm
• **Psychologist:** Friday 9.30am-12.30pm

## ESI RENÉ COTY

**Adults without children.** ***Closed 11th Nov***
6-8 avenue René Coty, 75014 Paris
Ⓜ 6 RER B Denfert-Rochereau
Monday-Friday 8.30am-1pm, 2-5pm
• Showers (towels, soap available):
**Men** Monday-Friday 8.30-11am and Monday 2-3.30pm
**Women** Monday-Friday 2-3.30pm
• Psychologist Thursday 9am-5pm
• Doctor Monday 2-5pm, Thursday 9am-5pm
• Nurse Monday-Friday 8.30am-1pm, 2-5pm
**By appointment:**
• Laundry washroom (9 people in the morning, 4 in the afternoon):
**Men**: Monday-Friday 8.30-11am (Monday 2-4pm)

anglais www.watizat.org Watizat, tous droits réservés

**Women**: Tuesday-Friday 2pm
• Legal expert: Wednesday and Friday 2-4pm
•Podiatrist: Monday, Tuesday, Wednesday 9-12
• Hairdresser: Monday, Tuesday, Wednesday, Thursday 9am-1pm and 2-5pm
• **Computer consulting :** Thursday every other week

# Men

## HALTE HUMANITAIRE

**(Men) Asylum seekers and refugees without housing**
2 rue Perrault 75001 Paris Ⓜ 1 Louvre Rivoli
Monday-Sunday 9.30am-5.30pm.
Closed everyday 12.30-1.30pm and Wednesday afternoons.
Closed on the last Friday of the month
• **Showers** Monday-Sunday 9am-12pm, 2-5.15pm
• **Social support:**
Registration for support: 9-10am:
- France Terre d'Asile: Monday 9.30am-12pm
- Nouvelle Page : Tuesday, Wednesday 9am-12.30pm, 2-5pm (Wednesday afternoon by registration)
• **Medical support:**
Monday-Wednesday, Friday: 9.30am-12.30pm, 2-5pm (Wednesday afternoon by registration)
Thursday 9.30am-12.30pm
Saturday 3-5pm
• **Psychological support by referral from a Halte partner:**
Monday-Friday by waitlist
• **Sports and cultural activities** afternoons
• **French lessons:** Monday-Saturday morning

## ACCUEIL DE JOUR CITÉ

***Closed 1st and 11th November***
**(France Horizon) Asylum seekers and refugees.**
1 bd. du Palais, 75004 Paris Ⓜ 4 Cité
Monday-Friday 9am-4pm, Tuesday 9am-3pm
***Only open if there is an Orange or Red alert: cold waves, bank holidays and weekends 9.30am-10pm***
• **Access to meals, showers and washing machines in groups:**
- Breakfast, lunch, showers, washing machines 9.30am-12.30pm
- Lunch, showers, washing machines 12.30-4pm
• **Asylum seekers:** phones to call the OFII
• **Asylum seekers and refugees:** register for transfer to housing (SAS)
• **Refugees:** general social support (registering for CAIR programme for people who work)
Monday-Friday by appointment,
Tuesday and Thursay 9am-12pm without appointment **(arrive early)**
• **French lessons** Friday 10am-1.45pm

## ACCUEIL DE JOUR LA ROCHE

**Asylum seekers and refugees.**
15 avenue du Général Leclerc, 75014 Paris
Ⓜ 6 4 RER B Denfert Rochereau
Monday to Friday 9am-4pm
Tuesday 9am-2.30pm
ajdarapine@aurore.assso.fr
•Breakfast, hot meals, laundry, showers, lounge
• **French lessons:**
- For International Protection Beneficiaries (BPI): Monday-Thursday 10-12
- For asylum seekers: Monday and Wednesday 10am-12, 2-4pm and Thursday 2-4pm
• **Registration for transfers to SAS** accommodation outside Paris, CAIR
• **Medical Clinic** Monday, Wednesday, Thursday, Friday 9.15am-4pm
• **Sports workshop:** Fridays 10-11.30am
• **Psychological support**
Monday and Friday mornings
• **Cultural activities:** Friday afternoons
• **Starting administrative procedures** (without appointment): Tuesday, Wednesday and Thursday 9am-1pm.
• **CPAM**: Tuesday mornings by appointment

# Women + Families

## ACCUEIL DE JOUR BARON LE ROY

**Families/pregnant women without housing.**
28 rue Baron le Roy Ⓜ 14 Cour Saint-Émilion
Monday-Sunday 9am-12.30pm, 2-5.30pm
Closed Tuesday afternoons
**Social support following evaluation.**
**Reception in the daytime:**
Saturdays, Sundays and bank holidays
• **Showers**
• **Launrdry** by appointment on Mondays for families who regularly visit the centre
• **Nurse:** Wednesday 9am-5pm ***Closed 11th Nov***
•**Midwife** consultations: two Mondays a month
***With reservations :***
• **General Medical consultations:** monthly
• **Biociok psychologist sessions** Friday 9am-12.30pm

## ACCUEIL DE JOUR LA ROCHE

**For families with children younger than 18 years old, without or in precarious housing. Pregnant women.** ***Closed 11th November***
15 avenue du Général Leclerc, 75014 Paris
Ⓜ 6 4 RER B Denfert Rochereau
Monday-Friday: 9.30am-4.30pm
Tuesdays: 12-4.30pm **Hours may vary.**

anglais
Watizat, tous droits réservés www.watizat.org

**Services:**
- Breakfast, hot meals, sanitary facilities
- Laundry by appointment: Closed on Friday
- Distribution of nappies and sanitary/ menstrual products: Monday and Friday

**Clinics**:
- Midwife: Monday afternoon
- Nurse from SAMU SOCIAL: Wednesday all day
- Osteopath and wellbeing massages: alternate Wednesday mornings
- Reconnecting families RED CROSS: Thursdays
- Dessine-moi un mouton workshops, intercultural initiative: monthly
- **Socio-educational clinics** every day by registration before midday (except Tuesdays)
- Clothing distribution by registration

## AUTREMONDE

**For women, with or without children.**
Reception, talking space, and activities.
30 rue de la marre 75020
Ⓜ 11 Pyrénées Ⓜ 2 Couronnes
Monday, Wednesday, Friday: 2-5.30pm
- **French lessons:** Monday and Wednesday 10am-12pm.
- **Administrative clinic:** Monday 7-8.30pm

**Workshops by registration**: 01 43 14 77 84
louise.rouge@autremonde.org

**Reception and guidance services - in vans**
- Gare de l'Est Ⓜ 4 5 7
Tuesday 9-11pm
- République Ⓜ 3 5 8 9 11
Wednesday 9-11pm
- Gare du nord Ⓜ 4 5 RER B
Thursday 9-11pm

## ESI FAMILLES PITARD
## EMMAÜS SOLIDARITÉ

**Families with parents in a couple, single parents and pregnant women.**
4 rue Georges Pitard, 75015 Paris
Ⓜ 13 Plaisance
Monday-Friday, closed Tuesday afternoons:
**Without appointment:** 9.15am-1pm, 2-5pm
**By appointment on-site:** 2pm-5pm.
***Closed 11th November***

## ESI BONNE NOUVELLE

**For families.** 9 rue Thorel 75002 Paris
Ⓜ 8 9 Bonne Nouvelle
***Closed 11th Nov***
Monday-Friday 9.40am-1pm, 2-5pm
***Closed Thursday afternoons***
- Breakfast, snacks, showers, break room, food
- Legal expert: Tuesday 2-5pm
- Midwife: Tuesday 10am-1pm
- Hairdresser: Monday and Tuesday 10am-1pm
- Barber: Tuesday and Wednesday 2-5pm
- CPAM (social security): 3rd Tuesday and 4th Friday of the month
- Psychologist: Monday 2-5pm and Wednesday 10am-12pm
- Socio-aesthetician: Monday afternoon

## REPAIRE SANTÉ BARBÈS

***Closed 11th Nov***

**For women, with or without children.**
- showers, break room, food, warm drinks
- **Screening, assessment of holistic health needs, and referrals.**
- **Midwife, nurse, doctor and psychologist.**

23 Rue des Cheminots, 75018 Paris
Ⓜ 12 Porte de la Chapelle
Monday, tuesday and thursday 9.30am-12.30pm
Tuesday, wednesday and friday 1.30-4.30pm

## ESI HALTE FEMMES

**Isolated women.**
16 passage Raguinot, 75012 Paris
Ⓜ 1 14 / RER A D Gare de Lyon
Monday, Tuesday, Wednesday, Friday and bank holidays 9am-4pm. Thursday 9am-12pm
- Reception, warm drinks
- Showers, register on-site

**By appointment:**
- Psychological clinic by appointment
- Washroom/Laundry
- Legal advice
- General medical consultations (only for women without medical cover)
- Social support

## HALTE AIDE FEMMES BATTUES

**Women in very precarious situations and/or victims of conjugal violence.**
***Closed 11th November***
17 rue Mendelssohn 75020 Paris
Ⓜ 9 Porte de Montreuil
On the corner of the street, a glass door with a sign reading 'Espace Solidarité'
- **Social and psychological support :**

but appointment on-site or by phone: 01 43 48 18 66 espacesolidarite@hafb-asso.com
Monday 9.30am-12pm and 1-5.30pm
Tuesday, Wednesday, Friday 1-5.30pm
- Support without appointment :

Monday, Wednesday and Friday 1-4pm

anglais
www.watizat.org
Watizat, tous droits réservés

# HEALTHCARE

In a medical emergency, call 15

## General health

**Emergencies: patients who must be treated urgently.**
**You don't need health insurance or a pass sanitaire to access emergency care.**
⚠ **Careful**, if you don't have health insurance (AME or CSS), go see the social service of the hospital when leaving the emergency room. It might be better to go to a PASS if it is not an emergency.
**PASS («Permanences d'Accès aux Soins de Santé»): free medical consultation without health insurance. Come very early, there are often many people.**
**There is a PASS for pharmacys: if you are prescribed medicine you can go to the hospital's pharmacy service.**
**Important:**
- **If you don't have health insurance (AME, PUMA,CSS), don't leave the hospital without seeing a social worker.**
- **It can help to be accompanied by a French speaker.**
- The translation website **Traducmed (39 languages)** may be very useful for medical appointments: www.traducmed.fr

**Medical associations**

### HÔPITAL SAINT-LOUIS

**PASS general medicine.** ***Closed 11th November***
1 avenue Claude-Vellefaux, 75010 Paris
M 2 Colonel Fabien
Monday-Friday from 8.30am
**By appointment only. Call on Monday, Tuesday, Thursday or Friday 10am-2pm to make an appointment** 01 42 49 91 30

### HÔTEL-DIEU *Closed 11th Nov*

**Go to the 'Centre diagnostic'. Access to ophthalmological (eye) and oral-dental PASS on request from a PASS doctor.**
1 rue de la Cité 75004 Paris
M 4 RER B Saint Michel / Cité

**From 15 years and 3 months old:**
Without appointment 7.30am, registration at 7.30am and between 10.30am-1pm

### HÔPITAL AVICENNE

***Closed 11th Nov***
**PASS - Medical polyclinic: general care**
125 rue de Stalingrad 93000 Bobigny
(Larrey Building A, ground floor, door 2)
M 7 La Courneuve - 8 mai 1945
Monday - Friday, 9am-4.30pm
01 48 95 51 93

### HÔPITAL LARIBOISIÈRE

**PASS general medicine** ***Closed 11th November***
Ask for «Consultation Arc-en-ciel»
2 rue Ambroise-Paré 75010 Paris
M 4 5 RER B Gare du Nord
**No appointment needed:**
Monday to Friday 8am-4.30pm.**Come early!**

### HÔPITAL PITIÉ SALPÊTRIÈRE

**PASS general medicine.** ***Closed 11th November***
47-83 bd. de l'Hôpital, 75013 Paris
M 5 Saint-Marcel
Monday-Friday. **Come at 7am** for appointment 8.30am-4pm, subject to availability.
accueil-medint1.pass-pitie@aphp.fr
01 42 17 62 62 **9am-4.30pm**

### HÔPITAL SAINT-ANTOINE

**PASS - Medical polyclinic (specialised in scabies treatment)** ***Closed 11th November***
184 rue du Faubourg Saint-Antoine 75012 Paris (Accès par la rue Crozatier).
M 8 Faidherbe-Chaligny M 2 Nation

Available to 16 year olds and over

**Ask for «Polyclinique Baudelaire»**
**Without appointment:**
Monday - Friday: 8am-6pm
01 49 28 29 53/54

### COMEDE *Closed 11th November*

**Unconditional reception, open to all.**
Medical consultations, gynecological prevention and follow-ups, therapeutic education, vaccinations, pscyhotherapies, podology, addictology, osteopaths and socio-judicial consultations.
- **Access to an interpreter**
- **First meeting without appointment (cont..)**

**Consultations are also available for unaccompanied minors.**

Hôpital Bicêtre 78 rue du Général Leclerc 94270 Le Kremlin Bicêtre M 7 Le Kremlin-Bicêtre M 14 Hôpital du Kremlin Bicêtre
Access: Second floor, Gate 58, Brown section
Monday-Friday, 9am-6pm
***The first appointment, arrive at least one hour before the centre closes.***

anglais

Watizat, tous droits réservés www.watizat.org

## MÉDECINS DU MONDE (CASO)

8 rue des blés,93210 La Plaine St Denis
RER B La Plaine - Stade de France
M 12 Front Populaire

***Closed 11th November.***

**• Social clinics (information about l'AME) and mail:** Tuesday and Thursday 2pm-5pm
**• Medical Consultation without appointment (without AME):**
Monday, Tuesday, Thursday 9.15am-12pm
Tuesday and Thursday 2-5pm
**• Collective information about AME:**
Monday (in Hindi, Urdu, Punjabi), Tuesday and Thursday (in French) at 9.15am
**• HIV and Hepatitis prevention and tests:**
Tuesday 9.30am-12pm and 2pm-5pm

## MÉDECINS DU MONDE (CAOA)

**Open to all. Interpreters available.**Assessment of medical or social needs. Referrals to relevant services. Doctors, social workers, psychologists / psychiatrists available.

***Closed 11th November***

15 bd. de Picpus, 75012 Paris M 6 Bel Air
Monday and Thursday at 9.30am-12.30pm
Without reservation. **Come early. For all changes to opening times, check:** https://bit.ly/3RhosjS

## CONSULTATION MÉDICALE MSF

**Doctors and social workers**

«Glazart» 7 avenue de la Porte de la Villette next to 'Restaurants du Cœur', 75019 Paris
M 7 Porte de la Villette
Thursday 10am-3pm **Come early**

## VEILLE SANITAIRE SAMUSOCIAL, MDM,

**Doctors with interpreters in Arabic, Pachto and Dari for people without housing. Scabies treated by samu social.**

In front of M 2 La Chapelle, 75018 Paris
Tuesday 1.30-4.15pm (Samusocial)

In front of M 2 5 Stralingrad
Monday: 1.30-5pm (MDM)
Wednesday: 2-4.15pm (Samusocial)

«La Roche» **Men** 15, av du Général Leclerc, 75014 Paris, M 6 4 RER B Denfert Rochereau
Monday and Thursday 9.15am-4pm
Wednesday 9.45am-12.30pm

«Halte Humanitaire Rivoli», 2 rue Perrault, 75001 Paris M 1 Louvre Rivoli
Docotrs and psychologists by appointment (Samusocial)

«Baron-Le-Roy», 28, rue Baron le Roy
M 14 Cour Saint-Émilion
**• Families and pregnant women with no housing** Wednesday 9am-5pm

«Halte Humanitaire Diderot» 61 rue violet, 75015 Paris M 10 rue Avenue Emile Zola
**Minors who have done an evaluation at AMNA (Paris).**
Monday and Thursday 9.15am-5.30pm
Attended by a (Samu Social) nurse.
• Medical and psychological consultations by appointment

## MIGRATIONS SANTÉ

**Healthcare clinic and access to healthcare rights. Active listening, help accessing healthcare, medical and social support, mediation and guidance.**

• 4 place du Louvre, 75001 Paris
2nd floor (QJ Quartier Jeune)
M 1 Louvre-Rivoli RER A Châtelet-les-Halles
**Without appointment:** 01 42 33 24 74
Friday 3-6pm **(office 202)**
**Raising awareness of sexual health among young people:** Wednesday and Friday 4-6pm

• 77b Rue Robespierre, 93100 Montreuil
M 9 Robespierre RER A Vincennes
Friday 10am-1pm
**By appointment** 01 42 33 24 74

• Maison des Refugees, 10bis, rue Henri Ribière 75019 M 11 7bis Place des fêtes
Thursday 10am-1pm
**With or without appointment** 01 77 37 71 54

Cité de la santé, library level -1.
Cité des sciences et de l'industrie (Library of Science and Industry)
M 7 Porte de la villette
2nd and 16th October : 2-6pm
Saturday 24th October and 28th November 2-6pm

BPI, 40 avenue des Terroirs de France, 75012 Paris M 14 Cour Saint-Emilion
Wednesday 14th October and 11th November : 2-6pm

# Medical helpline

## COMEDE

Assistance and expertise concerning residency rights based on medical reasons.
Access to health care services and to social benefits for foreigners living in Île-de-France.
Interpreters available.

**• Medical and psychological questions:**
01 45 21 38 93
Monday and Tuesday: 2-5.30pm
Thursday 9.30am-12.30pm

anglais
Watizat, tous droits réservés www.watizat.org

• **Social and legal questions:** 01 45 21 63 12
Monday: 9.30am-12.30pm and 2.30-5.30pm
Friday 9.30am-12.30pm

## Teeth

**HÔPITAL PITIÉ SALPÊTRIÈRE**
**Oral and dental PASS** ***Closed 11th November***
47-83 bd. de l'Hôpital, 75013 Paris
M 5 Saint-Marcel.

**From 16 years old**

Make appointment at reception: 9am-5pm
Monday-Friday 8.30am-4.30pm

**LE BUS SOCIAL DENTAIRE**
**Emergency dental care. Identity card required.**
Register at 9am for treatment in the morning and at 1pm for the afternoon.
**Scan for the schedule**
http://busdentaire.fr/index.php/planning
**Call before going:**
06 80 00 94 21 / 06 45 72 21 35
Samusocial, 35 av. Courteline, 75012 Paris
M 1 Saint-Mandé.
**Adults only:** ***Closed 11th November***
Monday, Tuesday, Wednesday 9am-1pm
**Adults and children:**
Restos du cœur, 70 rue Douy Deculpe, 93100 Montreuil M 9 Croix de Chavaux
Thursday 9am

## Hearing

**AUDITION SOLIDARITÉ**
**Hearing test, hearing aids and annual check-ups. For people who don't have social security cover or AME (State Medical Aid).**
First speak to an ENT (ear nose and throat) doctor for a referral then contact Marion by phone (call or text) 06 72 83 79 55
marion@auditionsolidarite.org

## Eyes

**PASS O**
Ophthalmological consultations, examinations and optical equipment.

All persons over 12 years old.

55 avenue Jean Jaurès, 75019 Paris
M 2 5 7bis Jaurès Consultations on Fridays
**Make an appointment:** passoph@for.paris or 01 48 03 62 93

## Skin

To get treated for scabies, go to Saint-Antoine hospital and Samu Social. Health checks at La Halte, La Roche, Tuesdays at La Chapelle.

**HÔPITAL SAINT-LOUIS**
**Dermatology services.**
1 avenue Claude-Vellefaux, 75010 Paris
M 2 Colonel Fabien
Monday-Friday: 8am. **Come from 6am.**
**Closed Thursday afternoons.**
Register your name at the Dermatology department on arrival, or make an appointment by mail: consultations.dematologie.sls@aphp.fr **ID or récépissé required.**

## Women & Children

**HÔTEL-DIEU** ***Closed 11th November***
**Maternity welfare centre (Cité)**
**For pregnant women without housing.**
Pregnancy monitoring up to 28 weeks (ultrasound, medical analysis), help with health insurance rights. No delivery on-site, possible referral to maternity hospital for delivery.
1 parvis Notre-Dame 75004 Paris.
Galerie A1, 6th floor
M 4 RER B Saint Michel / Cité
**Make an appointment:** 01 71 28 13 30
Monday-Friday 9am-1pm/2-5pm, apart from Thursday 9am-1pm

**HÔPITAL ROBERT-DEBRÉ** ***Closed 11th Nov***

**PASS for unaccompanied minors**

**PASS for pregnant women.**
Gynecology and maternity consultations.
Access through the «Point VERT» zone
48 boulevard Sérurier, 75019 Paris
M 7bis Pré Saint-Gervais
Without appointment: Monday-Friday: 9am-12.30pm and 2-5pm 01 40 03 24 94

**HÔPITAL NECKER ENFANTS MALADES**

**PASS for unaccompanied minors**

149 rue de Sèvres, 75015 Paris M 13 Duroc
M 6 Sèvres-Lecourbe M 12 Falguières
Monday to Friday 9am-4pm. **Make an appointment by phone** 01 44 38 17 93 **or**
fatma.debiane@aphp.fr pass.nck@aphp.fr
***Closed 11th November***

anglais

Watizat, tous droits réservés www.watizat.org

**SOLIPAM**
**Pregnant women or women with children under 3 months.** Telephone helplines staffed by midwives and social workers for advice on social support, pregnanacy and abortions (IVG).
Monday-Friday 9am-12:30pm and 1:30-5pm
Call the green number free: 0801 801 081
***All departments in Ile de France.***

**PMI CURIAL**
**0-6 year old children**
Medical monitoring for children, childcare, vaccinations, psychologist, child-parent workshops. ***Closed 11th November***
11 bis rue Curial, 75019 Paris Ⓜ 7 Riquet
Monday-Friday 8.30am-12.30pm, 1.30-5.30pm

**PMI CLAVEL**
**0-6 year old children**
Medical monitoring for children, childcare, psychologist, psychomotor skills, child-parent workshops.
6 bis rue Clavel, 75019 Paris Ⓜ 11 Pyrennées
Monday 10am-12.30pm and 1.30-6.30pm
Tuesday-Friday 8.30am-12.30pm, 1.30-5.30pm

**PMI TCHAIKOVSKI *Closed 11th November***
**Women and children.**
14 rue Tchaïkovski, 75018 Paris
Ⓜ 7 Riquet Ⓜ 12 Marx-Dormoy
Monday-Friday 8.30am-12.30pm, 1.30-5.30pm

# Mental health

## Emergencies

**HÔPITAL SAINT-ANNE**
**From 16 years old.**
Call before going:
01 45 65 81 09 / 01 45 65 81 10
1 rue Cabanis, 75014 Paris Ⓜ 6 Glacière
24/7 - every day, at any time or call the free emergency number 112

**HÔPITAL AVICENNE**
125 rue de Stalingrad, 93000 Bobigny (Mantout Building) Ground floor, door 2
Ⓜ 7 La Courneuve - 8 mai 1945
**Mental health: psychologists specialised in psychotraumatology, interpreters available.**
Make an appointment by phone or email:
01 48 95 54 74
psychotrauma.avicenne@aphp.fr
Monday-Friday: 9am-4pm

**PARCOURS D'EXIL**
For anyone in exile who is suffering from **psychological trauma.**
**For minors, check the website.**
4 avenue Richerand (2e étage), 75010 Paris
Ⓜ 2 Colonel Fabien Ⓜ 11 Goncourt
Make an appointment Friday 6th November
01 45 33 31 74 accueil@parcours-exil.org

**LE CHÊNE ET L'HIBISCUS**
**Asylum seekers and refugees without housing.**
Psychologists and psychotherapists with an interpreter.
«Halte Humanitaire Rivoli», 2 rue Perrault, 75001 Paris Ⓜ 1 Louvre Rivoli
Monday and Friday 2-5pm
Tuesday and Friday 10am-12pm
Wednesday 10.30am-1.30pm
Thursday 2-6pm

«La Roche»
15, av du Général Leclerc, 75014 Paris
Ⓜ 6 4 RER B Denfer Rochereau
Monday 9.15am-5pm

***For unaccompanied minors without housing***
Accueil de jour Diderot,61 rue violet 75015
Ⓜ 10 Avenue Emile Zola
Monday-Sunday: 9am-12.30pm/2-6pm
Call before going:
06 11 80 71 63 / 06 03 23 26 53

**INTERVALLE CAP - PSYCHANALYTIC CENTRE**
Centre Culturel et Social 13 Pour Tous - 4 place de Vénétie, 75013 Paris
Ⓜ 7 Porte de Choisy Ⓜ 14 Olympiades
Saturday and Sunday 10am-5.30pm

**LE CENTRE MINKOWSKA**
**By appointment.** Have this form filled out by a professional and send it to:
11 rue des réglises, 75020 Paris
Ⓜ 9 Porte de Montreuil
To access the form, scan the QR code:
https://bit.ly/4nNJSkQ

**CENTRE PRIMO LEVI**
**For asylum seekers who have been victims of torture and policital iolence in their country.**
63, rue de Croulebarbe 75013 Paris
Ⓜ 6 Corvisart 5 6 7 Place d'Italie
**By appointment only:**
primolevi@primolevi.org
**Phone helplines :**
01 43 14 88 50
Monday, Wednesday and Friday, 2-5pm

anglais
Watizat, tous droits réservés www.watizat.org

**LIMBO**
• **Cultural outings:** twice a month
ateliers.limbo@gmail.com
«104», 5 rue Curial, 75019 Paris
M 2 5 7 12 Stalingrad, Riquet, Marx Dormoy
• **Artistic mediation workshops**
Thursday 2.30-5pm (including bank holidays)
la Maison des Réfugiés, 10b rue Henri Ribière, 75019 Paris M 11 Place des Fêtes
• **Psychological services open to all:**
Tuesdays 3-5pm
Planning Familial, 2 rue Hittorf 75010 Paris
M 5 Jacques Bonsergent
• **Women's discussion groups**
Tuesday 13th October and 10th November

# Women victims of violence

**FEMMES ENTRAIDE AUTONOMIE**
**Women who've been victims of violence.**
Pépinière Mathis, 9 rue Mathis, 75019 Paris
M 7 Crimée
People to speak to, individual psychological support, women's discussion groups, sport and well-being workshops. ***Opens 5th October.***
**By appointment** Whatsapp or call:
07 45 69 01 37 Monday 9.30am-5pm
Pépinière Mathis, 9 rue Mathis, 75019 Paris
M 7 Crimée mercredi et vendredi
10bis rue Henri Ribère M 11 Place des Fêtes
Tuesday
28 rue de Tanger 75019, Paris
M 2 5 Stralingrad Thursday

# Tuberculosis

**Free access without medical insurance**

**For a tuberculosis screening, get a referral from your doctor.**

**CMS BOURSAULT** ***Closed 11th November***
54 bis rue Boursault, 75017 Paris
M 2 Rome M 13 La Fourche
01 53 06 35 60
**Make an appointment in person or by phone**
Monday-Friday: 8.45am-12.30pm, 1.30-5pm
**From 16 years old.**

**CMS BELLEVILLE** ***Closed 11th November***
218 rue de Belleville 75020 Paris
M 11 Télégraphe T3b Porte des Lilas
**Appointments on-site or by phone:**
01 40 33 52 00 or Doctolib (general practitioners and lung specialists)
Monday-Friday: 8.45am-12.30pm
Monday, Wednesday, Thursday 1.30-7pm
Tuesday and Friday 1.30-5pm
Saturday 9am-12.30pm
•**Testing** Monday-Friday 9.15am-6.45pm, Wednesday and Thursday 8.30am-4.30pm
• **General Practictioner** (without social security cover) Tuesday, Wednesday, Thursday 9.15am-12pm
• **Midwife**
Monday and Friday 9am-12pm, 1.30-4.30pm
• **Pneumologist:** Tuesday, Thursday morning
• **Psychology consultations for young people from 18 years old** (by referal from a CMS doctor): Monday 2-5pm

# Sexual health

**CMS RIDDER** ***Closed 11th November***
Sexual health center (screening for HIV and sexually transmitted infections (STDs), medicated abortion, contraception, PrEP, etc.).
3 rue Ridder 75014 Paris M 13 Plaisance
You must make an appointment online:
https://bit.ly/3N4SbX7
If you have STD symptoms: make an appointment by phone:
01 58 14 30 30
Monday-Friday 8.45am-6.45pm
Saturday 3rd, 10th, 17th October and 7th, 14th, 20th November 9am-12pm

**ACTIONS TRAITEMENTS**
**For anyone with HIV.**
Patient association representing those using the healthcare system.
23 rue Duris, 75020 Paris
M 2 3 Père Lachaise
• Centre for therapeutic, dietary, psychological and social support **By appointment:**
Monday-Friday: 10am-6pm ***Closed 14th July.***
06 51 62 16 20 or
accompagnement@actions-traitements.org
• **Listening hotline and information for any questions about HIV, hepatitis and other STIs**:
Send a Whatsapp message: 06 66 45 47 03
• Collective workshops for people living with HIV:
call 06 51 62 16 20 or go to https://actions-traitements.org/

**AIDES PARIS 19**
**Foreign nationals with a medical condition.**
AIDES branch dedicated to people living with HIV.
• **Tax stamps**: full cost for first-time applications, and at 70% for renewals
• **Testing** for HIV-AIDS, hepatitis B and C, syphilis
Thursday 3-9pm
**To make appointment:** 01 81 69 59 88

anglais

Watizat, tous droits réservés www.watizat.org

**ACT-UP PARIS** ***Closed 11th November***
**Legal and healthcare access services open to all individuals living with HIV and/or hepatitis.** Wednesday 1-5pm
To make appointment on a different day : https://perm.actupparis.org/

# Addictions

Services specifically for people using psychoactive substances.

**ESPACE FEMME** ***Closed 11th November***
**For adult women who are victims of violence, in sex work, addicts or HIV positive.**
3 boulevard Magenta, 75010 Paris
Ⓜ 4 Château Rouge Ⓜ 11 République
- **Group sessions**:
  Monday and Friday 9.15am-3.30pm,
  Tuesday-Thursday 9.15am-12.30pm
- **Nurse**: Monday 1-3.30pm
  Tuesday and Wednesday 9.15am-12.30pm
- **Sexologist** Thursday 9.30am-12.30pm
- **Art-therapist** Monday 10am-1pm
- **Socio-aesthetician**: Friday 9.15am-3.30pm
- **Podiatrist**: Monday 9.15am-1pm
- **Individual sessions by appointment**:
  Tuesday and Thursday 1.30-4.30pm
- **Social assistant** Wednesday 9.15am-12.30pm
- **General Practitioners** Thursday morning

**CAARUD - RÉPUBLIQUE** ***Closed 11th Nov***
9 rue Beaurepaire 75010 Paris
Ⓜ 3 5 8 9 11 République
01 53 38 96 20
- **Group welcome:** light meal, shetler
  Monday-Friday 9.30am-12.30pm. Closed Wednesday afternoons.
- **Individual help, by appointment:** showers, administrative help, educational monitoring, risk reduction, access to legal rights and healthcare Monday, Tuesday, Thursday and Friday 2-4.30pm
- **Psychologist:** Tuesday
- **Medical clinic:** Thursday 9.30am-12.30pm
- **Legal clinic:** Friday 2-4.30pm
- **Podiatrist:** Monday 2-4.30pm
- **Substance analysis:** all opening hours

**CAARUD - BOUTIQUE 18** ***Closed 11th Nov***
**Mixed space.** 3 rue Binet, 75018 Paris
Ⓜ 4 Porte de Clignancourt
- **Nurse and podiatrist:** Tuesday, Wednesday, Thursday 9.30am-12.30pm and 2-4.30pm
- **General doctor:** Tuesday and every other Thursday 9.30am-12.30pm and 2-4.30pm (2nd, 16th, 30th April, 28th May)
- **Arabic-speaking Psychologist**: Monday, Tuesday and Friday 10am-12.30pm
- **Individual support by appointment:**
  Monday, Tuesday and Thursday 2-4.30pm
  01 81 80 28 05
- **Procedures, washing machines and showers**

# RESTORING FAMILY LINKS

**LA CROIX ROUGE FRANÇAISE**
**RÉTABLISSEMENT DES LIENS FAMILIAUX**

**1. For those who need help finding a lost family member:** help for people who lost a family member due to conflict, a natural disaster, or migration. 07 77 46 62 40
rlf.dt75@croix-rouge.fr
**This is a free service.**
urlr.me/tMZYXD

**All personal details will stay confidential.** Free telephone available to call family and friends internationally.

**2. If you want to contact a family member internationally by phone/text:**
In front of the subway Ⓜ 2 La Chapelle
Monday 2-5pm
'Halte humanitaire' Diderot, 61 rue violet, 75015 Ⓜ 10 Avenue Emile Zola
Wednesday 2.30-5.30pm

La Roche, 15, av du Général Leclerc, 75014 Paris Ⓜ 6 4 RER B Denfer Rochereau
Wednesday 10th, 24th June, 8th, 22nd July 9.30am-12.30pm

**SAFE PASAGE**
Family reunificationi. Interpreters subject to availability.
**1.Relocating an unaccompanied minor to France:** Assistance for people legally resident in France who have a minor family member stranded and isolated in another EU country. ***Priority cases.***
**2) Relocating a parent to France:** Assisance for families with children who are resident in France who have a parent stuck in another EU country. ***Support available.***
reunification-ue@safepassage.fr
Whatsapp : +33 6 42 56 17 30

anglais
Watizat, tous droits réservés www.watizat.org

# DOMICILIATION

⚠ **SPADA domiciliation is mandatory for asylum seekers:** see page 36

**PARIS ADRESSE**

- **Domiciliation service**

10 Rue Eugénie Eboué, 75012 Paris
Ⓜ 1 8 Reuilly - Diderot
**Intial enquiries by appointment only**
To make you first request or to renew your domiciliation for domiciliation: https://bit.ly/4rRtQXu
**New places open up everyday.**
Monday-Friday 9am-5pm
Wednesday 9am-12.30pm

- **Postal collection:** 90 rue Saint-Denis, 75001 Paris Ⓜ 11 Rambuteau

Monday-Friday 8am-6pm Thursday 8am-7pm
***Attention: domiciled people must keep the address 25 rue des Renaudes – 75017 Paris for all their administrative processes and postal address.***

# CLOTHING

**VESTIAIRE ÉGLISE SAINT-BERNARD**
5 rue Pierre l'Ermite, 75018 Paris
Ⓜ 4 Château-Rouge Ⓜ 2 La Chapelle
Ⓜ 2 4 Barbès-Rochechouart

- **Men** Saturday 8.30am-12pm
- **Women and Families**

2 Thursdays per month 9am-12pm
**While (limited) stocks last. Come early.**

# BAG STORAGE

**ASSOCIATION LA MIE DE PAIN**
**Anyone over 18 years old**
113 rue Regnault, 75013 Paris
Ⓜ 7 Porte d'Ivry Ⓜ 14 Olympiades
Tuesday-Saturday 8.30am-12pm, 1.45-5pm.
Closes at 4pm on Tuesdays ***Closed 11th Nov.***
**Make an appointment:** 01 44 06 96 88
on Wednesday 1.30-1.45pm

# SOCIAL HOUSING

**ADIL DE PARIS**
Local agency for housing information.
**Information on housing assistance schemes**

- **Information and advice on the phone:** 01 42 79 50 50
- **If you don't have housing in Paris:** 0806 704 604 Monday 2-4pm
  Tuesday-Friday 9am-12.45pm and 2-6pm
- **For unpaid rent, eviction:** 01 42 79 50 39

**For all other information, go directly to your local town hall.**

**POINT D'ACCUEIL LOGEMENT**
Call **3975** to make an appointment in the closest «point d'accueil logement». There you can find information and help for your social housing application.

# LEARNING FRENCH

## Without registration

**FRENCH LANGUAGE AND CULTURE EXCHANGE**
French language practice and cultural exchanges. 67 rue Beaubourg, 75003 Paris
Ⓜ 11 Rambuteau
Wednesday 7-9pm. Lessons followed by a friendly meal: https://www.servethecity.paris/

**BAAM**
Courses for all levels, non-degree or certificated courses. 11 locations in Paris and Ivry. More information and timetables: baamasso.org/fr/ateliers-francais

**KARIBU**
For people who speak Arabic, Pashto, Dari Ukranian and English. Free app for learning French (administrative procedures, health, transport, writing CVs, interview preparation, professional vocab in industrial, hospitality and care sectors)

Google Store Apple Store

To find more french classes: www.reseau-alpha.org

anglais

Watizat, tous droits réservés www.watizat.org

**UTOPIA 56**
**French lessons for all levels, women welcome.** Cité Fertile, 14 avenue Édouard Vaillant, 93500 Pantin
RER E Pantin T3b Ella Fitzgerald
Wednesday 2.45-6pm, Saturday 2.45-5pm

**PARIS D'EXIL**
Bibliothèque Couronnes, 66 rue des Couronnes, 75020 Paris M 2 Couronnes
Thursday and Friday 9.45-11.45am

# EMPLOYMENT

## Professional support

- Asylum procedure
- Dublin information
- Refugees
- Residence permits

**SISTECH**
Women refugees with level A2 in French.Training program for technology and digital professions. By registration, using this form: https://sis.tech/apply/refugee_women_france/ or france@sis.tech
***Advanced course, 'Springboard': September***

**MISSION LOCALE**
**Unconditional access. For young people aged 16 to 25 with a residence permit, work permit or API for young people with BPI.**
***Adresses may vary, check*** Watizat.org
On-site enrollment: Monday-Friday at 9am or 1.30pm. **Closed Thursday afternoons**

- **For those domiciled in the 1st, 2nd, 3rd, 4th, 9th, 10th et 11th arrondissements :**
  29/31 rue des boulets, 75011 Paris
  M 9 Rue des boulets
- **For those domiciled in the 5th, 12th, 13th, arrondissements:**
  93 rue Jeanne d'Arc, 75013 Paris
  M 6 National
- **For those domiciled in the 6th, 7th, 14th, 15th and 16th arrondissements :**
  24/26 rue de Chatillon, 75014 Paris
  M 4 Alesia
- **For those domiciled in the 8th, 17th and 18th arrondissements :**
  9 impasse Milord, 75018 Paris
  M 13 Porte de Saint-Ouen
- **For those domiciled in the 19th:**
  65 rue d'Hautpoul, 75019 Paris
  M 5 Ourcq
- **For those domiciled in the 20th:**
  3 rue de l'Est, 75020 Paris
  M 11 Jourdain

**REFUGEE FOOD**
- **Romarin (Rosemary) Training**:
Introduction to catering jobs. Free and paid
- From 12th October
- 4 days a week during 3 months and a half
- Requirements: have international or temporary protection / have newly arrived in France with a work permit, being over 18 years old, A2 oral and A1 written French level, have signed the CIR, have finished attending the OFII French classes, motivation to work in catering.
**Enroll**: Send your name, surname and the name of the program you want to join to: formations@refugee-food.org or 07 65 80 58 19

## The Right to Work

**POINT D'ACCÈS AU DROIT**
**Legal assistance for all questions** (disputes with employers, regularization through work, etc.)
3039 for information about the closest «point d'accès au droit»/access to legal aid.

**AVOCATS DU BARREAU DE PARIS**
- **Work, housing, family and general law and legal support for victims of criminal offences**
Monday-Friday 9.30am-12.30pm. **Arrive 8.30am**
Cité des métiers 30 av. Corentin Cariou, 75019 Paris M 7 T3b Porte de la Villette
- **By appointment**: phone consultations
Thursday 2-5pm
- **Civil or public service law**: Wednesday 21st October and 18th November: 3-6pm
- **Employment law:**
Thursday 8th October, 12th November:2-5pm
Tuesday 27th October 24th November: 2-5pm
Visit this site to **make a phone appointment, Thursday 2-5pm only**: https://bit.ly/3I8DUWL

For training offers, look into the calls for projects of the city of Paris: https://bit.ly/3MxJdzZ

anglais
Watizat, tous droits réservés www.watizat.org

# ACTIVITIES

## Sports

**TERRAIN D'AVENIR**
Several sports (climbing, fitness, basketball, rugby, football, swimming, yoga (women and mixed), step, modern dance, running. By registration: https://bit.ly/4t7qH7f

## Social and cultural activities

**All activities are free, open to everyone and all abilities.**

**MADERA** *Closed 10th-16th August*

• **Club Ali Jan:** Monthly leisure (cinema, games night, picnic) or cultural (museum) activities
Get in touch to register:
07 81 40 99 88 / 07 49 37 70 10
Programmealijan@madera-asso.org

• **Projet Point Virgule:** A project prioritising the wellbeing and mental health of exiled people. Weekly workshops for a period of 4 months.
**Wednesday 6-8pm**
**Maison des réfugiés** :
10 bis Henri Ribière, 75019 Paris
M 7bis 11 Place des fêtes M 11 Télégraphe
**By registration:**
07 81 40 99 88 / 07 49 37 70 10
pointvirgule@madera-asso.org
https://bit.ly/pointvirgulemadera

• **En Route :** 6 months of support finding work or training
• Group workshops for writing CVs and preparing for job interviews
• Discovery trips and work experience.
To register: https://bit.ly/4f3Xs1b
or email: enroute@madera-asso.org

To see Parisian swimming pool opening times and adresses: https://bit.ly/33MAvgE. All swimming pools are free for all asylum seekers having the «carte ADA». To see all the public sports sites in Paris click here: https://bit.ly/3Jdq1G0

**LA MAISON BAKHITA**
For any exiled people. 5 ter rue Jean Cottin, 75018 Paris M 12 Marx Dormoy
Monday to Friday 9am-5.30pm
• Help finding work
• Medical and psychological consultations
• Talking, cooking and yoga studio
For more information, contact:
bonjour@maisonbakhita.fr

**ASSOCIATION 4A - L'ÉDITION ORGINALE**

**Pour mineurs et jeunes majeurs** : For minors and young adults
• Artistic mediation workshop with drawing and painting supported by 4A art therapists.
Friday 2-5pm 06 09 14 00 63

**CEDRE**
23 bd. de la Commanderie, 75019 Paris
M 7 T3b Porte de la Villette M 12 Aimé Césaire
• **Dance workshop** Monday 5.30-6.30pm
• **Gardening** Thursday 2-3.30pm
Porte d'Aubervilliers
•**Football** Saturday 8-10am
07 69 92 97 53

**SINGA**
Gatherings with games and fun activities to build relationships, share stories and practise languages.
**Maison des réfugiés**:
10 bis Henri Ribière, 75019 Paris
M 7bis 11 Place des fêtes
Monday-Friday 10am-6pm, Sunday 1-6pm
**Singa blabla:** @singa_paris
For dates, hours, registration: urlr.me/U35ynu

# LIBRARIES

**FREE Access to books, computers, internet, WIFI, plug sockets to charge your phone...**

**BIBLIOTHÈQUE PUBLIQUE D'INFORMATION**
40 avenue des Terroirs de France, 75012 Paris M 14 Cour Saint-Emilion
**Conversations in French**:
Friday: 1pm (complete beginners), 2pm, 4pm, 6pm

Find all the libraries in Paris here:

anglais

Watizat, tous droits réservés www.watizat.org

Watizat, tous droits réservés www.watizat.org anglais

# OCTOBER



| monday | tuesday | wednesday | thursday | friday | saturday | sunday |
|---|---|---|---|---|---|---|
| 28 | 29 | 30 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |

# NOVEMBER

| monday | tuesday | wednesday | thursday | friday | saturday | sunday |
|---|---|---|---|---|---|---|
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 1 | 2 | 3 | 4 | 5 | 6 |



Watizat, tous droits réservés www.watizat.org anglais

Citymapper

City Mapper is a free phone app to get around in Paris and work out your journey in advance so you don't get lost.

Ⓜ The Metro works in Paris and its suburbs.

RER The RER is a train network that allows you to get aroun between Paris and the rest of the region.

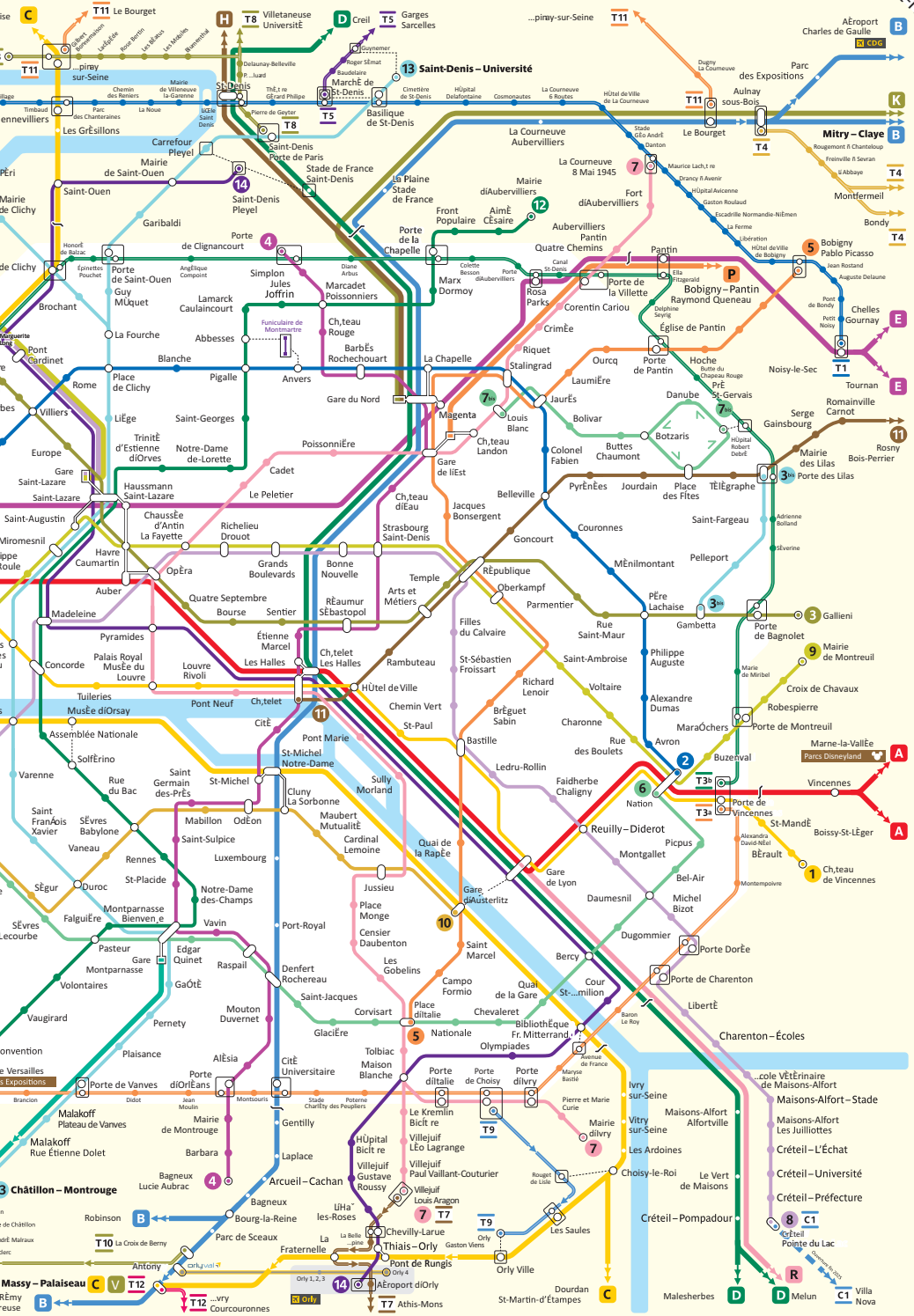
- Porte de Clignancourt
- Porte de la Chapelle
- Porte d'Aubervilliers
- Porte de la Villette




**Thank you to all the translaters and volunteers, most of whom are people in exile, as well as the solidary printers who allow this guide to exist.**

**We would also like to thank all the structures, associations or collectives that have been supporting the project since 2019!** ❤

anglais
www.watizat.org
Watizat, tous droits réservés


13 Saint-Denis – Université
Mitry – Claye
Bobigny – Pantin Raymond Queneau
Bobigny Pablo Picasso
Montfermeil
Chelles Gournay
Tournan
Noisy-le-Sec
Bondy
Aéroport Charles de Gaulle
CDG
Parc des Expositions
Aulnay sous-Bois
Le Bourget
La Courneuve Aubervilliers
La Courneuve 8 Mai 1945
Fort d'Aubervilliers
Mairie d'Aubervilliers
La Plaine Stade de France
Stade de France Saint-Denis
Saint-Denis Pleyel
Saint-Denis Porte de Paris
Basilique de St-Denis
Marché de St-Denis
Carrefour Pleyel
Mairie de Saint-Ouen
Saint-Ouen
Garibaldi
Porte de Clignancourt
Porte de Saint-Ouen
Simplon
Jules Joffrin
Lamarck Caulaincourt
Marcadet Poissonniers
Porte de la Chapelle
Front Populaire
Aimé Césaire
Aubervilliers Pantin Quatre Chemins
Pantin
Porte de la Villette
Corentin Cariou
Crimée
Riquet
Stalingrad
Ourcq
Laumière
Jaurès
Bolivar
Botzaris
Buttes Chaumont
Colonel Fabien
Belleville
Pyrénées
Jourdain
Place des Fêtes
Télégraphe
Porte des Lilas
Mairie des Lilas
Romainville Carnot
Serge Gainsbourg
Rosny Bois-Perrier
Danube
Église de Pantin
Hoche
Porte de Pantin
Marx Dormoy
Rosa Parks
Barbès Rochechouart
Ch,teau Rouge
Abbesses
Anvers
Pigalle
Blanche
La Fourche
Pont Cardinet
Place de Clichy
Rome
Villiers
Liège
Saint-Georges
Trinité d'Estienne d'Orves
Notre-Dame de-Lorette
Europe
Gare Saint-Lazare
Saint-Lazare
Haussmann Saint-Lazare
Chaussée d'Antin La Fayette
Richelieu Drouot
Opéra
Havre Caumartin
Saint-Augustin
Madeleine
Auber
Quatre Septembre
Bourse
Sentier
Réaumur Sébastopol
Grands Boulevards
Bonne Nouvelle
Strasbourg Saint-Denis
Poissonnière
Cadet
Le Peletier
Ch,teau d'Eau
Gare du Nord
Gare de l'Est
Magenta
Louis Blanc
Ch,teau Landon
Jacques Bonsergent
Goncourt
Couronnes
Ménilmontant
Pelleport
Saint-Fargeau
Adrienne Bolland
Séverine
Père Lachaise
Gambetta
Porte de Bagnolet
Gallieni
Mairie de Montreuil
Croix de Chavaux
Robespierre
Porte de Montreuil
Marne-la-Vallée
Parcs Disneyland
Vincennes
Boissy-St-Léger
Ch,teau de Vincennes
Saint-Mandé
Bérault
Montempoivre
Bel-Air
Michel Bizot
Porte Dorée
Porte de Charenton
Liberté
Charenton – Écoles
Nation
Porte de Vincennes
Reuilly – Diderot
Picpus
Montgallet
Daumesnil
Gare de Lyon
Quai de la Rapée
Gare d'Austerlitz
Jussieu
Place Monge
Censier Daubenton
Saint Marcel
Les Gobelins
Campo Formio
Quai de la Gare
Cour St-...milion
Bercy
Dugommier
Chevaleret
Bibliothèque Fr. Mitterrand
Olympiades
Nationale
Glacière
Corvisart
Place d'Italie
Tolbiac
Maison Blanche
Porte d'Italie
Porte de Choisy
Porte d'Ivry
Ivry sur-Seine
Maisons-Alfort Alfortville
Vitry sur-Seine
Les Ardoines
Choisy-le-Roi
Le Vert de Maisons
Créteil – Pompadour
Maisons-Alfort – Stade
Maisons-Alfort Les Juilliottes
Créteil – L'Échat
Créteil – Université
Créteil – Préfecture
Créteil Pointe du Lac
Villa Nova
Melun
Malesherbes
Dourdan St-Martin-d'Étampes
Orly Ville
Les Saules
Orly
Pont de Rungis
Thiais – Orly
Chevilly-Larue
La Belle Épine
La Fraternelle
Aéroport d'Orly
Athis-Mons
Antony
Massy – Palaiseau
Châtillon – Montrouge
Malakoff Plateau de Vanves
Malakoff Rue Étienne Dolet
Mairie de Montrouge
Barbara
Bagneux Lucie Aubrac
Arcueil – Cachan
Laplace
Gentilly
Bagneux
Bourg-la-Reine
Parc de Sceaux
Robinson
La Croix de Berny
Porte de Vanves
Porte d'Orléans
Cité Universitaire
Saint-Jacques
Denfert Rochereau
Raspail
Port-Royal
Vavin
Montparnasse Bienvenüe
Notre-Dame des-Champs
Saint-Placide
Rennes
Luxembourg
Saint-Sulpice
Mabillon
Odéon
Cluny La Sorbonne
Maubert Mutualité
Cardinal Lemoine
Pont Marie
St-Michel Notre-Dame
St-Michel
Saint Germain des-Prés
Rue du Bac
Solférino
Assemblée Nationale
Musée d'Orsay
Pont Neuf
Cité
Châtelet
Les Halles
Hôtel de Ville
Rambuteau
Arts et Métiers
Temple
Oberkampf
République
Parmentier
Rue Saint-Maur
Philippe Auguste
Alexandre Dumas
Voltaire
Richard Lenoir
Saint-Ambroise
St-Sébastien Froissart
Chemin Vert
Bréguet Sabin
St-Paul
Bastille
Rue des Boulets
Avron
Faidherbe Chaligny
Ledru-Rollin
Charonne
Filles du Calvaire
Ch,telet Les Halles
Louvre Rivoli
Palais Royal Musée du Louvre
Tuileries
Pyramides
Étienne Marcel
Madeleine
Concorde
Auber
Havre Caumartin
Miromesnil
Saint-Lazare
Gare
Europe
Rome
Villiers
Pont Cardinet
Brochant
Lamarck Caulaincourt
Guy Môquet
Porte de Clichy
Mairie de Clichy
Les Grésillons
Gennevilliers
Timbaud
Parc des Chanteraines
Mairie de Villeneuve-la-Garenne
Les Agnettes
Les Mobiles-de-Stalingrad
Les Béliers
Les Bergères
Rue Berlin
Rue Delizy
Rue Bernard-Hoësen
Le Bourget
Villeneuve Université
Garges Sarcelles
Creil
Pierrefitte – Stains
Saint-Denis
Basilique de St-Denis
Marché de St-Denis
Carrefour Pleyel
Saint-Denis Porte de Paris
Saint-Denis Pleyel
Mairie de Saint-Ouen
Garibaldi
Porte de Clignancourt
Simplon
Jules Joffrin
Lamarck Caulaincourt
Marcadet Poissonniers
Abbesses
Anvers
Pigalle
Blanche
La Fourche
Pont Cardinet
Place de Clichy
Rome
Villiers
Liège
Saint-Georges
Trinité d'Estienne d'Orves
Notre-Dame de-Lorette
Europe
Gare Saint-Lazare
Saint-Lazare
Haussmann Saint-Lazare
Chaussée d'Antin La Fayette
Richelieu Drouot
Opéra
Havre Caumartin
Saint-Augustin
Madeleine
Auber
Quatre Septembre
Bourse
Sentier
Réaumur Sébastopol
Grands Boulevards
Bonne Nouvelle
Strasbourg Saint-Denis
Poissonnière
Cadet
Le Peletier
Ch,teau d'Eau
Gare du Nord
Gare de l'Est
Magenta
Louis Blanc
Ch,teau Landon
Jacques Bonsergent
Goncourt
Couronnes
Ménilmontant
Pelleport
Saint-Fargeau

# OCT-NOVEMBER 2026
## ENGLISH - PARIS



If you are in Paris as an a**sylum seeker, refugee** or **undocumented person**, this guide is made for you.

It contains useful **addresses**, **advice** and **legal procedures** updated each month!

Our texts are written, reviewed and checked by social, asylum and foreigner's rights experts.

This guide is available and updated each month in **French, English, Arabic, Pashto and Dari.**

**Téléchargez le guide :**
**www.watizat.org**

**Vous avez une question ?**
**Contactez-nous :**
**contact@watizat.org**

**Contact The Link to speak to real people.**
**You can :**

- **find help near you**
- **find useful addresses anywhere in France**
- **speak in your own language**

Free, confidentiql qnd anonymous.
Whatsapp, text messages, phone calls.

**+33 7 57 59 90 12**

**www.thelink.ngo**

**You can find online contents on www.watizat.org and video tutorials on:**

Watizat Paris | watizatparis | Watizat, chaîne d'information | watizatasso

Ce guide est gratuit et interdit à la vente aux particuliers. Ne pas jeter sur la voie publique.