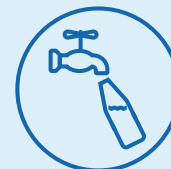


Right thing during a heat wave:



Drink water, even if you are not thirsty. Aim to drink 3 to 4 liters of water a day. Fill a water bottle as soon as possible.



During the day try to stay safe in cool or air-conditioned places: churches, railway stations, shopping centers, libraries, etc.



Get closer to the fountains and freshness zone. Wet your body, your face, your forearms.



Avoid drinking alcohol.



Rest and avoid effort.



Try to eat enough fresh food



In the event of heat stroke, if you experience the following symptoms (weakness, dizziness, drowsiness, nausea, fever, sweating): call 15 !

Cool island :

In case of a heat alarm, the city council of Paris leaves the parks open all night and extends the opening hours of the public shower as well as some ESI.

Fresh islands in Paris are also identified as places of rest, accessible to everyone. Scan the QR code to find them:



If you are in Paris, as an asylum seeker, refugee or undocumented person, this flyer is made for you.

Informations are from a free guide available and updated each month in French, English, Arabic (litteral), Pashto and Dari. It contains useful addresses, advice and legal procedures.

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

Follow this link to download it :



Day centers

FREE

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

ACCUEIL DE JOUR AUSTERLITZ

Men asylum seekers and refugees

🏠 24 quai d'Austerlitz 75013 Paris
🚇 6 Quai de la Gare, 🚇 5 10 Gare d'Austerlitz
🕒 Monday to Friday 9am -16pm, closes at 2:30pm on tuesday

ACCUEIL DE JOUR CITE

Closed 14th July and 15th August.

🏠 1 boulevard du Palais 75004 Paris
🚇 4 Cité
🕒 Monday to Friday 9am - 4pm

HALTE HUMANITAIRE

Closed 28th July

🏠 2 rue Perrault 75001 Paris
🚇 1 Louvre Rivoli
🕒 Monday to Sunday 9am - 6pm

CEDRE

Closed from 4th to 21th August

🏠 23 boulevard de la Commanderie 75019 Paris
🚇 7 Porte de la Villette, 🚇 12 Aimé Césaire
🕒 Monday, Tuesday et Thursday 9am - 12pm and 2pm - 5pm

ESI AGORA

Adults without children.

Closed 14th July and 15th August.

🏠 32 rue des Bourdonnais 75001 Paris
🚇 4 7 11 14 1 🚇 10 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

Without appointment:

🕒 Monday to Friday 9am - 12pm

With appointment: 🕒 Monday to Friday 2pm-4pm.

Closed on Wednesday afternoons.

ESI FAMILLE

Families only.

🏠 9 rue Thorel, 750002 Paris
🚇 8 9 Bonne-Nouvelle, 🚇 4 Strasbourg-Saint-Denis
🕒 Monday to Friday 9:30am -13pm and 2pm -5pm
Closed on Thursday afternoons.

ESI CHEZ MONSIEUR VINCENT

Closed from 31th July to 16th August

🏠 10 rue de Rocroy, 75010 Paris
🚇 5 4 Gare-du-Nord, 🚇 7 Poissonnière
🕒 Monday to Friday 9:30am - 12pm, Wednesday to Friday 2pm - 5pm

ESI BICHAT

🏠 35, rue Bichat, 75010 Paris
🚇 11 Goncourt, 🚇 3 5 8 9 République
🕒 Monday, Tuesday, Thursday 7:15am -11:45am and 1pm - 6pm, Wednesday 7:15am -11:45am, Friday 7:15am - 11:45am and 1pm - 5pm, Saturday 9:15am - 11:45am and 1pm - 5pm

ESI MAISON DANS LE JARDIN

Adults without children.

🏠 35 av Courteline, 75012 Paris
🚇 1 Saint-Mandé
🕒 Monday to Friday 8am - 8pm and thursday 1:30pm - 8pm

ESI MAISON DANS LA RUE

Adults without children.

Closed 14th July and 15th August.

🏠 18 rue Picpus 75012 Paris
🚇 2 Nation
🕒 Monday to friday 8am - 4pm (closed on Wednesday morning)

ESI ARCHE D'AVENIR

🏠 113 rue Regnaults, 750013 Paris
🚇 14 Olympiade, 🚇 7 Porte d'Ivry
🕒 Tuesday and Friday 8:30am -12pm and 1:45pm - 4pm, Wednesday, Thursday and Saturday 8:30am -12pm and 1:45pm - 5pm.

ESI RENÉ COTY

Adults without children.

Closed 14th July and 15th August.

🏠 6-8 Avenue René Coty, 75014 Paris
🚇 6 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100
🕒 Monday to Friday 8:30am - 1pm and 2pm -5pm.

ESI PITARD

Pregnant women or women with children.

🏠 4 rue Georges Pitard, 75015 Paris
🚇 13 Plaisance
🕒 Monday to Friday 9:15am -1pm and 2pm - 5pm
(Closed on Tuesday afternoons)

ESI HALLE SAINT-DIDIER

🏠 23 rue Mesnil, 75016 Paris
🚇 6 9 Trocadéro, 🚇 2 Victor-Hugo
🕒 Monday to Friday 8:30am - 12:30pm and 1:30pm -5pm

ESI MAISON DU PARTAGE

Adults without children.

🏠 32 rue Bouret, 75019 Paris
🚇 2 5 Jaurès
🕒 Monday to Friday 8am -12:30pm and 2am-4:45pm. Sunday 9am -12:30pm and 2am - 4:45pm.

SHOWER

BAINS-DOUCHES PYRÉNÉES

🏠 296 rue des Pyrénées 75020 Paris
🚇 3 Gambetta
🕒 Monday to Saturday 7:30am-12:30pm
Dimanche 8am-12pm. **Closed on Wednesday**

BAINS-DOUCHES PETITOT

🏠 1 rue Petitot 75019 Paris
🚇 11 Place des Fêtes
🕒 Tuesday to Saturday 12 - 5:30pm

BAINS-DOUCHES LES DEUX PONTS

🏠 8 rue des deux ponts 75004 Paris
🚇 7 Pont-Marie
🕒 Tuesday to Saturday 12 - 5pm

BAINS-DOUCHES NEY

♿ Disabled Access
🏠 134 boulevard Ney 75018 Paris
🚇 4 Porte de Clignancourt
🕒 Monday to Saturday 7:30am - 12:30pm
Sunday 8am-12pm
Closed on Thursdays.

BAINS-DOUCHES DES HAIES

♿ Disabled Access
🏠 27 rue des Haies 75020 Paris
🚇 9 Buzenval
🕒 Tuesday to saturday 7:30am - 12:30pm

BAINS-DOUCHES ROUVET

🏠 1 rue Rouvet 75019 Paris
🚇 9 Corentin Cariou
🕒 Tuesday to Sunday 7:30am - 12pm

BAINS-DOUCHES SAINT MERRI

🏠 16 rue du Renard 75004 Paris
🚇 11 Rambuteau
🕒 Monday to Saturday 7:30am - 13pm
Sunday 8am - 12:30pm. Closed on Thursdays.

Emergency

HÔTEL-DIEU

🏠 1 rue de la Cité 75004 Paris
🚇 4 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

HÔPITAL AVICENNE

🏠 125 rue de Stalingrad 93000 Bobigny (Bâtiment Mantout)
🚇 7 La Courneuve - 8 mai 1945

HÔPITAL LARIBOISIÈRE

🏠 2 rue Ambroise-Paré 75010 Paris
🚇 5 4 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

HÔPITAL PITIÉ-SALPETRIERE

🏠 47-83 Bd de l'Hôpital, 75013 Paris
🚇 5 Saint-Marcel

HÔPITAL SAINT-ANTOINE

🏠 184 rue du Faubourg Saint-Antoine 75012 Paris (Accès par la rue Crozatier).
🚇 8 Faidherbe-Chaligny, 🚇 2 Nation

Numerous drinkable water fountains are available for everyone to hydrate themselves.

Scan the QR code to locate them:

