



YOUNG PEOPLE IN EXILE USEFUL ADDRESSES - WINTER 2026



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

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 8:30am-10am

SOLIDARITÉ MIGRANTS WILSON

📍 15 avenue de la porte de la Villette 75019 Paris
🚇 7 Porte de la Villette
🕒 Saturday 10am-12pm

ART AND FOOD

🕒 Monday to Friday 9:30-11:30am
🕒 Monday : 📍 Péniche Petit bain, 7, port de la gare, 75013 Paris
🚇 14 Bibliothèque François Mitterand
🕒 Tuesday : 📍 Théâtre du Châtelet, 1, place du Châtelet, 75001 Paris
🚇 1 4 7 11 14 RER B Châtelet-Les Halles
🕒 Wednesday and Thursday : 📍 MPAA & Médiathèque de La Canopée 10, passage de La Canopée, 75001 Paris
🚇 1 4 7 11 14 RER B Châtelet-Les Halles
🕒 Friday : 📍 Musée Carnavalet, 14, rue Payenne 🚇 1 Saint-Paul

EMMAÛS ACADEMIE DU CLIMAT

📍 2 place Baudoyer, Paris downtown 🚇 1 Saint-Paul / Hôtel de Ville
🕒 Monday to Sunday 7am-9.30am, from 01/12/25 to 31/03/26

FONDATION ARMÉE DU SALUT

📍 51 rue Ramponeau, 75020 Paris 🚇 11 Pyrénées
🕒 Monday to Friday 9:30-11:30am

MIDIS DU MIE

Clothing distribution and breakfast
🕒 Monday 10am-12pm
📍 Centre socio culturel Belleville, 13 bis/17 rue Jules Romain, 75019
🚇 2 11 Belleville

Lunch

L'UN EST L'AUTRE / RESTO DU CŒUR / LA CHORBA

📍 15 avenue Porte de la Villette, 75019 Paris
🚇 7 Porte de la Villette
🕒 Monday to Friday 11am-1pm
🕒 Saturday and Sunday 12-2pm

RESTOS DU COEUR (SIT-DOWN MEAL)

📍 6 avenue Joseph Bédier, 75013 Paris 🚇 7 Porte d'Ivry
📍 21 passage Ménilmontant, 75011 Paris 🚇 2 Ménilmontant
🕒 Monday to Friday 11am-1pm

Dinner

LA CHORBA

📍 15 avenue Porte de la Villette, 75019 Paris 🚇 7 Porte de la Villette
🕒 Monday to Sunday 6-8pm

LA GAMELLE DE JAURÈS

📍 29 av. de la Porte d'Aubervilliers, 75018 Paris
🚇 13b Porte d'Aubervilliers
🕒 Mondays at 8pm

SOLIDARITÉ MIGRANTS WILSON

📍 29 av. de la Porte d'Aubervilliers, 75018 Paris
🚇 13b Porte d'Aubervilliers
🕒 Tuesday, 7:30pm

LA FABRIQUE DU SOURIRE

📍 Gare de Lyon, rue Roland Barthès, 75012 Paris
🚇 1 14 RER C Gare de Lyon
🕒 Monday from 7pm

UNE CHORBA POUR TOUS

📍 In front of the 🚇 2 5 7 Jaurès, 135 boulevard de la Villette, 75019 Paris
🕒 Monday to Saturday at 4pm. **Come early.**

SAINT-BLAISE - FONDATION DE L'ARMÉE DU SALUT

📍 2-4, rue du Clos, 75020 Paris 🚇 9 Maraîchers
🕒 Monday to Saturday 6-8pm, from 01/12/2025 to 31/03/2026

RESTOS DU CŒUR (TRUCK)

📍 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

Hot meal distribution

RESTOS DU COEUR (TRUCK)

📍 Austerlitz, St Lazare, Gare de l'est, Nation, Denfert
🕒 Monday 8pm

📍 Invalides, République, Bréguet Sabin, Denfert, Epinettes
🕒 Tuesday 8pm

📍 St Lazare, Gare de l'est, Nation, Denfert, Epinettes
🕒 Wednesday 8pm

📍 Austerlitz, Invalides, République, Bréguet Sabin, Epinettes
🕒 Thursday 8pm

📍 St Lazare, Gare de l'est, Nation, Denfert, Epinettes
🕒 Friday 8pm

📍 Invalides, République, Bréguet Sabin
🕒 Saturday 8pm

📍 Invalides, Gare de l'est, Denfert
🕒 Sunday 7.30pm

Distribution adresses:

📍 Austerlitz : Jardin Tino Rossi, 75005
📍 Invalides : 9, rue Fabert (commissariat) 75007
📍 Gare Saint-Lazare : Place de Budapest, 75009
📍 Gare de l'Est : 1, avenue de Verdun 75010
📍 République : Place de la République, 75011
📍 Bréguet-Sabin : 16, boulevard Richard Lenoir 75011
📍 Nation : 42, cours de Vincennes, 75012
📍 Denfert-Rochereau : place de l'Île-de-Sein/boulevard Arago, 75014
📍 Epinettes : 26 rue Hélène et François

To find other food distribution addresses, consult the Guide de la Solidarité :





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SHOWERS

Free Individual shower cubicles
Bring your own towel and soap

BAINS DOUCHE DES DEUX-PONTS

📍 8 rue des Deux-Ponts, 75004 Paris
🚇 7 Pont Marie
🕒 Tuesday to Saturday 12am - 5:30pm

BAINS-DOUCHES SAINT-MERRI

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

BAINS-DOUCHES ROME

📍 43 rue de Rome 🚇 5 Europe
🕒 Tuesday to Saturday 7.30am-12.30pm
🕒 Sunday 8h-12:30h

BAINS-DOUCHES NEY

📍 134 boulevard Ney, 75018 Paris
🚇 1 Porte de Clignancourt
🕒 Monday-Saturday 7:30am-11:30am
🕒 Sunday 8am-11:30am, Closed on Thursdays

BAINS-DOUCHES LACÉPÈDE

📍 50 rue Lacépède 🚇 7 Place-Monge
🕒 Tuesday to Sunday 7:30am-12:30pm

BAINS-DOUCHES AUDUBON

♿ Disabled Access
📍 11 rue Audubon 🚇 14 Gare de Lyon
🕒 Monday to Friday 12-5:30pm

BAINS-DOUCHES CHARENTON

📍 188 rue de Charenton
🚇 6 Dugommier 🚇 8 Montgallet
🕒 Tuesday to Saturday 7:30-11am
🕒 Sunday 8-11am

BAINS-DOUCHES BUTTE AUX CAILLES

📍 5 place Paul-Verlaine
🚇 5 6 7 Place d'Italie 🚇 7 Tolbiac
🕒 Tuesday, Thursday, Friday and Saturday 7:30am-12:30pm
🕒 Sunday 8am-12pm

BAINS-DOUCHES BLOMET

📍 17 rue Blomet
🚇 6 Sèvres-Lecourbe 🚇 12 Volontaires
🕒 Wednesday to Saturday 7:30am-12:30pm
🕒 Sunday 8am-12pm

BAINS-DOUCHES DES HAIES

📍 27 rue des Haies, 75020 Paris
🚇 9 Buzenval
🕒 Monday-Saturday 7.30am-12.30pm
Come early!
🕒 Sunday 8am-12pm

BAINS-DOUCHES MEAUX

📍 18 rue de Meaux, 75019 Paris
🚇 2 Colonel Fabien
🕒 Monday to Saturday 7:30am-12:30pm
🕒 Sunday 8am-12:30pm Closed on Wednesdays.

BAINS-DOUCHES ROUVET

📍 1 rue Rouvet 🚇 7 Corentin-Cariou
🕒 Tuesday to Saturday 7:30am-1pm
🕒 Sunday 8am-12:30pm

BAINS-DOUCHES LES AMIRAUX

📍 6 rue Hermann-Lachapelle, 75018 Paris
🚇 4 Simplon 🚇 3 Diane Airbus
🕒 Tuesday-Saturday 11am-5:30pm

ACTIVITIES

BRIGADE DE LA SOLIDARITÉ POPULAIRE

Reading, games, creative activities, discussions
📍 Square Anaïs Nin, Paris 75019
🚇 39 Porte d'Aubervilliers
🕒 Friday 6.30pm-8pm

TERRAIN D'AVENIR

With or without registration:
Sports (climbing, basketball, yoga, rugby, football, swimming, step, modern dance, running, bike). Look at the timetable :



ASSOCIATION 4A - L'ÉDITION ORIGINALE

Artistic mediation workshop with drawing and painting supported by 4A art therapists.
🕒 Friday 2pm-5pm
To participate, contact: ☎ 06 09 14 00 63

UTOPIA 56

French lessons for all levels.
📍 Cité Fertile, 14 avenue Édouard Vaillant, 93500 Pantin
🚇 RER E Pantin 🚇 3 Ella Fitzgerald
🕒 Wednesday 2:45-6pm, Saturday 2:45-5pm

PARIS D'EXIL

📍 Bibliothèque Couronnes - Naguib Mahfouz, 66 rue des Couronnes, 75020 Paris
🚇 2 Couronnes
🕒 Thursday and Friday 9:45am-12pm

BIBLIOTHÈQUE PUBLIQUE D'INFORMATION Literacy programs for unaccompanied minors

📍 40 avenue des Terroirs de France, 75012 Paris
🚇 14 Cour Saint-Emilion
🕒 Monday 12, 19, et 26 January, 2:30-4:30pm

To find other shower-bath addresses, consult the Guide de la Solidarité :





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DAY CENTRES

HALTE HUMANITAIRE DIDEROT

For minors who have done an AMNA (Paris) evaluation.

📍 164 boulevard Diderot, 75012 Paris

🚇 1 2 9 6 RER A Nation

☎ 06 11 80 71 63 or 06 03 23 26 53

🕒 Monday-Sunday 9am-12:30pm, 2-6pm

🚫 **Closed on the last Friday of each month**

COUCOU CREW - LA CASE

📍 La Station-Gare des Mines, 29 avenue de la Porte d'Aubervilliers, 75018 Paris

🚇 T3b Porte d'Aubervilliers

Psychologist, mediation workshops, meals, drinks, social outings and chillout zone

🕒 Tuesday to Friday 2-6pm

Send a text on Whatsapp for the entrance code :

+33 6 76 64 59 40 ou +33 6 75 30 00 54

MIDIS DU MIE

📍 56 rue Fondary, 75015 Paris

🚇 6 8 10 La Motte Piquet Grenelle, 10 Emile Zola

Wifi, French classes, artistic activities and chillout zone

🕒 Monday, Tuesday, Thursday and Friday 2-5.30pm

HALTE HUMANITAIRE

Men - Asylum seekers and refugees without housing

📍 2 rue Perrault, 75001 Paris

🚇 1 Louvre Rivoli

🕒 Monday - Friday: 9am-6pm

🕒 Saturday and Sunday 9am-5pm

🕒 Closed every day 12.30-2pm

• **Showers:** everyday, 9am-12pm, 2-5:15pm

• **Social Support:**

🕒 Register for drop-ins 9-10am.

🕒 Monday-Friday 9:30am-1pm, 2-5pm.

🕒 Thursday afternoon 3-6pm

• **Medical support:**

🕒 Monday, Tuesday, Wednesday, Friday 9:30am-1pm and 2-5pm

🕒 Thursday 9.30am-12.30pm

🕒 Every other Saturday

• **Psychological support, by Halte referral:**

🕒 Monday-Sunday, by appointment

• **Cultural activities and sports on-site**

🕒 afternoon

*Closed every last Friday of the month
Building work will be happening on the centre in winter,
which will affect capacity. For more information, go to
the Watzat website.*



FREE LEGAL AID

PERMANENCE PLURIDISCIPLINAIRE

Legal and administrative advice:

- Utopia 56, Le Barreau de Paris Solidarité.

- Health monitoring: Médecins du Monde

- Reestablishing family links: Croix-Rouge.

📍 Jardin Pali Kao, 75020 Paris

🚇 2 Couronnes 11 Pyrénées

🕒 Wednesday 9:30-11:30am

Unaccompanied minors and families

Utopia 56 and Médecins du monde:

📍 **Place de l'Hôtel de Ville, 75004 Paris**

🚇 1 11 Hôtel de Ville 🕒 Monday 6:15am-9pm

ADJIE

Legal help.

📍 1 rue de Nantes, 75019 Paris

🚇 7 Crimée Corentin Cariou

🕒 Mondays 6-9pm. **Arrive early.**

✉ contact-adjie@proton.me

UTOPIA 56

Material support (blankets, tents) and guidance.

🚇 1 11 Hôtel de Ville

📍 Place de l'Hôtel de Ville, 75004 Paris

🕒 Monday-Friday 6-8pm for young male minors in an appeal

🕒 Monday-Sunday 6pm for female minors, couples, and families: guidance, information and overnight accommodation in private homes or associations.

ANTENNE DES MINEURS

Free lawyers for unaccompanied minors who were refused minority recognition and want to appeal. **Bring your original documents.**

📍 Tribunal judiciaire, in front of the reception, 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

POINT D'ACCÈS AU DROIT (PAD) DES JEUNES

📍 4 place du Louvre, 75001 Paris

🚇 1 Louvre Rivoli

• Information, counseling and assistance with legal experts:

• Individualised legal aid (lawyers specialized in labour law, immigration law and criminal law)

• Human rights defender

Make an appointment mid-January for February : ☎ 01 69 75 40 20

🕒 **Monthly schedule:** : <https://www.instagram.com/padjeunesparis/>



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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 pharmacies: 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.**

● ● HÔTEL-DIEU

From 15 years and 3 months old. Go to the 'Centre diagnostic:

📍 1 rue de la Cité 75004 Paris

🚇 (M) 4 (RER) B Saint Michel / Cité

Without appointment, registration at 7:30am and between 10:30am-1pm

Access to ophthalmological (eye) and oral-dental PASS on request from a doctor.

● ● HÔPITAL SAINT-LOUIS

PASS general medicine

📍 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

● ● HÔPITAL LARIBOISIÈRE

PASS general medicine, Ask for «Consultation Arc-en-ciel»

📍 2 rue Ambroise-Paré 75010 Paris

🚇 (M) 4 (S) (RER) B Gare du Nord

🕒 Monday to Friday 8am-4.30pm. **Come early!**

● ● HÔPITAL SAINT-ANTOINE

Available to 16 year olds and over. **PASS - Medical polyclinic**

(specialised in scabies treatment)

📍 184 rue du Faubourg Saint-Antoine 75012 Paris (Accès par la rue Crozatier).

🚇 (M) 8 Faidherbe-Chaligny (M) 2 Nation

Ask for «Polyclinique Baudelaire»

Without appointment: 🕒 Monday - Friday: 8am-6pm

☎ 01 49 28 29 53/54

● ● HÔPITAL BICHAT CLAUDE-BERNARD

If you don't have health insurance, go to the emergencies without an appointment.

📍 46, rue Henri-Huchard (Service des urgences, polyclinique)

🚇 (M) 13 Porte de Saint-Ouen

● **Social assistance to opening health insurance rights (AME, CSS...)**

● **For patients who have been previously treated, by appointment :** ☎ 01 40 25 86 85

● **Medical consultations at the polyclinic**

🕒 Monday and Friday 9:30am-12pm and Tuesday 9:30am-1:30pm

● **Specialised Service for Infectious and Tropical Diseases**

🕒 Monday, Tuesday, Thursday 9:30am-4pm and Friday 9:30am-12pm

● ● HÔPITAL TENON

From 16 years old.

If you don't have health insurance, go to the emergencies without an appointment.

📍 4 rue de la Chine (Bâtiment Grégoire, Porte 1-2, 3rd floor)

🚇 (M) 3 (S) 3 Gambetta

🕒 Monday to Friday 9:30am-12:30pm and 1:30-4:30pm

● **General Practitioner upon appointment:** ☎ 01 56 01 79 85

● **Social Assistance for State Health Insurance**

🕒 Monday to Friday 9am-6:30pm

● ● HÔPITAL COCHIN

Social assistance to opening health insurance rights (AME, CSS...)

📍 27 rue du Faubourg Saint-Jacques (Polyclinique Achard)

🚇 (M) 6 Saint-Jacques

🕒 Tuesday, Wednesday, Thursday and Friday 8:30am-12pm

● ● HÔPITAL ARMAND TROUSSEAU

Social assistance to opening health insurance rights (AME, CSS...). Entry through emergencies.

📍 26 avenue du Docteur Arnold-Netter

🚇 (M) 6 Picpus

🕒 Tuesday, Wednesday, Thursday and Friday 8:30am-12pm

● **Consultations for acute and urgent conditions**

● **Pediatric Emergency Department (Medical and Surgical)**

● **Children's Care, Gynecology**

● **Pediatric Emergency Department (Medical and Surgical):**

☎ 01 44 73 69 09 / ☎ 01 44 73 68 75

● ● HÔPITAL ROBERT-DEBRÉ

Gynecology and maternity consultations.

📍 48 boulevard Sérurier, 75019 Paris. Niveau 0, accès par la zone «Point VERT». 🚇 (M) 7a Pré Saint-Gervais

🕒 Monday to Friday 9am-12:30pm and 1:30-5pm ☎ 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 by email ✉ fatma.debiane@aphp.fr ✉ pass.nck@aphp.fr

CMS BOURSAULT

Ages 16 and up

📍 54 bis rue Boursault, 75017 Paris

🚇 (M) 2 Rome (M) 13 La Fourche

Vaccinations and psychiatric consultations available on Doctolib – in-person or by phone at ☎ 01 53 06 35 60

🕒 Monday to Friday 8:45am-12:30pm, 1:30pm-5pm

CMS BELLEVILLE

📍 218 rue de Belleville 75020 Paris

🚇 (M) 11 Télégraphe (M) 13 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-5pm

🕒 Closed everyday between: 12:30-1:30pm

● **Testing** 🕒 Tuesday and Friday 9:15am-4:30pm, Thursday 1:45-5:45pm, Saturday 9:15-11:45am

● **General Practitioner** (without social security cover)

🕒 Tuesday, Wednesday, Thursday 9:15am-12pm

● **Midwife** 🕒 Monday 9am-12pm, 1:30-4:30pm

● **Pneumologist:** 🕒 Tuesday, Wednesday and Thursday morning

● **Psychology** consultations for young people from 18 years old (by referral from a doctor): 🕒 Monday 2-5pm

Sexual health

CMS RIDDER

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

Teeth

● ● HÔPITAL PITIÉ SALPÊTRIÈRE

From 16 years old. Oral and dental PASS

📍 47-83 bd. de l'Hôpital, 75013 Paris

🚇 (M) 5 Saint-Marcel.

Make appointment Monday-Friday 8:30am-4:30pm by calling

☎ 01 42 17 84 16 or on the website

🕒 Monday-Friday: 8:30am-4:30pm