

YOUNG PEOPLE IN EXILE USEFUL ADDRESSES - SPRING 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

🕒 Tuesday to Friday 9:30-11:30am

🕒 Monday 9-10:40am : 📍 Lafayette Anticipation, 9 rue du Plâtre, 75004

🚇 1 11 Hotel de Ville

🕒 Tuesday *and Friday 1st of May:*

📍 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

FONDATION ARMÉE DU SALUT

📍 51 rue Ramponeau, 75020 Paris

🚇 11 Pyrénées

🕒 Monday to Friday 9:30-11:30am

Closed on the 1st, 8th, 14th and 25th of May

MIDIS DU MIE

Clothing distribution and breakfast

🕒 Monday 10am-12pm

📍 Centre socio culturel Belleville, 15bis rue Jules Romain, 75019

🚇 2 11 Belleville

Closed from the 18th April to the 4th of May and the 25th of May

Lunch

L'UN EST L'AUTRE / RESTO DU CŒUR

📍 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

🚇 T3b Porte d'Aubervilliers

🕒 Mondays at 8pm

SOLIDARITÉ MIGRANTS WILSON

📍 29 av. de la Porte d'Aubervilliers, 75018 Paris

🚇 T3b Porte d'Aubervilliers

🕒 Tuesday, 7:30pm

MAIMA

📍 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 7 Jaurès,

135 boulevard de la Villette, 75019 Paris

🕒 Monday to Saturday at 4:30pm.

Come early.

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 addresses:

📍 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

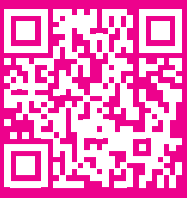
📍 Bréguet-Sabin :
16, boulevard Richard Lenoir 75011

📍 Nation :
42, cours de Vincennes, 75012

📍 Denfert-Rochereau :
place de l'Île-de-Sein/boulevard Arago, 75014

📍 Epinettes :
26 rue Hélène et François Misoffe 75017





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SHOWERS

Free Individual shower cubicles
Bring your own towel and soap
Closed on May 1st, 8th, 14th and 25th

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, 75008, Paris
🚇 3 Europe
🕒 Tuesday to Saturday 7.30am-12.30pm
🕒 Sunday 8h-12:30h

BAINS-DOUCHES NEY

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

BAINS-DOUCHES LACÉPÈDE

📍 50 rue Lacépède, 75005, Paris
🚇 7 Place-Monge
🕒 Tuesday to Sunday 7:30am-12:30pm

BAINS-DOUCHES BUTTE AUX CAILLES

📍 5 place Paul-Verlaine, 75013, Paris
🚇 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, 75015, Paris
🚇 6 Sèvres-Lecourbe 🚇 12 Volontaires
🕒 Monday to Saturday 7:30am-12:30pm
🕒 Closed on Tuesday
🕒 Sunday 8am-12pm
**On the 8th and 14th of May:
8am-12:30pm**

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, 75019, Paris
🚇 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, activities, discussions and hot drinks
📍 Square Anaïs Nin, Paris 75019
🚇 39 Porte d'Aubervilliers
🕒 Sunday 6.30pm-8pm

TERRAIN D'AVENIR

With registration:

Sports (climbing, basketball, yoga, rugby, football, swimming, step, modern dance, running, bike).

To sign up and see the tiemtable :

<https://bit.ly/4t7qH7f>



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
🕒 Friday 15th and 22nd of May :
1pm, 2pm, 3pm, 4pm and 6pm

To find other shower-bath addresses, consult the Guide de la Solidarité : <https://bit.ly/4mKfJCm>





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DAY CENTRES

HALTE HUMANITAIRE DIDEROT

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

- 📍 61 Rue Violet, 75015 Emile Zola
- ☎ 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 each month

MIDIS DU MIE

- 📍 56 rue Fondary, 75015 Paris
- La Motte Piquet Grenelle, Emile Zola
- Wifi, French classes, artistic activities and chillout zone
- 🕒 Monday, Tuesday, Thursday and Friday 2-5.30pm

ESI RENÉ COTY

- 📍 6-8 Avenue René Coty, 75014 Paris
- Denfert-Rochereau
- 🕒 Monday-Friday 8:30am- 1pm and 2-5pm
- Showers (towels and soap available)
- Men : 🕒 8:30am-1pm
- Women : 🕒 2-4pm
- Social assistant, nurse, pedicure, hairdresser and laundry :
- 🕒 Upon appointment
- Closed on the 1st, 8th, 14th and 25th of May**

HALTE HUMANITAIRE

Men - Asylum seekers and refugees without housing

- 📍 2 rue Perrault, 75001 Paris Louvre Rivoli
- 🕒 Monday - Friday: 9am-6pm
- 🕒 Saturday and Sunday 9am-5pm
- 🕒 Closed every day 12.30-2pm
- 🚫 Closed on the last Friday of each month
- Showers: everyday, 9am-12pm, 2-5:15pm
- Social Support:
- 🕒 Register for drop-ins 9-10am.
- France Terre d'Asile :
- 🕒 Monday-Friday 9:30am-12:30pm, 2-5pm.
- Nouvelle Page :
- 🕒 Tuesday and Wednesday 9:00am-12:30pm, 2-5pm.
- Medical support:
- 🕒 Monday, Tuesday, Wednesday, Friday 9:30am-1pm and 2-5pm
- 🕒 Thursday 9.30am-12.30pm
- 🕒 Saturday 3-5pm
- Psychological support, by Halte referral:
- 🕒 Monday-Sunday, by appointment
- Cultural activities and sports on-site 🕒 afternoon
- French lessons
- 🕒 Monday-Saturday mornings



FREE LEGAL AID

PERMANENCE PLURIDISCIPLINAIRE

Legal and administrative advice:

- Utopia 56
- Certificates for young people in an age dispute and distribution of clothing, snacks and hygiene products.
- 📍 Jardin Gabriële Buffet Pyrénées
- 🕒 Wednesday 9am-12pm

- Unaccompanied minors and families
- Utopia 56 and Médecins du monde:
- 📍 Place de l'Hôtel de Ville, 75004 Paris
- Hôtel de Ville 🕒 Monday 6:15am-9pm

ADJIE

Legal help. **Closed monday 25th of May**

- 📍 1 rue de Nantes, 75019 Paris
- Crimée Corentin Cariou
- 🕒 Mondays 6-9pm. **Arrive early.**
- ✉ contact-adjie@proton.me

UTOPIA 56

Material support (blankets, tents) and guidance.

- 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 accomodation in private homes or associations.

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

- 📍 Jardin Gabriële Buffet Pyrénées
- 🕒 Wednesday 9am-12pm

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
- 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
- Louvre Rivoli
- Without appointment, sign up on-site at 9:30am everyday**

- Information, referral and guidance (general legal practitioners)

- Legal Aid
- Representative from the Defender of Rights (la défenseure des droits)

More information on Instagram:

<https://www.instagram.com/padjeunesparis/>

- Legal advice clinic with a legal practitioner specialised in immigration law, by appointment with an interpreter :

Make an appointment: <https://urlz.fr/izkz>





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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.
All PASS services are closed on 1st, 8th, 14th, 25th May

● ● **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 :
🕒 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 (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**
From 16 years and 6 months
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
🕒 Tuesday 9:30am-1:30pm
● **Specialised Service for Infectious and Tropical Diseases**
🕒 Monday, Tuesday, Thursday 9:30am-4pm
🕒 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 (RER) B Gambetta
🕒 Monday to Friday 9:30am-12:30pm and 1:30-4:30pm
● **General Practitioner upon appointment:**
☎ 01 56 01 79 85 / 01 56 01 79 99
● **Social Assistance for State Health Insurance**
🕒 Monday to Friday 9am-6:30pm
Closed on the 15th of May

● ● **HÔPITAL COCHIN**
From 15 years and 3 months
Social assistance to opening health insurance rights (AME, CSS...)
📍 27 rue du Faubourg Saint-Jacques (Polyclinique Achard)
🚇 (M) 6 Saint-Jacques
🕒 Tuesday, Thursday and Friday 9am-1pm
🕒 Tuesday and Thursday 2-4:45pm

● ● **HÔPITAL ARMAND TROUSSEAU**
Social assistance to opening health insurance rights (AME, CSS...). Entry through emergencies. Then call the social service
☎ 01 44 73 67 01
Ask to see a social assistant before paying.
📍 26 avenue du Docteur Arnold-Netter
🚇 (M) 6 Picpus
🕒 Monday-Friday 9am-4:20pm
● **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 68 75


● ● **HÔPITAL ROBERT-DEBRÉ**
Gynecology and maternity consultations.
📍 48 boulevard Sérurier, 75019 Paris.
Niveau 0, accès par la zone «Point VERT». 🚇 (M) 7 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 ✉ 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 (RER) B 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
Closed on the 1st, 8th, 14th and 25th of May

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 9am-5pm directly on-site
☎ 01 42 17 84 16