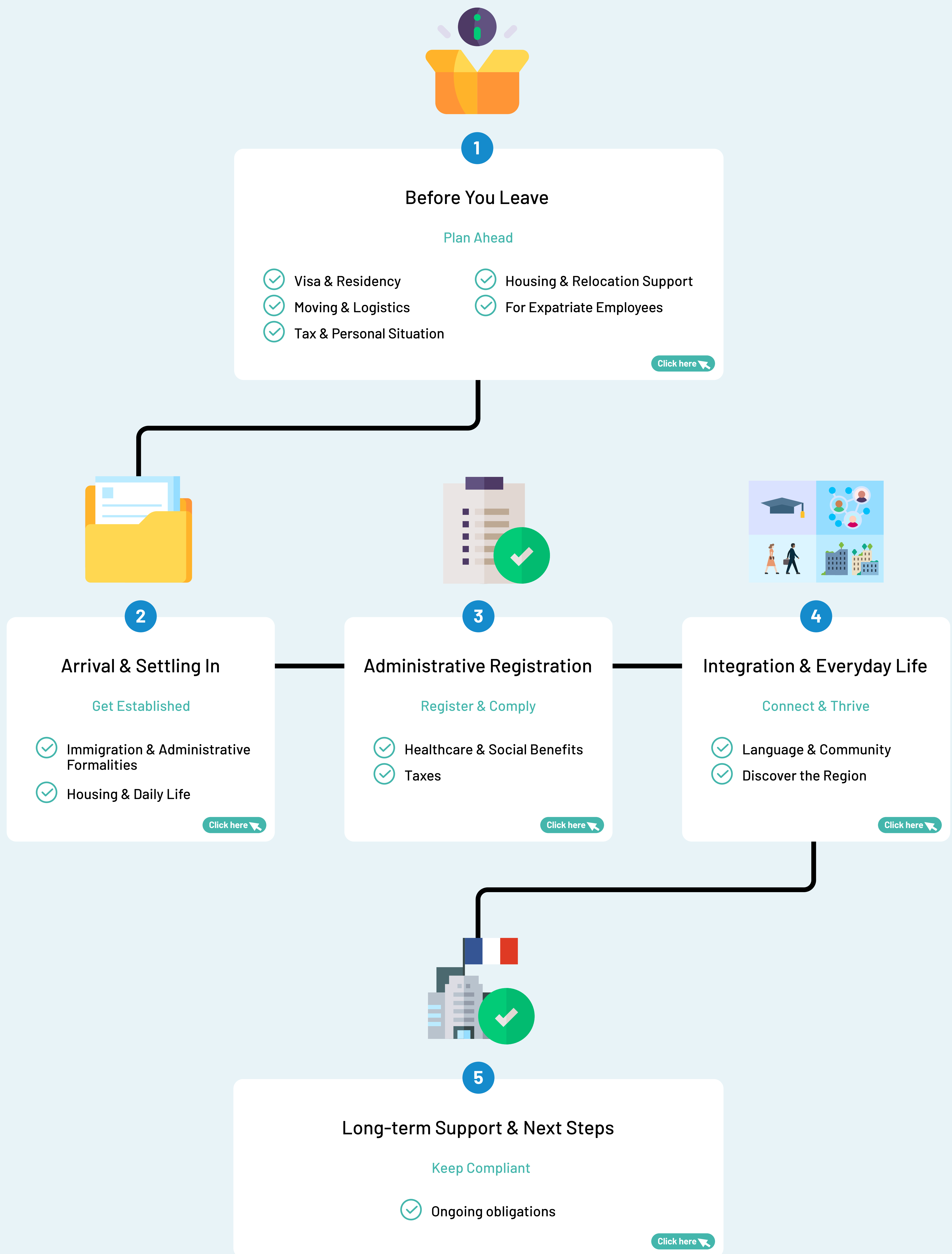


Your Smooth Landing in the Paris Region

A step-by-step guide to help international talents and their families settle in with ease

Moving to the Paris Region is the start of a new professional and personal chapter. This guide highlights the key steps to prepare your arrival, complete essential formalities, and settle in smoothly, so you and your family can focus on building your future with confidence.



To go further, rely on the [trusted network of partners of Choose Paris Region](#). From immigration and housing to schooling, healthcare and tax matters, tailored support is available at every stage, helping you and your family settle in with confidence.

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1

Before You Leave

Plan Ahead

- ✓ **Visa & Residency**
 - Check whether you and your family members need [a long-stay visa or residence permit](#) (Talent, Student, Entrepreneur, etc.)
 - Apply via the French consulate in your country of residence (Ideally 3 months in advance)

- ✓ **Moving & Logistics**
 - Organize the transport of personal belongings (furniture, vehicles, valuables)
 - If arriving from outside the EU, declare your goods at customs and pay any duties or taxes
 - Check the specific regulations for bringing pets (microchip, vaccination, health certificate, etc.)

- ✓ **Tax & Personal Situation**
 - Notify your home country's tax authorities of your departure
 - Clarify your tax obligations in France and prepare necessary documentation
 - Understand how your international mobility may affect your pension rights

- ✓ **Housing & Relocation Support**
 - Explore short- and long-term housing options
 - Explore international school options for your children
 - Consider working with a relocation agency for smoother planning

- ✓ **For Expatriate Employees**
 - Clarify your employment contract (local, expatriate, secondment)
 - Prepare HR documents: assignment letter, relocation package, social protection

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2

Arrival & Settling In

Get Established

✓ Immigration & Administrative Formalities

- If you hold a long-stay visa: register with the French Immigration Office (OFII)
- Apply for a residence permit for yourself and your family, if required
- Request travel documents for your children
- Open a French bank account
- Check whether you need to exchange your driving license (varies by nationality)

✓ Housing & Daily Life

- Move into your temporary or permanent accommodation
- Set up utilities and internet, and subscribe to home insurance
- [Enroll children in school](#) or [childcare](#)
- Take out car insurance and school insurance for children if applicable
- Consider private health insurance to complement public coverage



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3

Administrative Registration

Register & Comply

✔ Healthcare & Social Benefits

- Register with French Social Security (CPAM) and apply for your health insurance card (carte vitale)
- Subscribe to complementary health insurance (mutuelle)
- Register with the CAF - the French family support fund to check eligibility for family benefits

✔ Taxes

- Register with the French tax administration upon arrival
- Filing an initial income declaration can help you obtain a personalized withholding tax rate – potentially more favorable if you're relocating with your family
- You will file your first income tax return the year after your arrival



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4

Integration & Everyday Life

Connect & Thrive

✓ Language & Community

- Sign up for French language classes or civic integration programs
- Join local associations, [networks, or expat groups](#)
- Learn about your rights and obligations as a resident (healthcare, housing, work, etc.)

✓ Discover the Region

- Explore the best of culture, nature, gastronomy, and events in the Paris Region with [Visit Paris Region](#)



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5

Long-term Support & Next Steps

Keep Compliant

Ongoing obligations

- Monitor the renewal of your residence permit
- Keep your information up to date with administrative bodies (CAF, CPAM, tax office): marriage, birth, address change...
- Continue filing your annual tax returns in France

