



# Welcome Guide together with the Town Board

avec le soutien de

**l'acsé**

l'agence nationale  
pour la cohésion sociale  
et l'égalité des chances



Conseil des étrangers



VILLE DE  
CACHAN

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## édito

Our town is enriched by the diversity of its residents, a diversity which contributes to its development. It is of great importance to help foreign new Cachanais to settle here by informing them of their rights and of all administrative formalities. That is the reason why Cachan's «Conseil des Etrangers» (Foreigners' Council) has devised this Welcome Guide together with the Town Board.

Translated into several languages, this guide presents useful information to settling in, such as details on access to law, healthcare and social welfare, on how to learn French or to fight any discrimination.

I hope everybody will find their place in Cachan and get involved in the life of the city.

Jean-Yves Le Bouillonnet  
Mayor of Cachan  
MP for Val-de-Marne

## Foreigners' Council

Presided over by the Mayor of the City, the council consists of 24 people of 13 different foreign nationalities. Its purpose is to encourage and support the foreigners living in Cachan and participating in the life of the city to express themselves as full citizens. The council must contribute to a better political and administrative integration of foreigners, highlight their contribution to life in Cachan and promote residential citizenship. The council can formulate advice and suggestions about all projects concerning life in our city.

# Access to rights

## ■ La Sous-préfecture :

Issues resident permits and assesses requests for naturalisation.

### Sous-préfecture de L'Haÿ-les-Roses

2 avenue Larroumès à L'Haÿ-les-Roses

01 49 56 65 00 - Site : <http://www.val-de-marne.pref.gouv.fr/>

(Access by bus 184)

#### Opening times:

Mondays, Tuesdays, Wednesdays and Fridays: 9 to 16 and Thursday only on notification.

Resident permits can only be collected on Mondays, Tuesdays, Wednesdays and Fridays from 10 to 12 or on the day and time mentioned in the notification letter you will receive.

- Cachan Town Hall gives information on all formalities.

### Cachan Town Hall <sup>11</sup>

Square de la Libération - 01 49 69 69 69

#### Opening times :

Mondays to Fridays : 8.15 to 12. and 13.30 to 17.15

Closed on Thursday mornings

Tuesdays and Thursdays : open until 19.

Saturdays : 8.45 to 12.30

■ **The other organisations that can help and advise you (Foreigners' rights, Housing Law, Labour Law, Family Law, etc) :**

- **Justice and Law House** welcomes all the inhabitants of Val de Bièvre agglomeration, which Cachan is a part of. Here everybody can find simple and quick answers to any legal questions through free confidential advice. Numerous specialised professionals can offer help, direction, support and, if need be, provide efficient follow-up.

### Justice and Law House

65 rue Jean-Jaurès à Villejuif - 01 43 90 25 25

(Access by bus 162)

#### Opening times :

Mondays: 9 to 12.30 and 13.30 to 17.30

Tuesdays: 9 to 12.30 - phone operating hours: 13.30 to 16.30

Wednesdays: 9 to 17.30 non stop

Thursdays: 13.30 to 19.30

Fridays: phone operating hours 9.30 to 12.30

- **The association «Nouvelles Voies»** offers free legal or administrative advice managed by Cachan sociocultural centers.

### Centre socioculturel La Plaine <sup>1</sup>

1 allée Pierre de Montreuil - 01 49 69 60 10

E-mail : [csc.laplaine@yahoo.fr](mailto:csc.laplaine@yahoo.fr)

### Centre socioculturel Lamartine <sup>2</sup>

4 square Lamartine - 01 49 69 61 10

E-mail : [csc.lamartine@wanadoo.fr](mailto:csc.lamartine@wanadoo.fr)

### Centre socioculturel Maison Cousté <sup>3</sup>

19 rue Cousté - 01 45 46 67 15

E-mail : [csc.maisoncouste@yahoo.fr](mailto:csc.maisoncouste@yahoo.fr)

- **The association «Ecrire Ensemble»** helps people who have difficulties writing private letters or letters to public or private organisations, who must write a CV or a cover letter. The association's volunteers also help in all administrative formalities like filling in official documents, completing a file. If necessary they will direct you to the appropriate professionals.

### Ecrire ensemble <sup>4</sup>

Espace des solidarités

3 rue Camille Desmoulins - 01 49 69 15 70

#### Opening times :

Mondays, Wednesdays and Saturdays from 9 to 11.30 during school terms, plus Saturdays before school holidays

● **Free counsel in Town Hall**

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A lawyer receives freely on third Saturday of each month, from 10:00 to 12:30. Call 01 49 69 69 69 to make an appointment.

● **CIDFF Val de Marne (Information Center on women's and families' rights)**

Organizes free consultations on women's and families' rights: access to Law, fighting violence, employment, starting a company, parenting and family, health, education, citizenship.

**CIDFF Val de Marne**

12 avenue Mitterrand 94000 Créteil - 01 72 16 56 50

■ **Associations offering support to foreigners and fighting discrimination :**

● **SOS Racisme «Hands off my Pal!»**

Fights acts of racial discrimination. 5

Maison des associations - 9 rue Amédée Picard  
09 54 87 85 59 - E-mail : sosracisemvdm@free.fr

● **Accueil et Développement (in partnership with Cachan parish)**

Welcomes, helps and advises foreigners. 6  
7 rue Nouvelle - 01 46 64 58 36 - E-mail : jeanclaude.bullier@orange.fr

● **Education without Frontiers Network**

The French association militates to prevent foreign children studying in France from being sent away because their foreign parents in illegal situation have been sent away.

Maison des associations - 9 rue Amédée Picard  
01 46 63 13 93 - 01 46 63 21 20 - E-mail : resfcachan@hotmail.fr

● **GISTI**

Is a group informing and supporting immigrants. They offer free law consultations:

- by phone, Mondays to Fridays from 15. to 18.

Tel number : 01 43 14 60 66

- by mail with an answer received within two weeks.

Write to: GISTI - 3 villa Marcès - 75011 Paris - France

Following your letter or phone call, you will get an appointment.

# Learning french

To have a good command of French is absolutely necessary to integrate and fit in, both socially and professionally. All the year round, Cachan sociocultural centers offer French classes with a view to socializing. They can also direct you to other classes better adapted to your needs (alphabetization, vocational training...)

● **Centre socioculturel La Plaine** 1

1 allée Pierre de Montreuil - 01 49 69 60 10  
E-mail : csc.laplaine@yahoo.fr

● **Centre socioculturel Lamartine** 2

4 square Lamartine - 01 49 69 61 10  
E-mail : csc.lamartine@wanadoo.fr

● **Centre socioculturel Maison Cousté** 3

19 rue Cousté - 01 45 46 67 15  
E-mail : csc.maisoncouste@yahoo.fr

# Access to healthcare

When you do not know much about the French healthcare system, or if you do not master the French language, it is quite difficult to access health care. Several organisations in Cachan facilitate this access.

- **The city's healthcare center (CMS)** enables everybody, whether with or without official health coverage, to access healthcare. It offers consultations by general practitioners and several specialists. There is also a dental service, an orthodontist service and a physiotherapy service. Patients on the basic health insurance program only pay the part of the bill that the «Sécurité Sociale» does not cover («third-party payer»). It is called the «ticket modérateur» and can, according to the contract subscribed by the patient, be reimbursed by a «mutuelle» (private supplementary insurance). The patients who are not on the basic health insurance program also have access to the CMS and pay what the «Sécurité Sociale» would reimburse if they were.

## The city's healthcare center (CMS) 7

7 av. Cousin de Méricourt  
01 49 69 61 40 et 01 49 69 61 50

### Opening times :

Mondays to Fridays : 8. to 12.30 and 13.30 to 19.  
Saturdays : 9. to 12.

- **Centers for the protection of mothers and children (PMI)**, they offer medico-social consultations and prevention actions (contraception, pregnancy follow-up, new-born weight gain follow-up, first contact with young parents, screening handicap, chronic diseases, sensorial disabilities, psycho-motor retardation, child protection, vaccination schedule...) directed to women and children under 6.

## PMI centre-ville 8

4 rue Raspail - 01 46 64 08 81

## PMI Pasteur 9

2 avenue Pasteur - 01 46 63 21 88

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- **Family planification and education** informs about contraception methods, voluntary interruption of pregnancy, infertility, pregnancy follow-up, couple's sexual life.

## Family planification and education 9

2 avenue Pasteur - 01 46 63 21 88

### Opening times :

First Wednesday of every month : 13.30 to 15.30  
Other Wednesdays : 15.30 to 18.30  
Fridays, on appointment : 9. to 13.

- **The medico-psychological center**, consultations for adults.

## The medico-psychological center 10

43 avenue Carnot - 01 41 24 27 20

### Opening times :

Mondays to Fridays : 9. to 17.

- **La Caisse Primaire d'Assurance Maladie (CPAM)** deals with all requests of registration to the basic health insurance program and provides information about this program. It also deals with requests for state medical benefits 'Aide Médicale de l'Etat- AME) enabling foreigners in illegal situation to access healthcare under special conditions.

## Caisse primaire d'assurance maladie

3 bis passage de la Fontaine - 94800 Villejuif

### Opening times :

Mondays to Fridays : 8.30 to 16.

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- **Medical committee for exiled people (COMEDE)** promotes healthcare for the exiled in France in its health center, its Health and Law corner and an information center.

### Centre de santé à l'Hôpital Bicêtre

78 rue du Général Leclerc au Kremlin Bicêtre

Consultations on appointment with doctors, nurses, psychotherapists and social jurists

Mondays to Fridays - 01 45 21 38 40

Phone consultations on rights, support and access to healthcare

Mondays to Thursdays : 9.30 to 12.30 - 01 45 21 63 12

Medical phone consultations

Mondays to Wednesdays : 14.30 to 17.30 - 01 45 21 38 93

Mental health phone consultations

Tuesdays and Wednesdays : 14.30 to 17.30 - 01 45 21 39 31

## Life in the city

Several organisations can allow you to take part in the life of the city. There you will also find support to develop local projects or projects concerning international solidarity.

- **Neighbourhood councils**

Neighbourhood councils are concertation bodies which all Cachanais the opportunity to talk about life in their neighbourhoods, discuss the advancement of projects and plans for the future of the city. They meet regularly and are open to everybody. The dates and written accounts of the meetings are posted on the city's website [www.cachan.fr](http://www.cachan.fr)

Comité de quartier Ouest-Nord - E-mail : [coqon.cachan@gmail.com](mailto:coqon.cachan@gmail.com)

Comité de quartier du Coteau - E-mail : [cdq.coteau@mail.com](mailto:cdq.coteau@mail.com)

Comité de quartier La Plaine - E-mail : [dsu@ville-cachan.fr](mailto:dsu@ville-cachan.fr)

Comité de quartier du Centre ville - E-mail : [comite.quartier.cv@gmail.com](mailto:comite.quartier.cv@gmail.com)

Comité de quartier Ouest-Sud - E-mail : [dsu@ville-cachan.fr](mailto:dsu@ville-cachan.fr)

- **Foreigners' council**

foreigners' council consists of 24 people of 13 different foreign nationalities. Its purpose is to encourage and support the foreigners living in Cachan and participating in the life of the city to express themselves as full citizens. The council must contribute to a better political and administrative integration of foreigners, highlight their contribution to life in Cachan and promote residential citizenship. It can formulate opinions and suggestions about all projects concerning life in our city.

Head of the social urban development Department

Mairie de Cachan<sup>11</sup> - 01 49 69 69 10 - E-mail : [dsu@ville-cachan.fr](mailto:dsu@ville-cachan.fr)

- **International relations and twinning committee (CRIJ)** backs up the associations and schools which achieve international solidarity projects and international exchanges. It supports the twinning process and the setting up of classes in foreign languages.

### Maison de l'amitié<sup>12</sup>

94 rue Etienne Dolet - [www.cachan-crij.org](http://www.cachan-crij.org) - 06 27 46 07 15

