



ASSOCIATION  
DES PROGRAMMES  
UNIVERSITAIRES  
AMÉRICAINS  
EN FRANCE

# COVID-19 Info Sheet France

Compiled by:  
**APUAF COVID-19 Committee**  
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## INTRODUCTION

The COVID Info Committee continues to update this compilation of COVID-19 protocols and guidelines as established by the French authorities to keep APUAF members, their partners and their students informed of openings and restrictions across the country as they evolve.

The committee in charge of the research, translation and scope of this document seeks simply to provide a short-cut summary of information (relevant to the field of International Education in France) that is widely accessible, yet often only published in French, on various different official government websites and through communiqués provided by the French government and the ensemble of its Ministries, the French Consular offices, the *Préfectures*, local government resources & announcements, and protocols established by French Federations.

We encourage readers to access the links to the original sources provided in each category of information in this report. **The APUAF COVID-19 Committee will update this compilation periodically, at least once a month, for the coming months.**

The situation evolves quickly and continually, and as such, APUAF recommends that all readers verify the information provided below before making definitive decisions. This Info Sheet does not intend to interpret information provided by the French authorities, nor does it seek to advise readers. Its purpose is to simply compile information from official sources to provide a convenient resource in English for APUAF members and their partners.

The French government has put in place a 24/7 hotline (in French only) to respond to any questions concerning COVID-19 (health, regulations, workplace, social services, legal, civil, childcare and education, travel and leisure activities, etc.). This committee uses the hotline regularly, and a COVID-19 expert responds promptly each time.

Much of the information in this report concerns the general state of affairs in France. We have not provided detailed information for each city or region, though that detailed information is available on both national and local websites.



## SECTION 1: INTERNATIONAL MOBILITY

### Who is authorized to travel from the U.S. to France?

On January 31, 2021, France closed its borders with an extended list of countries to include all non-EU countries outside of the European Area. The “European Area” is defined as all EU member states, Andorra, Iceland, Liechtenstein, Monaco, Norway, San Marino, Switzerland and Vatican City.

This new development aligns with regulations that were already in place for travelers from the U.S. to France as **the external borders of the European Union and the Schengen Area have been closed to travelers from the United States** since March 17, 2020.

In this context, only those persons who fall within one of the “compelling reasons” mentioned in **case scenario #4** on the [French government certificate of travel website](#) (documents available in English and French) are authorized

to enter France from the U.S. The website has grouped travelers into 4 case scenarios depending on nationality and where they are coming from. The full lists of “compelling reasons” for each category of passengers in each case scenario are found on the documents themselves in French and English. Here below are the “compelling reasons” affecting students and faculty coming from the U.S.:

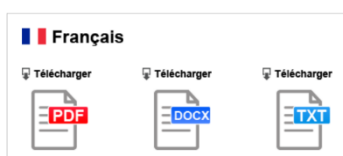
- Students coming to France who fall into any of these categories:
  - with long-term visa (VLS)
  - with short-term visa (VCS)
  - coming to France to do an internship (“student-in-competition” short-stay visa not included)
  - coming to France for less than 90 days from a country exempted from VCS, with a proof of address in France
  - minors who are schooled in France
- Teacher or researcher employed or invited by a French educational institution or research lab, travelling for teaching or research purposes
- Third country national with a “*Passeport Talent*” long-term visa (VLS) or a “*salaré détaché*” (ICT) as well as their family

## What is required to travel from the U.S. to France?

Travelers who have one of these aforementioned “compelling reasons” to come to France must comply with the following requirements:

- **Complete the 2 forms** listed under **case scenario #4** at this website: <https://www.interieur.gouv.fr/Actualites/L-actu-du-Ministere/Attestation-de-deplacement-et-de-voyage#from3>
  1. Under heading : « Attestation pour un voyageur en provenance d’un pays extérieur à l’espace européen ». This form exists for EU citizens and for non-EU citizens.
  2. Under heading : « Déclaration pour voyageur de 11 ans et plus ».

Pour les ressortissants d’un pays extérieur à l’espace européen :



Déclaration pour voyageur de moins de 11 ans :



- Travelers aged 11 or older from the United States **must provide the results of a PCR test taken less than 72 hours before departure** indicating a negative result for COVID-19.
  - In the case of multiple flights in the same travel itinerary, the test must be taken 72h before the first flight departs.
  - If you are not able to provide evidence of this test or a certificate of exemption, boarding will be denied.
- **Provide a “contact” sheet** with proof of housing and your residence address in France
- **Carry a student visa** (for programs more than 90 days) or **proof of enrollment** (for programs less than 90 days)
- Upon entering France, **you are required to self-isolate** (at home, not in quarantine housing) upon arrival **for 7 days and take a second test at the end of that period.** <https://www.diplomatie.gouv.fr/en/coming-to-france/coronavirus-advice-for-foreign-nationals-in-france/>

**Étudiants internationaux :**  
**la France vous accueille !**

## Student Visas

**France is accepting all international students at this time**, for all students from all countries of origin, and for all types of programs including short and long term, study, internship, or research programs. All VFS Centers in the U.S. are open and accepting student visa appointments. [Campus France Student Visa FAQ](#)

- French Consulates continue their service of delivering visas to international students **for programs over 90 days**

- A communiqué has been published on the Campus France website: [Advice for Students Coming to France 2021](#).
- A guide that summarizes the steps to follow has been published on the Campus France website: [France Welcomes You Guide](#)

The FAQ page on Campus France's website states the following information concerning COVID-19 for students travelling to France for **short term programs (under 90 days)**.

"Students traveling to France for programs of study of under 90 days (who may not have a visa) will need to travel with a **proof of housing** in France for the entirety of their program period. They should also travel with documents that **prove enrollment in a higher education program in France**." [Campus France Student Visa FAQ](#)

Students should consult the Campus France website for information concerning what other documents and paperwork (unrelated to COVID-19) are necessary to complete the visa process or travel abroad for studies.

## Leaving France & entering the United States

**Both the French government and the CDC in the U.S. have issued orders outlining requirements for all air passengers leaving France and arriving in the U.S.** These orders affect students and faculty traveling from France to the U.S.

- France requires all passengers leaving the EU to comply with the restrictions for international travel: Persons wishing to leave France to travel to a country outside the EU must have a compelling health, family or economic-related reason for their journey, and fill out the corresponding Certificate of Travel. **Case scenario #5** at this website: <https://www.interieur.gouv.fr/Actualites/L-actu-du-Ministere/Attestation-de-deplacement-et-de-voyage#from3>
  - "Returning to the country of residence or origin" is among the "compelling reasons"
- The CDC requires that all air passengers arriving to the U.S. from a foreign country to provide proof of a negative test result (less than 3 days prior to travel) or proof of recovery from COVID-19 before boarding the flight. <https://www.cdc.gov/coronavirus/2019-ncov/travelers/testing-international-air-travelers.html>
  - This order applies to all air passengers, 2 years of age or older, travelling into the U.S., including U.S. citizens and legal permanent residents.
  - Test must be a viral test (NAAT or antigen test)

Upon entry in the U.S., the CDC recommends, but does not currently require:

- Getting a new Covid test 3-5 days after travel, and a self-quarantine period of 7 days.
- A 10-day quarantine period if you do not get tested upon return
- Avoiding people at increased risk of illness for 14 days



## SECTION 2: HEALTH SERVICE ACCESS & CAPACITY

### Access to protective equipment (masks, gloves, gel)

All pharmacies and most grocery chains in France currently have low priced equipment available.

- **Disposable surgical masks** are available at approximately 20 to 30 cents each.
- Certified 'Grand Public' **re-usable masks** cost about 2 euros each and come in 2 different categories: Category 1 masks filter approximately 90% of particles and Category 2 masks filter 70%. Annex 3 of the National Protocol for Staying Healthy & Safe at Work states that only official PPE, surgical masks or Category 1 masks should be worn in public. [National Workplace Protocol](#)
- **Disinfectant gel** costs about 10-12 euros per liter. There are also public gel dispensers (free) in some cities in France, and almost all places of business have gel dispensers available for customer use.
- France currently has sufficient **protective gloves** available for the general public.

### 7 Day self-isolation period

As of January 18, 2021, there is an obligatory self-isolation period of 7 days upon entry to France from outside the Schengen Area. The state health insurance website, [Ameli.fr](#) gives detailed advice (in French) for limiting contact with others and keeping living conditions clean during self-isolation.

Campus France describes the conditions of the 7-day quarantine: [Campus France Recommendations including description of Quarantine](#) :

- Stay at home as much as possible
- Limit your time outside to essential needs
- Avoid contact and always wear a mask in the presence of another person
- Inform your school that you are quarantining
- Avoid contact with other people in your residence/at home
- If your accommodation is a university residence, inform the administration that you are quarantining so that cleaning and disinfection measures can be implemented
- In case of symptoms, contact a doctor immediately

## Access to health care & hospitalization

- The government has created a platform [mesconseilscovid.sante.gouv.fr](https://mesconseilscovid.sante.gouv.fr) which allows anyone with symptoms to obtain within 3 minutes personalized advice as to how to proceed (for treatment, testing, etc) and how to protect oneself and others.
- Web-based platforms and apps such as “Doctolib” allow students to book medical appointments across the country with ease. <https://www.doctolib.fr/>
- Virtual consultations and in-person appointments with general practitioners are readily available as early as same day.
- Same day house-calls are also available in most French cities (through services such as *SOS Médecins* or UMP). <https://www.sosmedecins.fr/> and <https://www.ump.fr/>
- Students have access to all French public hospitals where there is a dedicated space for COVID patients.
- French Hospitals are currently at 63.6% capacity for intensive care/*reanimation* beds. Statistics can be tracked here: [France COVID Dashboard](#).

## Access to testing

**Two kinds of diagnostic COVID tests (nasal)** are currently available in France to test patients for COVID.

1. **The (RT-PCR) test** to determine if the patient has COVID at the time of the test.
  - Results are available within 24 – 36 hours.
  - France currently is performing 1.3-1.4 million tests per week.
  - 100% covered by Social Security and do not require prescription. Otherwise, out of pocket costs are approximately 70-80 euros per test. <https://fr.usembassy.gov/covid-19-information/>
  - They are administered in testing centers, medical facilities and labs but also by nurses, medical students, paramedics, firemen, etc. There are currently over 6000 testing centers across France. [COVID Testing Sites in France](#)
  - **Who can be tested (RT-PCR)?**
    - ✓ Anyone can benefit from a test. There is no need to even show symptoms.
    - ✓ The health authorities could request mandatory testing for close contact cases.
    - ✓ The health authorities could request testing of certain groups in the context of testing campaigns (fragile groups, residents of a certain zone or in a certain group accommodation, etc.)
2. **The Antigen Test** to determine if the patient has COVID at the time of the test. <https://www.service-public.fr/particuliers/actualites/A14435>
  - Results within 15-30 minutes
  - Available especially in some pharmacies and at airports.
  - 100% covered by Social Security and do not require a prescription. Patients who don't have French Social Security currently may experience limited access to Antigen tests.
  - **Who can be tested (Antigen)?**
    - Patients with symptoms can opt for this test if they fulfill the following criteria:
      - ✓ Within 4 days of first symptoms
      - ✓ No underlying conditions, meaning not susceptible to developing a serious form of Covid.
    - Patients without symptoms who:
      - ✓ Have been asked to be tested as part of an institutional testing program (at schools and universities, work places, etc)
      - ✓ Need to be tested as a requirement before a medical appointment
      - ✓ Wish to be screened at any time

**An Immunity Test (blood test)** is available in France to determine if the patient has developed immunity to COVID. These tests are administered mostly in labs and sometimes might require a prescription. They are 100% covered by Social Security and otherwise out of pocket costs are approximately 20 euros per test.

### Steps to take for testing

Precise procedures have been put in place for different case scenarios. Details can be found and downloaded here for anyone in these groups: [Steps to Take to be Tested](#)

- I don't present any symptoms and I would like to be tested: Free test, no prescription needed, PCR results within approximately 24h, or Antigen test results in 15-30 min.
- I have symptoms: specific protocol for testing to avoid contact with others during testing and until results are in. Free test, no prescription needed, PCR results within approximately 24h, Antigen results in 15-30 min
- I have been in contact with a person who has tested positive: PCR test
- A specific function is available through the website & application **Doctolib** to locate the testing center or lab closest to you with the earliest available appointments for a test.
- Students who don't have French Social Security have total access to testing but may need to front the cost of the test and submit to their personal health insurance after if COVID testing is covered by their insurance policy.



## Tracking

All COVID patients must provide a local doctor with the list of people with whom they have been in touch within 48 hours of the first symptoms. Medical authorities will contact every person on that list and require testing (see above).

Anyone who has been in contact with someone who has tested positive must follow a specific protocol [Steps to Take to be Tested](#):

- Wear a certified mask at all times when in contact with others
- Contact a testing center to make an appointment. Immediate testing if one lives with the COVID patient, 7 days after last contact with the person if one doesn't live with the COVID patient.
- Visit the testing center with a form of ID and proof of insurance
- Return home and stay in quarantine for until the test results (usually 24h)

## Vaccinations

France's vaccination strategy has been established by the HAS (*Haute Autorité de Santé*) who has published the order of priority populations to be vaccinated. [Vaccination Strategy & FAQ](#)

France's vaccination strategy follows 3 main principles:

- Freedom of choice: the vaccination will not be obligatory
- Free of charge: the vaccination will be made available for free in France (for those with French Social Security)
- Security: the vaccination will follow all strict guidelines that frame the use of medical products in France

**Order of priority for vaccination:** [Vaccination calendar](#), [Website dedicated to vaccinations in France](#)

| Start Date            | Category eligible for vaccination   |
|-----------------------|---|
| 27 Dec 2020           | Elderly in retirement homes & personnel who work in retirement homes and present a risk factor  |
| 04 Jan 2021           | Health care professionals over 50 yrs old or with risk factors<br>Disabled people in care facilities and the people over 50 yrs old who care for them (if risk factor)  |
| 18 Jan 2021           | People over 75 yrs old  |
| Starting Feb/Mar 2021 | People between 65 and 74 yrs old  |
| Starting Mar/Apr 2021 | People between 50 and 64 yrs old<br>Professionals in essential sectors (security, education, food industry)<br>People with particular vulnerabilities and the people who care for them<br>People who live in close quarters<br>The rest of the population of adults (over 18 yrs old) |

## SECTION 3: RESTRICTIONS RELATED TO COVID-19

### General

France began a 3-phase re-opening period on November 28<sup>th</sup>, 2020, and is currently still in phase 2. The government is monitoring the situation daily and making short term announcements concerning closings and openings. <https://www.gouvernement.fr/info-coronavirus>.

#### Current Situation

- All retail businesses across the country are open, except large indoor shopping malls.
- Inside and outside extra-curricular activities for school children are authorized.
- Onsite classes at universities can resume according to strict conditions and with limited occupancy.
- Outdoor individual sports are authorized, and outdoor sports complexes are open.
- A daily curfew is in place from 6pm to 6am for all of France.
- Travel throughout France is authorized.
- A “Curfew” Authorization Form is needed for moving about after curfew.

The decision to re-open the following, initially planned for January 20<sup>th</sup>, has been postponed:

- Gyms, ski lifts & indoor sports for adults
- Bars, restaurants, nightclubs
- Cinemas, theatres, museums & monuments

And new restrictions have been put in place for:

- Travelling within the EU (see Page 9)
- Travelling outside France (see Section 1)
- Shopping malls



### Tools

In addition to consulting the general government websites that communicate all essential information concerning the virus, the confinement and the re-opening period, everyone is asked to download the app **TousAntiCovid**, which serves several functions:

- **Tracking:** the app alerts users if they are in close contact with a Covid patient
- **Information:** the app publishes the daily stats concerning the virus
- **Testing:** the app can be used to locate the nearest testing center
- **Documentation:** the app can generate a digital authorization form needed to be outside during confinement

This app which uses Bluetooth technology for tracking and does not share personal identification information. Use of the app for everyone, including COVID patients, is voluntary. [TOUS ANTI COVID Tracking App](#)

### Daily Curfew

At this time, there are no mobility restrictions within mainland France except during the stay-at-home curfew from 6pm to 6am. This curfew is maintained for the time being in order to continue to curve the circulation of the virus.

Any outing made during curfew hours must fall into the below categories:

- Going to and from work or school
- Medical care and medical appointments that cannot be done remotely
- Essential family duties including helping a vulnerable family member or caring for children
- All outings necessary for disabled people and those who accompany them
- For administrative or judicial appointments
- Transit to take a train, plane or bus for travel
- Walking a pet (maximum 1km from residence for a brief period of time)



For any justifiable outing during curfew, it is mandatory to have an authorization form found here:

- [Online \(printable\) authorization forms](#) in English and in French

- [Online \(digital\) authorization form in French](#)

## Wearing Masks

It is required to wear a mask at all times when outside of one's residence. [How to Wear a Mask](#). Only those jogging/running or riding a mechanical bicycle are exempt from wearing masks. [Information concerning masks](#)

## Schools

All Day Care facilities, Primary Schools, Junior-High and High Schools are open but with reinforced safety protocols updated on February 1, 2021 [School Protocols](#) . The protocols and updates include notably:

- 2 meters' distance between individuals at the cafeteria
- More frequent and regular ventilation of the premises
- Category 1 masks for personnel and school children at primary and secondary schools.

The initial requirements are still valid:

- Social distancing of a minimum of 1 meter between individuals' side by side, face to face, or with an empty seat between individuals in enclosed spaces, especially in physical learning spaces (this distance is not applicable when individuals are behind each other) and in libraries
- Limiting contact among students by staggering class times, movements, recess periods, lunch periods, etc.
- Mandatory mask wearing starting at 6 years old
- Systematic use of hydroalcoholic gel by everyone (over the age of 11 and all adults)
- Mechanical or manual ventilation of the premises with 10 to 15 minutes of ventilation at least twice a day
- Routine cleaning at least once a day, in the absence of students and in accordance with the specific sanitary instructions applicable

## Higher Education

Several official government websites give detail concerning academic and campus life during the COVID crisis.

- [Ministry of Higher Education general Covid info](#)
- [Official Student Life website confinement info](#)
- [Ministry of Higher Education campus confinement details](#)

**International Students:** International students continue to be welcomed into France. The French government has announced that international students currently in France can apply for and/or renew residency permits, online, thus avoiding the previously obligatory in person appointment at the *prefecture*. ([Campus France Stay Permit Renewal info](#)).

**Classes:** According to a [January 22<sup>nd</sup> French Ministry of Higher Education circular](#), institutions can return to in-person instruction for all students as long as the courses are held at 20% of classroom capacity and strictly follow all sanitary protocols. This is meant to ensure that all students have the equivalent of 1 day per week of face-to-face instruction. <https://www.gouvernement.fr/info-coronavirus/education>

**Studio courses & Labs:** Courses in fields such as science (biology, chemistry, physics, etc.), medical/health sciences, sports sciences, fine arts (graphic arts and design, studio art, etc.) that cannot be delivered virtually are authorized to continue in-person instruction (at 50% the total occupancy of the classroom space).

**Exams and entry exams:** Exams can be maintained in an in-person setting with social distancing, though online alternatives and take-home assignments are encouraged.

**Internships:** Students currently enrolled in for-credit internships can continue their work remotely or in-person depending on the host company/organization's protocol.

**Libraries, computer labs and cafeterias:** university libraries and computer labs can open, but cafeterias are only open for take away meals (no in-person dining).



**Administrative, Health & Social Services:** university health & social services remain fully accessible (including mental health support services), with some non-essential administrative services accessible by appointment only.

**Residence Halls:** University housing is open but students who can easily move home are encouraged to do so. International students or those far away from home are authorized to remain in student housing.

## Workplaces

**Employees who can work from home are encouraged to do so.** Offices can stay open, employees can come to work if needed, but must continue to apply the guidelines applicable to the specific work environment, which were updated on [January 29<sup>th</sup>](#) in order to adapt social distancing and types of masks to the circulation of the highly contagious strains of COVID-19.

The guidelines state:

- Working remotely is advised but not required
- Physical distancing (at least 1 meter between individuals and/or workstations, and **2 meters during coffee breaks and/or meals**)
- Obligatory mask wearing and the responsibility of the employer to provide masks. **Only Category 1 cloth/fabric masks or disposable medical/surgical masks are authorized.**
- The promotion of regular, thorough handwashing
- Regular mechanical or manual ventilation of the premises
- Routine disinfecting at least once a day of all surfaces and objects
- Management of the flow of people to avoid excessive crowding and crossing of individuals

Employees are instructed to stay at home should they develop Coronavirus symptoms or if they have recently been in contact with someone who has tested positive for the virus. **Obligatory temperature checks or PCR tests at the workplace are not authorized.**

The complete protocol for Health & Safety at work can be found on the Ministry of Labor's website (in French): <https://travail-emploi.gouv.fr/le-ministere-en-action/coronavirus-covid-19/protection-des-travailleurs/protocole-national-sante-securite-salaries>

## Gatherings

**The government has forbidden all public gatherings across the country and** urges everyone to avoid all family and private gatherings in homes. The recommendation is to limit gatherings to 6 adults (and the children of those adults).

## What is open

Below is a list of selected venues, services and businesses that are currently open. This more complete listing <https://www.service-public.fr/particuliers/actualites/A14417> was last updated on February 1st.

- Public services and administrations, and all social services
- All retail businesses (except large shopping malls with a surface area of over 20 000m<sup>2</sup>) are open with a limit on the number of customers at one time in a shop to maintain social distancing protocol of 8-10 m<sup>2</sup> per person, depending on the store size. Shops can stay open until curfew begins (6pm), and are allowed to be open on Sundays (authorizations to open on Sundays are normally limited in France)
- Restaurants for take-out (until 6pm) and delivery only
- Medical professionals & veterinarians
- Libraries, documentation centers, media libraries
- Places of worship (can hold services at limited capacity)
- Outdoor sports places including stadiums, fields, courts, tracks for individual sports only
- Hotels except for vacation resorts and hostels with communal living
- Short term vacation rentals, car rentals
- Exam centers





## What is closed

Below is a list of venues, services and businesses that must remain closed at this time. <https://www.service-public.fr/particuliers/actualites/A14417>

- Cinemas, museums and monuments
- Indoor shopping centers with a surface area greater than 20 000m<sup>2</sup>
- All group meeting rooms, auditoriums, theatres, concert halls, and multi-use rooms, except court rooms and funeral homes
- All indoor sports facilities except for professional sports (no fans in attendance)
- Dance clubs, night clubs, casinos, bowling alleys, billiards rooms, etc.
- Restaurants, cafés, bars except for managing delivery service and take-out service.
- Trade fairs and exhibits
- Thermal care facilities and spas
- Camp sites, vacation resorts, tourist housing
- Ski lifts

## Associated fines for not adhering to protocols

A **fine of 135 euros** may be applied in the event of non-compliance with COVID protocols, including wearing masks and respecting confinement. Repeat offenders can be fined up to **3,750 euros** and could risk 6 months of prison, community service, drivers' license suspension of up to 3 years maximum. [Fines for not complying with confinement](#)

## Local travel restrictions

Students **residing in France** must adhere to French regulations concerning mobility. The current situation allows and requires the following:

- Normal mobility in one's town and region between 6am and 6pm.
- Travel is authorized throughout mainland France. Anyone travelling during curfew hours on trains, flights, or intercity buses must fill out a Curfew Authorization Form <https://www.gouvernement.fr/info-coronavirus/couvre-feu>
- European borders are open, but travelers must follow all requirements and restrictions to enter other EU countries from France.
- **All travelers coming into France from the European Area must justify their reason for travel and produce a negative COVID test from less than 72h before their travel. See case scenario #1 on the [French government certificate of travel website](#).** Travelers must fill out and carry with them the forms available on this website.
- Travel to non-EU countries is not authorized as of January 31<sup>st</sup>, except for "compelling reasons". See Section 1 for details.
- International travel to return to home country or place of residence is authorized. Students returning to the U.S. must show a negative Covid-19 test taken less than 3 days before boarding the plane. See Section 1 for details.

Details concerning mobility in and out of France can be found at this French government site: [International Mobility Information](#) as well as on the European Union website: <https://reopen.europa.eu/en/map/FRA>

## COVID Case Management in schools

### Primary & Secondary Education:

The government has reinforced the [COVID protocol](#) that is in place in primary/secondary schools: Whereas until February 1st, classes were only systemically closed and students sent home to self-isolate when 3 positive cases of COVID were confirmed, now [just 1 confirmed case of a COVID variant justifies the class closing](#).

### Higher Education: [Higher Education COVID info](#)

This committee contacted both the *Académie de Paris* and the BEESP (*tutelle des établissements d'enseignement supérieur privé*) of the Paris *rectorat* and received this feedback in writing:

For study abroad programs in France that are registered as *Etablissements d'enseignement supérieur privé hors contrat*, it is advised that you reach out to your *rectorat* or *académie* to learn what the process is for declaring

positive cases of COVID within your program participants, faculty and staff. The *Académie de Paris* has indicated that we should declare confirmed cases by emailing the ARS at [ARS-DD75-alerte@ars.sante.fr](mailto:ARS-DD75-alerte@ars.sante.fr). Further information concerning the COVID crisis can be obtained by contacting the educational officials at [covid19.esri@region-academique-idf.fr](mailto:covid19.esri@region-academique-idf.fr) (for Ile de France).

## Sports and exercise

Sports and exercise are authorized, but according to the following requirements:

- Individual sport (walking, running, biking, hiking, etc.) is permitted but team sport is not allowed.
- Outdoor sports equipment and sites are open and accessible: stadiums, golf, tennis, outdoor fields, equestrian centers, etc. and the practice of all these sports is allowed. <https://www.sports.gouv.fr/accueil-du-site/article/application-des-decisions-sanitaires-pour-le-sport-a-partir-du-12-janvier>
- Participants are not required to wear a mask during sports.
- Excluded from these limitations are several groups (Sports Science students, professional and pre-professional athletes, those with a medical prescription for a certain activity, etc.) <https://www.service-public.fr/particuliers/actualites/A14436>

## Student Support

The Ministry of Higher Education & Research has established a student mental health support website (with an English Language version) that compiles all the contacts and services related to mental health support for students during the COVID-19 crisis. The website covers all regions of France, and in addition to mental health support also serves as a resource for information about financial support, student housing, and health care. <https://www.soutien-etudiant.info/>

On January 21<sup>st</sup>, the government announced a mental health care package (a “*chèque psy*”) to allow students in psychological distress access to free mental health support.



A free 24/7 hotline monitored by the Association SPS (*Soins aux Professionnels de Santé*) for students has been opened and can be reached here: <https://www.asso-sps.fr/prise-en-charge/etudiants>

## ADDITIONAL LINKS & GENERAL RESOURCES

An English summary of information concerning the current situation in France, mobility, visas, testing, etc. can be found here: <https://fr.usembassy.gov/covid-19-information/>

For information concerning every country in the European Union, and for details on all aspects of the Covid-19 crisis in Europe, see the following website: <https://reopen.europa.eu/en/>. And for information specifically for France: <https://reopen.europa.eu/en/map/FRA>

For current information, including health recommendations and measures, from the French government on the COVID-19 situation in France, see the following website: [Main COVID-19 Government Website](#)

Access to daily communiqués with daily statistics and key messages: [Daily Communiqués by French Government](#)

Official website dedicated to Student Life in the French universities: [www.etudiant.gouv.fr](http://www.etudiant.gouv.fr)

Timeline of government actions [French Government Actions](#)