



**INFORMATION GUIDE FOR  
PEOPLE IN EXILE**

**2024 OLYMPIC  
GAMES EDITION**

## PRACTICAL INFORMATION & KEY DATES

This summer 2024, France will host the Olympic and Paralympic Games during these periods:

From **July 26 to August 11**, for the **Olympic Games**,

From **August 28 to September 8**, for the **Paralympic Games**.

## OLYMPIC & PARLYMPIC GAMES : WHAT TO KNOW ?

The Olympic and Paralympic Games (OPG) are an international event that brings together the world's best athletes, men and women, practicing different sports.

You can use the "Olympic Games – Paris 2024" site and application to get information (available in French and English).

> App Store download link (Apple) :



> Play Store download link (Android) :



More than 15 million people are expected to attend these summer Olympics in France. In comparison, the population of Paris is 2 million. During the games, to prevent terrorist attacks: car and pedestrian traffic will likely be obstructed and in certain places forbidden.

**Key olympic infrastructures will be heavily patrolled by both police and military forces. police will stop and search many individuals in both public transports and the streets.**

We recommend you anticipate your journeys and avoid public transports during this time.

**⚠ From the 18th of July onwards, security perimeters will be enforced: Traffic will be rerouted on the entire zone: roads, bridges and public transport.**



## GETTING AROUND DURING THE OLYMPIC GAMES

### Tickets

**Be careful, if you use the underground (metro), ticket prices will increase during the Games, from 2,15€ to 4€. RER tickets will go from 3,20€ to 6€.**

People with an annual or mensual Navigo or using the **Navigo Liberté +** pass will not be impacted with the increase of price tickets.

**⚠ A Games Pass will be necessary to access security perimeters and traffic restrictions, and for the opening ceremony of The Olympic and Paralympic Games (OPG).**

You can get a Games Pass here :



It's free. You will have to show a piece of identification.

- During the Games, some subway and tramway stations will be closed : Champs-Élysées - Clémenceau, Concorde, Tuileries, Collette Besson, Porte de Versailles, Porte d'Issy.
- It is advised to avoid some very visited stations : Gare du Nord, Châtelet-les-Halles, Palais royal - Musée du Louvre, Saint-Lazare, Miromesnil, Madeleine, Pigalle, Porte de Clichy, Stalingrad, Jaurès...
- Supermarkets and local shops (bakery, restaurants, tobacco shops..) will stay open. You will be able to go to public services establishments (France Services, CPAM, France Travail...).

**From the 15th of July to the 16th of August, OFPRA will only summon asylum seekers who live in Île-de-France :**  
Paris (75), Seine-et-Marne (77), Yvelines (78), Essonne (91), Hauts-de-Seine (92), Seine-Saint-Denis (93), Val-de-Marne (94), Val-d'Oise (95).

**⚠ Access to associations and day centres might be difficult during the games. Certain structure will close down or temporarily relocate their activities. For more information, read pages 12-31 of the Watizat July August 2024 guide.**

## Security perimeters and traffic restrictions

During the summer, security perimeters and traffic restrictions will be put in place in certain areas (especially around competition venues).

There are 3 types of security perimeter during the JOP:

- **gray zones:** anti-terrorist perimeter (example: banks of the Seine for the opening ceremony), pedestrian access authorized with a Games Pass, car access prohibited except in exceptional circumstances
- **red zones:** around the gray perimeter, pedestrian access authorized without Games Pass, car access prohibited except in exceptional circumstances
- **blue zones:** around the red perimeter, pedestrian access authorized without Games Pass, regulated car access.

You can find on this map the security

perimeters of the competition sites updated in real time. The map also offers crowd forecasts on the roads and in public transport. Do not hesitate to consult this tutorial to understand how to use this card.

Link of the map :



Link of the tutorial on how to use the map :



### Gray Zone

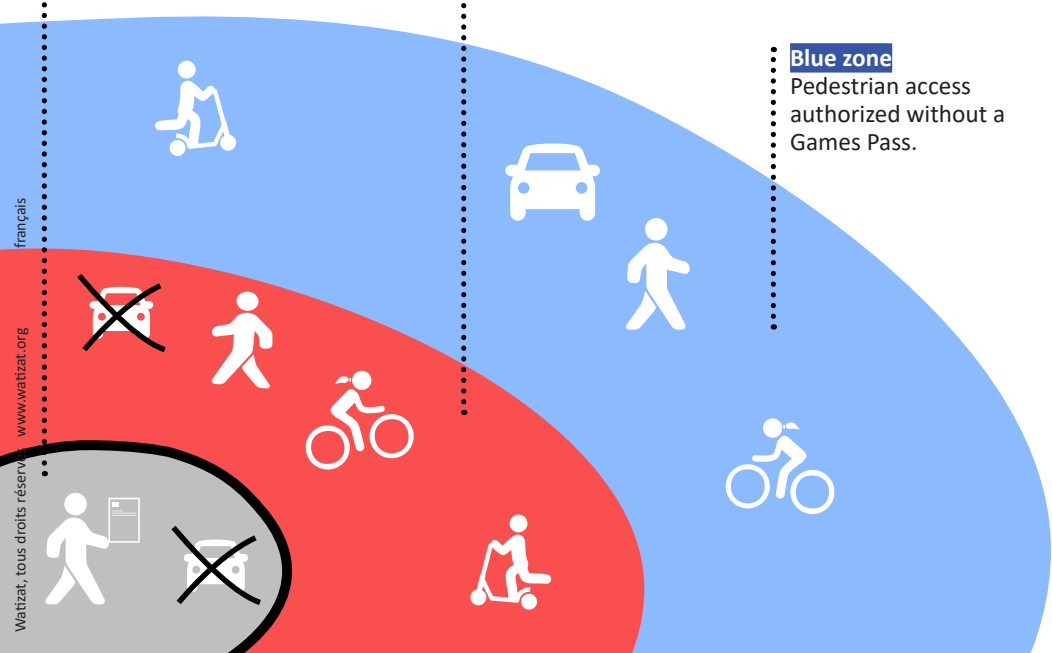
Pedestrian access authorized with a Games Pass. Car access prohibited.

### Red zone

Pedestrian access authorized without a Games Pass. Car access prohibited. Voitures interdites

### Blue zone

Pedestrian access authorized without a Games Pass.



## CONTROL OF LEGALITY OF RESIDENCE

**The police does not have the right to control whom they want on the street.**

## Identity control is limited to a number of situations :

- Suspected of violation(crime).
- By the order of prosecutor in specific area and limited time.
- In the borders (up to 20km), train stations, trains, port areas, airports and highways.
- For foreigners (residence permit control) : only if they show foreigner characteristics (foreign language, foreign newspaper, foreign license plate...).



## What documents to present?

For foreigners :

Residence permit, récépissé, valid visa. You can prove your identity with all documents showing your name, surname and picture, for exemple with a pass Navigo

**⚠ In case of control in the public transports if you do not have a valid ticket, it is forbidden to flee the scene until police arrives. Otherwise the penalty is 2 months of imprisonment or 7500-euro fine.**

**✅ Refusing/ being unable to provide one's identity document is not a crime.**

**❌ Presenting false identity and fake documents is a crime.**

## What to do if you are arrested ?

- Be calm and polite.
- Remember the place, time, street number, name of store, a coffee shop or a metro station for example.
- Remember the type of police (national police, CRS, PAF, gendarmerie), if possible remember the RIO number (7 numbers written on the police officer's chest).
- If the police are violent, ask to stop and scream "You hurt me" multiple times so the bystanders listen.
- You can film the scene or can ask witnesses to film.
- You should not share your telephone code.



**The police does not have the right to:**  
 - Refuse being filmed.  
 - To hit.  
 - To be violent and to insult.

- If it's not possible to prove one's identity, an ADULT can be taken to a police station and be detained for a maximum of 4 hours.

**During detention if the police is not able to identify the person, they can take photos and the finger prints.**

- During detention the person has the right to make a call.
- At the end of detention, police must give the person a detention report.
- If you have received **a deportation order (OQTF) or a judicial ban from the territory :** Quickly contact a lawyer or an association to help you (see next pages)
- you only have 48 hours from the moment you have signed the document to appeal.



# FREE LEGAL AID

Help and advice for your procedures depending on your situation:

- Asylum procedure
- Dublin information
- Refugees
- Residence permits

**MINORS:** See page 12 of the Watizat guide to get legal aid for unaccompanied minors.

## ESSOR

Help with the OFPRA interview, CNDA appeals, Dublin appeals, CMA appeals, **OQTF** and family rights. Help with the reexamination procedure, come before you collect the form from the prefecture.

🏠 24 Quai d'Austerlitz, 75013 Paris

🚇 **M** 6 Quai de la gare, **1** **14** **RER** **C** Gare de Lyon

🕒 Thursday 1-5pm.

**For other free legal help**, send a text or Whatsapp message, or call to make an appointment:

📞 07 51 49 52 29

## SOS RACISME

Legal advice on immigration law: residency rights, visa issuance, **challenging an OQTF (Obligation to leave France)**.

**By appointment:** 📞 01 40 35 36 55

✉️ [servicejuridique@sos-racisme.org](mailto:servicejuridique@sos-racisme.org)

## LE KIOSQUE

Information and advice about asylum claims and Dublin procedures (medical insurance, transport discounts, CMA, **OQTF appeals...**). No support for "reexamen".

🏠 218 rue du Faubourg Saint-Martin, 75010 Paris

🚇 **M** 7 Louis Blanc **M** 4 **5** **7** Gare de l'Est

📞 01 76 62 12 47 ✉️ [lekiosque@emmaus.asso.fr](mailto:lekiosque@emmaus.asso.fr)

**Without appointment:**

🕒 Monday and Wednesday 9:30am-12:30pm and 2-4pm

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

## DÉLÉGATION DU SECOURS CATHOLIQUE DE PARIS

**Appeals against OQTF (48h, 15 days, 30 days)**

🏠 13 rue saint Ambroise 75011

🚇 **M** 9 Saint-Ambroise

🕒 Mondays to Fridays 10am-5pm

**Only on appointment at the:** 📞 08 05 95 29 41

## PERMANENCE POUR LES EXILÉ·E·S

**LA CHAPELLE** (ADDE, ATMF, Dom'asile, ELENA, GISTI, MRAP)

**OQTF appeal**, CNDA appeal, Dublin appeal,

CMA appeal, information on prefecture appointments, problems with the OFII.

**In French, English, Arabic, Pashto and Dari.**

🏠 10 rue Affre, 75018 Paris **M** 2 **La Chapelle**

🕒 Monday 2pm



# FOOD

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

## Breakfast

### P'TIT DÉJ' SOLIDAIRES

🏠 Jardin d'Éole, 75019 Paris

(Entrance at the intersection of rue d'Aubervilliers and rue du Département)

🚇 **M** 2 **5** **7** Stalingrad

🕒 Monday to Sunday around 8:30am

### SOLIDARITÉ MIGRANTS WILSON

🏠 5 av. de la Porte de la Villette, 75019 Paris

🚇 **M** 7 Porte de la Villette

🕒 Saturday 10am-12pm

## Lunch

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

🏠 15 avenue Porte de la Villette, 75019 Paris

🚇 **M** 7 Porte de la Villette

🕒 Monday to Friday 11am-1pm

Saturday and Sunday 12-2pm

## Dinner

### L'UN EST L'AUTRE / LA CHORBA

🏠 15 avenue Porte de la Villette, 75019 Paris

🚇 **M** 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

**Closed 1st-15th August**

## SOLIDARITÉ MIGRANTS WILSON

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

🚇 **T3b** Porte d'Aubervilliers

🕒 Tuesday, 8.30pm

🏠 Porte d'Aubervilliers, 75018 Paris

🚇 **T3b** Porte d'Aubervilliers

🕒 Wednesday, 8.30pm

## LA FABRIQUE DU SOURIRE

🏠 Gare de Lyon, rue Roland Barthes, 75012 Paris

🚇 **M** 1 **14** **RER** **C** Gare de Lyon

🕒 Monday at 7pm

## UNE CHORBA POUR TOUS

🏠 In front of the **M** 2 **5** **7** Jaurès,

187 boulevard de la Villette, 75019 Paris

🕒 Monday to Saturday at 4pm. **Come early.**

## RESTOS DU CŒUR

🏠 1 avenue de Verdun, 75010 Paris

🚇 **M** 4 **5** **7** Gare de l'Est

🕒 Monday, Wednesday, Friday 8-9pm

Sunday 7:30-9pm

🏠 Place de la république 75003 Paris

🚇 **M** 3 **5** **8** **9** **11** République

🕒 Tuesday, Thursday and Saturday 8-9pm

**Closed 28th July-25th August**



Numerous drinkable water fountains are available for everyone to hydrate themselves. Scan the QR code to locate them:



# ACTIVITIES

## Sports

### FSGT PARIS

**Free sports activities for all.** To join one of the clubs or to ask a question about sport in Paris, contact this organisation. Football, volleyball, running, climbing, boxing, workouts etc.

✉ [accueil@fsgt75.org](mailto:accueil@fsgt75.org) ☎ 01 40 35 18 49

### VIKING SFA FC

#### Football

🏠 5 rue Neuve Saint Pierre, 75004 Paris

🚇 1 5 8 Bastille

🕒 Wednesday 8:30-9:45pm

To sign up send a message via Instagram:

📱 @viking\_sfa\_fc

### TERRAIN D'AVENIR

Several sports (climbing, basketball, rugby, football, swimming, yoga (women and mixed), step, modern dance, running with or without registration

### NOUR

Hatha Yoga for beginners, mixed and women-only sessions.

You must register online:

<https://reservation.nour-yoga.com/>

🏠 In Paris, for information about timings and locations, contact:

☎ 06 12 64 83 64 ✉ [contact@nour-yoga.com](mailto:contact@nour-yoga.com)

**Closed 1st-31st August**

## Social and cultural activities

All activities are free, open to everyone and all abilities.

### LA MAISON BAKHITA

🏠 5 ter rue Jean Cottin, 75018 Paris

🚇 12 Marx Dormoy

🕒 Monday to Friday 9am-5.30pm

- Help finding work
- Medical and psychological consultations every other Tuesday
- Shared kitchen, conversation workshops and music workshops

✉ [bonjour@maisonbakhita.fr](mailto:bonjour@maisonbakhita.fr)

**Closed 5th-25th August**

### CEDRE

🏠 23 bd. de la Commanderie, 75019 Paris

🚇 7 10 13 Porte de la Villette

🚇 12 Aimé Césaire

- **Café Papote:** Space to rest and relax, board games, group games, discussions

🕒 Monday, Tuesday and Thursday 2-5pm

- **Solidarity football training:** 🕒 Saturday mornings ☎ 07 69 92 97 53

✉ [clemence.martin@secours-catholique.org](mailto:clemence.martin@secours-catholique.org)

**Closed 29th July-31st August.**

**Check the Facebook page for more information:**



### LIMBO

🏠 At «Centquatre», 5 rue Curial, 75019 Paris

🚇 2 5 7 Stalingrad, Riquet

- **Art mediation workshops:**

🕒 Wednesday 11.30am-2pm

- **Cultural outings:**

Twice a month, get in touch by email:

✉ [ateliers.limbo@gmail.com](mailto:ateliers.limbo@gmail.com)

**Closed 1st-31st August**

### BRIGADE DE LA SOLIDARITÉ POPULAIRE

Reading, games, creative activities, discussions

🏠 Square Anaïs Nin, 75019 Paris

🚇 13 Porte d'Aubervilliers

🕒 Friday 6.30-8pm

### ETAPE

**Sociocultural activities: games, outings, workshops.**

🕒 Saturdays 4pm-6pm

By appointment: ☎ 07 64 33 16 78 or

✉ [associationetape@outlook.fr](mailto:associationetape@outlook.fr)

### ASSOCIATION 4A - L'ÉDITION ORIGINALE

For minors and young adults

- Artistic mediation workshop with drawing and painting supported by 4A art therapists.

🕒 Friday 2-5pm

To join, contact: ☎ 06 09 14 00 63

**Closed 12th-18th August**

## Libraries

**Free** Access to books, computers, internet, WIFI, electric plug sockets to charge your phone...

### BIBLIOTHÈQUE PUBLIQUE D'INFORMATION

🏠 Place Georges Pompidou, 75008 Paris

🚇 11 Rambuteau

🕒 Monday to Friday 12-10pm

🕒 Saturday and Sunday 10am-10pm

🕒 **Closed on Tuesdays**

**French conversation workshops:**

🕒 Friday at 1pm (complete beginners), 2pm, 4pm and 6pm

**Access to healthcare:**

🕒 Thursday 11th July 2-6pm

**Closed 19th July- 31st August.**

Find all the libraries in Paris here:



## Enjoying the celebration during Olympic Games

There will also be many activities all summer in Paris.

Find here all the celebration events organized :



For example:

🏠 **Parc de la Villette**

🚇 7 10 13 Porte de la Villette 13 Delphine Seyrig

- To try new sports and share the victories of French athletes

To see Parisian swimming pool opening times and addresses: <https://bit.ly/33MAvgE>. All swimming pools are free for all asylum seekers having the «carte ADA». To see all the public sports sites in Paris click here:



## HEALTHCARE

🚑 In a medical emergency, call 15 🚑

## Mental health

### Emergencies

● **C.P.O.A HÔPITAL SAINT-ANNE**

**From 16 years old.**

Call before coming:

☎ 01 45 65 81 09 / 01 45 65 81 10

🏠 1 rue Cabanis, 75014 Paris 🚇 6 Glacière

🕒 24/7 - every day, at any time or call the free emergency number 112

### Free psychological consultations:

● **HÔPITAL AVICENNE**

🏠 125 rue de Stalingrad, 93000 Bobigny (Mantout Building)

🚇 7 La Courneuve - 8 mai 1945

Mental health: psychologists specialised in psychotraumatology, interpreters

**To make an appointment call or email:**

🕒 Monday to Friday 9am-6pm

🕒 Closed on Wednesdays

☎ 01 48 95 54 74

✉ [psychotrauma.avicenne@aphp.fr](mailto:psychotrauma.avicenne@aphp.fr)

● **LE CHÊNE ET L'HIBISCUS**

**Isolated men. Asylum seekers and refugees without accommodation. Psychologists with interpreters.**

🏠 Halte humanitaire

2 rue Perrault, 75001 Paris 🚇 1 Louvre-Rivoli

🕒 Monday 2-4pm, Tuesday and Wednesday

10.30am-1.30pm, Thursday 2-6pm,

Friday 10am-12pm and 2-4pm

🏠 Accueil de jour Austerlitz

24 quai d'Austerlitz, 75013 Paris

🚇 6 Quai de la gare, 1 14 RER C Gare de Lyon

🕒 Monday 9.30am-1pm





**ETAPE**  
**Support and mutual-aid discussion group**  
 Maison des Réfugiés,  
 50 boulevard Jourdan, 75014 Paris  
 RER B Cité Universitaire M 4 Porte d'Orléans  
 No need to register, look up sessions via:  
 07 64 33 16 78  
 or [associationetape@outlook.fr](mailto:associationetape@outlook.fr)  
 7.30-9pm

**CENTRE PRIMO LEVI**  
**For victims of torture in their own country.**  
 107 avenue Parmentier, 75011 Paris  
 M 3 Parmentier  
 By appointment with a referral: [dcaetano@primolevi.org](mailto:dcaetano@primolevi.org)  
 Monday-Friday: 9.30am-1pm and 2-5.30pm. Closed Tuesday afternoons.  
 Closed 29th July-9th August and 15th August

**LE CENTRE MINKOWSKA**  
**By appointment.** Have this form filled out by a professional and send it to:  
 11 rue des réglises, 75020 Paris  
 M 9 Porte de Montreuil  
 To access the form, scan the QR code:



**Women victims of violence**

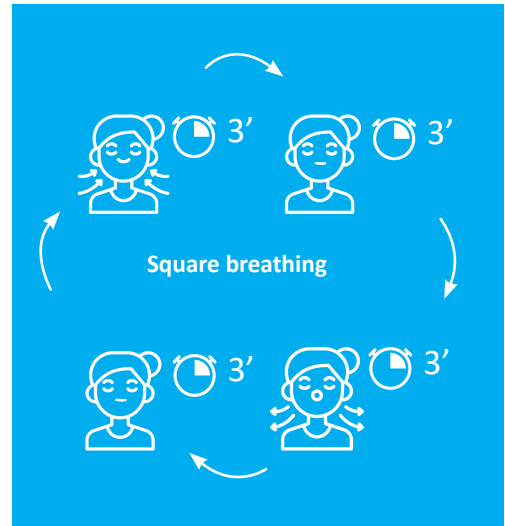
**FEMMES ENTRAIDE AUTONOMIE**  
**Female victims of violence.**  
 Pépinière Mathis, 9 rue Mathis, 75019 Paris  
 M 7 Crimée  
 People to speak to, individual psychological support, women's discussion groups, sport and well-being workshops.  
 Wednesday and Friday 9am-1pm, 2-5pm without appointment.  
 07 45 69 01 37  
 Closed 24th July-26th August

**Telephone helpline for medical questions**

**COMEDE**  
 Assistance and expertise concerning residency rights based on medical reasons.  
 Access to health care services and to social benefits for foreigners living in Île-de-France.  
**Medical and psychological questions:**  
 01 45 21 38 93  
 Monday, Tuesday, Wednesday:  
 9:30am-12:30pm, 2:30-5:30pm,

Thursday: 2:30-5:30pm  
**Social and legal questions:** 01 45 21 63 12  
 Monday, Tuesday, Thursday:  
 9:30am-12:30pm, 2:30-5:30pm  
 Wednesday, Friday: 2:30-5:30pm  
 Closed 1st-15th August

**Mental health tips :**



**Things to do during a heat wave:**



Drink water, even if you are not thirsty. Aim to drink 3 to 4 liters of water a day. Fill a water bottle as soon as possible.



During the day try to stay safe in cool or air-conditioned places: churches, railway stations, shopping centers, libraries, etc.



Get closer to the fountains and freshness zone. Wet your body, your face, your forearms.



Avoid drinking alcohol.



Rest and avoid effort.



Try to eat enough fresh food



In the event of heat stroke, if you experience the following symptoms (weakness, dizziness, drowsiness, nausea, fever, sweating): call 15 !

**Islands of freshness**

In case of a heat alarm, the city council of Paris leaves the parks open all night and extends the opening hours of the public shower as well as some ESI.

Fresh islands in Paris are also identified as places of rest, accessible to everyone. Scan the QR code to find them:





# JOP 2024 ANGLAIS PARIS



**Si vous êtes à Paris, en demande d'asile, réfugié ou sans papier, ce guide est pour vous.**

**Il contient des adresses utiles, des conseils et procédures juridiques mis à jour chaque mois !**

**Nos textes sont écrits, relus et vérifiés par des professionnels du social, de l'asile et du droit des étrangers.**

**Ce guide est disponible et mis à jour chaque mois en : français, anglais, arabe (littéral), pachto et dari.**



**Retrouvez nos contenus numériques sur [www.watizat.org](http://www.watizat.org)  
et nos vidéos sur les réseaux sociaux**



Watizat Paris



watizatparis



Watizat, chaîne d'information



watizatasso

**Vous avez une question ? Contactez-nous : [contact@watizat.org](mailto:contact@watizat.org)**

**Si vous êtes une organisation, association ou collectif, commandez  
les guides en version papier : [commandes.paris@watizat.org](mailto:commandes.paris@watizat.org)**