There are many different things you will have to do when you arrive in France and before, and some of them will involve documents in French or interactions with people who will not necessarily be very comfortable speaking English.

That is why you should never hesitate to ask for help!

**PSL’s Welcome Desk** can answer any question you may have about life in France and the administrative procedures that need to be completed before arriving in France and during the stay (residence permits, Social Security system, bank accounts, insurance, housing benefits, etc.)

The **CoST** of the ENS is here to help with all the questions related to the school (registration, accommodation, etc.)

The **International Office** of the ENS (direction des relations internationales) is the contact for all exchange students.

You will have the opportunity to meet all these people on August 30th, as they will be there to welcome all international students in a series of presentations and tours offered in English.

**You have been admitted to a Master’s programme**

The description of the administrative procedures is [here](#), in both French and English. Don’t miss the [Frequently Asked Questions in English](#) as well.

**You have been admitted to prepare for diplôme de l’ENS**

You have passed one of the selective exams to enter ENS (International selection or concours normalien étudiant) and you will become what is called *normalien* or *normalienne* in ENS jargon.

All you need to know about procedures and paperwork is listed [here](#).

And an English version of the [Frequently Asked Questions](#) can be found here.
You are an exchange student

You are about to spend a semester or a whole year at ENS as part of an Erasmus programme or a bilateral exchange?

The Direction des relations internationales (International Office) is your first contact for any question you can have. Go to the pages in the menu Exchange Students to get to know them and see what they have prepared to welcome you.