



# Things you need to know

Freshers day 2023

20/11/2023



The IJCLab buildings on the Orsay campus seen by Jean-Yves Duhoo, illustrator



# IJCLab Students

“Doctorants” mailing list. If you are not in here, come see us !

Our email:

student-bureau@ijclab.in2p3.fr

Our discord server is deprecated





**Manar (Accelerators)**



**Mathis (E&E)**



**Noémie (PHE)**



**Lucas (A2C)**



**Coline (A2C)**



**Gilles (A2C)**



**Emile (PHE)**



**Simon (Theory)**



# The students' bureau

Events organised for students by students

<https://indico.ijclab.in2p3.fr/category/498/>

- Freshers day
- The student's room
- Monthly breakfast (every first Monday)
- Barbecues
- Themed Parties: Murder Party, End of the Year...
- Journal club ? Seminars ?
- Many other ideas in progress for parties, game nights, movie nights...

Representation of the students in IJCLab (Mathis + Lucas)

Support if problems with supervisor/working group

Intermediary, if needed, between students and members of the different instances



**ROOM M106, BUILDING 100**

Fussball, couches, microwaves  
Coffee+tea...

Chill+ fun (+ work) room !



# Lucas Gréaux

1. **Who I am** : A 3rd year PhD student in Astroparticle Physics and willing to make the lab a better place
2. **Contact** : [greaux@ijclab.in2p3.fr](mailto:greaux@ijclab.in2p3.fr), building 100M, office 118
3. **Languages** : French, English
4. **Interests** : Video games and board games, tabletop RPGs, playing drums and sax, cooking and drinking beers...
5. **I think the bureau is...** A happy place for everyone in the harsh PhD life





# Manar Amer

1. **Who am I:** I'm a 4th year PhD student in Accelerator Physics and part of ALEA group working on ThomX experiment .
2. **Contact:** [manar.amer@ijclab.in2p3.fr](mailto:manar.amer@ijclab.in2p3.fr) , office 108b - building 208.
3. **Languages:** Arabic, English, French (in progress)
4. **Interests:** Cooking, Food, hiking, taking a walk.
5. **I think the bureau is....** a place to take a break and build friendly relations.





# Noémie Pilleux

1. **Who I am** : A 3rd year PhD student in Hadronic Physics, exploring the neutron structure and building detectors
2. **Contact** : [pilleux@ijclab.in2p3.fr](mailto:pilleux@ijclab.in2p3.fr), building 100M, office 109
3. **Languages** : French, English
4. **Interests** : engraving, printmaking and other art stuff, taking care of plants/animals/ other living things, cooking, playing music...
5. **I think the bureau is...** a place to meet and share support with passionate and interesting people





# Gilles Weymann

1. **Who I am** : A 3rd year PhD student studying the phenomenology of inflation, the primordial phase of the Universe
2. **Contact** : [weymann@ijclab.in2p3.fr](mailto:weymann@ijclab.in2p3.fr), building 200, office 162
3. **Languages** : French, English, Esperanto
4. **Interests** : Sleeping
5. **I think the bureau is...** a writing desk with drawers and typically an angled top opening downwards to form a writing surface.





# Simon Cléry

1. **Who I am** : A 3rd year PhD student studying theoretical models of (Dark) Matter production in the early Universe.
2. **Contact** : [simon.clery@ijclab.in2p3.fr](mailto:simon.clery@ijclab.in2p3.fr),  
Building 210, Office 118G
3. **Languages** : French, English
4. **Interests** : Hiking, Tennis, Padel, Gaming, Arts...
5. **I think the bureau is...** an opportunity to meet people and organize a social life between students within the lab.





# Mathis Hitier

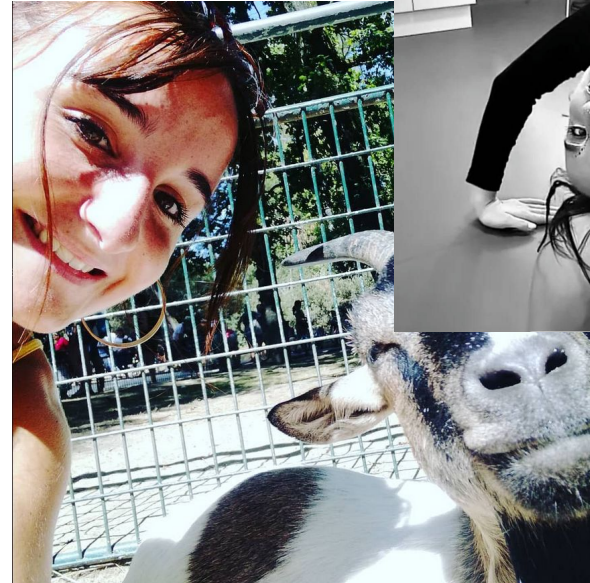
1. **Who I am** : A 3rd year PhD student in Nuclear Physics, pole Energy and Environment... doing chemistry.
2. **Contact** : [mathis.hitier@ijclab.in2p3.fr](mailto:mathis.hitier@ijclab.in2p3.fr)  
+33629755324  
Building 108, office J201
3. **Languages** : French, English, Spanish
4. **Interests** : Reading, teaching, board games, RPG, danse and any kind of sports (currently learning tennis).
5. **I think the bureau is**... ~~a place where my friend Dread dragged me,~~ a place to organise the PhD student life and meet people :).





# Coline Dubos

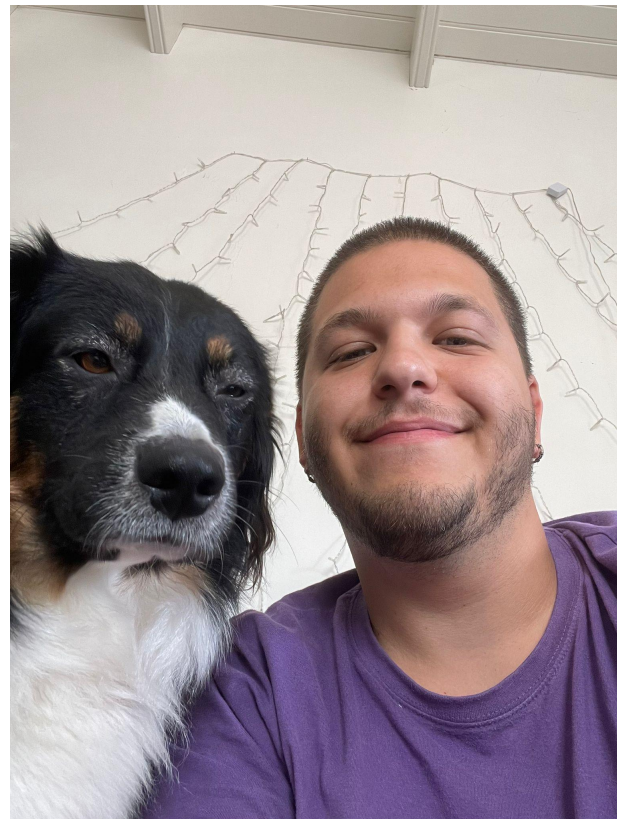
1. **Who I am** : 2nd year PhD, A2C pole → origin of the galactic cosmic rays with CTA. I ♥ Astrophysics
2. **Contact** : [coline.dubos@ijclab.in2p3.fr](mailto:coline.dubos@ijclab.in2p3.fr) / 0617053680 / 100M, office (I'll let you find)
3. **Languages** : French, English (so-so...)
4. **Interests** : A lot → outreach and teaching / danse (contemporary Hip-Hop) / gymnastics / canyoning / my cat but the animals in general / nature (so very very far from Paris)
5. **I think the bureau is...** a trap. BUT this brings you doctoral points so don't hesitate!!! It's a joke but for me it's the way to organize cool event





# Emile Lavaut

1. **Who I am** : I am a 2nd year PhD in neutrino physics, working on calibration at low energy and Supernovae neutrino burst
2. **Contact** : lavaut@ijclab.in2p3.fr  
+33 (0)169157763  
Building 200, office 120 D
3. **Languages** : french, english
4. **Interests** : kayak, climbing, cinema, teaching, board games, being in the nature
5. **I think the bureau is...** a place to meet people I work with in a more fun way in order to make us all forget that we are all stuck here for 3,2 or 1 year(s)



\* I'm on the left



# You can join!

- Lots of us are starting to be old!
- If you are in your 1st or 2nd year and have ideas for an event, feel free to tell us and we'll help you do it.

Examples: Coline wanted to have a Murder Party for Halloween, Emile wanted to have this afternoon's session with 2nd year students...



- We have a budget line from the lab, resources to contact people.
- It does not mean you need to invest lots of time and energy, it can be a one time involvement for an event.
- And if you don't have ideas, we always need arms to go grocery shopping, to help out with the students room, to order food from a restaurant...



# The History of IJCLab

The Laboratory of the physics of the 2 Infinities Irène Joliot-Curie (IJCLab) was created on January 1st 2020 from 5 laboratories :

- CSNSM (Centre de Sciences Nucléaires et de Sciences de la Matière)
- LAL (Laboratoire de l'Accélérateur Linéaire)
- IMNC (Laboratoire d'Imagerie et Modélisation en Neurobiologie et Cancérologie)
- IPN Orsay (Institut de Physique Nucléaire d'Orsay)
- LPT (Laboratoire de Physique Théorique)





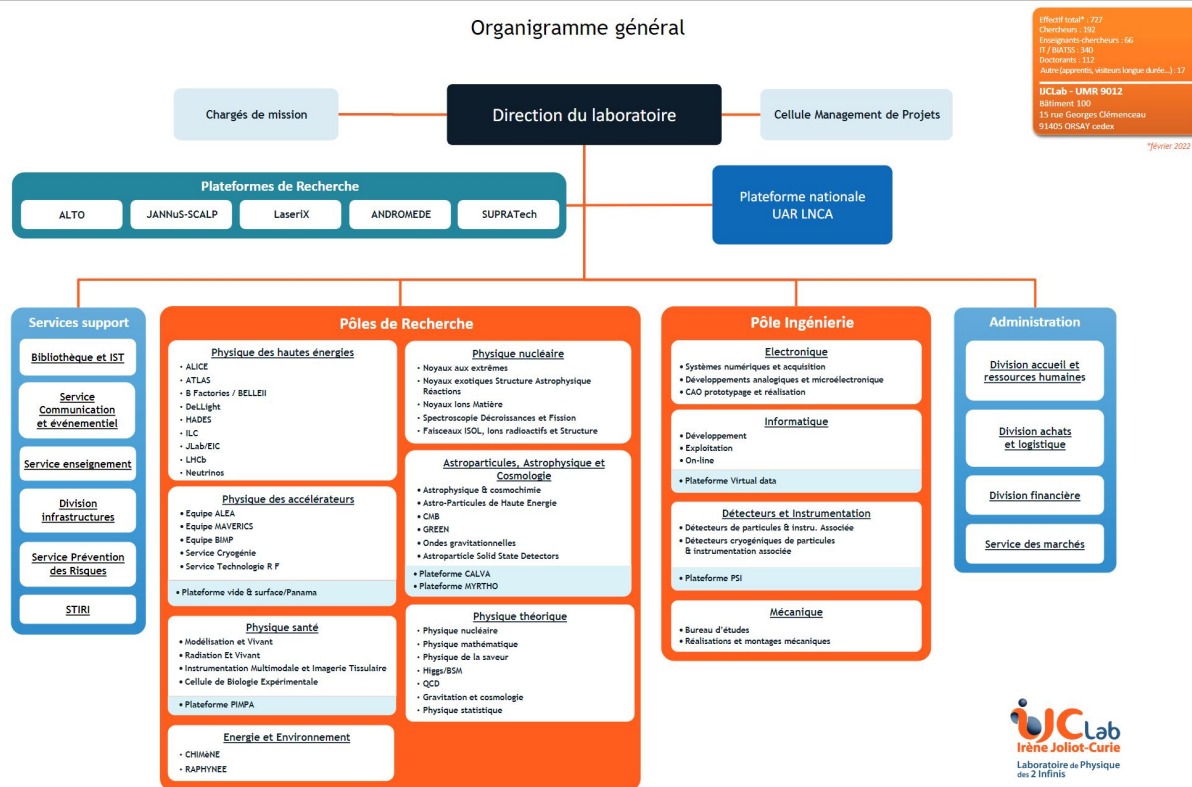
# What's the activity of the Lab ?





# General organisation

## Organigramme général



## Organigramme

Accueil > IJCLab > Organigramme



### 7 Pôles de recherche

- 31 équipes de recherches + 2 services

### 1 Pôle Ingénierie en 4

### Départements

- 11 Services

### 1 Pôle administratif

- 3 Divisions et 1 Service

### 8 Services supports

### 5 Plateformes de recherche



[www.ijclab.in2p3.fr](http://www.ijclab.in2p3.fr)

Dernière MAJ : 12/09/2022



## IJCLab « le directoire »

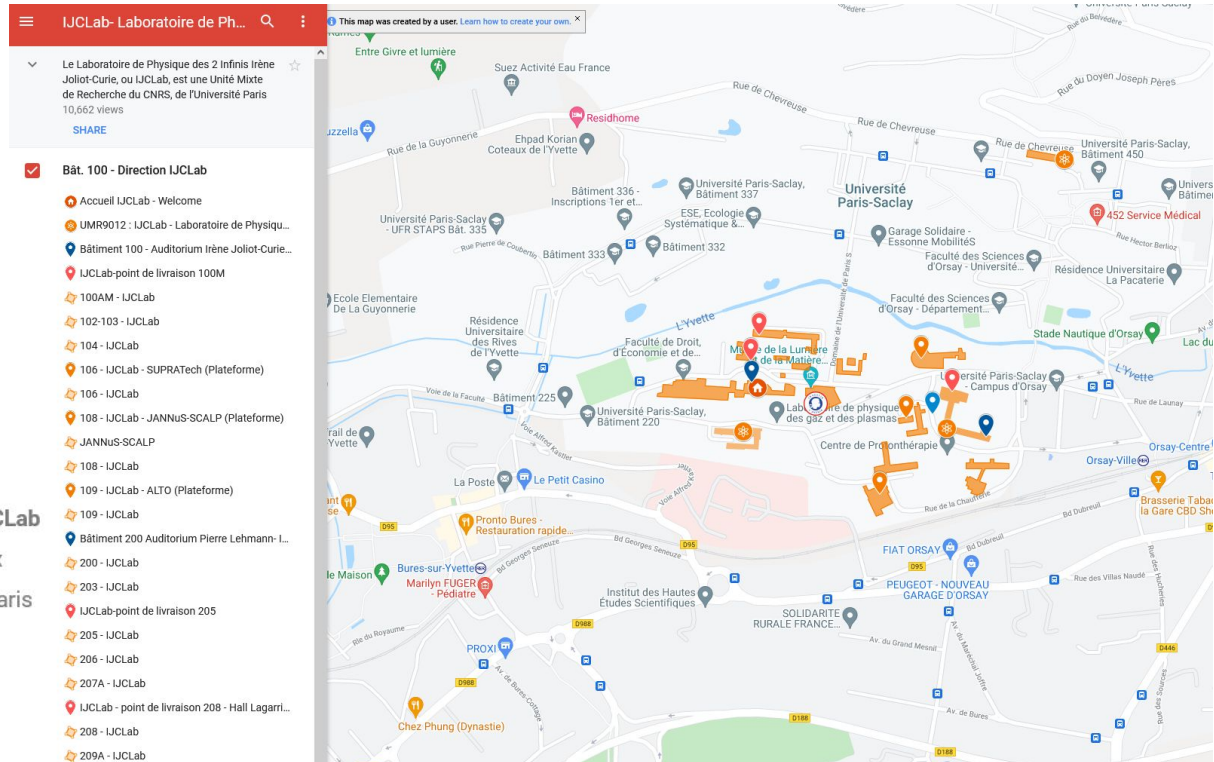
- ▶ Directeur Achille Stocchi
- ▶ Directeur Adjoint Fadi Ibrahim
- ▶ Directeur Adjoint Sébastien Descotes-Genon
- ▶ Secrétaire Générale Nathalie Arlaud
- ▶ Pôle A2C (Astrophysique, Astroparticules et Cosmologie) Sophie Henrot-Versillé
- ▶ Pôle E&E (Energie et Environnement) Frédérico Garrido
- ▶ Pôle PHE (Physique des Hautes Energies) Marie-Hélène Schune
- ▶ Pôle Physique Santé Philippe Lanièce
- ▶ Pôle Physique Nucléaire David Verney
- ▶ Pôle Physique des Accélérateurs Sébastien Bousson
- ▶ Pôle Physique Théorique Samuel Wallon
- ▶ Pôle Ingénierie Valérie Chambert



# To find a building

Our labs on  
google maps  
“IJCLab maps”

Laboratoire de Physique des 2 infinis Irène Joliot-Curie – IJCLab  
Bât. 100, 15 rue Georges Clémenceau, 91405 Orsay cedex  
UMR9012 – CNRS / Université Paris-Saclay / Université de Paris



<https://www.google.com/maps/d/u/0/viewer?mid=17xGc7ByHtZtMYm1mdJiw-vEKkEF4Zw3O&ll=48.69719185732796%2C2.1752887905509732&z=16>



# Eat near the lab : Cesfo

2 choices:

- Upstairs: Good food and generally lots of healthy options.
- Ground floor: Little store with different sandwiches and salads.



Cheap = ~3€, but only if you have the badge!

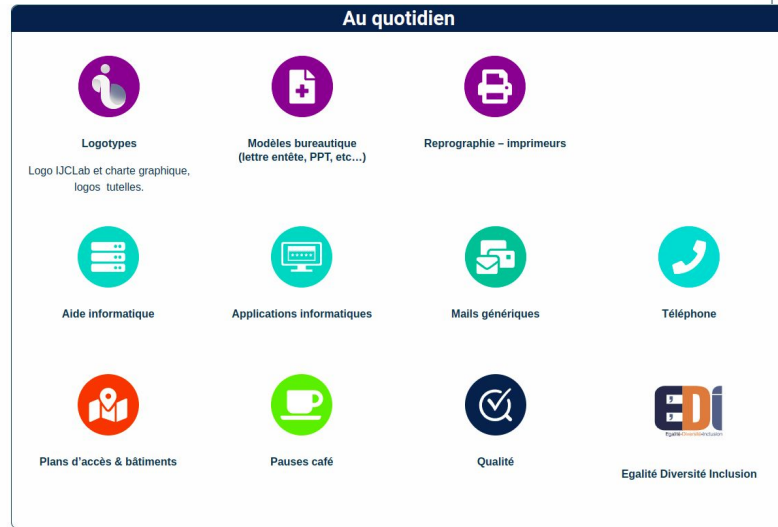
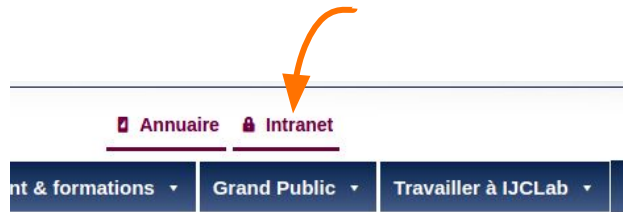
If you do not have one, ask for a CESFO attestation to your secretary and give it at the restaurant

To recharge your badge:

<https://www.e-chargement.com/default.asp>



# Most of the informations on the Intranet



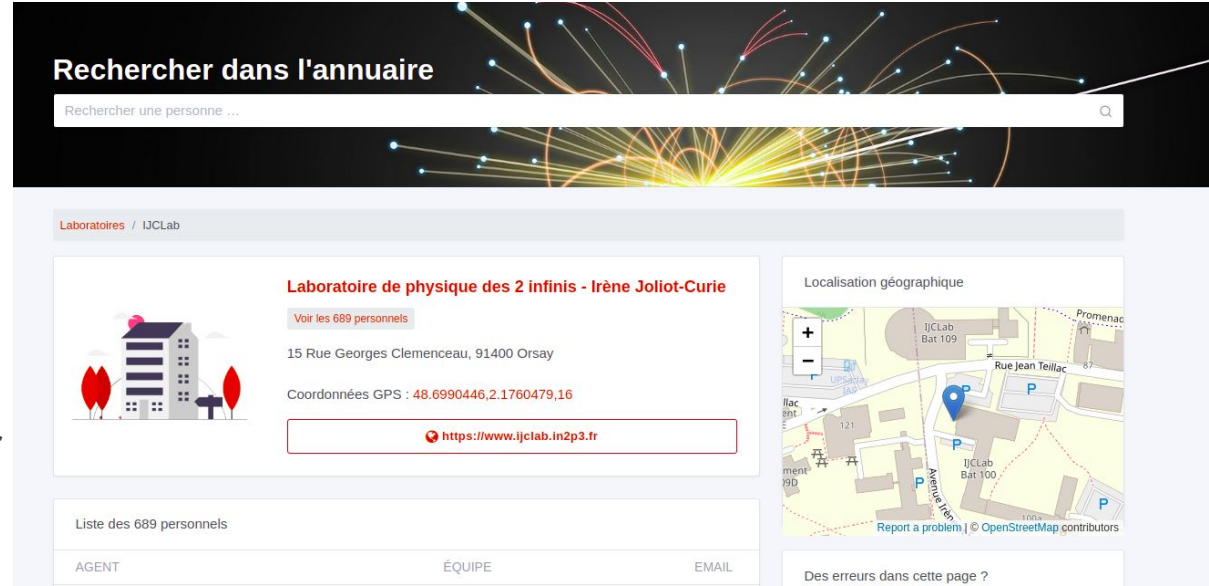
Badge, Missions, buyings, ...

Communication tools (**official logos**, slides and letter models etc.), printing service, **IT helpdesk**, maps...

To get access to the intranet see : <https://support.ijclab.in2p3.fr/2020/04/02/comment-acceder-a-lintranet/>



# The “Annuaire”



To contact us :  
student-bureau@ijclab.in2p3.fr

To find someone, his(her) office, his(her) pole etc...



## JupyterHub@Paris-Saclay

JupyterHub@Paris-Saclay est un service (expérimental) de calcul interactif dans l'environnement Jupyter, mis à la disposition des personnels et étudiants de l'Université Paris-Saclay et hébergé par le mésocentre DataCenter@UPSud.

L'authentification utilise la fédération d'identité «Recherche et Enseignement Supérieur» de Renater. Utilisateurs de l'ex Université Paris-Sud: choisissez de préférence «Université Paris-Saclay» comme institution.

[Se connecter](#)

<https://jupyterhub.ijclab.in2p3.fr/>

To have access to a JupyterHub from the University (can connect with Janus, University account)

[https://gitlab.in2p3.fr/users/sign\\_in](https://gitlab.in2p3.fr/users/sign_in)

For the institute gitlab

- + Access to in2p3 box, file transfer...  
All with the same Janus credentials

<https://support.ijclab.in2p3.fr/>

## Support Informatique IJCLab



[COMPTES](#)
[POSTES DE TRAVAIL](#)
[MESSAGERIE](#)
[RESEAU](#)
[SERVICES](#)
[OUTILS COLLABORATIFS](#)
[SERVEURS](#)

[TOUTES LES FAQ](#)
[APPLICATIONS](#)
[SÉCURITÉ INFORMATIQUE](#)
[PROTECTION DES DONNÉES](#)
[INCIDENTS/MAINTENANCES](#)

To get access to computing resources (CC in2p3, CLAC...), VPN etc.

The screenshot shows the Gipi HelpDesk interface. At the top, there's a navigation bar with 'Accueil', 'Créer un ticket', and 'Tickets'. Below it, a table displays the status of tickets:

| Tickets             | Nombre |
|---------------------|--------|
| Nouveau             | 0      |
| En cours (Attribué) | 0      |
| En cours (Planifié) | 0      |
| En attente          | 0      |
| Résolu              | 0      |
| Clos                | 4      |
| Supprimé            | 0      |

In case of any problem : **open a ticket on the HelpDesk**  
<https://helpdesk.ijclab.in2p3.fr/>

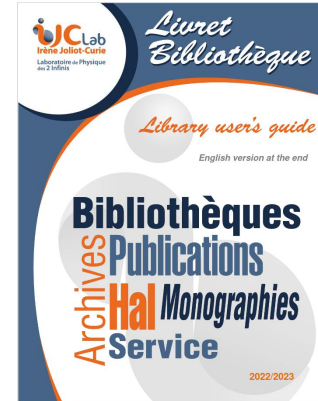


# Bibliographic ressources

- Zotero to automatically make a biblio + organize read papers.
- CNRS “click and read” browser add-on to access papers: <https://bib.cnrs.fr/click-read/>
- Lean Library <https://leanlibrary.com/>

Lab Library <https://intranet.ijclab.in2p3.fr/bibliotheque/>

- Borrow books up to three months
- Newspaper every 2 weeks



- University Library, with more general ressources you can borrow with your student card for several months as a PhD student.
- Online books as well.

<https://www.bibliotheques.universite-paris-saclay.fr/>



# Missions



The lab can reimburse transportation, hotels, conference fees and food.

Keep all of your receipts, boarding passes...

A full documentation has been established and can be found from the intranet !  
Still kind of a labyrinth, do it once with your supervisor to understand all the steps.

## Le processus complet



<https://agate-tempo.cnrs.fr/fr/>

Ask the HR service to add you in the CNRS database and declare your holidays on Agate-Tempo !



Nouvelle demande

Type

Date de début

Date de fin

Décompte 1 jour

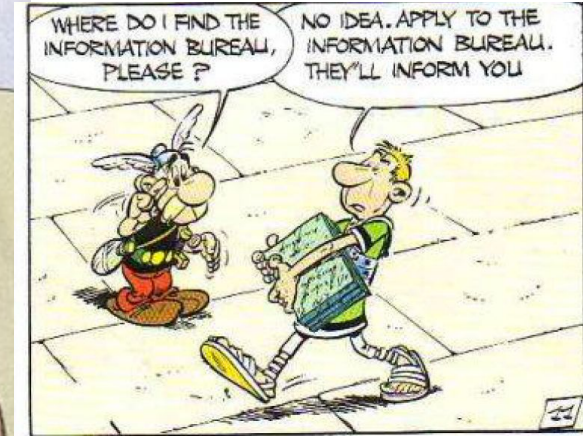
Message

Enregistrer

Agate-Tempo interface showing a calendar view for Simon CLERY. The interface includes a top navigation bar with tabs: Ferié, Chôné, En cours, Valide, and a search bar. Below the navigation bar, there is a table of dates from September 2022 to August 2023. The table is organized by month and year, with each date cell containing a number and a status (e.g., 1 J, 2 V, 3 S, 4 D, 5 L, 6 M, 7 M, 8 J, 9 V, 10 S, 11 D, 12 L, 13 M, 14 M, 15 J, 16 V, 17 S, 18 D, 19 M, 20 J, 21 V, 22 S, 23 V, 24 S, 25 M, 26 L, 27 M, 28 M, 29 J, 30 V, 31 L). The status indicates the type of day (e.g., 1 J for 1st day, 2 V for 2nd day, 3 S for 3rd day, 4 D for 4th day, 5 L for 5th day, 6 M for 6th day, 7 M for 7th day, 8 J for 8th day, 9 V for 9th day, 10 S for 10th day, 11 D for 11th day, 12 L for 12th day, 13 M for 13th day, 14 M for 14th day, 15 J for 15th day, 16 V for 16th day, 17 S for 17th day, 18 D for 18th day, 19 M for 19th day, 20 J for 20th day, 21 V for 21st day, 22 S for 22nd day, 23 V for 23rd day, 24 S for 24th day, 25 M for 25th day, 26 L for 26th day, 27 M for 27th day, 28 M for 28th day, 29 J for 29th day, 30 V for 30th day, 31 L for 31st day). The status also includes special days like 'Fête d.' (Fête de l'Éducation Nationale), 'Armist.' (Armistice), 'Noël' (Noël), and 'Lundi' (Lundi). The interface also includes a 'Veuillez sélectionner un éléme...' dropdown menu and navigation buttons (left, right, search).



# French Administration





# “Science accueil” for settling in France

<https://www.science-accueil.org/>

**Science Accueil**  
Agileur de mobilité

Tél : +33(0)1 70 26 41 40 | contact@science-accueil.org | ESPACE PERSONNEL

HOME QUI SOMMES-NOUS NOS OBJECTIFS DEVENIR MEMBRE ACTUALITÉS PARTENAIRES PRESSE JOBS INTERNATIONAUX CONTACTEZ-NOUS

POUR QUE RAYONNE  
L'HOSPITALITÉ D'ILE-DE-FRANCE

PRÉPAREZ VOTRE VENUE

HABITAT

APPRENDRE LE FRANÇAIS

POINT D'INFORMATION

DÉMARCHES ADMINISTRATIVES

LES ÉCOLES D'ÉTÉ

PROGRAMMES

RÉASSURANCE  
OPÉRATION SOLIDARITÉ ÉTUDIANTS  
MEET GREET AND EAT  
RÉSEAU ALUMNI  
FORMATIONS SCIENCE ACCUEIL

<https://www.science-accueil.org/formations-science-accueil/>



# Some useful links to find a flat

<https://www.universite-paris-saclay.fr/en/campus-life/accommodation>

<https://www.pap.fr/annonce/locations-appartement-orsay>

[https://www.leboncoin.fr/recherche/?category=10&locations=Orsay\\_91400](https://www.leboncoin.fr/recherche/?category=10&locations=Orsay_91400)



- In France they ask for a « French garant » = someone who will pay if you don't.
- If you are not French it is not easy to find someone having incomes in France... but there is an alternative : The « visale caution étudiant » VISALE : <https://www.visale.fr> . You can ask for it for FREE if you are under 30 and they will be your garant!



# Some help with your house rent

- Family allowances association

CAF



Caisse d'allocations familiales

Founded: October 4, 1945

<https://www.caf.fr/>

Do a simulation to see if you are eligible and an estimate of how much they can give you !

<https://www.caf.fr/allocataires/mes-services-en-ligne/estimer-vos-droits/simulation-prime-d-activite>

The screenshot shows the CAF.fr website interface. The top navigation bar includes the CAF logo and the text 'ALLOCATAIRES FAIRE UNE SIMULATION'. The left sidebar menu lists various services, with 'Faire une simulation' highlighted in a red box. The main content area is titled 'Faire une simulation' and lists several benefits: 'Allocations familiales', 'Paje' (with a note about estimating rights for child care), 'Pensions alimentaires', 'Rsa' (with a note about estimating rights for active solidarity revenue), 'Prime d'activité', and 'Aide au logement'. A red arrow points from the text 'Do a simulation' to the 'Faire une simulation' link in the sidebar.



# Register For Health Insurance

Most French government  
administration depend on  
**Health Insurance Number**

ENGLISH NEED HELP? ALREADY REGISTERED?

**Social Security registration for foreign students and residents of France's (\*) overseas collectivities**

(\*) Wallis and Futuna

**Direct online registration**

Your circumstances 2 - Your date of birth 3 - Your nationality

The French Social Security system will reimburse you for your health care expenses.

ASSURÉ PROFESSIONNEL DE SANTÉ ENTREPRISE Qui sommes-nous ? Carrières Études et données Presse

VERSION CONTRASTÉE

VOUS N'AVEZ PAS SÉLECTIONNÉ VOTRE CAISSE CHOISIR

ACTUALITÉS COVID-19 Coronavirus DROITS ET DÉMARCHES selon votre situation REMBOURSEMENTS prestations et aides SANTÉ comprendre et agir

**EN BREF** Voir tout

- 26/10/2023 SANTÉ ET PRÉVENTION Novembre, c'est le mois pour arrêter de fumer !
- 19/10/2023 SANTÉ ET PRÉVENTION Covid 19 - Dispositif PayEnfantAdo : prolongation du soutien psychologique pour les 3-17 ans
- 18/10/2023 SANTÉ ET PRÉVENTION Les parents et les jeunes très motivés pour un rendez-vous chez le dentiste avec MT dents !
- 18/10/2023 SANTÉ ET PRÉVENTION La détection des cancers du sein : comment

## DÉMARCHES FRÉQUENTES

- Attestation de
- Envoi d'une
- Changement
- Carte
- Services en ligne

<https://www.ameli.fr/>

<https://etudiant-etranger.ameli.fr/#/>

# The most important “France Connect”

- When you get your **permanent health insurance** number you can connect to all of the government websites using it



[Qu'est-ce que FranceConnect?](#)



#### Attention - des e-mails frauduleux imitent

Une campagne de phishing est actuellement en cours. Les notifications envoyées par FranceConnect aux utilisateurs tentent de récupérer vos identifiants. Si vous avez un doute sur l'expéditeur ou si vous recevez un mail alors que vous n'avez pas utilisé FranceConnect, veuillez consulter notre FAQ et nous transmettre l'e-mail frauduleux. Nos e-mails officiels sont toujours envoyés depuis une adresse en @franceconnect.gouv.fr ou en @notification.franceconnect.gouv.fr.



## FranceConnect simplifie les démarches de 29 904 325 personnes.

FranceConnect, c'est la solution proposée par l'État pour sécuriser et simplifier la connexion à plus de 900 services en ligne.





# Declare Taxes “ Impots ”

- While you are in France, you must start to declare your income taxes
- always declare the income of the previous year
- You will get a tax number.



[impots.gouv.fr](https://impots.gouv.fr)

[impots.gouv.fr/](https://impots.gouv.fr/)

Numero° fiscal



Accueil > Authentification

### Connexion ou création de votre espace

Numéro fiscal

Continuer

Ou

S'identifier avec FranceConnect

[Qu'est-ce que FranceConnect? #](#)

Vous pouvez également payer en ligne en utilisant votre numéro fiscal et la référence de votre avis

Payer en ligne

### Aide

- + Où trouver votre numéro fiscal ?
- + Vous n'avez pas encore de numéro fiscal ?
- + Les services disponibles sur votre espace particulier
- + Gestion des cookies



# Where is my “fiche de paie”



## L'Espace Numérique Sécurisé de l'Agent Public

l'ENSAP : <https://ensap.gouv.fr/>

Once you have your magic number  
(numéro de sécurité sociale)

**Aide en ligne** ▼

Vous avez une question ?  
Consultez l'aide en ligne de l'Ensap.

[Aide en ligne →](#)

### Connexion à mon espace sécurisé

J'accède à mon compte avec mes identifiants  
Ensap

Identifiant (obligatoire)

Mon numéro de sécurité sociale sur 15 caractères.

Mot de passe (obligatoire)

Attention : après 3 tentatives de connexion infructueuses, l'accès à votre espace sera momentanément bloqué.

Mot de passe oublié ?

[Me connecter](#)

OU

### 1ère connexion avec FranceConnect

Si vous vous connectez pour la première fois avec FranceConnect, vous devez passer les 3 étapes qui vous sont demandées pour vérifier et confirmer votre identité. De retour sur votre page d'accueil, vous pourrez vous connecter directement avec FranceConnect sans autre formalité.

[Découvrez l'ENSAP en images en visualisant cette vidéo](#)

[Créez et accédez à votre espace facilement : consultez notre vidéo](#)

[Découvrir l'ENSAP →](#)

### Questions fréquentes

Que dois-je faire si je ne trouve pas ou si je n'ai pas de numéro de sécurité sociale ?



# Getting a french bank account

Students are allowed to get a bank account. It can very handy in your day-to-day life.

Some online banks propose interesting offers for new customers

Ex:





Livret d'épargne populaire

<https://www.service-public.fr/particuliers/vosdroits/F2367>

If your yearly salary is  $< 21\,393$  € if you are alone (if you have kids or a handicap or a specific situation, it is more than that)

You can open a LEP in ANY bank by providing a proof that you did not pay taxes !

-> Do it in your first year as a student !

Between 30 and 10.000€ can be kept there with a 6% interest rate.

NO risk, NO taxes on it. Best possible way to place your money with no doubts.

It is a social investment to help low income people.



# Pass Navigo



- Pass Navigo is the must have to move around Ile de France and Paris. You can take every Bus, RER, Métro, Tram in Paris and Ile de France (depending on the package you chose)

<https://www.iledefrance-mobilites.fr/titres-et-tarifs/suports/passe-navigo>

- Until 26 yo, if you are part of the University, you can subscribe to a Pass “Imagine R” which is cheaper than the regular Navigo Pass.

<https://www.iledefrance-mobilites.fr/imagine-r>



# Reimbursements



Get paid back half of the price of your Navigo transportation card by your employer ! Ask to the HR of your employer

Up to 15€ can be reimbursed per month for your “Mutuelle” by your PUBLIC employer also.

<https://www.fonction-publique.gouv.fr/nouveau-pour-la-sante-de-agents-let-at-aide-et-rembourse-15eu-sur-mutuelle-sante-des-janvier-2022>



## My profile

- › Fraction of working time dedicated to preparing the doctorate: full
- › I want to update my profile
- › Online Display
- › I want to change my password
- › My CV Update my CV
- › My photo - Update my photo
- › RGPD - Data Portability :



## Procedures

- › I wish to declare my PhD defense
- › I finalize my re-enrollment procedure in 2<sup>e</sup> year of PhD thesis



## Career space

- › Consult the Job offers
- › Consult the Job Doc offers
- › My portfolio
- › My competencies
- › My professional career
- › My scientific productions



## Trainings

- › Training courses list
- › Training courses list RNCP Skills
- › Statement of the undergone training modules
- › Training module
- › Declaration of external training courses



## Administrative documents

The documents in gray will be available only after all the forms are saved (icon ) and the procedure is finalized.

### Scolarité

- › Certificat de scolarité 2021-2022
- › Enrolment certificate 2021-2022
- › Statement of payment of registration fees 2021-2022

### Inscription - Réinscription

- › Documents de références et procédures
- › Documents de demandes de dérogations
- › Liste des documents à fournir
- › Convention individuelle de formation

### Soutenance

- › Modalités de demande d'autorisation de soutenance





# Sports and leisures

- It is free (up to 2 sports) <https://sports.universite-paris-saclay.fr/login.php>
- Many activities proposed
- Outdoor: Viaduc des fauvelles and La troche for climbers!  
Saint-remy-les-chevreuse for hiking or biking
- Jacques Tati CINEMA: <https://www.mictati.fr/cinema>



Viaduc des fauvelles

Very rich area around us

▶ Aikido  
▶ Aïc - Wushu (武術) ⓘ ⓘ  
▶ Arts Du Cirque  
▶ Athlétisme ⓘ  
▶ Badminton  
▶ Ball-trap  
▶ Basket Ball ⓘ  
▶ Billard  
▶ Body Attack / Cardio Renfo  
▶ Boxe Anglaise  
▶ Boxe Française  
▶ Capoeira ⓘ  
▶ Cardio Training ⓘ  
▶ Ccc - Cascades ⓘ ⓘ  
▶ Cheerleading  
▶ Cross Training  
▶ Cuisses Abdos Fessiers - Caf  
▶ Danse \* Troupe Siuaps Paris-saclay\*  
▶ Danse Africaine  
▶ Danse Barre Au Sol ⓘ  
▶ Danse Contemporaine  
▶ Danse Modern Jazz  
▶ Danse Moderne  
▶ Danses Indiennes  
▶ Danses Latines



Saint-remy-les-chevreuse



La troche





# CSI monitoring committee

You alongside with your supervisor need to form a “CSI” **monitoring committee** that includes at least

- one **senior researcher from the lab**
- one **researcher from your thematic**
- **!! they all must be outside your collaborations / team !!**
- The lab and the CAT advise to have your CAT in your CSI

This needs to be done once you know people around a little bit. Do not do it too in advance, you can do it 2 months before the 2nd year.

They will follow through **regular meetings**

- your **work advancement**
- your **well-being** (regarding your relation with supervisor / team etc...)
- ...

## PhD timeline of CSI meetings / inscriptions





If you still have questions, do not hesitate to ask around !  
Students supporting students :)

