

Student guide

September 2026 - Paris La Défense



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Paris La Défense

Much more than just a business district!

Europe's leading business district and the fourth most attractive business district in the world, Paris La Défense has become a vibrant, thriving residential neighborhood over the past sixty years.

More than fifty higher education institutions are set in the area, welcoming over 70,000 students each year. This community is at the heart of a powerful network, comprising companies of all sizes and in all sectors. Beyond opportunities for internships and entry-level professional positions, the area also offers the opportunity to develop collaborative research projects, the subject of which can even be the neighborhood itself. In the future, shared initiatives to provide services in the area will enhance student life.

The district's transport hub makes it even more appealing. Located just ten minutes from central Paris, the neighborhood is accessible via an extensive transportation network, further bolstered by the arrival of the RER E in 2024 and the Grand Paris Express in the years to come.

Unique in France for its vertical design, the area is also a center for architectural and artistic creation, with its iconic towers and open-air museum featuring more than sixty contemporary artworks. All kinds of quality recreational activities, restaurants, accommodations, and social venues add to the neighborhood's appeal. The heart of Paris La Défense beats to the rhythm of major events, such as the Garden Parvis festival, runs for charity and the traditional Christmas market.

Making the neighborhood more pleasant to live in each day, the public organization Paris La Défense develops, operates and enlivens the area through its strategic vision while halving the area's greenhouse gas emissions by 2030, making it the world's first post-carbon business district.

Discover the area
by video



1st
EUROPE'S PREMIER
BUSINESS DISTRICT

Key figures

The world's

4th

**most attractive
business district**

(barometer of international
business districts - EY/ULI)

TOP 5

towers by height

The Link (242 m - 794 ft)
First (231 m - 756 ft)
Hekla (220 m - 722 ft)
Majunga (194 m - 636 ft)
T1 (185 m - 607 ft)



37,35 ha
of green public spaces



More than

70

institutions
of higher learning

70,000 STUDENTS
200,000 EMPLOYEES
50,000 INHABITANTS

1 HUB

6 lines of public
transportation
with 2 new RER E stations
+ 2 Grand Paris Express
station to come

Plénitude Arena
Largest indoor concert
hall in Europe



45 000
seats

One of the largest
shopping centers in
Europe

Westfield
Les 4 Temps - CNIT

More than
200
restaurants



20
food trucks

More than
60
works of art



+2,000
bicycle racks
+600
protected spaces
in parking lots

Getting to Paris La Défense ?

M

Public transportation access

Paris La Défense is accessible via one of the world's best public transport networks, which expanded with the addition of two RER E stations in 2024 and will expand further with line 15 of the Grand Paris Express by 2031.

Lines serving Paris La Défense:

- **M** Line 1
- **T** T2
- **RER** RER: A, E
- **Tram** Lines: U, L
- **BUS** Bus: 258, 141, 159, 275, 276, 360, 174, 278, 541, 73, 144

At the heart of the transport hub, Terminal Jules Verne provides access to bus routes, such as:

- Lines towards western Paris, operated by Île-de-France Mobilités (Express A14...)
- Cross-country routes, operated by various carriers (FlixBus, Blablacar...).



Bicycle Access and Parking

Bicycles are welcome in La Défense. There are more than twenty ways to reach the esplanade, via pedestrian bridges or boulevards. Over 2,000 bicycle racks are available in public spaces and 600 spots for two-wheeled vehicles are available in parking lots.

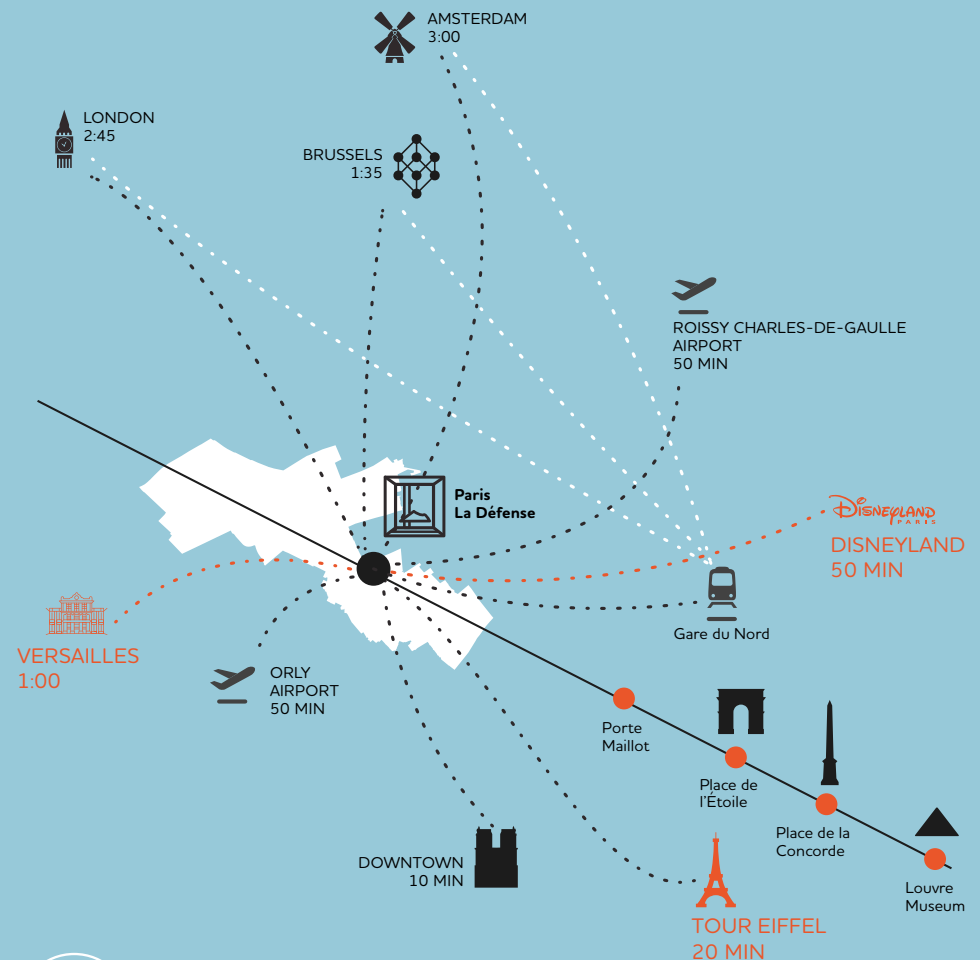
In 2026, there will be around 30 Vélib' stations in the La Défense Business District, for a total of over 1,200 docking points.



Taxi stands

Two taxi stands are accessible from the pedestrian platform:

- nearly place Carpeaux:
33, avenue de la Division Leclerc – 92400 Courbevoie
- towards downtown Courbevoie:
20, avenue André Prothin – 92400 Courbevoie



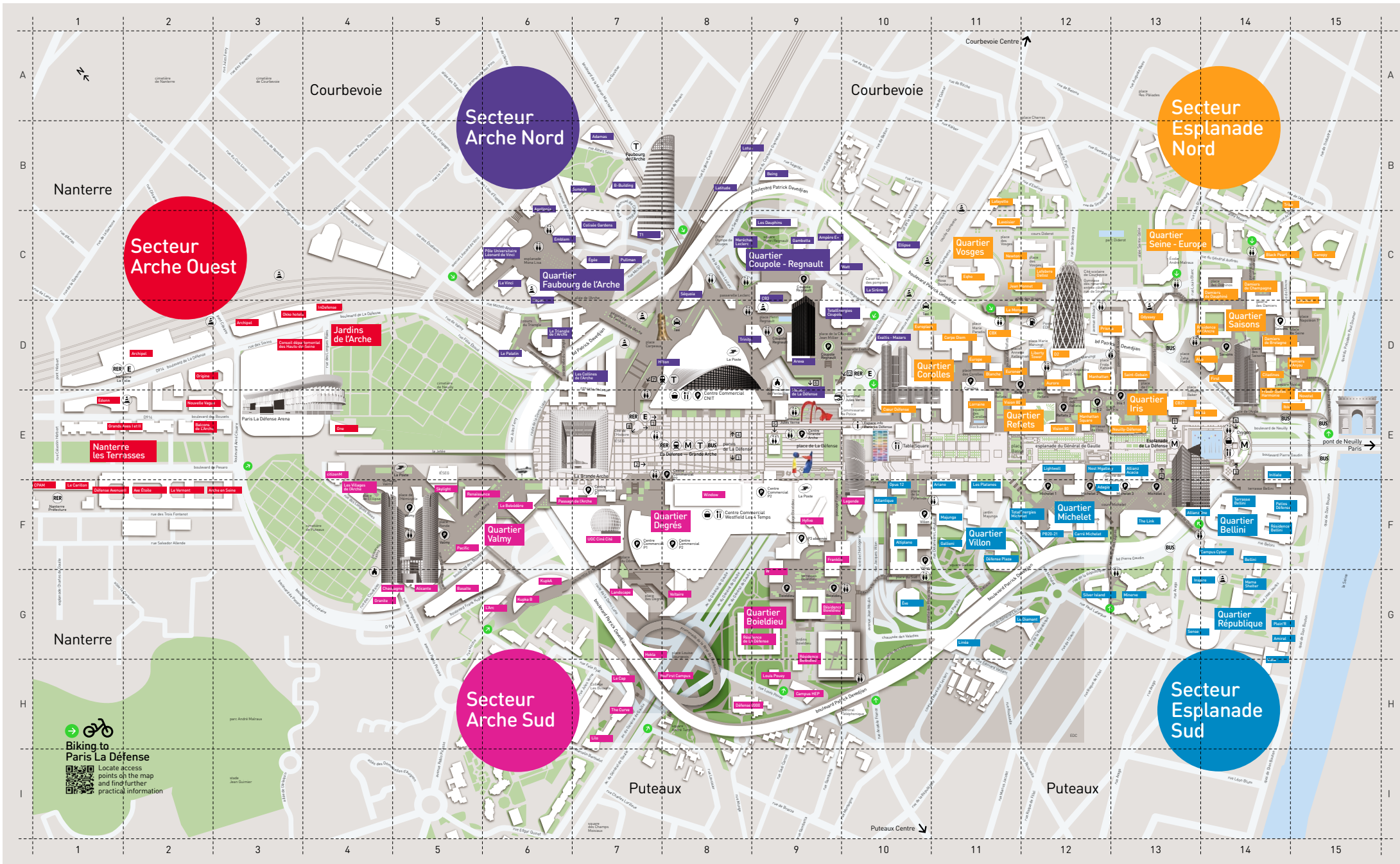
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La Défense parking lots

The business district is accessible by car from the A14 and A86 highways, as well as from Boulevard Patrick Devedjian. 22,000 parking spaces are available in the district's 9 parking lots, as well as one in Nanterre, all managed by Q-Park.

Visit the [Q-Park website](#) for more information about parking offerings in Paris La Défense.

Pedestrian map



Charity runs

Every year, Paris La Défense sponsors and supports an array of non-profit associations, particularly by hosting four major solidarity-based races

Vertigo

Organized by the NGO PLAY International, this vertical race aims to support the development of sports education programs.



Cancer-free Children City

This race has been organized by the association Imagine for Margo since 2018. 100% of the donations go to research dedicated to finding specific, innovative treatments.



Race against hunger

The donations collected during this inter-company challenge help institute solutions to ensure a sustainable food supply for all.



Special Olympics

Special Olympics is committed to inclusion of people with intellectual disabilities in sports. To raise funds, the charity has been organising an inter-company charity run in the business district for many years.



Major events in Paris La Défense

Paris La Défense hosts many commercial events throughout the year, alongside major summertime sporting tournaments and musical and cultural celebrations.

Very Food Trip

An event celebrating cuisine and an opportunity to discover the restaurants in the area. Paris La Défense's Food Trucks are gathered in a food court for the occasion.



Les Extatiques

A must-see event in the La Défense district, Les Extatiques celebrates contemporary art by exhibiting a variety of artistic works.



Garden Parvis

The not-to-be-missed summer event to take advantage of the dog days in La Défense! This outdoor celebration lets you relax and enjoy the sun with a host of exciting.



Le marché de Noël

An institution: over 25 years and counting! The Christmas Market is a must for merchants and visitors alike, alive with a Christmas atmosphere to prepare for the holiday season stress-free.





Getting Involved in Paris La Défense ?

At Paris La Défense, we believe that solidarity and civic engagement can make a difference! Numerous events are organized throughout the year, such as solidarity runs ([see page 6](#)) and World Clean Up Day, to support causes like environmentalism, the fight against cancer and education around the world.

Various non-profit organizations are active in the area, giving students the opportunity to help people in vulnerable situations. From clothing donations and breakfast distributions to awareness-raising workshops and intergenerational activities, there is no shortage of volunteering opportunities.

These are just some of the initiatives that enable people to socialize and escape their daily routine by getting involved in public interest causes with the aim of living better together.

Community Organizations



L'Association du Site de La Défense (ASD)

ASD is a specialized prevention organization and a *Point d'Accueil Écoute Jeunes* (Youth Welcome and Share Center, see [PAEJ map](#)). A free, confidential and anonymous place, ASD provides welcome, listening and guidance, and educational, social and psychological support to young people between the ages of 11 and 25 (parents are also welcome). Visitors can meet with psychologists, educators and socio-cultural mediators.

Hours: Monday to Friday, 10:00 a.m. to 6:00 p.m.
Address: NDP, 1, parvis de La Défense – 92800 Puteaux
Contact: [Website](#) / 01 46 98 00 49



La Cravate Solidaire

This organization helps unemployed people succeed in job interviews and develop professional skills needed in the workplace. With the support of volunteers who work in Image Coaching and Human Resources, candidates maximize their chances for success. La Défense companies organize the collection of business attire, which is then sorted with the help of volunteers.

Atelier Hours: Monday to Saturday, 11:00 a.m. to 7:00 p.m.
Clothing Donation Hours: Monday, Wednesday, Friday and Saturday, 1 p.m. to 5 p.m.
Address: 162, rue Nationale – 75013 Paris
Contact: [Website](#) / Volunteer E-mail: benevolat@lacravatesolidaire.org



Le Chaînon Manquant

This organization works to combat food waste and food insecurity. Every day, volunteers collect fresh, high-quality surpluses from food retailers, then redistribute them directly to nearby charities via refrigerated vans. The organization seeks volunteers to take part in collection and distribution rounds.

Hours: Missions from La Défense every Thursday (12:45 p.m. to 5:00 p.m.) and Friday (1:30 p.m. to 5:00 p.m.)
Address: 61, rue Henri Regnault – 92400 Courbevoie
Contact: [Website](#) / 07 68 81 33 02



La Maison de l'amitié La Défense

This organization's mission is to reach out to isolated and vulnerable people living in or visiting La Défense. Working to foster social links and solidarity among all, the organization offers a daily welcome in a friendly area shared by beneficiaries, employees and volunteers. Numerous volunteer opportunities are available.

Contact: [Website](#) / Volunteer E-mail: mmoustakaly@lamaisondelamitie.fr



Entourage

Using positive technology, this organization's mission is to create social links between neighbors, whether they are with or without a roof over their heads. The mobile application allows you to participate in workshops that raise awareness about the realities of housing insecurity, propose local solidarity operations, and join social events to meet your unhoused neighbors.

Contact: [Website](#) / [Mobile Application](#) Entourage /
 E-mail: ambassadeurs@entourage.social / 06 11 04 06 14



La Salle À Manger

Open to all, this community restaurant is unique in that it offers a complete lunch for €1 to people in vulnerable situations in La Défense on referral by a social worker. The restaurant promotes solidarity by acting as a link between worlds that often cross paths in La Défense but do not otherwise meet. In addition to providing occupational integration, the restaurant aims to prevent food waste by redistributing unsold, unprocessed food.

Kitchen Volunteer Hours: Monday to Friday, 9:30 a.m. to 11:30 a.m. and 2:30 p.m. to 4:30 p.m.
Hosting and Table Service Volunteer Hours: Monday to Friday, 12:00 p.m. to 5:00 p.m.
Address: 2, patio de la Pyramide – 92800 Puteaux
Contact: [Website](#) / Volunteer E-mail: bonjour@salleamanger.org / 06 98 19 29 57

Things to do *Activities in the district*

Thanks to the wide variety of activities on offer – sports, culture and entertainment – Paris La Défense is the perfect place to live, play and relax. Fourteen fitness centers offer specific disciplines and services throughout the district, along the esplanade, inside the Westfield Les 4 Temps - CNIT shopping centers and even in downtown Nanterre. Traditional workouts, crossfit, urban soccer, swimming and even bouldering: Paris La Défense has it all!

The neighborhood also abounds with art exhibitions, as well as venues to indulge in an escape game or a virtual adventure. The cultural landscape of Paris La Défense was recently enriched with the Cité de l'Histoire, a unique site that takes visitors back in time with highly original, immersive experiences. All these experiences and activities are available at discounted rates for students.

Finally, the district is a veritable paradise for shoppers, who can explore the many boutiques in Westfield Les 4 Temps - CNIT, open every day.



One of the
largest shopping
centers in Europe



30
activities



14
fitness
centers



2
cinemas
26 screens

[Learn more](#)



Activities

CULTURE



CGR Nanterre Cœur Université

The 10-screen Nanterre Cœur Université cinema features a premium projection room equipped with innovative technologies.

Hours: 10:30 a.m. to 10:30 p.m. every day
Address: 200, allée de Corse – 92000 Nanterre
Price: for students €7.00 per session
Contact: [Website](#)



Cité de l'Histoire

The Cité de l'Histoire opened its doors in January 2023. This innovative learning center features three spaces equipped with cutting-edge technologies offering an interactive and fun-filled way to discover the History of France and mankind in general.

Hours: Saturday and Sunday, 10:00 a.m. to 7:00 p.m.,
Address: Under La Grande Arche, 1, parvis de La Défense – 92800 Puteaux
Price: For students €10.99 per seat
Contact: [Website](#) / E-mail address for group reservations: ce-groupes@amaclio.com



La Contemporaine

La Contemporaine wears many hats: it is a library, a museum and an archive center. Founded in 1918, it is now France's sole institution dedicated to collecting, preserving and sharing European history from the 20th to the 21st century.

Opening hours: Tuesday to Saturday
Address: 184 Cours Nicole Dreyfus – 92000 Nanterre
Contact: [Website](#) / email: actionculturelle@lacontemporaine.fr



Explore Paris

To help you explore the business district, the Explore Paris website—a specialist in guided tours of Greater Paris—offers a wide range of themed tours.

Contact: [Website](#)



Pif à Papa

Created in 2020 by a father and son team, the Pif à Papa winery in Courbevoie produces 12 wines each year. Employees also run oenology courses for individuals and works councils.

Opening hours: Upon request
Address: 22, rue du Clos Lucé – 92400 Courbevoie
Contact: [Website](#) / E-mail: sfeirfady@gmail.com



Plenitude Arena

Europe's largest indoor concert and sports hall! This 94,000-m² (1 million-sq. ft.) stadium hosts sporting events, as well as any number of concerts: an extremely rich and varied event program for up to 45,000 people.

Price: Depending on event
Address: 99, jardins de l'Arche – 92000 Nanterre
Contact: [Website](#)



La Terrasse

La Terrasse is a contemporary art center offering artists the opportunity to organize painting, sculpture and photography exhibitions in a multipurpose room spanning 145 m² (1,560 sq. ft.).

Opening hours: Wednesday to Friday from noon to 6:00 p.m., Saturday 2:00 p.m. to 6:00 p.m. Works displayed in the front window are visible 24/7.
Address: 57, boulevard de Pesaro – 92000 Nanterre
Contact: [Website](#) / E-mail: arts.plastiques@mairie-nanterre.fr



Théâtre des Amandiers

Founded in the 1960s, the Théâtre des Amandiers, located in Nanterre, has become a national theater center. Following its recent renovation, it once again offers a wide variety of plays throughout the year.

Opening hours: Vary by schedule
Address: 7 avenue Pablo Picasso – 92000 Nanterre
Contact: [Website](#)

Things to do



UGC Ciné Cité La Défense

The UGC Ciné Cité La Défense cinema is located in the Westfield Les Quatre Temps shopping center, on the top floor of the “Dôme.” It features 16 screening rooms, several of which are equipped with 3D technology.

Opening hours: 10:00 a.m. to 11:00 p.m. every day
Address: Parvis de la Défense – 92800 Puteaux
Price: Under 26, €9.30 / subscriptions from €17.90
Contact: [Website](#) / UGC Direct App



Zoo Art Show

The Zoo Art Show, Europe's largest indoor street art exhibition, has set up an extraordinary immersive exhibition in the business district! Inside the Maison de La Défense building, you can admire works by more than 500 international artists spread across four floors.

Opening hours: Tuesday through Sunday, by reservation
Address: 4 Place de La Défense – 92800 Puteaux
Contact: [Website](#) / [Ticket Office](#)



Team Break

In the heart of the Jean Monnet building, come and discover Bunker Team Break. With its 11 escape rooms, quiz and blind test rooms, and two Murder Party rooms, you can have fun with your friends after class.

Hours: Monday to Friday, 9.45 am to 11 pm; Saturday and Sunday, 9.45 am to midnight
Tarifs: 10 per cent discount for students with the code RECRUE10
Address: 11, place des Vosges – 92400 Courbevoie
Contact: [Website](#) / E-mail: ladefense@team-break.fr



La Tête dans les nuages

In 2024, this family entertainment area, located in the Westfield Mall Les 4 Temps, invites you to have fun, offering an arcade room, state-of-the-art consoles, 3D/4D animations, and a laser game section.

Hours: Opening in 2024
Address: Westfield Les 4 Temps, zone Mandarine, level 3, 15, parvis de La Défense – 92800 Puteaux
Contact: [Website](#)

IMMERSIVE EXPERIENCES



Cité de l'Histoire

The Cité de l'Histoire offers two immersive virtual reality experiences that transport visitors through history. Discover the secrets of Notre Dame cathedral or explore the story of Paris as it transformed from a medieval village into the host of the World Fair. The choice is yours.

Opening hours: Every day from 10 a.m. to 6 p.m.
Address: Cité de l'Histoire, 1 Parvis de La Défense – 92800 Puteaux
Contact: [Website](#) / email for groups: ce-groupes@amaclio.com



Missing at La Défense

Played in Cluedo style with family, friends, or coworkers, “Missing at La Défense” is the new digital game that invites you to explore the neighborhood and collect clues to solve the case. A star has been kidnapped—set out to find her so she can perform on stage that very evening!

Infos: [Website](#)



SPORT



Basic Fit

The Basic-Fit gym on Place des Corolles offers more than 900 m² of training space. It features dedicated areas for strength training, cardio, free weights, stretching and virtual cycling.

Hours: Monday to Friday, 6:00 a.m. to 10:30 p.m., Saturday and Sunday, 9:00 a.m. to 7:00 p.m.

Address: 33, place des Corolles – 92400 Courbevoie

Contact: [Website](#)



Crossfit Factory

Crossfit Factory center in Puteaux covers an area of more than 400 m² (4,300 sq.ft.). Feel free to join a group session or drop in for a solo work out during the opening hours.

Hours: Monday to Friday, 7:00 a.m. to 9:00 p.m., Saturday 8:00 a.m. to 1:00 p.m., and Sunday 10:00 a.m. to noon.

Address: 22, rue Arago – 92800 Puteaux

Price: Student offer, €100/month (1 WOD per day + Open Gym) Monday to Saturday

Contact: [Website](#) / crossfitfactory92@gmail.com



Crossfit Grande Arche

This Crossfit studio is located in the hallways of the RER Grande Arche station and covers over 400 m² (4,300 sq.ft.). Several offers are available with sessions ranging from 45 to 90 minutes.

Hours: Monday, Wednesday, Friday from 6:30 a.m. to 9:30 p.m., Tuesday and Thursday from 7:00 a.m. to 9:00 p.m. and Saturday from 10:00 a.m. to 2:00 p.m.

Address: RER station La Défense-Grande Arche – 92800 Puteaux

Contact: [Website](#)



Dynamo cycling

Dynamo cycling is the only indoor-cycling studio at La Défense. Located at the basement of CNIT, this studio offers bike sessions with music to work out your cardio, and abs.

Hours: Monday to Friday from 7:15 a.m. to 9:00 p.m., Saturday from 10:00 a.m. to 6:00 p.m.

Address: CNIT, level -1, 2, place de la Défense – 92800 Puteaux

Price: Two offers available in-studio only: the Student Pack — 5 sessions at €19 per session, or the Student Offer — €21 per session

Contact: [Website](#) / E-mail: ladeffense@dynamo-cycling.com



Fitness Park

Fitness Park sports club is less than five minutes away from the Grande Arche station, at the foot of the tower Cœur Défense. It offers many activities on an area of 800 m² (8,600 sq. ft.), and more than 90 machines and equipment.

Hours: Everyday from 6:00 a.m. to 11:00 p.m.

Address: 17, place des Corolles – 92400 Courbevoie

Contact: [Website](#)



Forest Hill La Défense

The Forest Hill sports complex in La Défense features badminton, squash and tennis courts. It also offers Zumba classes, muscle strengthening sessions, stretching and Pilates.

Hours: Weekdays 7:00 a.m. to 11:00 p.m., weekends 7:00 a.m.

to 10:00 p.m. for racket sports. Weekdays 8:00 a.m. to 10:00 p.m.,

weekends 8:00 a.m. to 9:00 p.m. for cardio training.

Address: 19, avenue de la Liberté – 92000 Nanterre

Contact: [Website](#)



Hapik

Hapik is a climbing gym spanning more than 500 m² (5,380 sq. ft.) with 90 colorful climbing routes for young and old, up to 8 meters (26 feet) in height. The gym also offers two high-wire adventure courses as well as two tree-top adventures courses. Group events available.

Hours: During school vacation periods, every day 9:45 a.m. to 7:00 p.m. Closed Monday, Tuesday and Thursday outside of school vacation periods. Wednesday 10:00 am to 5:00 p.m., Friday 3:00 to 7:00 p.m. and Sunday 10:00 am to 7:00 p.m.

Address: 189, allée de Corse – 92000 Nanterre

Contact: [Website](#) / E-mail: nanterre@hapik.fr



Infinity

Infinity offers martial arts classes for adults and children, including Brazilian jiu-jitsu, kick boxing, boxing and MMA. Sessions are tailored to each individual's skill level and objectives.

Hours: Monday to Saturday, 7:00 a.m. to 10:00 p.m.

Address: 57, jardins Boieldieu – 92800 Puteaux

Contact: [Website](#)

Things to do



Keepcool

Keepcool gym is located at the foot of Ariane tower. Open daily, the gym features different areas for fitness enthusiasts (cardio, strength training, stretching, targeted workouts, cycling, etc.).

Hours: Weekdays 6:00 a.m. to 10:00 p.m., weekends 10:00 a.m. to 7:00 p.m.

Address: Ariane Tower, 5, place de la Pyramide – 92800 Puteaux

Contact: [Website](#)



Maison Sport Santé

The Maison Sport Santé (MSS) has moved into Hyfive tower, in the heart of the business district. Recognized and accredited by the French Ministry of Health, MSS shares Adapted Physical Activity expertise with individuals, businesses and professionals.

Hours: Monday to Friday

Address: Hyfive Tower, 14, passage Boieldieu – 92800 Puteaux

Contact: [Website](#) / E-mail: hyfive@wellnesscenter.fr



Neoneess

The Neoneess La Défense-Grande Arche gym spans 1,400 m² (15,000 sq. ft.) divided into several workout areas equipped with treadmills, elliptical bikes, rowing machines, semi-recumbent bikes and much more. The gym also offers group classes in boxing, yoga and Pilates, as well as workouts with a certified sports coach.

Hours: Weekdays 7:00 am to 10:00 p.m., Saturday 9:00 am to 7:00 p.m. and Sunday 9:00 am to 5:00 p.m.

Address: Galerie du passage de l'Arche, level -1 – 92800 Puteaux

Contact: [Website](#)



On Air

In the Westfield Les 4 Temps shopping center, On Air is a new gym with a view of the esplanade. It features several workout areas for cardio, crossfit, boxing, and weightlifting. A dedicated section for women and group classes are also available.

Hours: Everyday, 6:00 a.m. to 11:00 p.m.

Address: 15, parvis de La Défense – 92800 Puteaux

Contact: [Website](#) / E-mail: ladefense@onair-fitness.fr



Toca Social

In 2026, Toca Social will open its doors at Westfield CNIT. A brand-new experience, straight from the United Kingdom, that combines interactive soccer with immersive

Opening hours: Coming soon

Adresse: 2 place de La Défense – 92800 Puteaux

Contact: [Website](#)



UrbanSoccer

Located in Nanterre, UrbanSoccer offers eight indoor soccer fields for 5v5 games. Visit the website to book your session. Win or lose, you can enjoy post-game festivities in the clubhouse. On occasion, the center transforms into a sports bar broadcasting major European competitions.

Hours: Weekdays 10:00 a.m. to midnight, Saturday 9:00 a.m. to 9:00 p.m. and Sunday 9:00 a.m. to 9:30 p.m.

Address: 85, avenue François-Arago – 92000 Nanterre

Contact: [Website](#)

SHOPPING



Westfield CNIT

Built in 1958, the Centre of New Industries and Technologies later became a shopping center in the late 1990s. Today, it features many major retail brands. With the opening of the RER E station, new seminar spaces as well as a fresh selection of restaurants and shops have recently opened.

Hours: Everyday, from 10:00 a.m. to 8:30 p.m.

Address: 2, parvis de La Défense – 92800 Puteaux

Contact: [Website](#)



Westfield Les 4 Temps

Built in the 1980s and one of the largest shopping center in Europe, Westfield Les 4 Temps is constantly evolving. It features more than 200 stores – including Europe's largest Zara location – a cinema and some 50 restaurants.

Hours: Everyday, from 10:00 a.m. to 8:30 p.m.

Address: 15, parvis de La Défense – 92800 Puteaux

Contact: [Website](#)



Things to do

Itineraries for visitors to Paris La Défense

Over the years, Europe's premier business district has become a destination of unparalleled richness and originality thanks to a bold and ambitious vision that transformed it into a remarkable locality.

From the Parvis to the esplanade, Paris La Défense boasts the largest pedestrian area in Europe, to be discovered like a vast open-air museum. With its skyline, its iconic monuments, its towers designed by illustrious architects, its collection of artwork open onto the sky and its plentiful green spaces, Paris La Défense offers any visitor a unique decor and an altogether exceptional experience.

History buffs, high-rise aficionados, connoisseurs of modern art and even nature lovers in search of an idyllic setting can take advantage of a wide variety of itineraries to discover the district in a few hours or several days!

 **60**
high-rises

 More than
60 works of art

 **37,35** ha (92.29 acres)
of green public spaces

Itineraries

Major attractions in just 2 hours!

Explore the iconic sites of La Défense in just two hours! A unique experience awaits, starting from the Grande Arche de La Défense metro station and traversing the district to the banks of the Seine.



1

Grande Arche

The Grande Arche is perhaps the most emblematic monument in the business district. You can climb the steps on either side to admire a breathtaking view of the historic axis of La Défense.



2

CNIT

Inaugurated in the late 1950s, the Centre des Nouvelles Industries et Technologies was the first building to be constructed in the area. After many years as an exhibition venue, today CNIT houses offices, shops and restaurants, with a new RER E station set to open in 2024.



3

Monumental Fountain

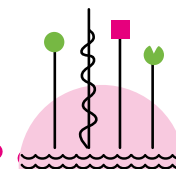
A little further on, treat your eyes to Yaacov Agam's Monumental Fountain. Designed as a spectacular work of art mirroring the extravagance of the La Défense business district, its photogenic water features inspire reverie.



4

Place Basse

Enjoy a break on Place Basse and take in the stunning view of the Arc de Triomphe. An ideal place to picnic or spend some family time on weekends in the business district.



5

Takis Pool

Finally, grab a bite by Takis Pool at the end of the esplanade. An iconic work of art to be discovered, but also a place to enjoy the breeze on warmer days. A favorite spot to play for local kids!

Itineraries

Architecture

Paris La Défense is a veritable showcase of contemporary architecture. Walk in the footsteps of the greats, between the Esplanade de La Défense metro station and Plenitude Arena.



1

First tower

Impossible to miss, First tower is one of the tallest skyscrapers in France, rising 231 meters (758 feet)! To fulfill this ambition, an extra 50 meters (164 feet) were added during the recent refurbishment.



2

D2 tower

Remarkable for its ovoid shape, it is one of the jewels in the crown of the Franco-American architectural duo Anthony Béchu and Tom Sheehan.



3

Cœur Défense

Designed by Jean-Paul Viguier (the architect behind Majunga tower), this complex offers the largest usable office space in Europe, with nearly 190,000 m² (2 million sq. ft.) and 78 elevators for people and goods.



4

Légende tower

Designed with the help of Leoh Ming Pei, creator of the Louvre Pyramid, this emblematic tower took on a new name in 2021 following refurbishment. A feat of architectural ingenuity, it is wider at its top than at its base, while its canopy, 24 meters (79 ft) in diameter, lends it a majestic presence.



5

Grande Arche

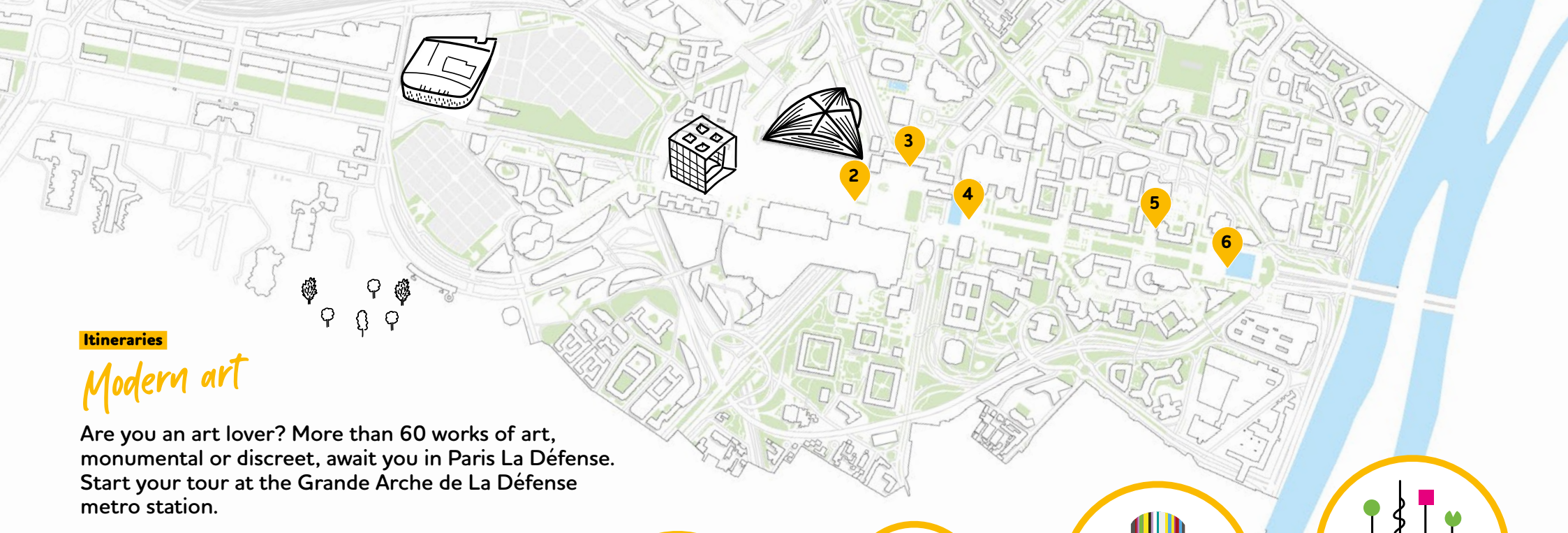
Designed by Danish architect Johan Otto von Spreckelsen and completed by Paul Andreu, the Grande Arche is the ultimate emblem of the business district. Inaugurated in 1989, it houses private and government offices.



6

Plenitude Arena

Designed by Christian de Portzamparc, the 45,000-seat Plenitude Arena is the largest indoor sports and concert hall in Europe, as well as the home stadium of the Racing 92 rugby club. It will host swimming events during the 2024 Olympic Games. A unique place to enjoy a performance, whether artistic or athletic, in absolute immersion.



Itineraries

Modern art

Are you an art lover? More than 60 works of art, monumental or discreet, await you in Paris La Défense. Start your tour at the Grande Arche de La Défense metro station.



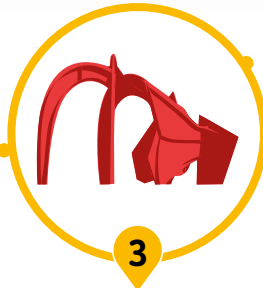
César's thumb

An enlargement likeness of the thumb of artist César Baldaccini, better known as César. Considered a fragment of today's reality, a symbol of practicality and manual work, it points to the sky, conveying a mixture of optimism and vanity.



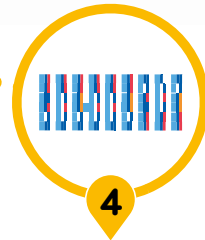
Fantastics Characters

Officially referred to as the "Monumental Ensemble," this work by Catalan painter, sculptor, engraver and ceramist Joan Miró applies a hint of surrealism and excess to convey the unstable balance between the childish joy of the present moment and the disconcerting strangeness of fate.



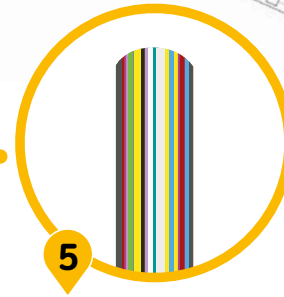
Red Spider

An imposing work by Alexander Calder, rising 15 meters (49 feet) high and sculpted from 75 tons of steel! The artist himself chose the location on Place de La Défense. The Red Spider echoes another work by the artist, Flamingo, located in Chicago.



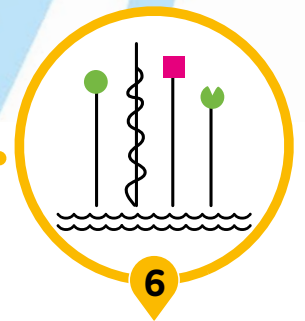
Monumental Fountain

A spectacular work of art by Yaacov Agam, mirroring the extravagance of the business district. The fountain, enlivened by water effects in spring and summer, is composed of an 86-color Venetian enamel mosaic.



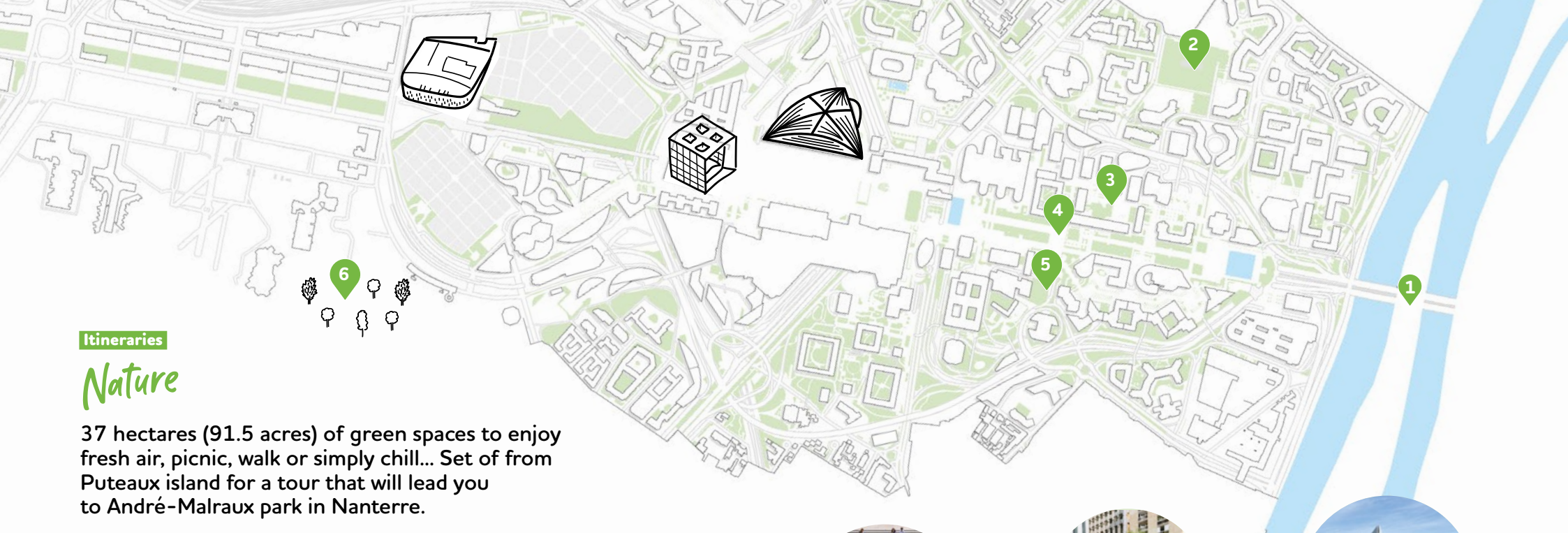
Moretti

This giant straw by Raymond Moretti serves to coat a 32-meter (105-foot) high ventilation chimney with 672 fiberglass tubes in 19 different colors, positioned over the entire surface to best highlight the vertical volume of this work.



Takis Pool

At the eastern end of the esplanade, the artist Takis transformed this rectangular pool into a veritable sensory experience. Spread throughout the pool, 49 metal rods emerge from the water, crowned with colorful geometric forms and flashing lights.



Itineraries

Nature

37 hectares (91.5 acres) of green spaces to enjoy fresh air, picnic, walk or simply chill... Set off from Puteaux island for a tour that will lead you to André-Malraux park in Nanterre.



Puteaux island

Come stroll along the banks of the Seine. On foot or by bicycle, discover the wonders of Puteaux island, a haven of lush greenery: the butterfly meadow, beehive and Naturoscope aquariums, not to mention the ample swimming pool at the Palais des Sports.



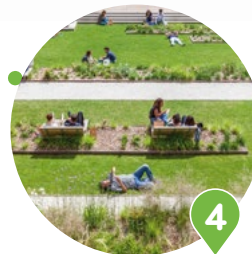
Diderot park

With a full hectare (2.5 acres) of greenery, a monumental waterfall and hills making for a 14-meter (46-foot) difference in elevation, Diderot Park is a perfect place to get away from it all, and why not enjoy a picnic on the upper section of the grounds? The park also features a playground and a multisport field.



Jardin des Reflets

Fragrant, flowery and festooned with varied species of shrubs, vegetables and aromatic plants, le jardin des Reflets offers a calm and relaxing setting. Members of the shared garden can enjoy special events featuring free workshops by the association "Vivre Ensemble."



Place Basse

A green oasis located on the historical axis, Place Basse is a popular place to enjoy some R&R. Planted with holm oaks and Chinese or Mediterranean shrubs such as rosemary, lavender and jasmine, the square is also dotted with planters sculpted by artist Shelomo Selinger.



Majunga eco-garden

Located at the foot of Majunga tower, this open-ground eco-garden spans 2,300 m² (42,750 sq. ft.) and features a mineral basin, local plant species, a playground and a petanque court for tourists, employees and local residents.



André Malraux park

A vast 25-hectare (62-acre) landscaped park in the heart of the city of Nanterre offering ample fields, a pond and 400 different tree species. A haven for birds, the park is also ideal for long walks, bouldering and many other activities, including a water playground for children.



Eating in Paris La Défense

With more than 200 restaurants, Paris La Défense's dining scene is rich and ready to satisfy all tastes! Whether you're on your own or with friends, there's something for everyone at any time of day, from breakfast to dinner to after-work drinks.

For less than €15, you can enjoy lunch at Maison Pradier or the Pause food court. The area's many green spaces are perfect for enjoying a salad from Mister Garden or a sandwich from La Famille. To unwind after a day of classes, make the most of happy hour at one of the area's bars, such as IT Trattoria, Aubrac Corner or the Sports Bar at Mama Shelter.

Paris La Défense also has a fleet of around 20 food trucks offering a wide range of international cuisines. They can be found at several locations throughout the business district at lunchtime, Monday to Friday.

[Learn more](#)



20 
food trucks

[Learn more](#)



 More
than
200
restaurants

Restaurants and Bars

ON THE GO



Cosy

Cosy combines fast-food and gourmet experiences for €4 to €8! Dishes change daily, with fresh produce selected and procured each morning near the Grande Arche.

Specialties: Sandwiches and salads

Outdoor Seating: No

Hours: Monday to Friday, 7:00 a.m. to 3:00 p.m.

Address: 22, passage de l'Arche – 92800 Puteaux

Contact: [Website](#)



Maison Pradier

Maison Pradier is a French bakery offering a varied range of on-the-go meals. The student menu allows you to enjoy a meal comprising a sandwich, a drink and a dessert from 8.90 euros.

Specialties: Sandwiches and salads

Outdoor Seating: Yes

Hours: Monday to Friday

Addresses: 86, Esplanade du Général de Gaulle – 92400 Courbevoie

Galerie de la Grande Arche – Salle des échanges, RER station – 92800 Puteaux

Contact: [Site internet](#)



Mister Garden

The four restaurants in the district offer a world in which salad reigns supreme. Carefully selected products for affordable salads, prepared on the spot in front of the customer.

Specialties: Sandwiches and salads

Outdoor Seating: Yes

Hours: Monday to Friday lunchtime

Addresses: Mister Garden – La Défense Iris : 8 bis, place de l'Iris – 92400 Courbevoie

Mister Garden – La Défense Europe : 33, place des Corolles – 92400 Courbevoie

Mister Garden La Défense Grande Arche : 32, passage de l'Arche – 92800 Puteaux

Mister Garden – La Défense Saisons : 51, galerie des Damiers – 92400 Courbevoie

Contact: [Website](#)



Pause

Pause features a 140 m² family-friendly food court. With a salad bar, fresh pasta counter and grill restaurant, there's something for everyone. This welcoming venue is a lively place to eat, meet and spend time in the heart of the Refflets district.

Specialties: Sandwiches and salads

Outdoor Seating: Yes

Hours: Monday to Friday

Address: 35, patio des Refflets – 92400 Courbevoie

Contact: [Website](#) / E-mail: mehdiseoud@hotmail.fr

SIT DOWN



Ben's and Coffee

Located in Nanterre, Ben's and Coffee offers a broad range of dishes, from grilled meats, burgers and pasta to sandwiches and salads.

Specialties: Sandwiches and salads

Outdoor Seating: Yes

Hours: Monday to Sunday, lunch and dinner

Address: 38, boulevard de Pessaro – 92000 Nanterre

Contact: [Website](#)



Burgouzz

Burgouzz, a restaurant owned by YouTuber and content creator Valouzz, is located in the Corolles neighborhood. Burgouzz serves smash burgers with homemade fries for lunch or dinner.

Specialty: Burgers

Outdoor seating: Yes

Hours: Monday through Sunday

Address: 38, Place des Saisons – 92400 Courbevoie

Info: [Website](#)



Cave Playtime

Head to Coeur Défense to discover Cave Playtime. In winter, stop by for a hearty, comforting raclette; in summer, barbecue nights are on the menu.

Specialty: French

Outdoor Seating: Yes

Hours: Monday through Friday

Address: 17, place des Corolles – 92400 Courbevoie

Contact: [Website](#)



IT Trattoria

Located in the Table Square culinary complex, It Trattoria can accommodate groups for a cocktails, lunch or dinner thanks to its large dining room and terrace. Chefs prepare southern Italian specialties every morning.

Specialty: Italian

Outdoor Seating: Yes

Hours: Monday to Sunday, lunch and dinner

Address: 86, esplanade du Général-de-Gaulle – 92400 Courbevoie

Contact: [Website](#)

Eating



Jungle Gorill

Step into the heart of the jungle, just a four-minute walk from Westfield CNIT. At Jungle Gorill, the chefs concoct spicy, mouthwatering recipes including unique burgers, quality grilled foods, and exotic salads.

Specialty: Burgers
Outdoor Seating: Yes
Hours: Monday to Sunday, lunch and dinner
Address: 1, allée de l'Arche – 92400 Courbevoie
Contact: [Website](#)



Noura Street Food

Noura Street Food offers Lebanese cuisine with a new spin. Enjoy fresh seasonal produce for a culinary adventure through Middle Eastern flavors.

Specialty: Middle Eastern/African
Outdoor Seating: Yes
Hours: Monday to Friday, lunch
Address: 3, passage de l'Arche – 92800 Puteaux
Contact: E-mail: nourastreetfood@noura.com

DRINKS



Aubrac Corner

Hearty fare from Aveyron in southern France, right by the Grande Arche and Plénitude Arena, Aubrac Corner caters to burger lovers as well as local employees! In the evening, enjoy a game of pool and a wide choice of beers.

Specialty: Burgers
Outdoor Seating: Yes
Hours: Monday to Sunday
Address: 36, boulevard de Pesaro – 92000 Nanterre
Contact: [Website](#)



Billy Billy

Opposite the Plénitude Arena, Billy Billy restaurant, open all week, offers dishes and cocktails inspired by Italian and Mediterranean flavors. For groups or private events, take advantage of a large covered terrace heated in winter.

Specialty: Italian
Outdoor Seating: Yes
Hours: Monday to Friday
Address: 170, jardin de l'Arche – 92000 Nanterre
Contact: [Website](#)



Corcoran's Iris Pub Nanterre

A stone's throw from the Plénitude Arena, this Irish pub offers a Happy Hour from 5:00 to 8:00 p.m. daily. The menu features gourmet burgers to complement your beers and cocktails.

Specialty: Burgers
Outdoor Seating: Yes
Hours: Monday to Saturday
Address: 135, rue des trois Fontanot – 92000 Nanterre
Contact: [Website](#) / 01 46 95 00 53 /
E-mail: resacorcoransnanterre@gmail.com



Les Gentlemen

The restaurant Les Gentlemen, just a few minutes from the Plénitude Arena, is the perfect place to dine or have a drink after a match or a concert.

Specialty: French
Outdoor Seating: Yes
Hours: Monday to Sunday
Address: 187, jardin de l'Arche – 92000 Nanterre
Contact: [Website](#)



Mama Shelter - Sports Bar

In an atmosphere reminiscent of British pubs, the Sports Bar at Mama Shelter invites you to play table football or watch a football match whilst enjoying a beer or some finger food.

Specialty: French
Outdoor Seating: Yes
Hours: Monday to Friday
Address: 10, rue Jean Jaurès – 92800 Puteaux
Contact: [Site internet](#)



Tusk

Between the esplanade and the Place de La Défense, Tusk is a dining establishment that changes according to the time of day. In the evening, take advantage of afterwork celebrations to enjoy happy hour, the wine bar and tapas to share!

Specialty: French
Outdoor Seating: Yes
Hours: Monday to Friday
Address: 16, place de La Défense – 92400 Courbevoie
Contact: [Website](#)



Studying in Paris La Défense

Higher education is all about studying and homework. While schools offer workspaces, you can also opt for a “third place” (an alternative social setting) in the area to work on your own or in a group.

Visit your local traditional libraries and multimedia libraries for maximum peace and quiet, both weekdays and weekends.

If you’re looking to get together as a group in a more social setting, some local hotels and coworking areas offer student-friendly packages with free Wi-Fi and snacks to fuel you.

[Learn more](#)



COWORKING SPACES



Hilton Paris La Défense

Hilton Paris La Défense provides private, soundproof booths in the hotel lobby for €10 per hour. Enjoy a quiet environment with free Wi-Fi and receive a 10% discount on the menu at Muses Restaurant & Bar.

Address: Westfield CNIT, 2, place de La Défense – 92800 Puteaux

Contact: [Website](#)



Hubsy Café & Coworking

Hubsy, located on Level -1 in Westfield CNIT, is a welcoming coworking café with areas for work and leisure. Everything—unlimited drinks, snacks, and of course, roasted coffee—is included. Cost is based on time spent: €6.50 for the first hour, then €3 for each additional half hour. Students enjoy a reduced rate of €23 for 5 hours or more.

Address: Westfield CNIT, 2, place de La Défense – 92800 Puteaux

Contact: [Website](#)



Mama Shelter Paris La Défense

Mama Shelter Paris La Défense offers you 15% off at Mama's Diner, the Sports Bar, and the Secret Garden terrace upon presentation of a student ID. Whether it's between study sessions or after a busy day, Mama is ready to welcome you!

Address: 10, rue Jean-Jaurès – 92800 Puteaux

Contact: [Website](#)



Mercure Paris La Défense

Wojo Coworking in Mercure Paris La Défense provides a workspace with a lively social environment for €15 for half a day (4 hours) or €25 for a full day. Guests may also enjoy food and bar service, especially at the rooftop bar Le XII.

Address: 18-30, rue Baudin – 92400 Courbevoie

Contact: [Website](#)



Okko Hotels

Okko Hotels invites students to take advantage of the lounge area to study in peace and quiet. For €5 per hour, €15 per half-day or €30 per day, students can sit on the hotel's 2nd floor, enjoy the terrace and snacks and drinks. The club area, which is equipped with a computer and printer, is open to all.

Address: 2261, boulevard de La Défense – 92000 Nanterre

Contact: [Website](#)



Tribe

Tribe Paris La Défense Esplanade is opening the doors to its sleek Social Hub and terrace (subject to availability) from 10:30 a.m. to 12:00 p.m. and 3:00 p.m. to 7:00 p.m. to host your study sessions. Enjoy free Wi-Fi and a 10% discount on hot drinks, Grab&Go items and pizza upon presentation of your student ID.

Address: 11, rue de l'Abreuvoir – 92400 Courbevoie

Contact: [Website](#)

TRADITIONAL AND MULTIMEDIA LIBRARIES

Main Library - Les Violettes

Hours: Tuesdays, 2:00 p.m. to 6:00 p.m.; Wednesdays, 10:00 a.m. to 6:00 p.m.;
Thursdays, 2:00 p.m. to 6:00 p.m.; Fridays, 2:00 p.m. to 7:00 p.m.; Saturdays, 10:00 a.m. to 6:00 p.m.
Address: 41, rue de Colombes – 92400 Courbevoie

Neighborhood Library - Les Damiers

Hours: Tuesdays, 10:00 a.m. to 1:00 p.m.; Wednesdays, 10:00 a.m. to 1:00 p.m.;
Fridays, 2:00 p.m. to 6:00 p.m.; Saturdays, 10:00 a.m. to 1:00 p.m.
Address: 30, place des Saisons – 92400 Courbevoie

Neighborhood Library - La Frégate

Ouverture : Le mardi et le vendredi de 14h à 18h, le mercredi et le samedi de 10h à 13h et de 14h à 18h
Adresse: 3-5, allée Rodin – 82400 Courbevoie

Palais de la Médiathèque

Hours: Tuesdays, 1:00 p.m. to 7:00 p.m.; Wednesdays, 10:00 a.m. to 6:00 p.m.;
Fridays, 1:00 p.m. to 7:00 p.m.; Saturdays, 10:00 a.m. to 6:00 p.m.; Sundays, 10:00 a.m. to 5:00 p.m.
Address: 122, rue de la République – 92800 Puteaux

Media Library Jules Verne

Hours: Tuesdays, 1:00 p.m. to 7:00 p.m.; Wednesdays, 10:00 a.m. to 6:00 p.m.;
Fridays, 1:00 p.m. to 7:00 p.m.; Saturdays, 10:00 a.m. to 1:00 p.m. and 2:00 p.m. to 6:00 p.m.
Address: 4, rue Marcellin Berthelot – 92800 Puteaux





Housing in Paris La Défense

To keep up with the influx of new students in recent years, Paris La Défense has established a number of co-living residences. A wide range of high-quality accommodation is now available for all those seeking housing close to their school or in the area. Since summer 2024, Canvas, a new residence for students and young professionals, has welcomed inhabitants in the Valmy neighborhood.

Most of our residences offer apartments ranging from studios for solo living to two-bedrooms for shared occupancy. From sports facilities, lounges and shared kitchens to laundry and cleaning services, these residences offer a host of amenities.

For those who want to share moments of sociality spanning across ages, the non-profit organization, Ensemble2Génération, provides intergenerational housing opportunities.



[Learn more](#)



STUDENT RESIDENCES



Canvas

Completed in summer 2024, Canvas replaced the Le Guillaumet building in the Valmy neighborhood. With over 600 premium apartments available for students and young professionals, the residence also features a gym, yoga studio, movie theater and terrace.

Address: 60, avenue du Général-de-Gaulle – 92800 Puteaux

Contact: [Website](#)



Courbevoie – Modigliani

In the Faubourg de l'Arche neighborhood, the Modigliani student residence offers 240 studios ranging from 18 to 26 m² (194 to 280 ft²) and 10 double studios of 60 m² (646 ft²).

Amenities: Parking, reception, digital code entry, cleaning services

Address: 17-29, rue des étudiants – 92400 Courbevoie

Contact: [Website](#)



Les Estudines Nanterre Université

Located in the Provinces Françaises neighborhood, the Estudines Nanterre Université student residence is close to Université Paris Nanterre. The residence offers one- and two-bedroom apartments, with a fully equipped kitchen and full bathroom.

Amenities: Bike garage, gym, Wi-Fi

Address: 201, allée d'Aquitaine – 92000 Nanterre

Contact: [Website](#)



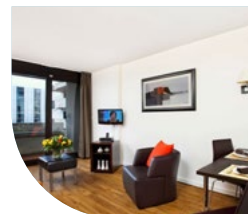
Néméa Appart'Etud Nanterre Campus

Apartments in the Néméa Appart'Etud Nanterre Campus residence feature a fully equipped kitchenette, full bathroom and furnished living area with a pull-out bed, desk and wardrobe.

Amenities: Wi-Fi, bike garage, gym, common room, reception

Address: 14, rue Anatole France – 92000 Nanterre

Contact: [Website](#)



Student Residence

Citadines La Défense Paris

Located just a stone's throw from the La Défense plaza, the Citadine La Défense Paris residence offers students 18 to 20 m² (194 to 215 ft²) apartments for a minimum of three months.

Amenities: Bike garage, meeting rooms, Wi-Fi, air conditioning

Address: 8, boulevard de Neuilly – 92400 Courbevoie

Contact: [Website](#)



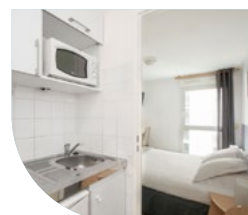
Résidence Nanterre Cité Internationale

Située à Nanterre, la résidence étudiante Twenty Campus Nanterre Cité Internationale propose des appartements et des espaces de convivialité modernes (salle de sport, parking sécurisé, jardin collectif, cafétéria avec terrasse...). Les appartements font entre 18 et 42 m².

Services: Salle de sport, wifi, cafeteria, jardin collectif

Adresse: 48, avenue des Champs Pierreux – 92000 Nanterre

Infos: [Site internet](#)



Résidence Pythagore Grande Arche

The Pythagore residence is ideal for students, young professionals and employees on secondment contracts. Located near the Parc du Millénaire, the residence offers studio apartments ranging from 18 to 21 m² (194 to 226 ft²), with sleeping, dining and office areas.

Amenities: Reception, Wi-Fi, parking, video surveillance, sports facilities

Address: 54, avenue Puvis-de-Chavannes – 92400 Courbevoie

Contact: [Website](#)



Stud'City Colline de l'Arche

In the heart of the Faubourg de l'Arche district, Stud'City Colline de l'Arche offers studio and one-bedroom flats ranging from 17 to 37 m². A private car park is available to residents.

Amenities: TV, Wi-Fi, bike garage

Address: 49, rue des étudiants – 92400 Courbevoie

Contact: [Website](#)

Housing



Studéa Grande Arche

Apartments in the Studéa Grande Arche residence are close to the heart of the La Défense business district. The residence offers a wide range of amenities, including laundry facilities and an in-house manager to help and advise students.

Amenities: Cafeteria, meeting room, Wi-Fi, laundry, video surveillance

Address: 56, avenue de l'Arche – 92400 Courbevoie

Contact: [Website](#)



Studéa Lilas d'Espagne

Studéa Lilas d'Espagne offers 17 to 26 m² (183 to 280 ft²) apartments, with a fully equipped kitchen and full bathroom. The residence is close to André Malraux Park.

Amenities: Wi-Fi, studios, cafeteria, video surveillance, meeting rooms

Address: 30, rue des Lilas d'Espagne – 92400 Courbevoie

Contact: [Website](#)



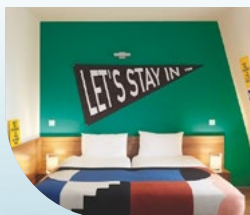
Studéa Léonard de Vinci

Apartments in the Studéa Léonard de Vinci range from 18 to 28 m² (194 to 301 ft²). The residence is well-networked, with a mobile application of its own that provides students with relevant information.

Amenities: Entertainment, Wi-Fi, cafeteria, meeting room, video surveillance, gym

Address: 4, allée Botticelli – 92400 Courbevoie

Contact: [Website](#)



The Student Hotel Paris La Défense

Various accommodations are available in this residence. Students can choose between a classic room with or without a balcony or a comfort room with or without a balcony.

Amenities: Wi-Fi, meeting rooms, video surveillance, luggage storage, lounge, swimming pool, terrace

Address: 56, rue Roque-de-Fillol – 92800 Puteaux

Contact: [Website](#)



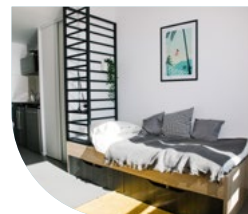
Yugo Paris Grande Arche

Yugo Paris Grande Arche student residence is located behind the Grande Arche, just a few metres from the Plénitude Arena, in the Skylight building. It offers a range of furnished accommodation, from studio flats to three-bedroom flats, for students and young professionals, with options for living alone or sharing.

Amenities: Lounge area, fitness area, Wi-Fi, bike parking, video surveillance, laundry facilities

Address: 1, terrasse Valmy – 92800 Puteaux

Contact: [Website](#)



Yugo Paris La Défense

The Yugo Paris La Défense residence for students and young professionals opened in 2018. Located in the Rose de Cherbourg district, the residence offers more than 400 furnished, connected and fully equipped flats, from studio flats to shared accommodation, combining modernity and comfort.

Amenities: Wi-Fi, fitness area, shared kitchen, piano, foosball, video surveillance

Address: 34, avenue du Général-de-Gaulle – 92800 Puteaux

Contact: [Website](#)

ASSOCIATIVE HOUSING



Ensemble2générations

This association offers intergenerational housing solutions for young people (18-30) and seniors (over 60). Each gives the other a helping hand: the young adult benefits from low-cost accommodation and the senior citizen can count on a reassuring presence in the evening and at night.

Contact: Véronique Lascorz, , Director of Ensemble2génération Hauts-de-Seine,
E-mail: v.lascorz@ensemble2generations.fr

Practical information

Paris La Défense

MUNICIPAL DEPARTMENTS

Courbevoie Town Hall

Address: 2, place de l'Hôtel de Ville – 92400 Courbevoie
Contact: [Website](#)
Internships and Apprenticeship Contracts: [Website](#)

La Garenne-Colombes Town Hall

Address: 68, boulevard de la République – 92250 La Garenne-Colombes
Contact: [Website](#)
Internships and Apprenticeship Contracts: [Website](#)

Nanterre Town Hall

Address: 1, place du 27 mars 2002 – 92000 Nanterre
Contact: [Website](#)

Puteaux Town Hall

Address: 131, rue de la République – 92800 Puteaux
Contact: [Website](#)

Puteaux Point Info (PPI)

Address: 120, rue de la République – 92800 Puteaux
Contact: [Website](#)

EMPLOYMENT

House of employment and training

Address: 6, avenue Lénine – 92000 Nanterre
Contact: 01 41 37 98 13

Nanterre Youth Information Structure

Address: 49, rue Maurice-Thorez – 92000 Nanterre
Contact: E-mail: accueil.sij@mairie-nanterre.fr / 01 41 37 17 11

La Garenne-Colombes Youth Information Structure

Address: 34 bis, boulevard de la République – 92250 La Garenne-Colombes
Contact: [Website](#) / E-mail: pji@lagarennecolombes.fr / 01 56 05 03 15

PRINTING

Point Phone

Photocopying, printing, faxing...

Address: 65, avenue Gambetta – 92400 Courbevoie

Locapy

All types of printing and finishing

Address: 93, rue de la République – 92800 Puteaux

HEALTH

Max Fourestier Hospital Nanterre Reception and Hospital Care Center

Address: 403, avenue de la République – 92000 Nanterre
Contact: [Website](#)

Free Healthcare Center for Students

Upon presentation of a valid health insurance card and supplementary insurance.

Address: 45, rue des Saints-Pères – 75006 Paris

SOS 92 Medical Emergencies Home Care Services 24/7

Contact: 01 46 03 77 44

On-call pharmacies

Contact: 118 712



Education *Paris La Défense*

The area's central location, its expanding recreational facilities and high-quality real estate make Paris La Défense increasingly desirable, attracting numerous higher education institutions.

Today, over 70 have set up here, offering students opportunities to collaborate with companies in the business district and an unparalleled study environment. Whether you're looking for a top business, management and finance school, an engineering school specializing in digital technology, the metaverse or gaming, a nursing school, an osteopathy school, an agricultural or sustainable development school, you'll find it all in Paris La Défense.

11
sectors

Over
70
higher education
institution


Over
70000
students

[Learn more](#)



Higher Education Institutions

UNIVERSITY

Université Paris Nanterre

A multidisciplinary university offering a wide range of degree courses, including: 6 *BUT* programs, 22 *licences professionnelles* programs, 31 *double licences* programs, 31 *licences* programs and 80 master's programs.

Contact: [Website](#)

BUSINESS, MANAGEMENT AND COMMUNICATION

3A – L'École internationale du management responsable

Located on the HEP – Paris La Défense campus, 3A's courses focus on sustainable and humanitarian development. Degree courses range from bachelor's (BA) to master of Science (MSC).

Contact: [Website](#)

Aura International school of Management

Located in the Eve tower, the Aura School of Management offers courses in hospitality management, international business, artificial intelligence and data science, taught entirely in English.

Contact: [Website](#)

Ascencia Business School

The Ascencia Paris La Défense School of Business and Management is located in the Grande Arche and offers courses from *Bac* to *Bac* +5.

Contact: [Website](#)

Devinci Executive Education

Devinci Executive Education is located in the Pôle Léonard de Vinci. This institution of higher education offers training for working professionals and students looking to specialize in a new field.

Contact: [Website](#)

EDC Paris Business School

Offering five programs of academic excellence and over 20 double degrees, EDC Paris Business School is in Puteaux, on a campus of over 17,000 m².

Contact: [Website](#)

Ecole de Management Léonard de Vinci

A part of Pôle Léonard de Vinci, EMLV is a management school offering a range of courses, including the *Grande École* Program.

Contact: [Website](#)

ESCE – International Business School

Established in 2022 on the campus of the private higher education institution, Omnes Education, ESCE offers particularly well-recognized courses in the field of international business.

Contact: [Website](#)

Essec Business School Executive Education

Located in Westfield CNIT, Essec trains students in management, organizational administration and human resources (HR).

Contact: [Website](#)

ESUP

Located in the heart of the business district, ESUP offers a wide range of courses from *BTS* to master's degrees.

Contact: [Website](#)

ICN Creative Business School

Offering courses from *Bac* +3 to *Bac* +5 with the option of pursuing a double degree, ICN Creative Business School is located in the Collines de l'Arche building, a stone's throw from the Grande Arche.

Contact: [Website](#)

IDRAC Business School - campus de Paris

IDRAC Business School is located on the "Compétences et Développement" campus. The school offers degree courses ranging from *BTS* to *MBA*.

Contact: [Website](#)

IESEG School of Management

Ranked among the best management schools in France, IESEG offers a wide range of courses, from bachelor's to *MBA*, as well as the *Grande École* Program.

Contact: [Website](#)

IFAG Paris – École de management

Within the "Compétences et Développement" campus, IFAG is located in the Boieldieu district of Puteaux. The school supports students throughout their education and with *Parcours Entrepreneur*, an entrepreneurial training program.

Contact: [Website](#)

IFG Executive Education

Located in Coeur Défense tower, IFG (Institut Français de Gestion) Executive Education is the professional training arm of Omnes Education. The institute offers courses in nine domains.

Contact: [Website](#)

Incom Sup

In Les Collines de l'Arche, Incom Sup offers a range of post-baccalaureate courses in international business, communications, digital marketing, entrepreneurship and business administration.

Contact: [Website](#)

INSEEC Paris Coeur Défense

In the heart of Coeur Défense, INSEEC offers courses up to Master's degree level in a range of fields, including human resources and marketing, as well as real estate, banking and insurance.

Contact: [Website](#)

Jump Academy

The Jump Academy offers vocational training programmes focused on careers in sport. Based in the Grande Arche, it offers educational spaces and hybrid learning formats, close to the business community in the business district.

Contact: [Website](#)

PEM Paris – Apollon

Apollon is a sports management school where students can enroll in work-study course programs ranging from Bac +3 to Bac +5.

Contact: [Website](#)

PEM Paris – EFMH

Paris École de Management prepares students for management positions in the hotel and restaurant industries.

Contact: [Website](#)

PEM Paris – IEM

PEM – IEM, located in the Atlantique tower, offers a bachelor's degree program in Human Resource Management and a master's degree program in Strategic Human Resource Management.

Contact: [Website](#)

Paris School of Technology and Management

The Paris School of Technology and Management offers courses preparing students for careers in sales, logistics, cybersecurity, accounting, business administration, management, marketing, procurement and project management.

Contact: [Website](#)

Schiller International University

From the start of the 2026 academic year, Schiller International University will be based in the Collines de l'Arche district. It offers courses in business, international relations and sustainability management.

Contact: [Website](#)

Studency

Studency offers 12 courses, from two-year post-secondary BTS qualifications through to Master's degree level, preparing students for careers in business, marketing, management and accounting, as well as human resources

Contact: [Website](#)

Sup de Com

Sup de Com is a higher education institution specialising in all areas of communications. Since January 2025, it has been based at the Compétences & Développement Paris Courbevoie campus.

Contact: [Website](#)

DIGITAL

Gaming Campus

The first student campus dedicated to the video game industry, Gaming Campus brings together three schools to train students in all professions associated with the sector.

Contact: [Website](#)

Holberton School

Located in the Bellini neighborhood, Holberton School offers full-time or workstudy course programs in the fundamentals of computer science. Students can then specialize in a number of areas.

Contact: [Website](#)

IIM – L'Institut de l'Internet et du Multimédia

Located on one of the Pôle Léonard de Vinci campuses, L'Institut de l'Internet et du Multimédia offers course programs to train students in the digital sector, ranging from Bac +1 to Bac +4.

Contact: [Website](#)

PEM Paris – EMCD

Now part of the PEM Paris Group, EMCD offers work-study course programs in digital marketing and communications.

Contact: [Website](#)

WIS Paris La Défense EMCD – École de Marketing et de Création Digitale

At WIS Paris La Défense, students can take courses ranging from BTS to master of Science (MSc Digital), training them to become experts in the field.

Contact: [Website](#)

Ynov – École supérieure des métiers du digital

Ynov is a higher education institution dedicated to professions in the digital sector. Based on a 6,900 m² (74,300 ft²) campus, Ynov students benefit from modern facilities and learn audiovisual, IT and marketing skills.

Contact: [Website](#)

ENGINEERING AND COMPUTER SCIENCE

2i Academy

Part of the M2i Group, 2i Academy offers 10 course programs from Bac +2 to Bac +5 in technical computer science, cybersecurity, and human resources (HR).

Contact: [Website](#)

Cybersup

In the Lefebvre Dalloz office building, Cybersup offers several course programs in the field of cybersecurity.

Contact: [Website](#)

CESFA BTP Nanterre

Le Centre Supérieur de Formation par l'Apprentissage (CSFA) offers six specialization programs and a professional pathway for becoming a construction expert.

Contact: [Website](#)

CESI École d'Ingénieurs

CESI École d'Ingénieurs has 25 campuses, including one in Nanterre. It offers several course programs, including the Grande École Program, gateway programs and the Programme Professionnel Supérieur (PPS).

Contact: [Website](#)

EPITA – École d'ingénieurs en informatique Paris La Défense

EPITA, an integral part of Campus Cyber, the leading cybersecurity hub in France, trains students in engineering, computer science, and digital professions.

Contact: [Website](#)

Education

EPSI

In the heart of the Boieldieu neighborhood, the computer engineering school EPSI offers students high-level computer science training.

Contact: [Website](#)

École supérieure d'ingénieurs Léonard de Vinci

The engineering school of the Pôle Léonard de Vinci, ESILV offers high-level, comprehensive scientific and technical training, with a strong digital dimension.

Contact: [Website](#)

Guardia Cybersécurité School

Guardia Cybersécurité School is an IT school with a focus on cybersecurity. Students can become computer developers specialized in cybersecurity or cybersecurity experts.

Contact: [Website](#)

Sup de Vinci

Established over 25 years ago, Sup de Vinci is a school 100% centered around IT, offering state-approved full-time and work-study course programs, from Bac to Bac +5.

Contact: [Website](#)

BANKING, ACCOUNTING, REAL-ESTATE AND INSURANCE

IGEFI – L'Institut de Gestion & d'Études financières

Located on the HEP campus, IGEFI specializes in corporate finance and certified public accountancy. Students can take courses in Accounting & Finance, Certified Public Accountancy and Management & Payroll.

Contact: [Website](#)

Dauphine Executive Education

This school offers over 50 degree programs and nearly 30 certificates in the fields of real estate, insurance, finance, management, human resources (HR) and coaching.

Contact: [Website](#)

École supérieure de la banque

ESBanque offers a range of degree and diploma pathways, most of which are work-study course programs, to prepare students to enter the banking sector.

Contact: [Website](#)

ESG Finance

ESG Finance moved to La Défense in 2022. It prepares students for careers in finance and management.

Contact: [Website](#)

ESG Immobilier

ESG Immobilier is a business school specializing in real estate. Course programs range from post-baccalaureate to Bac +5.

Contact: [Website](#)

Exchange Collège

Exchange Collège is a banking and insurance school located in the heart of La Défense, with course programs ranging from bachelor's to master's degree.

Contact: [Website](#)

Groupe ESI Courbevoie

In the Ciel tower in Courbevoie, students at École Supérieure de l'Immobilier (ESI) can enroll in full-time or work-study course programs to learn about real-estate professions.

Contact: [Website](#)

IFPASS Paris La Défense

L'IFPASS (Institut de Formation de La Profession de L'Assurance) Paris La Défense offers a range of diploma courses for practicing professionals, jobseekers and post-baccalaureate students.

Contact: [Website](#)

PEM Paris – ENSMI

Located in the Atlantique tower, ENSMI (l'École Nationale Supérieure de Management Immobilier) offers work-study course programs.

Contact: [Website](#)

AGRICULTURE

IHEDREA Paris

It is within the "Compétences et Développement" campus that this school of agriculture and food-processing (*l'École de l'agri et de l'agro*) is the only one of its kind in Europe.

Contact: [Website](#)

INTERNATIONAL AFFAIRS AND POLITICS

CEDS – Centre d'études diplomatiques et stratégiques

Set on the Omnes Education campus, CEDS is a leading institution in the fields of political science, international relations and diplomacy.

Contact: [Website](#)

ILERI

The Institut Libre des Relations Internationales et des Sciences Politiques offers a multidisciplinary programme with specialisations in defence, European and international public affairs, international relations and cyberspace, as well as international economic and strategic intelligence.

Contact: [Website](#)

VIVA MUNDI

Viva Mundi is a language school specialising in foreign-language learning, offering courses tailored to all levels.

Contact: [Website](#)

SUSTAINABLE ENERGY

Solive

Solive, based in Nanterre, offers state-certified course programs in sustainable energy.

Contact: [Website](#)

Institut d'Economie Durable

Created with Lefebvre Dalloz, the Institut d'Economie Durable prepares students for the challenges of the ecological transition, equipping them with strong skills, practical projects and a sustainable outlook.

Contact: [Website](#)

Institut des métiers de l'Environnement et de la Transition Ecologique

IET is a specialist school within IDRAC Business School, training experts for a greener, more responsible economy. Several programmes are available, from Bachelor's to Master's degree level.

Contact: [Website](#)

HEALTH

CSO Paris Nanterre

The Conservatoire Supérieur d'Ostéopathie trains students in osteopathic medicine using a multidisciplinary approach tailored to the needs of the profession.

Contact: [Website](#)

IFSI IHFB Puteaux (CNIT)

Part of the Institut Hospitalier Franco-Britannique, the Institut de Formation aux Soins Infirmiers offers training courses for nurses, nurse's aides and childcare assistants.

Contact: [Website](#)

Ecole Supérieure de Psychologie Européenne

ESPÉ was founded in 2023 and offers a practice-focused, internationally oriented education, placing the student experience at the heart of its approach.

Contact: [Website](#)

HOSPITALITY AND FOOD SERVICE

Vatel

Located in the Aurore tower, Vatel Paris prepares its students for careers in hotel management. A culinary training restaurant enables them to put their skills into practice.

Contact: [Website](#)

IEFT - Tourism Management School

The École du Tourisme trains the next generation of tourism professionals. Courses range from two-year to five-year higher education programmes.

Contact: [Website](#)

APPRENTICESHIP SCHOOL (CFA)

AFi24

At the Spaces tower, AFi24 offers apprenticeships and work-study programs in science, from Bac to Bac +6.

Contact: [Website](#)

CFA AGEFA PME IDF Puteaux

Based in Puteaux, CFA AGEFA PME educates young people about the challenges facing companies and SMEs in the Île-de-France region.

Contact: [Website](#)

CFAI Mecavenir

Located in Puteaux, CFAI Mecavenir trains future industry technicians and managers. Course programs range from BTS to masters.

Contact: [Website](#)

M2i Formation Paris La Défense

In the Aurore tower, M2i Formation Paris La Défense offers courses in management, digital strategy, artificial intelligence and computer science.

Contact: [Website](#)

BEAUTY, AESTHETICS

Ecole supérieure des métiers de la beauté

ESMB is a business school specialising in beauty and aesthetics, training students in areas including beauty therapy, hairdressing, make-up, wellbeing, and much more. The courses focus on practical skills, entrepreneurship and business management.

Contact: [Website](#)

MAM Academy

The MAM Academy by Lazeo trains doctors and practitioners to develop advanced expertise in aesthetic medicine and treatments. The school offers a combination of practical and theoretical training delivered in person at the Ciel tower.

Contact: [Website](#)

Information center

Paris La Défense

Located in the heart of the business district, near the Agam fountain, the Information Center is open to visitors of the business district from Monday to Friday between 9 a.m. to 6 p.m. This space is dedicated to answer all your queries about the business district, provide brochures, support for visitors and to also inform you about ongoing activities and events.

15, place de La Défense – 92400 Courbevoie
info@parisladefense.com
 Phone number: 01 47 74 84 24

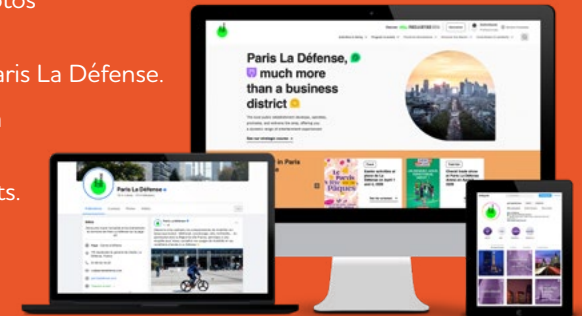


Our information materials

Our website parisladefense.com will give you the latest updates about the business district, the events calendar, dedicated sections for different places to explore, history of the business district, directions to reach the business district as well as the ongoing and upcoming projects and events. **Subscribe** to our **newsletter**.

Paris La Défense is also available on social media:

- **TikTok**, for the district events!
- **Instagram**, with stunning photos and videos of the site.
- **X**, for direct updates about Paris La Défense.
- **Youtube**, to discover the area through videos.
- **Facebook**, the district contacts.
- **LinkedIn**, to stay up-to-date about major projects.



Hard copies of the guides are available at the Espace Info Paris La Défense information desk:

- **Pedestrian map**, find yourself surrounded by towers.
- **Work-of-art trail**, to spot all 60 pieces of the outdoor collections.
- **Better Magazine quarterly newsletter**, to follow the latest trends in the district.
- **Project maps and brochures**, to know more about upcoming projects.

You can **download** the guides on **our website**.



Your contacts

For more information:
e-mail promotion@parisladefense.com
or phone 01 46 93 19 00

Paris La Défense

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Paris La Défense • September 2026 • Concept by: Bastille • Cover photo: Bénédite Topuz • Photo credits: Benoit Diacre / Enfants sans Cancer City / Nicolas Krief / Luyams / Benedite Topuz / Yugo / Oxygen / Hapik / IESEG / Sabrina Budon / Aubrac Corner / Augustin Detienne / Constance Decorde / Hubsy / Ville de Courbevoie / Ibis Novotel / Wojo / Ville de Puteaux / Okko Hôtels / Hakan Akdemir / Citadines / Les Estudines / Néméa Appart'Etud / Résidence Pythagore / Stud'City / Studea / Student Hotel / Camille Gharbi / Entourage / ASD / Ensemble 2 Génération / La Salle à Manger / Le Chaînon manquant / La Maison de l'Amitié / La Cravate Solidaire / Westfield / Grégoire Crétinon / Crossfit Grande Arche / Crossfit Factory / Fitness Park / Forest Hill / Basic Fit / La Terrasse / Neones / T Saffroy / Team Break / Canvas / Cité de l'Histoire / Nicolas Fagot.

