

EUROPEAN
JOB DAYS

Living & working in France

🕒 March 2026



Seize the Summer with EURES



Summary



Living in France **Understanding
the labour
market**

**Working in
France**

Job search

Living in France

France at a glance



DOM-TOM



GUADELOUPE



MARTINIQUE



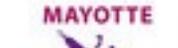
GUYANE
FRANÇAISE



LA REUNION



MAYOTTE



NOUVELLE
CALÉDONIE



SAINT-PIERRE-
ET-MIQUELON



POLYNÉSIE
FRANÇAISE

- One of the most visited countries in the world
- 7th economic power in the world in terms of GDP*
- 13 metropolitan administrative regions and 5 overseas departments and territories







Transports



Many advantages

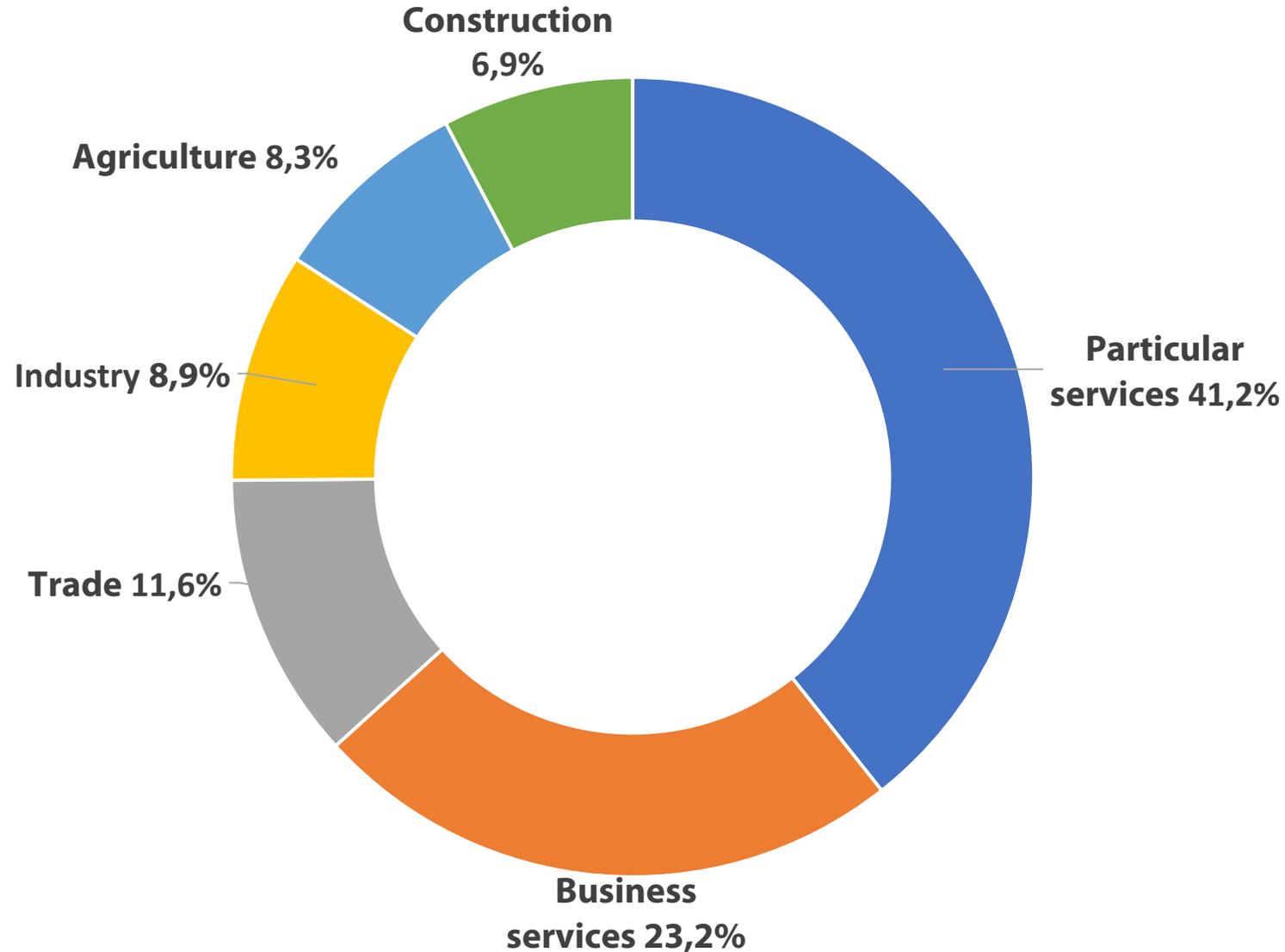
Life Quality
Healthcare system
Transportation
Culture
Hobbies
Diversity of landscapes
Food and beverages



You can find detailed information on those items in the EURES portal

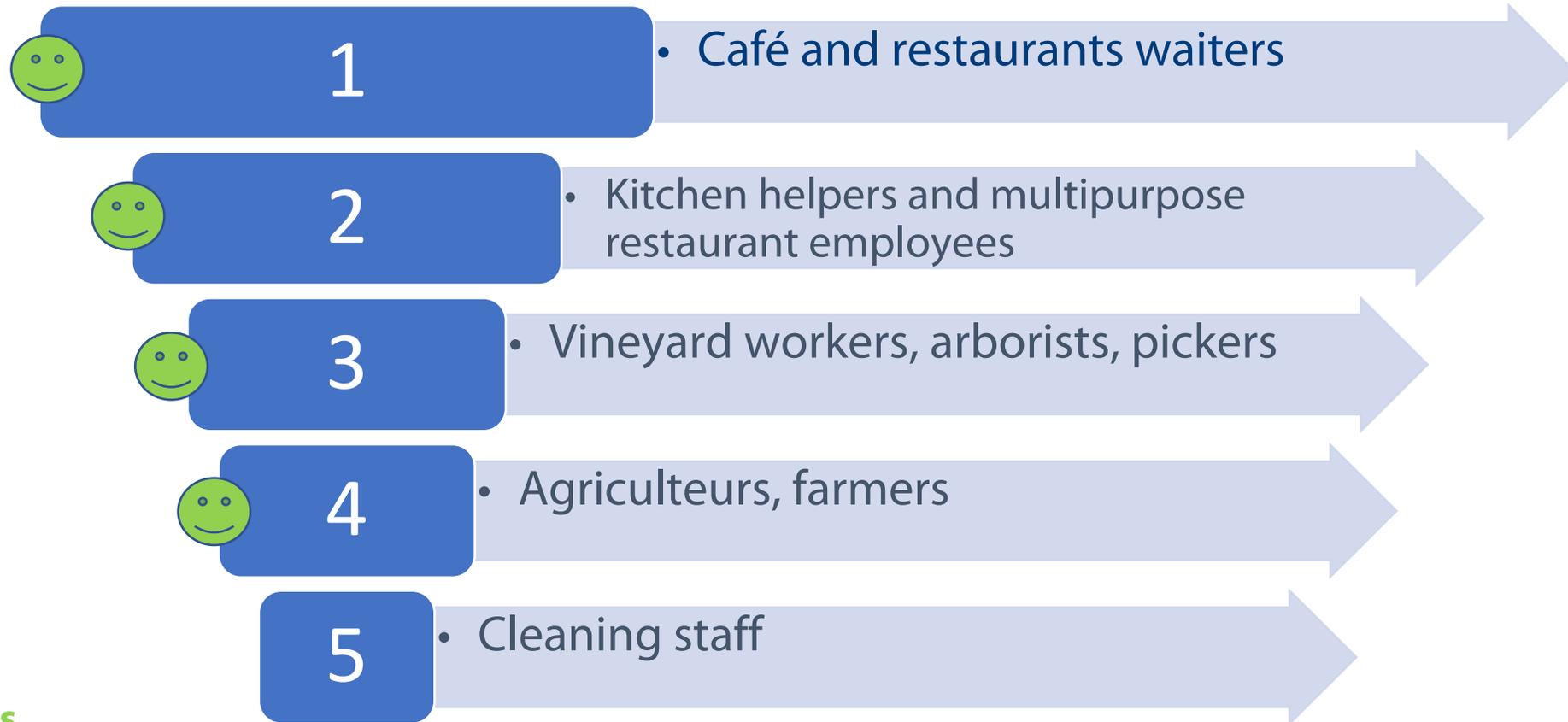
Understanding the french labour market

Recruitment project by sector



Source : BMO Survey April 2025

Top 5 professions that recruit the most



Professions
recruiting a lot of
young people

Lot of small business opportunities

2 out of 3 recruitment projects concern establishments with less than 50 employees



from 0 to 9 employees

47 %

+12 %

sur la période 2019-2021



from 10 to 49 employees

21 %

-10 %



from 50 to 199 employees

18 %

-8 %



200 and + employees

14 %

+1 %

French regions by sectors

Ile de France :

- First Business Region in Europe
- First European region in Reasearch and devlopment

Normandie / Bretagne / Pays de la Loire / Centre Val de Loire :

- Agriculture
- Fishing
- Shipbuilding

Haut de France / Grand Est / Bourgogne Franche-comté :

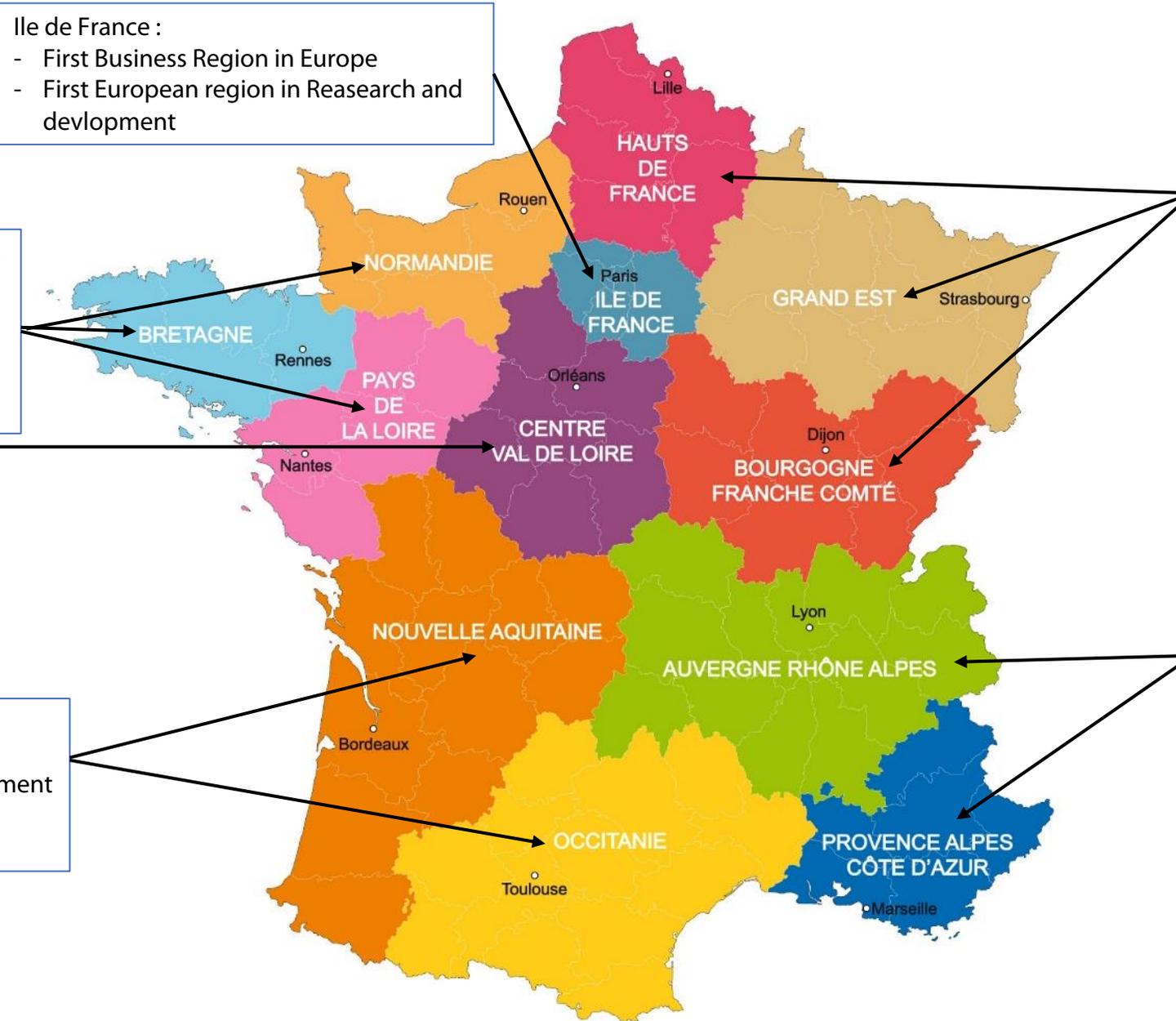
- Automotive manufacturing
- Garstronomy
- Chemistry

Auvergne Rhône Alpe / Provence Alpe Côte d'Azur :

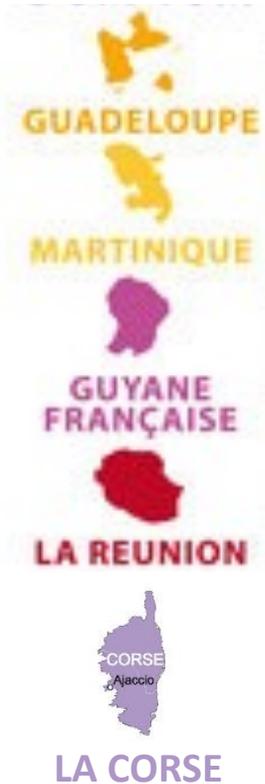
- Plastics
- Health
- Agrifood
- Research and innovation

Nouvelle Aquitaine / Occitanie :

- Research and devlopment
- Aeronautics



French region by sector



Corse / Overseas « département » : Guadeloupe / Martinique / Guyane Française / Réunion

- Tourism
- Agrifood
- Sustainable and renewable energies

Working conditions

Working conditions

WORKING TIME

Legal
duration: 35
hours/week
/ 151,41
hours/month

(excluding
specific
agreements
according to

HOLIDAYS

- 5 weeks holidays
- 11 Bank holidays

TAXES ON YOUR SALARY

23 % of gross income
for social benefits
(social security,
retirement,
unemployment...).

INCOME TAXES

Since 2019:

Withholding tax,
% according to
salary and
personal situation
(married,
dependent
children, etc.)

Working conditions *



MINIMUM SALARY (SMIC)

12,02 € / h (gross) or 9,52 € net
and 1 443,11 € net / month



MEDIAN SALARY

2180 euros net



UNEMPLOYMENT RATE

7,7 %



* February 2026

Work contracts

Main types of contracts

CDI: permanent contract

CDD: fixed-term contract for a specific duration (max 18 months)

Temping contract: same as CDD with 3 parties involved: employer, employee & temping agency

Other types of contracts

Intermittent: specific short term contract for artist or technician

Seasonal: in agriculture and tourism

Apprenticeship: part time in a training and the rest of the time working

Job search

Employment services

EURES (EUROpean Employment Services)

EURES is a European cooperation network set up by the European Commission to help jobseekers find work and employers find suitable candidates.

Its objectives are:

- Promoting the principle of free movement of workers in Europe.
- Matching job offers and CVs via the EURES portal.
- Providing access to information on living and working conditions in the Member States (taxation, health insurance, social security, etc.).
- Information, guidance and other support services for workers and employers.

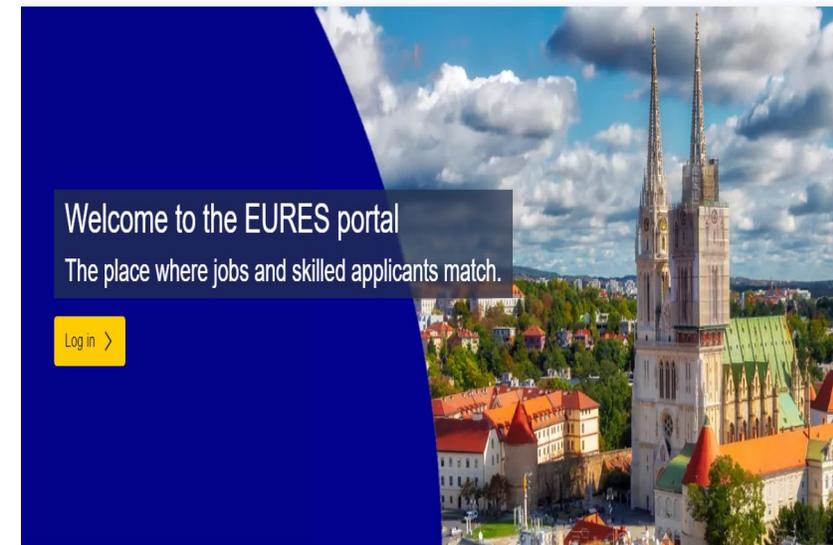
All services are completely **free of charge**.

31 countries

EURES = **network of 1.000 advisers : contact us !**
3.4 million job vacancies daily



EURES (EUROpean Employment Services)



France Travail



- A governmental agency. French public employment service
- **Free** digital services on <https://www.francetravail.fr/candidat/> and 21800 advisers dedicated to jobseekers in 896 agencies throughout France
- 7 international mobility teams (guidance, mobility tools and helps, many services for jobseekers and companies)
- National coordination Office for EURES France
- Around 50 EURES advisers (national and cross boarder)



APEC



Created in 1966. 50 agencies, 500 consultants : your partners to provide tailored, free-of-charge career coaching.

WHO CAN HELP APEC?

Executives who are looking for new opportunities, or who are looking for a job.

HOW CAN IT HELP?

- Prepare your job application.
- Make a career change

APEC will help you review your project and your skills



CHEOPS Cap emploi



1000 agencies in France, 2 500 employees to provide tailored, free-of-charge job search coaching.

WHO CAN HELP CHEOPS Cap emploi?

People in situation of disabilities or with health problems (under conditions)

HOW CAN IT HELP?

- Prepare your job application
- Review your project and skills
- Help to find a job adapted to the disability
- Match your profile with private and public companies



The employment network



eures.europa.eu

The reference portal
to look for a job in Europe



francetravail.fr

Labour market information
Free services and tools



apec.fr

Job offers and advice on
career transition and
professional development for
executives



capemploi.fr

Support for people with
disabilities (under conditions)



Job search

Tools and tips

Our favorite apps : Mobiville

An online service to find the job and
the city that goes with it!

- facilitates mobility to employment areas that are recruiting;
- helps you find the best living environment for your professional integration.

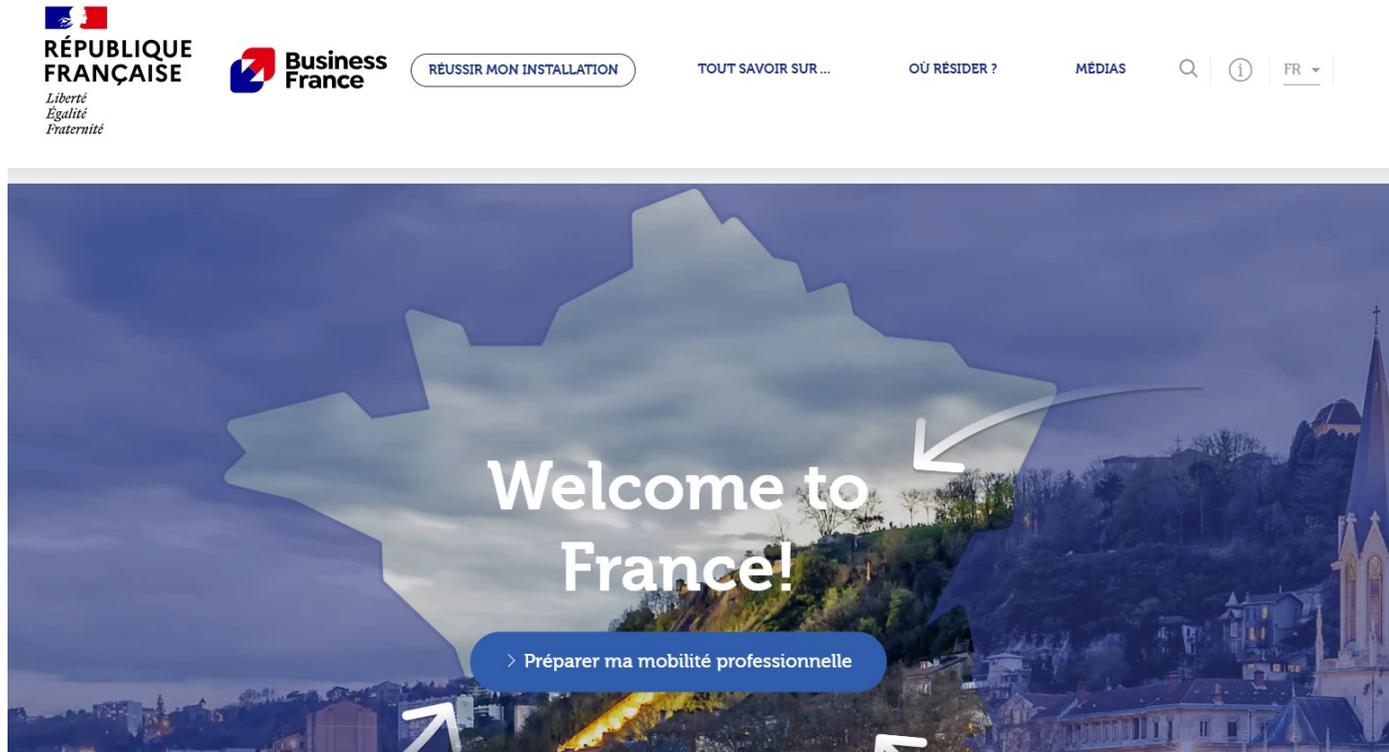
The screenshot displays the Mobiville website interface. At the top, there is a browser address bar with the URL: `candidat.francetravail.fr/mobiville/?at_medium=cs1&at_campaign=Communication&at_custom1=emploistore&at_custom2=METIER&at_custom3=...`. Below the browser bar, there are navigation elements including "Mes Favoris Pôle Emploi", "(3) Général (SIEGE -...", and "Tous les fa". The main header features the logos for "RÉPUBLIQUE FRANÇAISE" and "France Travail", along with a "MENU" button and a "CONNEXION" button. The main content area has a background image of a smiling couple moving boxes. The text "MobiVille" is prominently displayed, followed by the tagline: "Décrochez l'emploi dans la ville qui vous correspond et identifiez les aides pour votre projet de mobilité". Below this, there are two filter buttons: "Par ville" (selected) and "Par aide". At the bottom, there are two search input fields: "Votre métier (facultatif)" with the placeholder "Saisissez votre métier" and "L'endroit qui vous fait envie" with the placeholder "Choisissez une région ou indiquez une ville". A red "Rechercher" button is positioned to the right of the second input field. In the bottom right corner, there are logos for "apec", "Cheops Le réseau EMPLOI", "EURES", and "France Travail".



Our favorite apps : Welcome To France

Available in French and English !

- Gives information about visas, staying, working, social protection, taxation
- includes a map of the regions with day-to-day life



RESUME - CV

Personal information: phone number, e-mail, address

Job wanted

Profile

Skills :

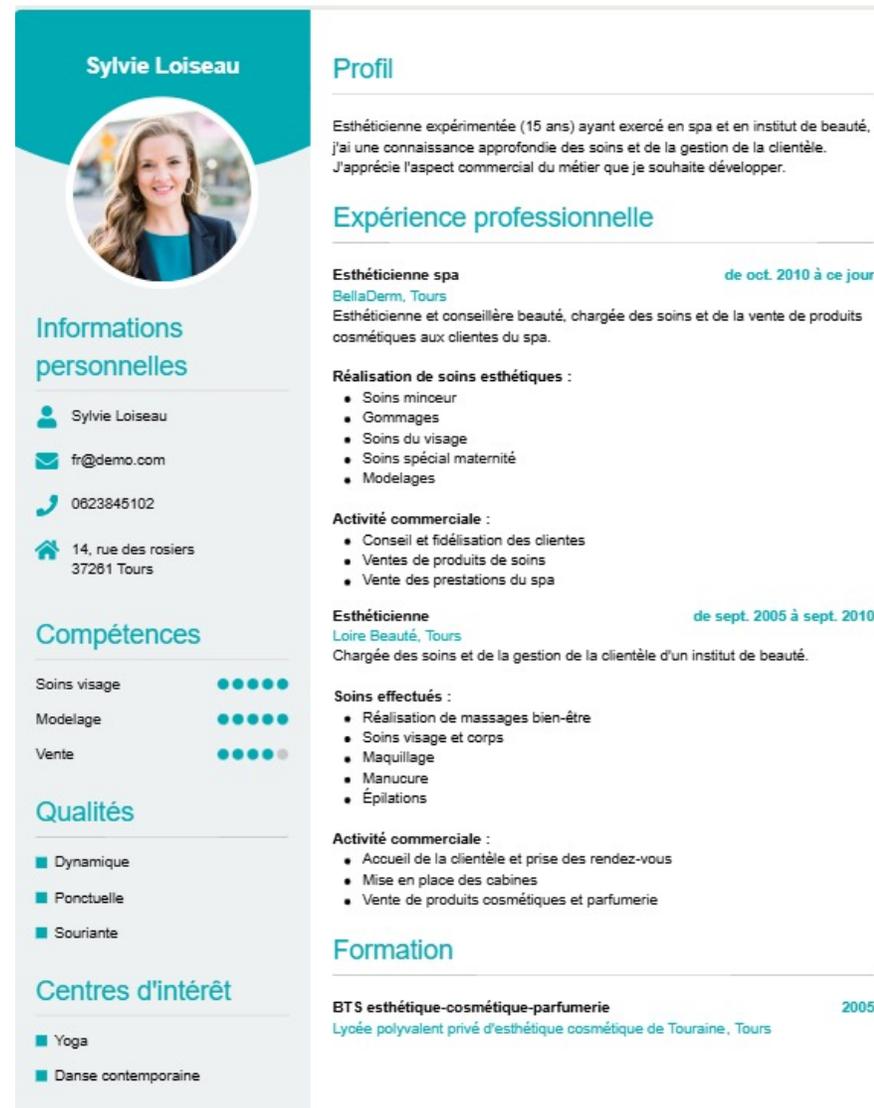
- Hard skills
- Soft skills
- Languages
- IT/software skills

Work experience

- Title of the job
- Describe your missions

Training and qualifications

Hobbies / interests, if relevant



Sylvie Loiseau



Informations personnelles

 Sylvie Loiseau
 fr@demo.com
 0623845102
 14, rue des rosiers
37261 Tours

Compétences

Soins visage ●●●●●
Modelage ●●●●●
Vente ●●●●●

Qualités

- Dynamique
- Ponctuelle
- Souriante

Centres d'intérêt

- Yoga
- Danse contemporaine

Profil

Esthéticienne expérimentée (15 ans) ayant exercé en spa et en institut de beauté, j'ai une connaissance approfondie des soins et de la gestion de la clientèle. J'apprécie l'aspect commercial du métier que je souhaite développer.

Expérience professionnelle

Esthéticienne spa de oct. 2010 à ce jour
BellaDerm, Tours
Esthéticienne et conseillère beauté, chargée des soins et de la vente de produits cosmétiques aux clientes du spa.

Réalisation de soins esthétiques :

- Soins minceur
- Gommages
- Soins du visage
- Soins spécial maternité
- Modelages

Activité commerciale :

- Conseil et fidélisation des clientes
- Ventes de produits de soins
- Vente des prestations du spa

Esthéticienne de sept. 2005 à sept. 2010
Loire Beauté, Tours
Chargée des soins et de la gestion de la clientèle d'un institut de beauté.

Soins effectués :

- Réalisation de massages bien-être
- Soins visage et corps
- Maquillage
- Manucure
- Épilations

Activité commerciale :

- Accueil de la clientèle et prise des rendez-vous
- Mise en place des cabines
- Vente de produits cosmétiques et parfumerie

Formation

BTS esthétique-cosmétique-parfumerie 2005
Lycée polyvalent privé d'esthétique cosmétique de Touraine, Tours



The cover letter :

Short, punchy, focus on company

The job interview :

think about a short presentation about yourself



GOOD TO KNOW

- Have a minimum level in French
- Any professional experience is welcome
- The diplomas are to be highlighted
- The CV on one page and in French
- The cover letter is personalized
- Interviews will be conducted in French



They did it ! (testimonials)

"As an ambitious adventurer, I jumped on the very first opportunity to embark on a journey abroad, ultimately choosing France as my destination for studying, living and eventually working. This country renowned for the high quality of its education system and numerous scholarship opportunities, instantly caught my attention. So, I've embraced the expat life in France with enthusiasm : there was no such moment that would make me regret moving here. The social security network, the corporate culture promoting a healthy work-life balance, and open communication channels are just a few of so many advantages that proved my decision to make France my home right. Despite my proficiency in French, adapting to the nuances of work culture in France – distinct from my native Kazakhstan – presented its challenges. Once you understand the unspoken rules, deliver on tasks, respect colleagues, and meet deadlines – navigating professional landscapes gets easier and enjoyable. " Gulafiya

They did it ! (testimonials)

"My experience as a European expatriate went, overall, quite smoothly. Upon my arrival, no extra papers were needed, as the administration processes are unified in EU countries. Another positive side was the multicultural environment that I encountered around the city, which helped me to get really comfortable during the first time. Regarding how easy is to find a job, I personally arrived with a job contract and housing offered by an international company, but in general, I would advise you to study the French language before coming, as it is a prerequisite not only for finding employment but also for everyday administration exchanges, socializing and integration. Speaking English or another language is not that acceptable and common, as it is the case in smaller countries. Concerning certificate recognition, even if you are holding your country's university diplomas, you should be aware that they often do not get accepted by companies and universities. That is why it is better to do your postgraduate studies in a French Institute, or at least having a language certificate proving your capacity in the French language if you wish to follow a cursus in this country. Other than that, I would recommend you participate in local cultural festivities in order to get more familiar and connected to the French culture. " Despina, Greece

THANK YOU – MERCI !

EUROPEAN
JOB DAYS

www.europeanjobdays.eu/seizethesummer2026

#EURESjobs

