



# Expatriates :

## You need help to understand your rights ?

## Join us in September

2025/09/15

**Moving to France as an Expat is a great opportunity but it comes with some challenges.**

One of the major challenge for expats is to understand French social rules and regulations. Even for local French employees, it's hard to navigate through the French's health insurance, retirement systems, payroll rules, and social contributions.

### **CFTC always with you... even if you don't speak fluent French**

As language should not be a barrier, The CFTC provides dedicated support for non-natives French speakers. The aim is to make your rights easy to understand, guide you through rules and French administrative system and regulation.


### **A dedicated support team from expat to expats !**

As an experienced expat and **CFTC** member **Sunil Mali**, who has been living and working in France for the last 12 years, will animate this expat community, organize awareness sessions, answer specific questions and connect you with the right specialists on topics such as :

- Schneider agreements
- Social Security and health insurance (MESE, KLESIA)
- Retirement, pension schemes, company savings plan (BNP)
- Payroll and social contributions
- Workplace rights under a French contract
- Leisure and holidays....

### **Getting started on the 23rd of september !**

Three "in person meetings" in Grenoble and one Webinar will be organized.

To participate in the first introductory sessions of this initiative ;  [register here](#) to select one session or scan the QR Code :

- |                         |                 |                   |
|-------------------------|-----------------|-------------------|
| ▪ Technopole Grenoble : | <b>23 sept.</b> | 12 : 30 / 13 : 30 |
| ▪ IntenCity Grenoble :  | <b>24 sept.</b> | 12 : 30 / 13 : 30 |
| ▪ Electropole Grenoble  | <b>29 sept.</b> | 12 : 30 / 13 : 30 |
| ▪ On-line session :     | <b>3rd Oct.</b> | 13 : 00 / 14 : 00 |



If needed, we could organize an "in person session" at **Le Hive**

Afterwards, we can plan specific sessions depending of the needs of Expats.

**The CFTC believes everyone should understand their rights. CFTC is here to guide you through the complexity — don't hesitate to reach out to us.**

**Not concerned ? May be someone around you is impacted, please forward or share.**

**Any question or suggestion ? Feel free to contact Sunil Mali**

Your CFTC representatives :

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