Title: Paracontrolled calculus and regularity structures.

**Abstract:** We prove a general equivalence statement between the notions of models and modelled distributions over a regularity structure, and paracontrolled systems indexed by the regularity structure. The construction of a modelled distribution from a paracontrolled system is explicit, and takes a particularly simple form in the case of the regularity structures introduced by Bruned, Hairer and Zambotti for the study of singular stochastic partial differential equations. This talk is based on a joint work with Ismaël Bailleul (Université Rennes 1).