

STUDENTS' AID GUIDE

of the University of Franche-Comté



Dear students

The health crisis has turned all our daily lives upside down since march 2020, especially your lives.

You should be discovering university by now, pursuing your education, whereas you have to face multiple upheavals. Those may relate either to practicalities (furniture, distance learnings) or to basic expenses such as housing, food, office supplies. Sometimes the upheavals can be psychological, and you may need help to overcome isolation. Difficulties can also occur when forging social ties. You may be waiting for answers, without knowing where to look.

The Student Office (BVE) of the university remains at your disposal to guide you. In order to facilitate your formalities, I had a Student's Aid Guide written for you. It lists all the services and supports for which you are eligible. That guide also includes the aids that are dedicated for you. It will be regularly updated, to optimally meet your needs.

Your quality of life is a priority mission of the university. Supporting you through your academic life is not only our function: it is our commitment.

*Macha Woronoff,
President of the University of Franche-Comté*

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In the current context and the health crisis we are going through, the Office of Student Life (BVE) becomes the key contact for any question or request on the emergency aids and support programs set up by the University of Franche-Comté as well as by its different partners.

The BVE is thus available to centralize the requests for student aid that you may receive, to direct you, to promote and facilitate the already existing procedures, but also to maintain the link with the « Student Life » team which works every day to improve the living conditions of the students of the University of Franche-Comté.

If you have set up or wish to set up aid (support, distribution, donations, etc.) to students, the BVE is also your key contact. It is important to give to this team the most precise description of your action as well as your privileged targets so that it can communicate about it and direct the requests.

For any of these reasons, please send an email to the following address :
bve-infos@univ-fcomte.fr

TYPES OF AID

DURING THE BACK TO SCHOOL SEASON

DESCRIPTIONS	WHO PROVIDES THIS AID/SUPPORT?	HOW?	WHO IS ENTITLED TO IT?	DURATION
Presentation and meetings with the associations and partners	Bienvenue aux étudiants	www.bienvenueauxetudiants.org	Students of Franche-Comté	From 11th to 14th september in Besançon 21th September in Montbéliard 28th September in Belfort 6th october in Lons-le-Saunier

DIGITAL AND COMPUTER ASSISTANCE



DESCRIPTIONS	WHO PROVIDES THIS AID/SUPPORT?	HOW?	WHO IS ENTITLED TO IT?	DURATION
Loan of fixed and portable PCs	University of Franche-Comté Common Service of Documentation (scd)	scd.univ-fcomte.fr		
Loan of PCs by the Faculties of the university of Franche-Comté	University of Franche-Comté Computer services of the Faculties	Contact the Faculties	Students of Franche-Comté	Permanent
Partnership with "Emmaüs Connect" to fight against the digital divide in the long term (solidarity prices)	University of Franche-Comté Student Life Office	bve-infos@univ-fcomte.fr 03 81 66 66 99		

FOOD AND MATERIAL AID



DESCRIPTIONS	WHO PROVIDES THIS AID/SUPPORT?	HOW?	WHO IS ENTITLED TO IT?	DURATION
Fighting against the period poverty : setting up of free periodical protections distributors in the university premises	University of Franche-Comté	List of the distributors : https://www.univ-fcomte.fr/sites/default/files/liste_emplacements_boites.pdf	Students of Franche-Comté	Permanent
Fighting against the period poverty : setting up of free periodical protections distributors in the student residences	CROUS	www.crous-bfc.fr/actualite/lutte-contre-la-precarite-menstruelle	Students of Franche-Comté	Permanent
Fighting against the period poverty : Repayment to a maximum rate of 50 % of the purchase price for washable sanitary products, maximum 50 euros VAT per year paid back.	SYBERT 4 rue Gabriel Plançon 25000 Besançon	contact@sybert.fr 03 81 21 15 60. www.sybert.fr/actualites/remboursez-jusqua-50-vos-protections-hygieniques-lavables/		
Food aid, AGORAE, solidarity grocery shop	LA BAF Federation of Franc-Comtois Students	agorae@baf-fc.fr 03 81 66 58 62	Students in Besançon	Currently every Wednesdays from 6pm to 8pm. Campus de la Bouloie in Besançon
Food and material aid	Croix rouge	Belfort : 03 84 28 00 48 Montbéliard : 03 81 91 15 28 Vesoul : 03 84 75 22 19 Besançon : 03 81 81 21 63 Pontarlier : 03 81 36 16 02		Permanent
Food aid	CROUS	www.mesrdvetudiant.gouv.fr		Permanent
Distribution of clothes at solidarity prices	Secours Catholique	03 81 94 09 14		Permanent
Distribution of food and clothing aid	Restos du Cœur	Besançon : 03 81 50 75 92 Belfort : 09 81 65 38 54 Montbéliard : 03 81 97 10 62 Pontarlier : 03 81 39 72 58 Lons-le-Saunier : 03 84 24 16 52		Occasional Contact them for opening hours
Distribution of food and clothing aid	Secours Populaire	Belfort : 03 84 22 83 09 Montbéliard : 03 84 22 83 09 Besançon : 03 81 81 63 91	Students of Franche-Comté	Every Friday from 5pm to 7pm. Address: 10 rue Paul Bert in Belfort. Thursday from 4.30 pm to 18 h / 2 € / basket

FOOD AND MATERIAL AID



DESCRIPTIONS	WHO PROVIDES THIS	HOW?	WHO IS ENTITLED	DURATION
Second-hand solidarity store	Emmaüs	Vesoul 03 84 75 34 34 Pontarlier 03 81 46 65 91	Students of Vesoul and Pontarlier	Wednesday 2pm to 5pm and Saturday 9am-12pm and 2pm-5pm in Vesoul Monday to Saturday 8am-7pm in Pontarlier
Solidarity grocery	Armée du Salut,	at the train station 8 avenue Wilson, 90000 Belfort	Students in Belfort	Food and hygiene products. Monday to Friday 1pm-7.30pm
Solidarity thrift store	Ding Fring	Lons-le-Saunier 03 85 41 23 49	Students of Lons-le-Saunier	From monday to saturday 9:30am-7pm
Distribution of equipment and clothing	Bibliothèque Universitaire Proudhon Studio 45	isabelle.pichegru@univ-fcomte.fr	Students in Besançon	Permanent
Distribution of clothes at solidarity prices	Friperie 60	03 81 82 29 96	Students Besançon / Montbéliard	
Food, materials and clothing aid	Lions Clubs International	annacupillard@orange.fr www.facebook.com/Lions-Club-Besancon-Cite-172540203560712	Students in Besançon	Permanent
Second-hand solidarity store	La Ressourcerie	https://www.inser-vet.com/ Belfort 03 84 22 63 36	Students of Franche-Comté	

HOUSING ASSISTANCE



DESCRIPTIONS	WHO PROVIDES THIS AID/SUPPORT?	HOW?	WHO IS ENTITLED TO IT?	DURATION	
Accommodation service Even for short stays (internship, summer job, exam)	CROUS	www.crous-bfc.fr courts-sejours.lescrous.fr 03 81 48 46 00	Students of Franche-Comté	Permanent	
Free platform providing accommodation announcements	Lokaviz acartedescolocs.fr (apartment-share website)	Lokaviz.com acartedescolocs.fr (apartment-share website)			
Financial support	Caisse d'allocations familiales	www.caf.fr			
Lessor/tenant contact and tips	Maison de l'Habitat du Doubs (ADIL)	contact@maisonhabitatdoub.fr 03 81 68 37 68			
Rental file forming (available in english)	Dossier Facile	www.dossierfacile.fr			
Zero-interest loan for security deposit	Actionlogement : garantie visale	www.actionlogement.fr			Scholarship, working and apprentice students
Rental deposit	Actionlogement : avance Loca Pass	www.actionlogement.fr			Students of Franche-Comté
Rent contribution	Actionlogement : mobili jeunes	www.actionlogement.fr			Apprentice
Public solidarity fund for low-income households Access or support in housing for a person with social difficulties	Fonds de solidarité logement (FSL)	The person files an application record with the Centre Medico Social (CMS), the Centre Communal d'Action Sociale (CCAS), the Caisse d'Allocations Familiales (CA			Students of Franche-Comté

PSYCHOLOGICAL AND MEDICAL HELP



DESCRIPTIONS	WHO PROVIDES THIS AID/SUPPORT?	HOW?	WHO IS ENTITLED TO IT?	DURATION
Medical and psychological help by appointment	University of Franche-Comté SEE department (The University Service of Preventive Medicine and Health Promotion)	SEE sumpps@univ-fcomte.fr Besançon 03 81 66 61 30 Montbéliard 03 81 90 76 10 Héricourt 03 84 90 89 05 Valentigney 03 81 36 33 10 Belfort 03 84 57 45 30 In Trévenans, the Psychiatric Emergencies, 06 25 32 00 74 who will then redirect the student if there is no recommendation of hospitalization.	Students of Franche-Comté	Permanent
The Listen and Inform Hotline (to listen to the students, inform accompany them)	University of Franche-Comté Student officer in charge of student precariousness	Telephone permanence on : 03 81 66 55 66 Appointments by e-mail at the Maison des étudiants in Besançon or at the UFR SLHS : ecoute.info@univ-fcomte.fr https://www.univ-fcomte.fr/contenus-communs/ligne-ecoute-info		Monday to Friday, 12pm to 1:30pm and 6pm to 7:30pm, except during vacation periods From September 19th
Help, inform and prevent suicide	3114 National suicide prevention lifeline	3114 Informations on line : 3114.fr 24/7	Everybody	Permanent 24/7
Student Psychological Health Program 8 sessions with a psychologist without advance payment	Governmental scheme	Contact : sumpps@univ-fcomte.fr 03 81 66 61 30 https://santepsy.etudiant.gouv.fr	Students of Franche-Comté	Extended in 2023
The "Arbre à palabres" (palaver tree) meetings offer international students the opportunity to discuss the difficulties they have encountered during their mobility study period.	University of Franche-Comté SSE department (The University Service of Preventive Medicine and Health Promotion)	SSE sumpps@univ-fcomte.fr 03 81 66 61 30 At the « Maison des Etudiants », Bouloie Campus, Besançon.	International Students	27th september 25th october 29th november 13th december from 6:30 pm to 9 pm
Appointment with a psychologist	Psychiatric Emergency CHRU(hospital)	03 81 66 80 13 Emergency operator	Students of Franche-Comté	24 hours a day /7 days a week
Psychological listening	BAPU de Besançon Besançon University (Psychological Aid Office)	03 81 81 19 67 cmpp.bapu.besancon@wanadoo.fr	Students of Franche-Comté	From Monday to Friday 8:30 am to 12 pm and 1:30 pm to 6:30 pm (except on Friday 6 pm), Saturday 8:30 am to 12 pm (noon)
Prevention and family education	Family Planning Center	Belfort 03 84 28 17 12	Student of Belfort	Monday from 10am to 12:30pm Wednesday from 1:30 to 4:30 pm
Diagnosis and care psychological	Medico-psychological Center	Pontarlier 03 81 38 58 78 Vesoul 03 84 76 92 90 Lons-Le-Saunier 03 84 82 83 23	Students of Franche-Comté	Monday to Friday 9:00 am - 6:00 pm
information, screening and diagnostic of viral diseases	CEGIDD (Centre for information, screening and diagnostic of viral diseases)	Besançon 15 Av. Denfert Rochereau - 03 81 65 44 50 Montbéliard 40 Fbg de Besançon - 03 81 99 37 00 Lons-le-Saunier 55 Rue du Dr Jean Michel 03 84 35 62 06	Students of Franche-Comté	By appointment only

PSYCHOLOGICAL AND MEDICAL HELP



DESCRIPTIONS	WHO PROVIDES THIS AID/SUPPORT?	HOW?	WHO IS ENTITLED TO IT?	DURATION
Free appointments via video-consultation with a psychologist (via smartphone, tablet, computer), for a benevolent and non-judgmental listening, in complete confidentiality.	CROUS Bourgogne Franche-Comté Apsytude	At Dijon, Besançon, Belfort et Montbéliard : rdv.apsytude@gmail.com 06 27 86 91 83 For all other cities happysyline.bfc@gmail.com (please specify « CROUS BFC » in the subject of the e-mail)	Students of Franche-Comté	From 9 am to 9 pm from Monday to Friday
ETUCARE A digital program to promote mental health for students.	IREPS BFC/ ARS (regional health education and promotion)	https://elearning.ireps-bfc.org/		Permanent
Help for employed students	CGT-SE	CGT.salaries.etudiants@protonmail.com		
Freephone support number for health students and residents: <i>The platform brings together skills in mediation social intervention, psychology, and others, to respond to the diversity of situations encountered by students, while respecting confidentiality.</i>	CNA SANTÉ (National Support Centre for the quality of life of students)	Contact : 0800 724 900 / soutien@cna-sante.fr https://cna-sante.fr/plateforme	Exclusively for students in health	Monday to Friday 10am-6pm
Psychological counseling	National Association of Pharmacy Students of France (ANEPF)	contact@anepf.org 0805 72 49 00		24 hours a day /7 days a week

HELP FOR VICTIMS



DESCRIPTIONS	QUI PROPOSE L'AIDE ?	COMMENT ?	QUI EST ÉLIGIBLE ?	DURÉE
S.O.S Reporting/Guidance/Follow-up Supporting victims of sexual and gender-based violence, discrimination, harassment or any other form of violence. The S.O.S. reporting system is open to staff and students, victim or witness to any form of violence within the university.	University of Franche-Comté	https://sos.univ-fcomte.fr	Students, staff, external workers and users	
Help for victims	France Victimes Besançon Nord Franche-Comté	09 70 19 52 52 / contact@alavi.fr		Permanent
Reception, listening, accompaniment, guidance, follow-up of women victims	Women's solidarity Besançon/Montbéliard	03 81 98 24 24 chrs@solidaritefemmes25.org		
Legal information fight against sexist and sexual violence	Information centre on women's and family rights (CIDFF)	03 84 28 00 24 contact.cidff25@gmail.com	Students of Franche-Comté	
	Collective against sexual harassment in higher education (CLASCHES)	https://clasches.fr/		
Help for people in prostitution	Mouvement du Nid Délégation du Doubs	03 81 83 02 03 06 07 95 95 24 franchecomte-25@mouvementdunid.org		By appointment
Help and support for LGBTQIA+ people	SOS homophobie	01 48 06 42 41 soshomophobie.org		monday to friday 6-8pm saturday 2-4pm sunday 6-8pm
	Association Nouvel Esprit	stephbarbot25@gmail.com		Permanent



SOCIAL AND FINANCIAL ASSISTANCE

DESCRIPTIONS	WHO PROVIDES THIS AID/SUPPORT?	HOW?	WHO IS ENTITLED TO IT?	DURATION
Reception and social integration of international students	Student Association ESN Besançon	info@erasmus-besancon.com	Students Besançon on all campuses	Permanent
Creation of social links / Moral support for students / Creation of adapted radio programs	Student Association Radio Campus Besançon	admin.rcb@orange.fr 03 81 80 37 63		
Daily living assistance and financial support	CROUS BFC	mesrdv.etudiant.gouv.fr		
Legal assistance and advice for students who encounter difficulties in their jobs.	CGT Salariés Etudiants	cgt.salaries.etudiants@protonmail.com	Working students in the Doubs département	
Activity bonus	Caisse d'allocations familiales ou CAF (Family allowance fund)	www.caf.fr	Working students	
Unemployment rights	Pôle Emploi (Job center)	www.pole-emploi.fr	Working students who have lost their job	
Departmental fund to help young people	Conseil départemental du Doubs (Doubs Departmental Council)	CROUS social.25@crous.fr Departmental medical and social centers www.doubs.fr/CMS In Besançon : CMS Saint-Claude : 03 81 50 31 41 CMS Tristan Bernard : 03 81 25 44 44 CMS Montrapon : 03 81 50 42 84 CMS BACCHUS : 03 81 25 87 00 CMS Planoise : 03 81 51 00 41	Students Apprentices Young adults	
PLoans in the form of micro credit 0% interest rate -No application fees -No personal guarantee or guarantee from a third party -Deferment period : 12 months maximum -Repayment from 6 to 48 months (including deferment)	Banking institutions and social and solidarity institutions	Eligibility criteria : - No access to traditional student credit - Being a student (presentation of a proof of schooling) - Holder of a student job before the 1st lockdown (presentation of a pay slip) - Being in financial difficulty (basic needs including cash flow)	Students of Franche-Comté	
Specific assistance for students facing severe financial difficulty One-off benefits or annual allocation for long-term difficulty	CROUS	etudiant.gouv.fr/aides-specifiques/ et au 0 806 000 278		Permanent
Government-guaranteed student loans	Government	Disposable only in these banks : Banque populaire, Crédit Mutuel, CIC, Caisse d'Épargne et de la Société Générale	French Students under 28	



ASSISTANCE FOR WELL-BEING AND SOCIAL INTERACTION

DESCRIPTIONS	WHO PROVIDES THIS AID/SUPPORT?	HOW?	WHO IS ENTITLED TO IT?	DURATION
<p>Sport on prescription: doubling and expanding the offer of a free teaching unit</p> <p>Video clips of sport sessions</p> <p>Sport sessions between noon and 2 pm</p>	University of Franche-Comté Campus Sports	<p>u-sports.univ-fcomte.fr/index.html 03 81 66 63 62</p>	Students of Franche-Comté	Permanent
<p>Relaxation activities and wellness workshops ("Wellness Night" and "Zen'études" during the exam period)</p>				
<p>Artistic workshops in video (theater, press drawing, writing, artist's book, etc.)</p>	University of Franche-Comté Science, arts and culture department	ghislaine.gaultier@univ-fcomte.fr		
<p>Intercultural, artistic or sports activities</p>	University of Franche-Comté ESN association Besançon	president@erasmus-besancon.com	International students Besançon all campuses	Permanent



EDUCATIONAL ASSISTANCE

DESCRIPTIONS	WHO PROVIDES THIS AID/SUPPORT?	HOW?	WHO IS ENTITLED TO IT?	DURATION
<p>Opening of the computer rooms</p> <p>Tutoring / Educational support</p>	University of Franche-Comté Faculties / Institutes / Schools	<p>Contact the Faculties</p> <p>bve-infos@univ-fcomte.fr 03.81.66.66.99</p>	Students Franche-Comté	Permanent
<p>Opening of the BU and computer rooms</p>				
<p>Job search programs or internships workshops throughout the year We have set up pedagogic tools for every situation. The scheduled workshops are maintained, with distance learnings.</p>	<p>OSE Orientation Internship Employment Department</p>	<p>ose@univ-fcomte.fr</p> <p>https://www.univ-fcomte.fr/orientation-etinsertion-professionnelle#YbDQn9_jLQw</p>	Students, apprentices or trainees in continuing education of the University of Franche-Comté	

SCREENING

Covid test campaign for all Besançon students from 11:45 a.m. to 1:15 p.m., Monday to Friday, at the SUMPPS offices
Vaccination days on February 2022 : 15 (from 2 p.m. to 4 p.m.) and 16 (from 2 p.m. to 4 p.m.) by appointment.
Information at SUMPPS department : [sumppss@univ-fcomte.fr](mailto:sumpss@univ-fcomte.fr) / tél. 03 81 66 61 30

How health insurance covers a Covid-19 screening test

https://solidarites-sante.gouv.fr/IMG/pdf/annexe_1_-_flyer_remboursement_test_covid.pdf

FUNDS AVAILABLE TO SET UP A PROJECT

STRUCTURES	FOR WHOM ?	CONTACT
FSDIE (Fund of solidarity and development of student initiatives)	Associations, groups or individual students	fsdie@univ-fcomte.fr
DISPOSITIF CULTURE ACTIONS	Financial support for every projet conducted by students and student associations	frederic.sonnet@crous-bfc.fr
PARTICIPATIVE BUDGET	Students of the University of Franche-Comté	bve@univ-fcomte.fr
CALL FOR PROJECTS TO SUPPORT STUDENT ASSOCIATION INITIATIVES IN THE BFC REGION	Funds available for any accredited association of the University of Franche-Comté.	bve@univ-fcomte.fr
FIE MONTBÉLIARD (Student Initiative Fund)	Pays Montbéliard Agglomération encourages student association projects, particularly through the 'Fonds d'Initiatives Étudiant' or Student Initiative Fund.	magali.gauthrot@agglomontbeliard.fr
CAP JEUNES	Grant available for young people from 16 to 25 years old living in the Territory of Belfort for the implementation of citizen and socially responsible projects.	estelle.menissier@territoiredebelfort.fr Tél. 03 84 21 98 50
CLAP (Local Committee of Aid to Projects)	The Local Project Assistance Committee supports and finances projects with a civic, humanitarian, social, sporting or cultural purpose for young people between the ages of 11 and 30.	olivier.poulot@jeunes-bfc.fr
CONCOURS DÉCLICS JEUNES ('CLICKS YOUTH CONTEST')	This contest is open to all young people between 18 and 30 years old, of French or foreign nationality (but living in France and proving a good knowledge of the French language), who have a passion or a vocation and who wish to put it into practice by implementing an individual, innovative and useful project.	projets@fdf.org
GRANTS OF THE ASSOCIATIVE LIFE DEPARTMENT OF THE CITY COUNCIL OF BESANÇON	Associations based in Besançon , created and declared to the Prefecture in the two years preceding the date of submission of the application, whose associative project in any field is in line with a dynamic of sustainable establishment in the territory	vieassociative@besancon.fr
DRAC : Regional Directions of Cultural Affairs	Associations, individuals, structures.	www.culture.gouv.fr/Aides-demarches/Subventions
BFC International	Associations, individuals, structures.	www.bfc-international.org

Document non contractuel, 09/2022/ Graphisme : Direction de la communication, Université de Franche-Comté

Université de Franche-Comté

Student Life Office

Besançon

03 81 66 66 99 / 58 47

Belfort, Montbéliard, Vesoul et Lons-le-Saunier

07 62 94 95 83

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UNIVERSITĕ **FRANCHE-COMTĕ**