

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*

STUDENTS' AID GUIDE

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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



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 | Students of Franche-Comté | Permanent |
| Loan of PCs by the Faculties of the university of Franche-Comté | University of Franche-Comté Computer services of the Faculties | Contact the Faculties | | |
| 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 student residences | CROUS | www.crous-bfc.fr/actualite/lutte-contre-la-precarite-menstruelle | Students of Franche-Comté | Permanent |
| Housing assistance | CROUS / Service hébergement | www.crous-bfc.fr 03 81 48 46 00 | Students of Franche-Comté | Permanent |
| | Caisse d'allocations familiales | www.caf.fr | | |
| 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 | Students of Franche-Comté | Permanent |
| Distribution of food and clothing aid | Croix rouge CROUS | www.messervices.etudiant.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 03817258 Lons-le-Saunier 03 84 24 16 52 | Students of Franche-Comté | 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

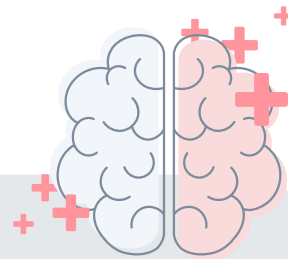
| DESCRIPTIONS | WHO PROVIDES THIS AID/SUPPORT? | HOW? | WHO IS ENTITLED TO IT? | DURATION |
|--|--|---|-----------------------------------|--|
| Second-hand solidarity store | Emmaüs | Vesoul 03 84 75 34 34 Pontarlier 03 81 46 65 91 | Students of Vesoul and Pontarlier | Wednesday 2pm to 5pm and Saturday 9am-12pm and 2pm-5pm in Vesoul Monday to Saturday 8am-7pm in Pontarlier |
| Solidarity thrift store | Ding Fring | Lons-le-Saunier 03 85 41 23 49 | Students of Lons-le-Saunier | du lundi au samedi 9h30 - 19h |
| 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 | |
| Housing assistance Advice on access to housing / tenant-landlord relations | Maison de l'Habitat du Doubs (ADIL) | 03 81 68 37 68 contact@maisonhabitatdouds.fr | Besançon Étupes Montbéliard | |
| Food, materials and clothing aid | Lions Clubs International | annacupillard@orange.fr www.facebook.com/Lions-Club-Besancon-Cite-172540203560712 | Students in Besançon | |



PSYCHOLOGICAL HELP

| DESCRIPTIONS | WHO PROVIDES THIS AID/SUPPORT? | HOW? | WHO IS ENTITLED TO IT? | DURATION |
|---|--|--|---------------------------|-----------|
| Medical and psychological help by appointment | University of Franche-Comté SUMPPS department (The University Service of Preventive Medicine and Health Promotion) | SUMPPS sumpps@univ-fcomte.fr 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 |

PSYCHOLOGICAL HELP



| DESCRIPTIONS | WHO PROVIDES THIS AID/SUPPORT? | HOW? | WHO IS ENTITLED TO IT? | DURATION |
|--|--|--|---------------------------------------|---|
| The Listen and Inform Hotline (to listen to the students, inform accompany them) | University of Franche-Comté Student officer in charge of student precariousness | 03 81 66 55 66 | Students of Franche-Comté | Monday to Friday from 12pm to 2pm and 6pm to 8pm. from 10 January to 24 June 2022 (out of holidays) |
| 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 | Until August 31, 2022 |
| 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 SUMPPS department (The University Service of Preventive Medicine and Health Promotion) | SUMPPS sumpps@univ-fcomte.fr 03 81 66 61 30 At the « Maison des Etudiants », Bouloie Campus, Besançon. | International Students | Febr. 3rd March 3rd April 14th May 12th June 9th June 23rd from 1:00 pm to 3:30 pm |
| Free consultations on their website, 'ENT' (digital workplace), chat, call, or video, with psychologists | Psysolidaires | psysolidaires.org | Students of Franche-Comté | Monday to Saturday from 9am to 9pm |
| 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) |
| A psychologist will provide free consultations to students in the department for an initial discussion (maximum 3 sessions) | University of Franche-Comté IUT Besançon Vesoul | catherine.gerardin@univ-fcomte.fr | Students of the IUT Besançon / Vesoul | Occasional |
| 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 |
| Prevention and family education | Family Planning Center | Belfort 03 84 28 17 12 | Student of Belfort | Consultation Monday from 10am to 12:30pm Wednesday from 1:30 to 4:30 pm |

PSYCHOLOGICAL HELP



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|---|---|---|---------------------------|---|
| 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 happysline.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 | | 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 Let's dare to break the silence 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 | Permanent |
| Help for victims | France Victimes Besançon Nord Franche-Comté | 09 70 19 52 52 / contact@alavi.fr | | |
| Reception, listening, accompaniment, guidance, follow-up of women victims | Women's solidarity Besançon/Montbéliard | 03 81 98 24 24 chrs@solidaritefemmes25.org | Students of Franche-Comté | By appointment |
| 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 | | |
| | 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 franche-comte-25@mouvementdunid.org | | |



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 | | |
| Support for students enrolled in higher education institutions in Bourgogne-Franche-Comté | CROUS / Emergency fund | social.25@crous-bfc.fr | Students of Franche-Comté | Permanent |
| Solidarity system between CROUS residents - 1600 student relays in the 'cités U' (University residences) | CROUS BFC | messervices.etudiant.gouv.fr | | |
| Financial aid in the form of an annual allowance or one-time allowance | CROUS BFC | www.messervices.etudiant.gouv.fr/envole/ www.crous-bfc.fr/aides-sociales/les-differents-types-daides-financieres/ | | |
| Solidarity system between CROUS residents | CROUS BFC | social.25@crous-bfc.fr | Étudiants Besançon tous campus | Permanent |
| 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 | Permanent |
| 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 | |



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> | OSE Orientation Internship Employment Department | <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 |
| CVEC PROJECTS Université de Franche-Comté (Contribution to student life and campus) | Faculties and central services of the University of Franche-Comté | bve@univ-fcomte.fr |
| CVEC CROUS <i>Contribution to student and campus life</i> | For the University services, a cofinancing from your part is required | emilie.camelin@crous-bfc.fr |
| DISPOSITIF CULTURE ACTIONS | Crous BFC grant dedicated to the financing of student actions in all institutions | margaux.lalevee@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 |
| CALL FOR PROJECTS RELATED TO STUDENT LIFE OF THE REGIONAL COUNCIL BOURGOGNE FRANCHE-COMTÉ | Funds available for any service 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@agglo-montbeliard.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 |

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

bve@univ-fcomte.fr

UNIVERSITĕ **FRANCHE-COMTĕ**