



L'UTILE

Aides et bons plans étudiants



UNIVERSITÉ
MARIE & LOUIS
PASTEUR

L'UTILE

Aides et bons plans étudiants

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Food and material resources



AGORAé: social grocery store

BAF – Bureau des Associations Franc-Comtoises

Where?

On site, after online registration
Lower ground floor of the LiVE,
Bouloie Besançon campus

When?

Wednesday, 18:00 to 20:00

Who?

Students who have to live on less than €12/day after expenses and who have submitted an application to AGORAé.

Contact:

agorae@baf-fc.fr
06 95 92 76 14

Reduced-rate vegetable baskets

BAF – Bureau des Associations Franc-Comtoises

Where?

On site, after online registration.
On the various university campuses (2 sites on Bouloie, 1 at UFR SLHS, 1 at UFR Santé and 1 at INSPE Montjoux)

When?

Every other Wednesday.
Opening hours are set by the individual sites.

Who?

UMLP students

Contact:

partenariats@baf-fc.fr
06 95 92 76 14

La Ressourcerie

Recycling center: free collection, recovery and recycling of a wide variety of items (home accessories, school supplies, etc.) and awareness-raising on the environment and sustainable development

Where?

On site, 38 avenue de l'Observatoire, Besançon (at the (Li)VE, facing Place Centrale on the Bouloie campus)

When?

Monday: 13:00–14:00

Tuesday: 13:00–14:00 and 16:00–18:00

Wednesday: 13:00–14:00 and 17:00–20:00

Thursday: 12:00–14:00

Friday: 13:00–14:00

Who?

UMLP students

Contact:

laressourceriecampuscrous@umlp.fr

06 72 23 47 77

Ressourcerie Nord-Franche-Comté

Crous

Where?

Corridor of the University Restaurant, Ernest DUVILLARD residence, Belfort

When?

Open access from Monday to Friday, between 11:00 and 14:00

Who?

All students

Distribution of food baskets

Association COP'1

Where?

5 place St Jacques,
Besançon

When?

On-site distribution after online registration, on some Saturdays.

Who?

For all students

Contact:

<https://cop1.fr/ville/besancon/>

€1 meals

Crous (Regional Student Services Centre – BFC)

Where?

Directly on site by presenting your student card / Izzly pass. At all the university restaurants.

Who?

Scholarship students

Contact:

www.crous-bfc.fr/se-restaurer

www.izzly.fr

Reduced-price meals at €3.30

Crous (Regional Student Services Centre – BFC)

Where?

Directly on site by presenting your student card / Izzly pass. At all the university restaurants.

Who?

Students

Contact:

www.crous-bfc.fr/se-restaurer

www.izzly.fr

Association for food and material aid

Les Josettes Bisontines

Where?

On site, after online registration
UFR SLHS, 32 rue Mégevand, Besançon

When?

Distribution every other Friday 14:00–17:00

Who?

UMLP students

Contact:

<https://beacons.ai/josettes.bisontines>

lesjosettes.besancon@gmail.com

Distribution of equipment and clothing

Studio 45 (Proudhon university library)

Where?

Self-service

BU Proudhon, Bouloie campus, Besançon

When?

Monday to Friday 8:00–19:00

Who?

UMLP students

Contact:

isabelle.pichegru@umlp.fr

Solidarity shop Emmaüs

Solidarity shop selling second-hand articles: clothes, furniture, dishes, books, supplies, electric appliances, etc.

Emmaüs Besançon

Where?

On site. Appointment not needed.

La Bergerie, Port Douvot, 9 chemin de Vallière,
Besançon

When?

Wednesday 10:00–12:00 and 13:30–17:00

Saturday 9:00–13:00

Who?

No eligibility requirements

Contact:

emmaus.besancon@wanadoo.fr

03 81 52 80 07

Emmaüs Montbéliard

Where?

On site. Appointment not needed.

Route d'Allondans, Montbéliard

When?

Saturday : 9 h – 12 h

Who?

No eligibility requirements

Contact:

03 81 91 27 00

Emmaüs Vesoul

Where?

On site. Appointment not needed.
5 rue Branly, Vesoul

When?

Wenesday and saturday: 9:00 - 12:00 / 14:00 - 17:00

Who?

No eligibility requirements

Contact:

emmaus70@wanadoo.fr

03 84 75 34 34

Solidarity second-hand clothes shop

Ding Fring

Where?

On site, 75 Rue Georges Trouillot, Lons-le-Saunier

When?

Monday to Saturday 9:00–19:00

Who?

Open to all / No eligibility requirements

Contact:

03 85 41 23 49

Fighting against the period poverty: setting up of free periodical protections

UMLP

Free periodical protections distributors
in the university premises

Where?

All university campuses

Who?

UMLP students

Contact:

sse@umlp.fr

Fighting period poverty

SYBERT

Financial aid for 50% of the purchase price of washable period protection products. Aid capped at a maximum €50 per year.

Where?

Form to fill out
and to be sent by email or mail
SYBERT, 4 rue Gabriel Plançon, 25000 Besançon

When?

Ongoing

Who?

Students residing in areas covered by SYBERT services

Contact:

contact@sybert.fr
03 81 21 15 60

Distribution of food aid and clothing

Restos du Cœur

Where?

Registration at the following centers:

- Besançon, 1 rue Edouard Belin
- Belfort, 6 rue de Londres
- Montbéliard, 112 route d'Audincourt
- Pontarlier, 30 rue Jeanne d'Arc
- Lons le Saunier, 3 cour Colbert

When?

Opening hours differ by center

Who?

Students, according to their financial situation

Contact:

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

Solidarity thrift shop

La Ressourcerie 90

Where?

On site,
9 rue de Budapest, Belfort

When?

Tuesday–Saturday 13:00–18:30
Also open 10:00–12:00 Wednesday and Saturday

Who?

Open to all / No eligibility requirements

Contact:

www.inser-vet.com
03 84 46 14 58

Food and material aid

Material assistance to people in need: distribution of clothing, hygiene kits, and other essential goods.

La Croix Rouge

Where and when?

On site,

- Montbéliard, 2 rue Oemichen

Tuesday and Thursday : 9:00 – 12:00 / 13:30 – 18:00

- Vesoul, 78 boulevard des Alliés

Monday:14:00 – 17:30

Tuesday to Thursday:9:00 – 12:00 / 14:00 – 16:30

Friday:9 h – 12:15

- Belfort, 15 avenue Sarraill

Jeudi : 9:30 – 11:30 / 14:00 – 16:00

Who?

Open to all / No eligibility requirements

**Material assistance for people in need:
food, clothing, access to leisure activities
and culture**

Secours populaire

Where and when?

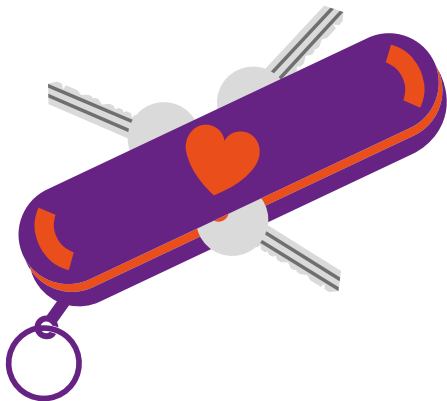
On site,

- Besançon, 7 rue Marmier
Monday through Thursday
9:00 - 12:00 / 14:00 - 16:30
- Belfort, 6 rue Bert
Du lundi au vendredi
8:00 - 12:00 / 14:00 - 17:00

Who?

Open to all / No eligibility requirements

Housing



“Dossier Social Étudiant” application for housing

Crous (Regional Student Services Centre – BFC) (university student housing)

Where?

Online

Who?

Students who create and submit a “Dossier Social Étudiant” file

Contact:

More information at:

www.crous-bfc.fr/bourses-et-aides-financieres

Low-cost housing (Crous housing)

Crous (Regional Student Services Centre – BFC)

Where?

Appointment only

Who?

Students (scholarship students have priority)

Contact:

www.crous-bfc.fr/se-loger-trouverunlogement.lescrous.fr

Housing/accommodation service

Also for short stays (internship, summer job, exams in other cities, etc.)

Crous (Regional Student Services Centre – BFC)

Where?

Online, by phone, or by appointment

Contact:

www.crous-bfc.fr

courts-sejours.lescrous.fr

03 81 48 46 00

Financial assistance

Caisse d'allocations familiales
CAF (family allowance office)

Where?

Online, by phone, or by appointment

Contact:

www.caf.fr

Advice and tenant-landlord relations

Maison de l'Habitat du Doubs (ADIL)

Where?

Online, by phone, or by appointment

1 Rue de Ronde du Fort Griffon, 25000 Besançon

When?

Monday to Thursday: 9:00–12:00 / 14:00–17:30

Friday: 14:00–17:30

Contact:

contact@maisonhabitatdoubs.fr

03 81 68 37 68

Access to housing, or support for remaining at home, for people with social difficulties

Fonds de Solidarité Logement (solidarity housing fund)

Where?

Applications should be submitted to a Medical-Social Center (CMS), your local center for social action (CCAS), or a family allowance fund (CAF) office.

Who?

Open to all, but award criteria differ according to department

Contact:

CMS, or neighborhood CCAS or CAF

Habitat Jeunes Belfort (private housing)

Madrid and Paul-Eluard residences, with restaurant and individual and collective support

Where?

Online or by email
6 rue de Madrid, Belfort

Who?

Young people age 16 to 25

Contact:

www.habitatjeunes90.org
contact@habitatjeunes90.org

Furnished apartment rentals in Belfort

**Private apartment buildings in Belfort: Thomas-Edison
and Antoinette residences**

Where?

À Belfort

Online or by telephone

When?

Monday to Friday: 9:00–17:00

Who?

Open to all

Contact:

www.studlocation.com

03 84 46 60 81

Apartment rentals in Belfort

Territoire Habitat

Where?

Online, by email, or by telephone

44 bis rue Parant, Belfort

When?

Monday to Friday: 9:00–12:00 / 13:30–16:30

Who?

Open to all

Contact:

www.th90.fr

th90@th90.fr

03 84 36 70 00

Assistance with energy poverty, in the event of poorly insulated housing

City of Besançon

By appointment via telephone or email: an energy technician will visit your home free of charge to give advice and distribute light equipment (water foamers, window gaskets, thermal curtains, LED bulbs, etc.).

Where?

In Besançon, home visit

When?

By appointment via phone or email

Who?

Open to all

Contact:

slime@besancon.fr

03 81 61 50 49

Room rental in a home during your health studies internships

Communauté professionnelle territoriale de Santé
(CPTS) de Vesoul

€20/month

Where?

Vesoul

Who?

Open to all

Contact:

cptsbv@gmail.com

06 63 72 70 00

Free online platform for private housing offers

Locaviz

Where?

Online

Who?

Students

Contact:

www.lokaviz.fr

www.lacartedescolocs.fr

Free platform for housing and shared housing offers

La carte des colocs

Where?

Online

Who?

Open to all / No eligibility requirements

Contact:

www.lacartedescolocs.fr

Creating a rental application file

Dossier Facile : Government website for drafting a complete, compliant and secure application to rent housing

Where?

Online

Who?

Open to all / No eligibility requirements

Contact:

www.dossierfacile.fr

Security deposit

Action logement : garantie visale

Rental deposit (guarantees rent payment and rental charges to your landlord in the event of default)

Where?

Online, by phone, or by appointment
26 Rue Xavier Marmier, 25000 Besançon

When?

Monday to Friday: 8:30–12:00 / 13:30–17:30
(16:30 on Fridays)

Who?

Young people under age 30
(including students and work-study students)

Contact:

www.actionlogement.fr/garantie-visale-jeunes
03 39 73 00 49

Avance Loca Pass

Avance Loca Pass (in the form of a 0% loan for rental security deposit)

Where?

Online, by phone, or by appointment
26 Rue Xavier Marmier, 25000 Besançon

When?

Monday to Friday: 8:30–12:00 / 13:30–17:30
(16:30 on Fridays)

Who?

Scholarship students, employees, and work-study students

Contact:

www.actionlogement.fr/l-avance-loca-pass-jeunes
03 39 73 00 50

Rent contribution

Action logement:mobili jeunes

Where?

Online, by phone, or by appointment
26 Rue Xavier Marmier, 25000 Besançon

When?

Monday to Friday: 8:30–12:00 / 13:30–17:30
(16:30 on Fridays)

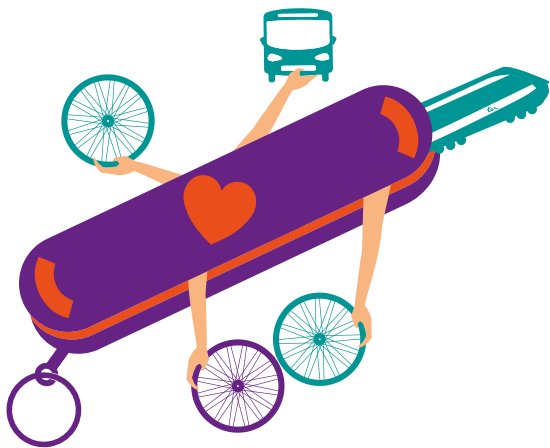
Who?

Work-study students and apprentices at private-sector companies, under age 30, whose gross monthly salary is < or = 80% of the SMIC (minimum wage)

Contact:

www.actionlogement.fr/l-aide-mobili-jeune
03 39 73 00 51

Transportation



50% discount on TER regional trains

Mobigo - SNCF

Where?

Online, at counters, at ticket vending machines
Région Bourgogne-Franche-Comté

Who?

All young people under the age of 26

Contact:

www.viamobigo.fr

SNCF

Mobigo - SNCF

Daily, weekly, monthly, or year-round SNCF pass
for travel between Belfort, Montbéliard and Héricourt

Where?

On site, at the ticket vending machines
at the Belfort, Montbéliard and Héricourt stations,
at Espace Optymo in Belfort, or at the Evolity
"Espace Bus" sales offices in Montbéliard
and Audincourt

Who?

All students

Contact:

www.ter.sncf.com/bourgogne-franche-comte

Ginko: Mobility Services of Greater Besançon Metropolis

Ginko Mobilités

Accès aux bus, tram, TER et Mobigo au sein des 68 communes que comptent le territoire du Grand Besançon

- 28 €/mois au lieu de 43,50 €

Where?

Grand Besançon Métropole

Who?

Young people age 18 to 25

Contact:

www.ginko.voyage

03 70 27 71 60

Travel by bus, bicycle and car in Territoire de Belfort

Optymo

Optymo Pass:

- €1/trip, capped at €18/month,
- €13/month for scholarship students

Where?

Territoire de Belfort

Who?

Regular students and scholarship students

Contact:

www.optymo.fr

Bicycle repair and rental

Vélocampus du lion (student association)

Where?

Territoire de Belfort

Who?

All students

Contact:

reparation@velocampusbelfort.fr
velocampusdulionbm@gmail.com

évolitY : Mobilité bus Montbéliard

Le réseau évolitY

- €18/month
- €13/month for scholarship students

Where?

Pays de Montbéliard urban area

Who?

Young people under the age of 26

Contact:

www.evolity.fr/titres-tarifs/tarifs-selon-profils/jeune

Moova : Vesoul bus travel

Le réseau Moova

- €14.50/month

Where?

Vesoul urban area

Who?

Young people age 18 to 25

Contact:

www.moova-mobilites.fr

Grandole : Dole bus travel

Grandole mobilités

- €50 for 12 months

Where?

Dole urban area

Who?

All students

Contact:

www.grandole-mobilites.fr

Éclat : Lons-le-Saunier bus travel

Éclat Lons agglo mobilités

• €17/month

Where?

Lons-le-Saunier urban area

Who?

Young people under age 25

Contact:

www.ecla-mobilites.fr

Well-being sports



Relaxation activities

Campus Sport UMLP

Sports nights, hikes, weekends, Fitness and Nature,
"Nuit du bien être"

Where?

After registration, on site
Differs according to activity

When?

Organized on an ad hoc basis

Who?

UMLP students

Contact:

[https://applications.umlp.fr/CampusSports/
campus-sports@umlp.fr](https://applications.umlp.fr/CampusSports/campus-sports@umlp.fr)
03 81 66 63 60

Health course with prescription from Student Health Services (SSE)

Campus Sport UMLP

Where?

After registration, on site
La Bouloie campus, Besançon

When?

According to the sport

Who?

UMLP students

Contact:

<https://applications.umlp.fr/CampusSports/campus-sports@umlp.fr>
03 81 66 63 61

Sports sessions

Campus Sport UMLP

Sports sessions between 12:00 and 14:00
and in the evening

Where?

After registration, on site
Differs according to activity

When?

Ongoing

Who?

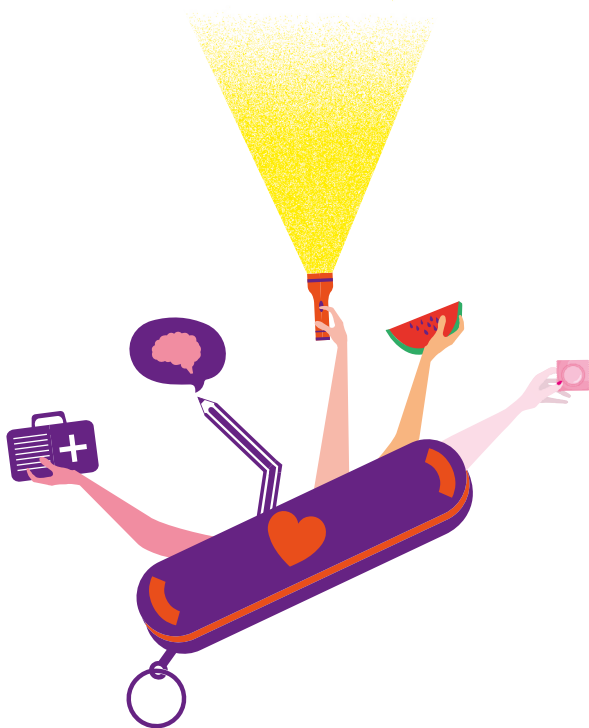
UMLP students

Contact:

[https://applications.umlp.fr/CampusSports/
campus-sports@umlp.fr](https://applications.umlp.fr/CampusSports/campus-sports@umlp.fr)

03 81 66 63 60

Psychological & medical support



Medical assistance

UMLP Student Health Services (SSE)

Vaccination booster shots; medical and social information; consultations on contraception, prevention of sexually transmitted infections, and disabilities.

Where?

- > Besançon, la Bouloie, 45 C, avenue de l'Observatoire
- > Belfort, 19 Avenue du Maréchal Juin
- > Montbéliard, Site universitaire des Portes du Jura, 4 place Tharradin

When?

Opening hours at: www.umlp.fr/sante

Who?

UMLP students

Contact:

- > Besançon : 03 81 66 61 30 / sse@umlp.fr
- > Belfort : 03 84 58 77 78 / 07 85 64 01 60
sse-belfort@umlp.fr
- > Montbéliard : 03 81 99 47 38 / 07 85 64 01 60
sse-montbeliard@umlp.fr
- > www.doctolib.fr/centre-de-sante/besancon/service-de-sante-etudiante

Appointment with a psychologist at the university

UMLP Student Health Services (SSE)

When?

By appointment, via Doctolib,
by email or by phone

Who?

UMLP students

Contact:

03 81 66 61 30

sse@umlp.fr

www.doctolib.fr/centre-de-sante/besancon/service-de-sante-etudiante

Free psychological telephone hotline financed by the "Student and Campus Life Contribution" (CVEC)

Government scheme

How?

With a prescription, following an appointment at the SSE or by consulting a general practitioner in private practice

Who?

Open to all / No eligibility requirements

Contact:

<https://www.ameli.fr/assure/remboursements/rembourse/remboursement-seance-psycho-logue-mon-soutien-psy>

Assistance for transsexual persons

Outrans

Where?

Information website

On website or social networks

When?

At any time

Who?

For all

Contact:

<https://www.outrans.org>

Par courrier

OUTrans, c/o la bulle, maison des solidarités lgbtqi+
22 rue Malher, 75004 Paris

Sur les réseaux sociaux

Facebook : @association.outrans

X : @assoOUTrans

Instagram : @association.outrans

Free psychological telephone hotline

Crous (Regional Student Services Centre – BFC) / financed by the “Student and Campus Life Contribution” (CVEC)

Where?

SSE – campus de la Bouloie, Besançon

When?

At any time

Who?

Open to all / No eligibility requirements

Contact:

0800 73 08 15

Student psychological health service

12 sessions with an outside psychologist
(no need to pay the reimbursable amount)

When?

With a prescription, following an appointment at the SSE or by consulting a general practitioner in private practice

Who?

All students

Contact:

03 81 66 61 30

sse@umlp.fr

www.santepsy.etudiant.gouv.fr

Suicide prevention (aid, information, action)

3114 ligne nationale

When?

By phone, at any time

Who?

All students

Contact:

3114 ou sur 3114.fr

Free consultation with a psychologist

Service funded by the Bourgogne-Franche-Comté Crous, the Bourgogne-Franche-Comté Region, the City of Dijon and SUPMICROTECH

Where?

Besançon / Belfort / Dijon

When?

By appointment made by email or phone

Who?

All students

Contact:

06 27 86 91 83

rdv.apsytude@gmail.com

(specify "Crous (Regional Student Services Centre – BFC)" in the subject of the email)

More information at:

www.crous-bfc.fr/social-et-accompagnement/soutien-et-ecoute

Emergency appointment with a psychologist

CHRU Besançon

Where?

CHU Minjoz, Besançon

When?

By phone

Who?

All students

Contact:

Office : 03 81 66 87 13

Tél. 03 81 66 80 13 (24h/24)

Toll-free hotline for health studies students

CNA SANTÉ

(National center for support for quality of life)

When?

Toll-free number: 0800 737 800

Monday to Friday: 10:00–21:00

Saturday: 9:00–14:00

Who?

Health studies students

Contact:

cnae@enseignementsup.gouv.fr

www.cnae-santé.fr

Psychological diagnosis and care

Medical-psychological center

When?

Appointment by email or phone

Monday to Friday: 8:30–12:00, 13:30–18:30

(Friday closes at 18:00) / Saturday: 8:30–12:00

Where?

Besançon city center: 41 chemin Montarmots

Pontarlier : 2 faubourg Saint-Etienne

Vesoul : 52 rue Jean Jaurès

Lons-le-Saunier : 15 Place de Verdun

Who?

Open to all / No eligibility requirements

Contact:

Besançon – 03 81 25 43 34

Pontarlier – 03 81 38 58 78

Vesoul – 03 84 76 92 90

Lons-Le-Saunier – 03 84 82 83 23

We Care app

**Psychological activities and resources
to develop one's ability to cope with life's difficulties**

When?

App on Play Store, Apple Store and the web

Who?

All students

Contact:

<https://wecare.pinpinteam.com>

Screening and diagnosis of infections

**CEGIDD (Centers for free information on
and screening and diagnosis of HIV infections)**

Where?

On site by appointment, except for emergencies

Besançon - 15 Av. Denfert Rochereau

Montbéliard - 40 Fbg de Besançon

Lons-le-Saunier - 55 Rue du Dr Jean Michel

Dole - 73 av. L. Jouhaux

When?

Appointment only

Who?

All students

Contact:

Besançon - 03 81 65 44 50

cegidd.besancon@ahs-fc.fr

Montbéliard - 03 81 99 37 00

cegidd.montbeliard@ahs-fc.fr

Lons-le-Saunier - 03 84 35 62 06

cegidd.lonslesaunier@ahs-fc.fr

Dole - 03 84 79 80 77

cegidd.dole@ahs-fc.fr

Victim support



S.O.S

**Reporting, guidance and follow-up
Support for victims of sexual and gender
based violence, discrimination, harassment
or any other form of violence within UMLP**

Where?

Online

Who?

UMLP students, employees and non-permanent staff

Contact:

<https://sos.umlp.fr>

Counseling, listening, support and follow-up for female victims of violence

Solidarité Femmes Besançon

Where?

15 rue des roses 25000 Besançon
+ monthly meetings by appointment in Valdahon,
Baume les Dames, Pontarlier and Morteau

When?

By appointment or on site without an appointment
for an initial meeting
(Monday, Wednesday and Friday from 9:30 to 17:00)
Phone hours, from Monday to Friday: 9:30–12:30 /
14:00–17:00 (except Tuesday and Thursday mornings)

Who?

Open to all / No eligibility requirements

Contact:

03 81 81 03 90

chrs@solidaritefemmes25.org

Help and support in dealing with homophobia

SOS Homophobie

Where?

Helpline for listening and aid

When?

Helpline

Monday to Thursday: 18:00 – 22:00

Friday: 18:00 – 20:00

Saturday: 14:00 – 16:00

Sunday: 18:00 – 20:00

Chat support :

Thursday 21:00 – 22:30

Sunday 18:00 – 19:30

Who?

Open to all / No eligibility requirements

Contact:

01 48 06 42 41

www.sos-homophobie.org/chatecoute

Help and support for LGBTQIA+

Nouvel Esprit Besançon LGBTQIA+ association

Where?

Helpline and support

When?

By appointment

Who?

Open to all / No eligibility requirements

Contact:

06 68 96 58 20

nouvelesprit25@gmail.com

Support for individuals in prostitution

Mouvement du Nid (Doubs branch)

Where?

2 rue de la Bibliothèque, Besançon

When?

Opening hours every Monday

from 12:00 to 14:00

or by appointment by phone or email

Who?

Open to all / No eligibility requirements

Contact:

03 81 83 02 03

06 07 95 95 24

franchecomte-25@mouvementdunid.org

Aid and support in the fight against gender-based and sexual violence

**Collective to combat sexual harassment
in higher education (CLASCHES)**

Where?

Online

Who?

Open to all / No eligibility requirements

Contact:

www.clasches.fr

clasches@proton.me

Victim support Legal, psychological and social support and assistance

France Victime

Where?

Besançon : 1 ter rue Victor Delavelle

Montbéliard : 15 rue de la petite Hollande

When?

Besançon :

Monday to Friday: 9:00–12:00 / 14:00–17:00

Montbéliard:

Monday to Friday: 9:00–12:00 / 13:30–17:00

Who?

Open to all / No eligibility requirements

Contact:

Besançon :

info@aavi25.org

03 81 83 03 19

Montbéliard :

contact@france-victimes-nfc.fr

09 70 19 52 52

Legal information and fight against gender-based and sexual violence

Center for information on the rights of women and families (CIDFF)

Where?

Besançon : Espace Simone de Beauvoir, 14 Rue Violet
Belfort : 3 Rue Jules Vallès, 90000 Belfort

When?

Appointment by phone

Besançon :

Monday to Friday 9:00–12:00 and 14:00–17:00

Belfort :

Monday, Tuesday, Thursday and Friday 8:00–12:00

Who?

Open to all / No eligibility requirements

Contact:

Besançon :

accueil.cidff25@gmail.com

03 84 28 00 24

Belfort :

cidf-belfort@orange.fr

03 84 28 00 24

Online awareness-raising module on gender-based and sexual violence.

Marie and Louis Pasteur University (developed as part of the National Plan of the French Ministry of Higher Education and Research to fight gender-based and sexual violence)

Where?

Online on UMLP Moodle:
Formations transversales
Ressources pour les étudiants

Who?

UMLP students

Contact:

<https://moodle.umlpl.fr>

Online module on recognizing LGBTIphobias at work and taking action

Marie and Louis Pasteur University (developed as part of the National Plan of the French Ministry of Higher Education and Research to fight gender-based and sexual violence)

Where?

Online on UMLP Moodle:
cross-disciplinary training
Resources for students

Who?

UMLP students

Contact:

<https://moodle.uml.p.fr>

Safety initiative – Ask for Angela

Marie and Louis Pasteur University is fully committed to combating gender-based and sexual violence by becoming a safe refuge. If you ever feel unsafe, just ask for Angela.

Where?

Marie et Louis Pasteur libraries network (BU) of Besançon + Student house (MDE) + Other locations coming soon

When?

At any time

Who?

For all

Social links



Helping international students fit in and feel at home

ESN Besançon students association

How?

Evening events, exchanges, discussions

Who?

Open to all / No eligibility requirements

Contact:

info@erasmus-besancon.com

Social services

Crous (Regional Student Services Centre – BFC)

How?

Social workers help improve students' living and study conditions.

Their goal is to help students adapt as best as possible to life at university and to acquire the autonomy they need to manage their everyday life.

Where?

Appointment only

Who?

Open to all / No eligibility requirements

Contact:

Online appointments at:

<https://mesrdv.etudiant.gouv.fr/fr>

or see the emergency contact list at:

www.crous-bfc.fr/contacts/social-et-accompagnement

Creating social links

Moral support for students

Radio Campus Besançon students association

How?

Evening events, exchanges, discussions

Where?

Maison des Étudiants,
Campus de la Bouloie,
Besançon

Who?

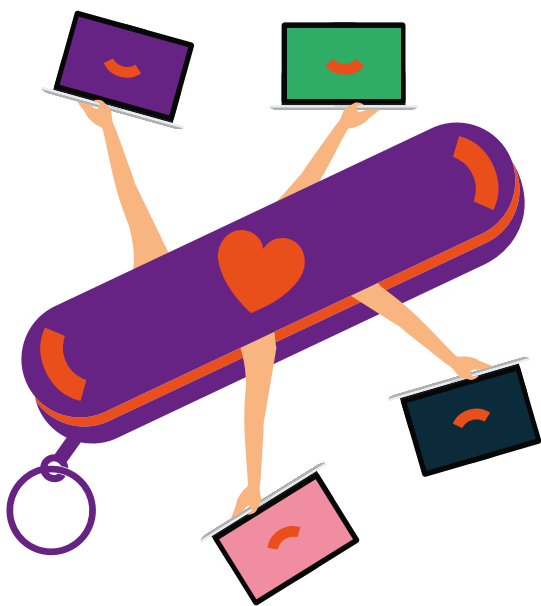
Open to all / No eligibility requirements

Contact:

03 81 80 37 63

admin.rcb@orange.fr

Digital and IT resources



Laptop computer loans

**Marie and Louis Pasteur University
libraries network (BU)**

How?

Contact the BUs for 1 weekend or less
Reserve online for a semester

When?

According to the schedule of the BU network

Where?

The BU network

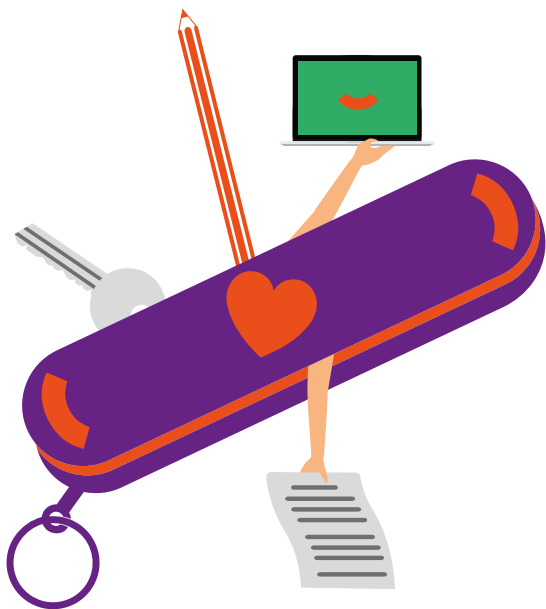
Who?

UMLP students

Contact:

[https://bu.umlp.fr/services/emprunter-
un-ordinateur-ou-du-materiel](https://bu.umlp.fr/services/emprunter-un-ordinateur-ou-du-materiel)

Studies



Access to IT labs (computer rooms)

The UMLP training and research units (UFRs)

How?

Contact the UFRs

Who?

UMLP students

Contact:

According to the UFR

Obtaining extra credits

Marie and Louis Pasteur University

Registration and 0.2 points of extra credit. The UELs (extra-credit courses) provide an opportunity to broaden skills and knowledge. They allow students to earn up to 0.2 points on their overall grade average and/or additional ECTS credits.

More than 100 UELs are available in a variety of fields: languages, sports, artistic activities, sciences, entrepreneurship, internships, student engagement (including one specifically for international students)...

How?

Registration via an online form:

<https://www.uml.p.fr/ue-libres>

When?

Registration at the beginning of the academic year

Where?

Held on-site at the UMLP premises

Who?

UMLP students (excluding those enrolled in the Distance Learning Center)

Contact:

<https://www.uml.p.fr/ue-libres>

Help in searching for internships and jobs

Marie and Louis Pasteur University
Service OSE (Orientation, internships, jobs)

How?

Appointment by email or phone

When?

Ongoing assistance

Where?

Student house, Maison des étudiants MDE
campus de la Bouloie, Besançon

Who?

UMLP students, apprentices,
and individuals following continuing education

Contact:

03 81 66 50 65

ose@umlp.fr

Réseau Alumni

Marie and Louis Pasteur University Alumni Network
Support for professional integration & career development

How?

By creating your account on the Alumni network with your ENT login

When?

Ongoing assistance

Where?

Online

Who?

Students, Alumni (former graduates), staff, recruiting partners...

Contact:

alumni.umlp.fr

CeLAB

Open-access student workspace , language lab and classrooms.

Future TOEIC testing center

How?

UMLP's students in charge
of the language workshops

When?

Open Monday – Friday from 8 AM to 7 PM.
Language workshop hours are made known
to the students by email.

Where?

Celab, Bachelier Building,
Bouloie Campus,
Besançon

Who?

UMLP students

Contact:

For the language workshops,
contact:

kyle.toussaint@umlp.fr

For Celab administration and management,
contact:

stteven.gonget@umlp.fr

Introductory 3D workshop and Creative workshop at OpenLab

From February 2025, openlab opening hours will be extended.

Learning Centre (UMLP BU)

How?

Free registration, by mail or at reception

When?

3D workshop:

every two weeks on Mondays from 5 to 7 p.m.

Creative workshop:

twice a month on Tuesdays from 4 to 7 p.m.

Where?

Learning Centre,
Campus de la Bouloie,
Besançon

Who?

UMLP students

Contact:

cecile.rothlin@umlp.fr

Financial aid



“Dossier Social Étudiant” application for scholarships

Crous (Regional Student Services Centre – BFC)

How?

Online

Who?

Students who create and register a “Dossier Social Étudiant” file

Contact:

More information at:

www.crous-bfc.fr/bourses-et-aides-financieres

Employment rights

France Travail (the French public employment service)

Who?

Employed students who have lost their jobs

Contact:

www.francetravail.fr/accueil

Departmental fund to help young people

Doubs Department

How?

You must make an appointment with a social worker to obtain a referral to the FDAJ

When?

By appointment

Where?

Medical-Social Center

www.doubs.fr/service/?s&thematiques-services=248
or local FDAJ office

Who?

Young people age 18 to 25 in financial difficulty

Contact:

www.doubs.fr/CMS

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

Montbéliard :

CMS Petit Chenois : 03 81 90 72 00

Activity bonus

CAF (Family Allowance Fund)

Who?

Students engaged in salaried employment

Contact:

www.caf.fr

Micro-credit loans 0% interest rate

- No handling fees
- No personal guarantee or third-party surety
- Deferment period: 12 months maximum
- Repayments from 6 to 48 months (including deferral)

Banking institutions and social institutions

How?

Directly from banks

Who?

Eligibility criteria:

- No access to traditional student loans
- Student (must show proof of enrollment)
- In financial difficulty (need for necessities including cash resources)

Contact:

Directly from banks

Government-backed loan

French government

How?

Offered only by the following banks:
Banque Populaire, Crédit Mutuel, CIC,
Caisse d'Épargne, Société Générale

No personal guarantee, no means test, no parental guarantee, no third-party guarantee required

- Maximum amount: €20,000
- Minimum term: 2 years
- Repayment on a deferred basis possible

Who?

Students with French nationality, under 28 years old

Contact:

www.etudiant.gouv.fr/fr/pre-etudiant-garanti-par-l-etat-1723

Health and social grant for students in the health and social sector

Bourgogne-Franche-Comté Region

Banking and social institutions

How?

Scholarship granted to students doing social work and to secondary-school and university students in certain health professions, whose level of family or personal resources is recognized as insufficient to meet the expenses incurred by their training

Where?

Online appointments

Who?

See website for lists of eligible training studies

Contact:

www.bourgognefranchecomte.fr/demande-de-bourse-sanitaire-et-sociale

formationsanitairesociale@bourgognefranchecomte.fr

Projects



Student and Campus Life Contribution (CVEC) scheme

Who?

Financial support for student-led projects and students associations

Contact:

bve@umlp.fr

Participatory budget

Who?

UMLP students

Contact:

bve@umlp.fr

FSDIE

Solidarity and Development Fund for Student Initiatives

Who?

Associations, groups or individual students

Contact:

fsdie@umlp.fr

"CultureActionS", support for initiating and financing student projects

By the Crous (Regional Student Services Centre)

Who?

Students

Contact:

www.crous-bfc.fr/sortir-bouger-creeer/soutiens-aux-projets-etudiants

Support for student creation via a competition

By the Crous (Regional Student Services Centre) in the regional phase and then the national Crous

Who?

Students

Contact:

www.lescrous.fr/nos-services/une-offre-de-services-riche-et-de-qualite-pour-tous-les-etudiants/concours-de-creation-etudiante

Support for projects

By Besançon City and Grand Besançon Métropole: financial support, logistics, loan of equipment, communication assistance, etc

Who?

Student associations

Contact:

03 81 61 51 59

vieetudiante@grandbesancon.fr

Support for associations

Create an association, rent a room, training, etc.
Provided by the city of Besançon students to create...

Who?

Students

Contact:

27 rue Alfred Sancey, 25000 Besançon
03 81 87 80 70
vieassociative@besancon.fr

CLAP BFC

Who?

The *Comité Local d'Aide aux Projets* (local project assistance committee) works to help young people age 11 to 30 by supporting and partially financing projects with a civic, humanitarian, social, sporting or cultural purpose.

Contact:

www.energiejeune.fr

Call for projects – Support for initiatives by student associations

Bourgogne-Franche-Comté region

Who?

Funds available for any association certified by the Marie and Louis Pasteur University

Contact:

bve@umlp.fr

FIE Montbéliard

Who?

The Pays de Montbéliard urban area encourages projects by student associations, in particular via the Fonds d'Initiatives Étudiant – FIE (Student Initiatives Fund). Assistance of up to €700. The projects must have an impact on the entire Montbéliard campus or on the entire Pays de Montbéliard urban area and target all students.

Students and students associations with projects must send a presentation file and a balanced estimated budget to Pays de Montbéliard Agglomération. It is highly recommended that you seek partnerships.

Contact:

magali.gauthrot@agglo-montbeliard.fr

CAP JEUNES

Who?

Grant for carrying out projects encouraging citizenship and responsibility, available for young people age 16–25 living in Territoire de Belfort

Contact:

03 81 21 98 50

Déclics Jeunes competition

Who?

Competition open to all young people age 18–30 of French or foreign nationality (but residing in France and who can show a good knowledge of the French language), with a passion or calling they wish to make a reality by putting into action an individual, original and useful project.

Contact:

projets@fdf.org

DRAC (Regional Directorates of Cultural Affairs)

Who?

Associations, individuals, organizations

Contact:

www.culture.gouv.fr/Aides-demarches/Subventions

BFC International

Who?

Associations, individuals, organizations

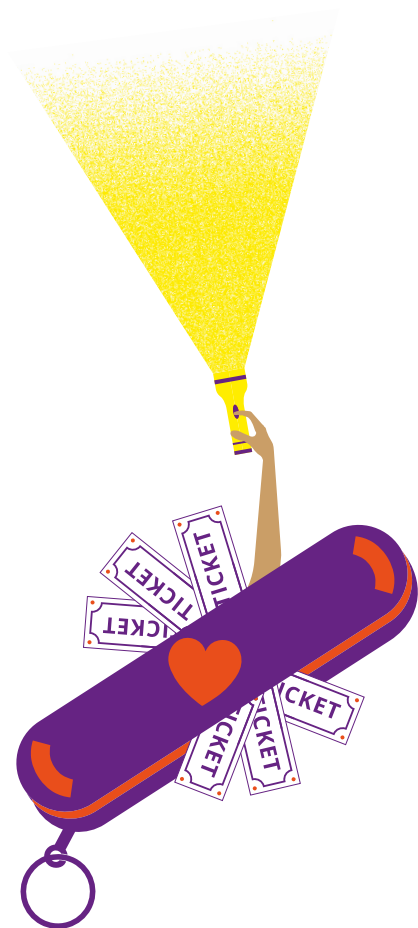
Contact:

03 65 67 07 97

contact@bfc-international.org

www.bfc-international.org

Culture & events



Cultural events by the Marie and Louis Pasteur University libraries (BU)

Great tip

According to the event

Where?

The BU network

When?

See program schedule

Who?

UMLP students

Contact:

<https://bu.umlp.fr/programme-des-actions-culturelles/>

Artistic and cultural workshops (by the science, arts and culture department of Marie and Louis Pasteur University)

Great tip

According to the event. Registration required. All the workshops: www.umlp.fr/ateliers-de-pratique-artistique

Where?

Differs according to workshop

When?

See program schedule

Who?

UMLP students

Contact:

ghislaine.gaultier@umlp.fr

Crous activities

Great tip

Many activities are offered throughout the year to students enrolled in a university or research institution: cooking workshops, budget workshops, games, concerts, street shows, cultural visits, theme-based evenings

Where?

According to the event. Registration required

When?

See program schedule

Who?

Students

Contact:

viedescampus.besancon@crous-bfc.fr

viedescampus.nfc@crous-bfc.fr

Carte Avantage Jeunes

This card provides 3,600+ good deals offered by 2,200+ partners in Bourgogne-Franche-Comté. Purchase to discover culture and sports and to benefit from discounts on leisure activities and everyday shopping

Great tip

Can be purchased for €10 at many points of sale (IJ network, city hall, tobacconists, tourist office, etc.) or online.

Where?

IJ Bourgogne-Franche-Comté (CRIJ)
27 rue de la République, 25000 Besançon

Who?

Young people under age 30

Contact:

www.avantagesjeunes.com

La Rodia concert hall

Great tip

Rodia card (offering discounts on concerts)
at €6 instead of €16

Where?

4 avenue de Chardonnet, Besançon

Who?

Students

Contact:

www.larodia.com/billetterie

Le Bastion (concert hall dedicated to non-classical contemporary music)

Great tip

Reduced concert ticket prices for students

Where?

16 avenue Arthur Gaulard, Besançon

When?

See their website

Who?

Students

Contact:

www.lebastion.org

La Comédie de Besançon

Great tip

Seats at €14 instead of €18

Where?

4 rue de la convention, Besançon

When?

See their website

Who?

Students

Contact:

www.comediedebesancon.com

Théâtre Ledoux

Great tip

Reduced ticket prices for students

Where?

49 rue Mégevand, Besançon

When?

See their website

Who?

Students

Contact:

www.les2scenes.fr

L'Espace (live entertainment and films)

Great tip

Student price varies according to show

Where?

3 place de l'Europe, Besançon

Who?

Students

Contact:

www.les2scenes.fr

Besançon municipal swimming pools

Great tip

Reduced entrance fees for the city's 4 swimming pools

- La Fayette site, €3.60 (open September to May)
- Mallarmé site, €2.60
- Port-Joint site, €2.60 (outdoor pool downtown, open May to September)
- Chalezeule site, €2.00

Where?

Besançon

When?

See their website

Who?

Students

Contact:

03 81 41 23 05

piscines.patinoire@besancon.fr

www.grandbesancon.fr/infos-pratiques/sports-loisirs/piscines/

Lafayette skating rink

Great tip

Reduced prices: €3.60 entrance fee, €3.00 for skate rentals

Where?

5 Rue Louis Garnier, Besançon

When?

See their website

Who?

Students

Contact:

03 81 41 23 05

piscines.patinoire@besancon.fr

www.grandbesancon.fr/infos-pratiques/sports-loisirs/patinoire

Citadelle

Great tip

Reduced rate (€9.50 instead of €12.50) for students

Where?

Citadelle of Besançon

When?

See their website

Who?

Students

Contact:

www.citadelle.com

Besançon Museum of Fine Arts and Archaeology

Great tip

Free for students

Where?

1 place de la Révolution, Besançon

Who?

Students

Contact:

www.mbaa.besancon.fr

Museum of Time

Great tip

Free for students

Where?

96 Grande rue, Besançon

When?

See their website

Who?

Students

Contact:

www.mdt.besancon.fr

Victor Hugo's birthplace

Great tip

Free on Sundays and public holidays

Where?

140 Grande rue, Besançon

When?

See their website

Who?

Students

Contact:

www.maisonvictorhugo.besancon.fr

(FRAC) (public regional collection of contemporary art)

Great tip

Free for students

Where?

Cité des arts, 2 passage des arts, Besançon

When?

Monday to Friday: 14:00–18:00

Saturday and Sunday: 14:00–19:00

Who?

Students

Contact:

www.frac-franche-comte.fr

Grand Besançon Métropole public libraries

Great tip

Free for all services and access to Media-doo

Contact:

bibliotheques@besancon.fr

"Check Culture" for young people from Belfort

Great tip

€30 worth of coupons for use when purchasing tickets for shows, museums or cinema, or for cultural items, etc.

Obtainable at the Belfort City Hall with a copy of an ID and proof of address

Where?

Hôtel de Ville de Belfort, Belfort

Who?

Young people age 18 to 25
who are residents of Belfort

Contact:

03 84 54 24 24

olambert@mairie-belfort.fr

Info Jeunes

Great tip

Information center where you can find information on fields of study, good contacts, accommodation, a summer job, and the Carte Avantages Jeunes (youth benefits card)

Besançon – Info jeunes

Where?

27 rue de la République, Besançon

Contact:

03 81 21 16 16

www.jeunes-bfc.fr

Belfort – Info jeunes

Where?

3 rue Jules Vallès, Belfort

Contact:

03 84 90 11 14

www.ijbelfort.com

Montbéliard – Info jeunes

Where?

Centre des Alliés, 6 avenue des Alliés, Montbéliard

Contact:

03 81 99 24 15

bij@montbeliard.com

Centre Aquatique couvert René Donzé

Great tip

Reduced entrance fee

Where?

18 rue Ravel, Montbéliard

When?

www.montbeliard.fr/mes-sorties-mes-activites/piscine-municipale/piscine-couverte.html

Who?

Students

Contact:

03 81 99 24 44

Musée d'art et d'histoire

Great tip

Reduced admission fee

Where?

Hôtel Beurnier-Rossel, Place Saint-Martin,
Montbéliard

When?

www.montbeliard.fr/mes-sorties-mes-activites/musees-de-montbeliard/infos-pratiques.html

Who?

Students

Contact:

03 81 99 22 61

musees@montbeliard.com

Musée du château des ducs de Wurtemberg

Great tip

Reduced admission fee

Where?

Cour du château, Montbéliard

When?

www.montbeliard.fr/mes-sorties-mes-activites/musees-de-montbeliard/infos-pratiques.html

Who?

Students

Contact:

03 81 99 22 61

musees@montbeliard.com

Jules Verne social and cultural center

Great tip

Reduced prices for students

Where?

1A rue Claude Debussy, Montbéliard

When?

According to program schedule

Who?

Students

Contact:

03 81 99 21 38

Pavillon des sciences

Great tip

Free admission on presentation of student card

Where?

5 impasse de la Presqu'île,
Montbéliard

When?

Monday to Friday: 9:00 – 12:00 and 14:00 – 17:00
Saturday to Sunday: 14:00 – 18:00

Who?

Students

Contact:

<https://www.pavillon-sciences.com/>

Montbéliard municipal media library

Great tip

€8 student subscription for the year
(loans, wifi, digital resources)

Where?

Centre Des Alliés, 6 Av. des Alliés, Montbéliard

When?

www.montbeliard.fr/mes-sorties-mes-activites/la-mediatheque-de-montbeliard.html

Who?

Students

Contact:

03 81 99 24 24

mediatheque@montbeliard.com

Théâtre Edwige-Feuillère

Great tip

Reduced rate

Where?

Place Pierre Renet, Vesoul

When?

www.vesoul.fr/sortir-bouger-se-divertir

Who?

Students age 18 to 25

Contact:

03 84 75 40 66

contact@theatre-edwige-feuillere.fr

Espace et théâtre François-Villon

Great tip

Free theater performances and films at €2

Where?

Cours François Villon, Vesoul

When?

www.vesoul.fr/sortir-bouger-se-divertir

Who?

Students

Contact:

03 84 75 60 34

Georges-Garret municipal museum

Great tip

Free for students

Where?

1 rue des Ursulines, Vesoul

When?

www.vesoul.fr/sortir-bouger-se-divertir

Who?

Students

Contact:

03 84 76 51 54

musee.vesoul@vesoul.fr

Don't miss a thing happening at the University!

Follow us on social media to stay up to date with all events and the latest news. Whether it's conferences, workshops, student parties or any other type of event, our accounts will keep you informed in real time.

By following our pages, you'll be the first to know the dates, locations, and details of activities you won't want to miss.

For even more information, don't forget to check the L'Actu website regularly to discover all the latest news from your University!

Find us here!

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MARIE & LOUIS
PASTEUR**