

SOCIAL SUPPORT GUIDE



To enhance readability, we have used the masculine gender-neutral term to refer to individuals of all genders. The use of the masculine form in this guide is intended to be gender-neutral, encompassing all genders. GAELIS is deeply committed to the battle against discrimination based on gender and consistently initiates projects in this field.



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INTRODUCTION

Gaelis is delighted to introduce its Social Support Guide, a comprehensive resource providing social assistance for students in Lyon and Burgundy.

This guide will help you explore a wide range of social benefits that you are eligible to claim. The primary objective of social support is to fulfil the fundamental needs of individuals. Two-thirds of students are impacted by severe poverty, a distressing reality as inflation rates continue to surge. The issue of student insecurity is widely recognised, yet social support often remains overlooked.

The aim of this guide is to emphasize the available social support options. This guide will also point you in the direction of other resources such as the P'tit Gone, the Food directory, the Mental health directory, the Accommodation guide and the Guide for non-EU students. These documents can all be found on the Gaelis website: <https://gaelis.fr>.

To begin, let's first clarify what Gaelis is. It stands for the Group Associations And Elected Students Of Lyon, a student association that is both independent and supportive. Gaelis has implemented several initiatives aimed at addressing student insecurity and combating social isolation on a daily basis. Its primary objective is to advocate for and support students throughout their higher education journey.

① CROUS grant



a. Eligibility requirements

To qualify for the **CROUS Social Grant (BCS)**, you must be under 28 and enrolled on a formal education course.

If one of the following circumstances applies to you, you might meet the eligibility criteria :

- Students who are members of the European Union (EU) or the European Economic Area (EEA), provided they can prove that they have been living or working in France for at least one year ;

International students must have a valid residence permit, have lived in France for at least 2 years and have been attached to the tax household of the person with parental authority (father, mother, legal guardian) in France for more than 2 years ;

Students who are not French nationals must meet additional criteria.

If you are eligible for the BCS, you will receive **between €1,454 and €6,335** over 10 months depending on your tier. This assistance is paid over 10 months.

Some students will benefit from a **summer grant**, depending on their circumstances :

- Students in metropolitan France who are dependent on parents living overseas ;
- French students or citizens of an EEA country who are dependent on parents living outside Europe and the Mediterranean ;
- Wards of the State or orphans ;
- Refugees whose parents are unable to care for their child during the summer holidays ;
- Beneficiaries of child welfare measures whose parents are unable to take care of their child during the summer holidays.

The table below shows the amount of the BCS according to tier for the 2023/2024 academic year :

Échelon	Montant annuel
0 bis	1 454 €
1	1 793 €
2	3 071 €
3	3 828 €
4	4 587 €
5	5 212 €
6	5 136 €
7	6 335 €

Source: 'Social criteria grants 2023-2024', Service- public.fr

b. How to apply

To take advantage of the benefits provided by the BCS, it is necessary to submit an application by completing the Student Social File (DSE) : [Home - MesServices.etudiant.gouv.fr](https://Home-MesServices.etudiant.gouv.fr). You will need to create an account. The amount of the grant depends on your situation, taking into account your family circumstances (number of brothers and/or sisters, household income), the distance between your family home and your place of study and your studies.

The processing time for analysing applications typically ranges between 1 and 3 months. You can check your eligibility by performing a simulation : [Grant simulator \(lescrous.fr\)](https://lescrous.fr).

② Regional Grant

a. Eligibility criteria

Criteria of the Auvergne-Rhône-Alpes (AuRA) Region grant:

- No age requirements ;
- No nationality requirement. Students who are not nationals of an EU Member State must prove that they are legally resident in France at the time they submit their application.

Be enrolled in a health or social care training course (FSS) :

Social courses	Healthcare courses
<ul style="list-style-type: none">• Educational and social assistant (AES)• Social services assistant (ASS)• Social and family economics adviser (CESF)• Early childhood educator (EJE)• Specialist educator (ES)• Specialised technical educator (ETS)• Educational monitor (ME)• Social and Family Intervention Technician (TISF)	<ul style="list-style-type: none">• Care assistant (AS)• Paramedic• Nursery assistant (AP)• Occupational therapist• Nurse• Medical electroradiology technician• Operating theatre nurse• Physiotherapist• Speech therapist• Orthoptist• Podiatrist• Hospital pharmacy assistant• Psychomotrician• Nursery nurse• Midwife• Medical laboratory technician

The amount of the grant according to tier is the same as that of the BCS see : *I- Grant* → 1) CROUS grant → a. Eligibility requirements.

b. Cumulative and non-cumulative

Cumulative resources

- Earned income supplement (RSA) ;
- Specific Solidarity Allowance (ASS) ;
- Allocations from the Family Allowances Funds (CAF) ;
- Internship allowances or bonuses ;
- Remuneration of students in the second cycle of midwifery studies ;
- Mobility aid granted by the Overseas Agency for Mobility (LADOM), provided that the aid does not constitute remuneration ;
- Daily allowances paid during maternity leave ;
- Remuneration only as part of a 'student job'.

Non-cumulative resources

- Allocations paid as unemployment benefit by Pôle Emploi or a public sector employer (Back-to-work assistance (ARE), Back-to-work training support (AREF), End-of-training remuneration (RFF)) ;


In the event of **termination of unemployment benefit during the course of training**, the student may request **the award of a regional grant** for the remaining annual period of training. The application, accompanied by the necessary supporting documents, must be filed within a maximum period of **two months after the end of the compensation**.

- Remuneration paid to vocational training trainees ;
- Remuneration for Pôle Emploi training courses (RFPE) ;
- Remuneration, allowance, indemnity under a service contract with an employer ;
- Parental leave allowance ;
- Grant awarded by a Ministry (CROUS) ;
- Retirement pension.

c. How to apply demande

To apply, submit your application to [Rhône Alpes Area - Regional support \(commeunservice.com\)](https://commeunservice.com). You will need to **create an account** and ask your institution for the **code (ETAB + digits)**. For grant applications for the academic year 2023/2024, the files processed in priority are those **filed between 15 January 2023 and 31 May 2023**. After 31 May, priority is given to first-year applications.

The amount of the grant depends on **your circumstances**, taking into account **family circumstances** (number of brothers and/or sisters, household income), **the distance between the family place and the place of study and your studies**.

 04 26 73 33 33

 aidesfss@auvergnerhonealpes.fr

③ Benefits

As a BCS beneficiary, you will receive an email to get reimbursed for the Contribution to Student and Campus Life (CVEC). The CVEC is €100 for the 2023/2024 academic year. It is also possible for grant students to receive reimbursement for university tuition fees. For students benefiting from the Regional Grant, the reimbursement of tuition fees is included in the first instalment of the school year in addition to the monthly grant.

You will benefit from the benefits of CROUS services, including catering and accommodation.

Students with grants are priority applicants for accommodation in CROUS residences. As far as catering is concerned, you will be entitled to a €1 meal at university restaurants (Resto'U) and CROUS cafeterias. In addition to your €1 lunch, you can pick up your evening meal for €1 by bringing a suitable container. That's a total of 2 meals for €2.

In 2023/2024, grant students will pay €10 (excluding summer holidays) instead of €25 for a TCL season ticket. To take advantage of this service, go to a TCL branch with :

- Proof of address
- Your grant notification
- Bank Account Information (RIB)

Good to know: if you receive your grant receipt after the start of the school year, you can ask for the difference to be reimbursed.

More information : [Titles and fees | TCL](#).

The Départ 18:25 programme is a grant enabling students with grants to go on holiday with the programme's partners. Support can be up to €250.

Website : [Départ 18:25: holiday departure assistance programme \(depart1825.com\)](http://depart1825.com).

④ Grants for non-EU students

As a non-EU student, you are entitled to **grant from your country of origin**. To find out more and make an informed decision, take a look at this link : [CampusBourses - v1.3.6\(campusfrance.org\)](https://campusfrance.org/v1.3.6).

If you are doing a course in health or social care, you may be eligible for the **AuRA Regional Grant** (see: I- Grants -> 2).

You can benefit from **the One-time welfare payment (ASAP)** (see: II- Specific aid 2) One-time welfare payment (ASAP)).

II- SPECIAL SOCIAL SUPPORT

① Social Assistance Annual Allowance (ASAA)

a. Requirements

The ASAA is financial aid equivalent to a grant paid by CROUS. To benefit from it, you must be a student, be **under 35 years old and have enduring financial difficulties**. There is **no nationality requirement**. **Students with disabilities do not have an age limit** to receive assistance.

This aid is available for situations requiring a social assessment in the event of family breakdown or in the event of an exceptional situation :

- family breakdown, financial independence ;
- resumption of studies ;
- exceeding the age required to qualify for the grant ;
- a national of a Member State of the EU, the EEA or Switzerland living alone on French territory and whose family's declared income residing abroad is insufficient to assess entitlement to the grant ;
- being raised by a family member without a court order.

There are other situations in which you may benefit from the ASAA.

Depending on the circumstances, you will not necessarily be required to meet the BCS requirements.

b. Procedure

First of all, you must **contact the social services department of CROUS Lyon - St-Etienne**. To do this, send an email to ssocial@crous-lyon.fr. In your e-mail, you should specify your school, your course of study, the reason for your request, your telephone number and your education enrolment certificate.

You can also call 04 72 80 13 25 on Tuesdays from 1.30 pm to 4.30 pm and Thursdays from 9 am to 12 pm.

For students at INSA Lyon, contact the INSA social worker : social-etudiants@insa-lyon.fr.

More information : [Social and support- Crous Lyon \(crous-lyon.fr\)](https://www.crous-lyon.fr/social-and-support).

The **application is then examined by a committee**, and there may be an interview with the CROUS social worker beforehand to assess the situation more comprehensively.

This is followed by the **granting or refusal** of aid. The amount of the grant corresponds to the BCS levels and is decided by the CROUS Director (see : I- Grant-> 1) Crous Grant).

The decision not to award a contract may be contested by an informal appeal (see : Technical Sheet : Appeals) to the Director of the CROUS Lyon - Saint-Etienne.

c. Benefits

By obtaining the ASAA, you will be exempt from university tuition fees and you can apply for reimbursement of the CVEC.

The ASAA can be combined with international mobility aid, the One-time welfare payment (ASAP) and the merit-based grant.

② One-time welfare payment (ASAP)

a. Requirements

ASAP is a one-off financial assistance provided by CROUS.

The same conditions apply as for the ASAA. There must be an urgent need for help that could compromise the pursuit of studies.

b. Procedure

First of all, you must contact the social services department of CROUS Lyon - St-Etienne. Send an email to ssocial@crous-lyon.fr. In your e-mail, you should specify your school, your course of study, the reason for your request, your telephone number and your education enrolment certificate.

Alternatively, you can call 04 72 80 13 25 on Tuesdays from 1.30 pm to 4.30 pm and Thursdays from 9 am to 12 pm.

For students at INSA Lyon, contact the INSA social worker : social-etudiants@insa-lyon.fr.

More information : [Social and support- Crous Lyon \(crous-lyon.fr\)](https://www.crous-lyon.fr).

The student is then offered a meeting to review the situation. Financial assistance may be offered, in which case you will receive a file to complete.

This is followed by the granting or refusal of aid. The amount is decided by the CROUS Director.

The decision not to award a contract may be contested by an informal appeal (see: Technical Sheet : Appeals) to the Director of the CROUS Lyon - Saint-Etienne.

The ASAP is paid in one instalment. The maximum amount is €2,701. If the situation warrants it, the CROUS Director may decide to make an advance payment of up to €500. This payment is made exceptionally before the file is reviewed.

If the situation requires it, it is possible to apply for this aid several times during the academic year, provided that the total amount does not exceed €5,402.

The ASAP can be combined with a BCS, the ASAA, national mobility aid and the merit-based grant.

③ Health and Social Training Retention Fund (FSS)

a. What is it ?

The FSS retention fund, formerly known as the Emergency aid fund (FAU), is a **one-off and exceptional support** provided by the AuRA Region. To qualify for this aid, you must be facing **major social or financial difficulties** that were not foreseen when you started your course. There is no age, nationality or status requirement.

Main criteria :

- **Unforeseen circumstances during the course** such as death, family breakdown, separation, resource problems, road accident, etc. However, if the difficulty relates to a problem prior to the course, such as debts, failure to obtain funding for the cost of the course, lack of income due to starting the course, etc., the aid cannot be granted.
- **Insecure financial situation** : the insecure financial situation is assessed on the basis of 'living expenses'. If you are already in a precarious financial situation when you start your course, you will not be eligible.
- **Risk of interruption of education** : the aim of this criterion is to allocate aid to the student as a preventive measure.
- **A feasible project** : with the aim of keeping the student in training.

b. Procedure

The application must be submitted **between October 2022 and before May 2023**. To submit an application, you must **meet with a social worker** from any organisation so that they can complete it.

The file can be found on the Region's website : [RégionRhône Alpes - Aides régionaux \(auvergnerhonealpes.fr\)](https://regionrhonealpes.fr). To access it, press on "*Fonds pour la maintien en formations sanitaires et sociales : dossier à faire compléter par un travailleur social*", in order to download the document "*Dossier_demande_FAU*" which is located to the right of the page (look at the image below). On the right-hand side of the page, you will also find the rules and introduction of the FSS retention fund.

FORMATIONS SANITAIRES ET SOCIALES

LA BOURSE REGIONALE

Votre formation débute entre le **1er juillet et le 15 septembre**, vous avez jusqu'au **31 octobre** pour saisir votre demande.
Votre formation débute entre le **16 septembre et le 30 juin**, vous disposez d'un délai de **2 mois** après votre entrée en formation pour saisir votre demande.
Munissez-vous du code (à récupérer auprès de votre établissement) qui se présente sous la forme « ETAB+chiffre » et des justificatifs demandés en version numérique.
[Se connecter](#)

ACTUALITES RENTREE 2022

AIDE EXCEPTIONNELLE :
Une aide financière exceptionnelle est accordée aux étudiants boursiers. Son montant est de 100€. Si l'étudiant boursier a des enfants, l'aide est majorée de 50€ par enfant à charge. Le paiement a été effectué début décembre 2022.

REVALORISATION :
Les bourses sont revalorisées de 4%. La Région applique la revalorisation à toutes les formations sanitaires et sociales de niveau infrabac, bac et postbac.

INSTRUCTION DES DEMANDES DE BOURSE

QUELS SONT LES DELAIS D'INSTRUCTION ?
Les dossiers sont instruits dans la semaine qui suit leur dépôt.

Contacts réservés aux formations sanitaires et sociales
04 26 73 33 33 du lundi au vendredi de 9h à 12h

Documents utiles

- [Bourse - Règlement bourses formations santé-social](#)
- [Bourse - Présentation bourse FSS](#)
- [Bourse - Justificatifs à fournir](#)
- [Bourse - flyer](#)
- [Financement formations AS AP Ambulancier - règlement](#)
- [Financement formations AS AP Ambulancier - flyer](#)
- [Flyer comment faire ma demande auxiliaire de puériculture](#)
- [Règlement Fonds pour le maintien en formations sanitaires et sociales](#)
- [Présentation Fonds pour le maintien en formations sanitaires et sociales](#)
- [Fonds pour le maintien en formations sanitaires et sociales : dossier à faire compléter par un travailleur social](#)
- [Autorisation bancaire](#)

Besoin d'aide ?

- [Mode d'emploi de saisie pour toute demande sur www.aidesrhonealpes.fr](#)
- [Comment numériser vos documents ?](#)
- [Consultez la foire aux questions \(FAQ\)](#)
- [Utiliser le formulaire de contact](#)

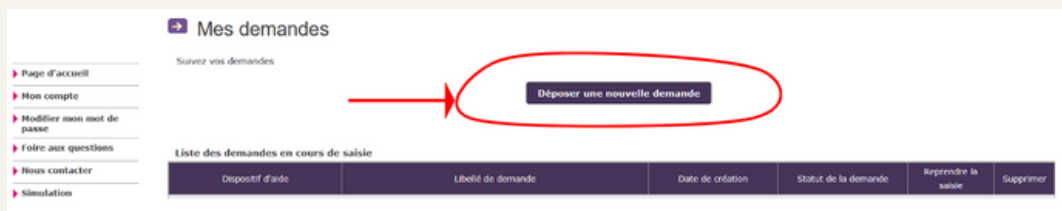
Liens utiles

- [Formation sanitaires et sociales : la choisir et la financer](#)
- [Toutes les aides de la Région pour les 15 - 25 ans](#)

Once you have completed the application form, ask your school for the access code for the Health and Social Training Retention Fund. Then, to submit the file, log in to your AuRA Region account and click on “Formations sanitaires et sociales”.



Then click on “Déposer une nouvelle demande” :



Select “Fonds pour le maintien en formations sanitaire et sociales - Auvergne-Rhône-Alpes”.



And finally, complete what is required.

Once your application has been submitted, your application will be examined by the health and social services department and then presented to the Regional Council, which will decide whether or not to grant the support.

If the answer is positive, the student will receive a transfer within 15 days following the Regional Council. The maximum grant is €3,000, paid in a single instalment. You can only apply for this assistance once per school year.

If the answer is negative, it is possible to lodge an informal appeal or an appeal in court to contest the decision taken. Appeals can be made to the President of the Regional Council, and contentious appeals can be made to the Lyon Administrative Court.

04 26 73 33 33



aidesfss@auvergnerhonealpes.fr

④ FSDIE social assistance for Universities

The Solidarity and Development Fund for Student Initiatives (FSDIE) contains a social component designed to help students who are experiencing temporary financial difficulties.

The FSDIE Social may be granted for assistance :

- At the start of the course ;
- Mobility ;
- The purchase of specific works ;
- The purchase of equipment ;
- And for other specific situations likely to have an impact on the progress and success of your studies.

To find out more, visit your university's website.

Email addresses :

- bve@univ-lyon1.fr
- ssocial@crous-lyon.fr
- action-sociale@univ-lyon3.fr

III- FOOD AID

① AGORAé

AGORAé are social and solidarity grocery stores run by GAELIS volunteers. These grocery stores offer food products at -90% of the price in supermarkets. For example, a pack of €1.20 pasta would be €0.12 in the grocery store. You can also find cheap hygiene products, as well as free menstrual protection.



To benefit from it, you must fill out the beneficiary application file.

For more information : [AGORAé - GAELIS presents its solidarity grocery store](#). Once you have completed the application form, send it to AGORAé's address at :

- La Doua : agoraelyon1.dossiers@gaelis.fr ;
- or to the one located in Porte Des Alpes : agoraelyon2.dossiers@gaelis.fr

Your application will then go to the committee where the CROUS social worker will give their opinion on whether or not to admit you and will take into account priority situations.

Finally, you will receive an e-mail from AGORAé's volunteers giving you the decision.

AGORAé - Site de la Doua

Bâtiment Déambulatoire
12-14 Rue Raphaël Dubois
69100 VILLEURBANNE

AGORAé - Université Lyon 2

Bâtiment MDE
5 Avenue Pierre Mendès
69500 BRON



agorae_gaelis



AGORAé Lyon

② CROUS restaurants

CROUS has resto'U and Cafet' throughout the region : [Where can I go to eat? - Crous Lyon \(crous-lyon.fr\)](#).

If you are a student with a grant, you will be entitled to €1 meals at lunchtime and in the evening. If you are a student without a grant, lunch and dinner are €3.30. For the evening meal, you'll need to take a suitable container with you.



③ Food directory



This directory lists associations, social grocery shops, shops, etc. that are accessible in terms of price, because it is low or even free. There are collections of food donations, donations of free meals, donations of food products close to their expiry date, structures charging a significant price... It lists a wide range of food products, including donations from a butcher's shop, as well as hygiene and cleaning products.

Certain benefits will be available based on your income level, while others are exclusively for students, and there are also benefits that are open to everyone without any conditions. It's up to you to rummage around to find the addresses that suits your needs and interests. The directory can be found on the GÆLIS website : [Annuaire de l'alimentaire - GÆLIS](#).

④ In the Bourg-En-Bresse

There is a CROUS Resto'U in the Bourg-en-Bresse area.
Address: 10 Rue des Chrysanthèmes, 01000 Bourg-en-Bresse.

You'll find a **solidarity grocery store** where you can buy **food, hygiene and cleaning products at reduced prices**. Around 70% off the supermarket price. To take advantage of it, you need to make an appointment at 04 74 50 45 02 or by sending an email to episerie.solidaire@wanadoo.fr.

More information about catering in Bourg-en-Bresse : [Practical information: Living inBourg ! - Bourg- en-Bresse - Université Jean Moulin Lyon 3 \(univ-lyon3.fr\)](#).

Au Marché Conté,
11 Avenue de l'égalité
01000
BOURG-EN-BRESSE

IV- ACCOMODATION SUPPORT

① Family Allowances Fund (CAF)

CAF provides financial assistance with rent. There are several forms of support:

- Personalised Housing Allowance (APL) ;
- Family Housing Allowance (ALF) ;
- Social Housing Allowance (ALS) : This allowance is paid if you are not eligible for APL or ALF.



On the CAF website, you can run a simulation based on your circumstances and accommodation to find out how much financial assistance you could receive. To get a rough idea of the amount, here is the [simulation](#) : [CAF services - My onlineservices- Perform a simulation - Accomodation](#).

In order for the [benefits to be paid to you in July and August](#), you must notify the CAF via your account and say that you are keeping your accommodation during this period. Compared to the CROUS accommodation, you will need to make a [quarterly declaration](#).

② Guarantee VISALE

For students who do not have a physical guarantor, they can opt for the [VISALE deposit scheme](#). This [deposit scheme undertakes to settle any outstanding payments](#) that may arise during the first three years of the lease. The student's debt will be with VISALE rather than the landlord. Requests can be made on the website : [Visale](#).

At least one of these conditions is required to be eligible :

- I am between 18 and 30 years old ;
- I am an employee over the age of 30 (employed for less than 6 months, not on a permanent contract or earning up to €1,500 net per month, or on professional mobility, or in possession of a promise of employment for less than 3 months) ;
- I am eligible for the mobility lease ;
- I am housed by a rental intermediation organisation.
-

My accommodation :

- Can be furnished or unfurnished ;
- Must be my primary residence ;
- Must have a rent (charges included) of €1,300 ;
- Must be decent and comply with the Departmental Health Regulations ;
- Must be the subject of a lease.



③ Loca PASS

The Loca Pass pays the security deposit requested when you move in. This payment is in the form of a zero-rate loan.

How do I get my money back ?

The refund is a minimum of €20 per month. The maximum repayment period is 25 months. There is no interest to pay.

Those who can benefit are :

- Employees of a company in the non-agricultural private sector ;
- People under 30 in vocational training (apprenticeship or professional training) ;
- People under 30 looking for work ;
- Students with a fixed-term contract (CDD) of at least 3 months in force at the time of applying for aid ;
- Students employed on one or more fixed-term contracts for a total of at least 3 months in the six months preceding the application for aid ;
- Students with a work placement agreement of at least 3 months in force at the time of application ;
- Students with French state scholarship status.

Eligible accommodation :

- The accommodation must be the principal residence ;
- The accommodation must be on French territory including the Overseas Departments ;
- The accommodation must be the subject of a signed lease, or an occupancy agreement in a hostel or social residence ;
- A lease amendment must be signed for shared accommodation.

To make a request : [Loca-Pass Support \(actionlogement.fr\)](https://actionlogement.fr).



[Action Logement - Facilitating housing to promote employment](https://actionlogement.fr)

④ CROUS accommodation

CROUS Lyon has 40 university residences on the Lyon Academy, thus offering more than 9,500 housing places. These residences are located in Lyon, Villeurbanne, Saint-Priest, Marcy-l'Etoile, Bourg-en-Bresse, Saint-Etienne and Roanne.

An activity leader is on hand at each site to offer free activities throughout the year.



Crouslogement

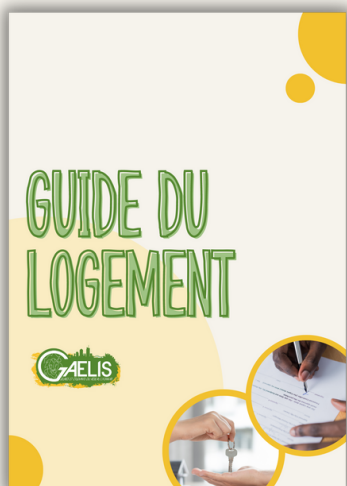
Grant students have priority for CROUS housing, the request for housing in university residences is made through the Student Social File (DSE).

Non-fellowship students and international students can apply. It is also possible to apply to CROUS for accommodation during the year.

CROUS offers a range of accommodation options (short-stay, outside the CROUS residence, intergenerational, etc.).

For more information : [I'm looking for student accommodation - Crous Lyon \(crous-lyon.fr\)](http://crous-lyon.fr).

⑤ Accommodation guide



Whether it's your first time searching for an apartment or not, it is never easy, so it's important to take the time to think about it. Given the cost of rents and the number of applications, the Lyon area is complex and not very accessible, particularly for students.

The aim of this guide is to provide support and guidance and facilitate questions. This guide covers a number of important points including budgeting, available accommodation options, potential assistance, visit preparation, moving in, the moving process, lease details, and resources to support you in case of any necessary defence.

The accommodation guide can be found on the GAELIS website : [Accommodation Guide - GAELIS](#).

V- ACCESS TO HEALTHCARE

① Carte Vitale

The Vitale card is issued by Assurance Maladie, and can be awarded from 15 years old. International students can benefit from the Vitale card as long as they have a social security number.

This card will allow you to reimburse part or all of your medical expenses as well as your prescription drugs.



To apply for the card, visit the Ameli website : [Order a Vitale card | ameli.fr](https://www.ameli.fr) | [Assuré](#).

② Supplementary healthcare grant (CSS)

a. Information and requirements

The Supplementary healthcare grant (CSS) is assistance from Assurance Maladie to pay for healthcare expenses (doctor, physiotherapist, hospital, pharmacy, etc.). Depending on your resources, CSS costs nothing, or it costs less than €1 per day and per person.

The CSS is granted based on the applicant's and his household's available resources, and it is necessary to have healthcare coverage through the French National Health Insurance (Assurance Maladie) to be eligible.

If you are under 25 and wish to make an individual application :

- You must not be living under the same roof as your parents at the time of application.
- You must complete a separate tax return or make a sworn commitment to do so the following year
- You must not be receiving any tax-deductible alimony or child support, or you must give a sworn undertaking that you will no longer be receiving it at the time of application.

You can perform a simulation : [Your rights simulator \(mesdroitssociaux.gouv.fr\)](https://mesdroitssociaux.gouv.fr).

b. Procedure

You can submit your CSS application online via your Ameli account on Ameli : [Assurance Maladie website | ameli.fr | Assuré](https://www.ameli.fr).

To do this, go to the **“Mes démarches”** section then click on **“Faire une demande de Complémentaire Santé Solidaire”**.



And finally press **“Je démarre ma demande”**.



You can apply by post by printing out this form, completing it and sending it to the Caisse Primaire d'Assurance Maladie (CPAM) du Rhône (remember to add the supporting documents requested) : [s3711-complementaire-sante-solidaire- remp-non-sec-juillet-2022-version-dec-2022.pdf \(ameli.fr\)](https://www.ameli.fr/auvergne-rhone-alpes/assures/assuree/assurances-complementaires/assurances-complementaires-sante-solidaire/assurances-complementaires-sante-solidaire-remp-non-sec-juillet-2022-version-dec-2022.pdf).

Assurance Maladie will consider your application with in 2 months, then you will receive the decision.

If it is favourable, it will send you a certificate of entitlement to the CSS. You will need to update your Vitale card to avoid paying medical expenses.

c. Renewal

The right to CSS is valid for 1 year. Any renewal request must be made at the earliest 4 months and at the latest 2 months before the deadline.

Renewals can be made via your Ameli account : [ameli, Assurance Maladie website | ameli.fr | Assuré](https://ameli.fr/Assuré).

More information : [Supplementary healthcare grant: who can benefit and how? | ameli.fr | Assuré](https://ameli.fr/Assuré).

③ University Health Service (SSU)

a. Claude Bernard Lyon 1 University

The SSU is open to students of the Université Claude Bernard Lyon 1 and to schools under agreements. Its mission is to promote health, provide preventive care, and ensure quality healthcare.

A team of professionals composed of : general practitioner, psychiatrist, nurses, psychologists. An SSU is present on the Doua, Rockefeller and Lyon Sud campuses. To make an appointment : [University Health Service \(SSU\) \(univ-lyon1.fr\)](https://univ-lyon1.fr).

 **04 27 46 57 57**  ssu@univ-lyon1.fr  [SSU : Service de Santé Universitaire](https://univ-lyon1.fr)

b. Lumières Lyon 2 University

The service is accessible to students of Université Lumière Lyon 2. Its mission is to promote health, provide preventive care, and ensure quality healthcare. A team of professionals composed of : general practitioner, nurses, psychologists, dietician, midwife. Some consultations are free of charge, while others are subject to third-party payment. To make an appointment : [ContactSanté .Fr - Présentation \(contactsante.fr\)](https://contactsante.fr).

 **04 78 77 43 10**  ssu@univ-lyon2.fr  [SSU, service de santé, santé \(univ-lyon2.fr\)](https://univ-lyon2.fr)

Campus Berges du Rhône


Bâtiment Gaïa,
RDC
86 Rue Pasteur,
69007 Lyon


Campus Porte des Alpes

Bâtiment 1 de l'IUT,
1^e étage
106 boulevard de l'Université,
69500 Bron

a. Jean Moulin Lyon 3 University


The Department of Preventive Medicine and Health Promotion (SMPPS) is open to all students of Jean Moulin University. A team of professionals composed of : nurses, GPs, psychologists, psychiatrists, dieticians, gynaecologists. All services are free and accessible without a Vitale card.

 **Secretariat :**
04 78 78 79 83

 **Health care unit :**
04 78 78 79 83

Manufacture des Tabacs,
Espace Rue Sud,
Bâtiment EG
au rez-de-chaussée

 secretariat.smpps@univ-lyon3.fr

 [Department of Preventive Medicine and Health Promotion - Université Jean Moulin Lyon 3 \(univ-lyon3.fr\)](http://univ-lyon3.fr)

④ Mental health directory



The mental health directory lists contacts for structures, associations, services, schemes, etc. in the Lyon area and nationally. Calls and numbers are free !

I'll leave it up to you to find the best solution for your situation.

The Mental Health Directory can be found on the GÆLIS website : [Mental Health Directory - GÆLIS](http://univ-lyon3.fr).

VI- MOBILITY AID

In addition to what is presented here, on the site : [Home —MyServices.etudiant.gouv.fr](https://www.myservices.etudiant.gouv.fr), there is a section called "On the move". You will find two links :

- Franco-German Youth Office (OFAJ) : a grant is offered for a practical internship in Germany ([Grant for practical internship for students \(ofaj.org\)](https://www.ofaj.org));
- Office franco-Québécois pour la Jeunesse (OFQJ) : financial assistance is offered for an internship in Quebec ([Students : how to find an internship and obtain financial assistance from the OFQJ - OFQJ France](#)).

① ERASMUS +



a. Introduction and requirements

Erasmus+ is a programme for *staying abroad* for studies or for a work placement. Study and work placement placements can be combined. The maximum duration is 12 months per cycle.

For a *study period*, the duration can be a semester or an academic year abroad and must be integrated into your curriculum.

For the *internship period*, the duration is 2 to 12 months.

Whether for a period of study or a work placement, it is possible to choose a hybrid format, i.e. distance learning and shorter in-person periods of between 5 and 30 days.

You must be a student on a formal or sandwich course in a higher education establishment (BTS, Nursing Care Training Institute, bachelor's degree, master's degree, doctorate, etc.).

b. Value of the grant

The grant is a contribution towards the costs of the mobility. It is a flat-rate amount and depends on the cost of living in the destination country.

For a *study period*, the amount is between €200 and €600 per month. You will be exempt from the host university's registration fees.

For an *internship period*, the amount is €350 to €750 per month.

Supplements are granted to students with disabilities.

c. Approach

In obtain this support, contact your school's international relations department. Students in BTS should contact the Lead Teacher for European and International Action (ERAEI). Each school defines its own procedures and timetable, so it takes between 6 and 12 months to prepare the application before the start of your stay abroad.

More information : [Erasmus Grant: Continue your higher education abroad | Erasmus+ \(erasmusplus.fr\)](#). You can also download the Erasmus+ application for further information and to find out how to apply.

② Erasmus Mundus International Masters

These masters degrees are awarded by several higher education establishments and taught in different countries. These masters courses are prestigious programmes offered to top-ranked candidates, according to the official EU website. To find out which Masters courses are involved : [Erasmus Mundus Catalogue \(europa.eu\)](#).

For more information, contact your school or visit the website : [Erasmus Mundus Joint Master Grants | Erasmus+ \(europa.eu\)](#).



③ National mobility support for Masters students

This is a 1,000 grant to facilitate the geographical mobility of students with a 1st year bachelor's degree who are enrolled in the first year of a master's programme in an academic region other than the one in which they obtained their bachelor's degree. Students studying for a professional degree are not eligible for this aid.

To qualify for this support, you must :

- Have been awarded a bachelor's degree the previous year ;
- Beneficiary of a BCS or ASAA;
- Be enrolled in an academic region other than that of obtaining the bachelor's degree;
- Enrol for the first time in the first year of the Master's.

To apply : [Home — MyServices.etudiant.gouv.fr](https://www.mes-services.gouv.fr/). section “Vos études” carré “Aide à la mobilité master”.

étudiant MesServices.etudiant.gouv.fr

VOTRE DOSSIER SOCIAL ETUDIANT

- Simulateur de bourse
- Demande de dossier social étudiant (DSE)
- Suivi du dossier social étudiant (DSE)
- Guide de l'étudiant

VOS ÉTUDES

- Parcoursup
- Aide à la mobilité Parcoursup
- Aide à la mobilité master
- CVEC Contribution vie étudiante et de campus

DEMANDE DE DSE 2023-2024

Pour faire leur demande de bourse pour l'année universitaire 2023-2024, les étudiants et futurs étudiants doivent remplir le dossier social étudiant à partir du 23 mars.

Comme les années précédentes, tous les dossiers complets doivent être déposés avant la fin de la campagne, le 15 mai.

Consulter le Guide de l'étudiant pour en savoir plus.

CVEC - CONTRIBUTION DE VIE

④ International Mobility Assistance (AMI)

This assistance offers the opportunity to follow a higher education abroad as part of an exchange program or to carry out an international internship.

Requirements :

- Duration from 2 to 9 months ;
- Beneficiary of a BCS ;
- Preparing for a national diploma awarded by the Ministry of Higher Education (under contract with the State) ;
- The project must be part of your studies.

This aid can be combined with the BCS and the Erasmus+ grant. The amount of the AMI is €400 per month, the amount may vary depending on the country chosen.

To find out the steps you need to take, contact your school's international relations department. You will have to draw up a project for an international study period or work placement.

VII- PROFESSIONAL INTEGRATION

① SOIE Lyon 1

The Student Career Guidance and Professional Integration Service (SOIE) is available to students at the Universities Claude Bernard Lyon 1. The SOIE is responsible for organizing the reception, information and orientation of students when they enter university and throughout the university curriculum. It also ensures, with the teachers, the follow-up of their professional integration.

It is intended to serve a number of purposes, such as helping to inform future baccalaureate holders about university courses, developing the University's information policy, and creating documentation on studies, professions and professional integration.

It also develops initiatives designed to promote the integration of students into the world of work and to establish the necessary relations with the professional world and employment services.

To make an appointment : <https://soie.univ-lyon1.fr/actualites/accompagnement-offre-par-le-soie> or soie@univ-lyon1.fr.



[SSU: University Health Service - Université Claude Bernard Lyon 1 \(univ-lyon1.fr\)](https://www.univ-lyon1.fr/soie)

② COSIE Lyon 2

The Guidance, Internship and Student Integration Centre (COSIE) offers all students of the Lumière Lyon 2 University support regarding any orientation or professional integration issues. The service is identical to the SOIEs at other universities, only the name changes.

To make an appointment, fill out the form : [HTTps://www.univ-lyon2.fr/formation/dispositifs-d-accompagnement/reorientation](https://www.univ-lyon2.fr/formation/dispositifs-d-accompagnement/reorientation).




[Individual support by the COSIE - Université Lumière Lyon 2 \(univ-lyon2.fr\)](https://www.univ-lyon2.fr/cosie)

③ SCUIO-IP Lyon 3

The University Information and Guidance Service - Professional Integration (SCUIO-IP), offers the resources, tools and advice you need throughout your course to help you build your training pathway, your career plan(s) and prepare for the working world.

 scuio-ip@univ-lyon3.fr

 [Service Commun Universitaire d'Information et d'Orientation - Insertion Professionnelle - Université Jean Moulin Lyon 3 \(univ-lyon3.fr\)](https://www.univ-lyon3.fr/service-commun-universitaire-d-information-et-d-orientation-insertion-professionnelle)

④ Missions locales

Missions locales are local public services responsible for supporting young people aged 16 to 25 on their path to professional integration (job search, preparation for interviews, etc.).

There are 6 missions locales in Lyon and 3 in Villeurbanne:

- Mission locale - Antenne des Pentes à Lyon 1er : 2 Rue des Pierres Plantées ;
- Mission locale - Antenne Voltaire à Lyon 3ème : 265 Rue Duguesclin ;
- Mission locale - Antenne Gerland à Lyon 7ème : 64 Avenue Leclerc ;
- Mission locale à Lyon 7ème : 24 Rue Étienne Rognon ;
- Mission locale - Antenne Bachut à Lyon 8ème : 307 Avenue Berthelot ;
- Mission locale - Antenne Mermoz à Lyon 8ème : 172 Avenue Général Frère ;
- Mission locale - Antenne Duchère à Lyon 9ème : 10 Place Abbé Pierre ;
- Mission locale à Villeurbanne : 50 Rue Racine ;
- Mission locale - Antenne du Tonkin à Villeurbanne : 4 Allée Henri Georges Clouzot ;
- Mission locale - Antenne des Buers à Villeurbanne : 33 Rue du 8 Mai 1945.

In the Bourg-en-Bresse area, there is the Mission locale Jeunes Bresse Dombes Côtière : 5 Ter Avenue des Sports, 01000 Bourg-en-Bresse.

⑤ Youth Aid Fund (FAJ)

The Youth Aid Fund makes it possible both to support young people in their integration journey and to provide them with financial assistance. This financial assistance is ad hoc and covers the areas of primary needs, transport, accommodation and training.



The FAJ is granted to young people aged between 18 and 25 :

- French nationals or foreigners legally resident in France ;
- Having difficulty integrating socially and professionally as well as materially ;
- With no income or low income. No minimum period of residence in the department is required.

To apply for one, you need to contact the missions locales or Maisons De la Métropole (MDM) or Centres de Planification et d'Éducation Familiale (CPEF) or specialist prevention teams.

⑥ Youth Information Office (BIJ) - Villeurbanne

The Youth Information Office (BIJ) IN Villeurbanne is a place intended to support, inform, advise, propose, etc. in various fields. The BIJ is dedicated to young people from 12 to 25 years old.

One of their roles is to support young people in projects, employment and training. Job offers are available on site. Theme days are also organised.

The BIJ also assists in obtaining financial aid through existing youth schemes.



[Youth Information Office \(BIJ\) \(villeurbanne.fr\)](http://villeurbanne.fr/bij)



bjj@mairie-villeurbanne.fr



04 72 65 97 13

15-17 Rue Michel Servet,
69100
VILLEURBANNE



VIII- DISABILITY

① University service

The three Lyon universities have "disability missions" responsible for supporting students with disabilities or disabling health conditions. The services are :

- Helping to provide guidance before entering higher education and during their studies;
- Setting up a reception, information and support system for students with disabilities, ensuring coordination between the various players involved;
- Analysing the student's needs for compensation or accommodation;
- Representing the school in all matters concerning students with disabilities;
- Contributing to training and raising awareness of disability issues within the university community.

Mission handicap Lyon 1 : mission.handicap@univ-lyon1.fr

Mission handicap Lyon 2 : mission.handicap@univ-lyon2.fr

Pôle handicap Etudiant Lyon 3 : handicap@univ-lyon3.fr

② CROUS

CROUS works to support students with disabilities in their day-to-day lives.

The Lyon CROUS has 343 housing units adapted for people with disabilities. To apply, complete the

"Application for adapted housing" then send it completed to handicap@crous-lyon.fr.

More information : [Housing application procedure of Crous Lyon for students with disabilities - Crous Lyon \(crous-lyon.fr\)](#).

Specialised support services for students with severe disabilities requiring the presence of a carer on a daily basis. The student can apply for a compensation benefit from the Departmental and Metropolitan House of Persons with Disabilities (MDMPH).

The BCS is accessible without age limit for students with disabilities. In addition, the CROUS grant can be combined with disability-specific grants.

For more information on the BCS (see: /- Grant -> 1) Crous Grant).

More information : [Students with disabilities: Crous Lyon at your side every day - Crous Lyon \(crous-lyon.fr\)](#).

③ Handinamique Grant

The Fédé 100% Handinamique contributes to the success of young people with disabilities. This federation offers the handinamique grant, intended to finance additional costs related to the compensation of disability (material, related to daily and human life).

To qualify, you must :

- Be disabled and under 35 years of age ;
- Be enrolled in a higher education establishment in France ;
- Continuing your studies at the start of the 2023/2024 academic year.

 [Home - La fédé 100% handinamique](#)

 [Contact - La fédé 100% handinamique](#)



④ GIVEKA Grant

GIVEKA is a Swiss Foundation that financially helps students with health concerns through CROUS.

Requirements :

- Be of French or Swiss nationality;
- Having financial difficulties due to an accident, disability or illness.

The request is made to the social service of CROUS Lyon in November. Documentation to be provided :

- Medical report explaining health problems ;
- Letter setting out the reasons for the application ;
- Proof of nationality ;
- Parents' or student's tax notice ;
- Proof of income and expenses ;
- Certificate of enrolment.

Following the application, the Foundation meets (once a year) to decide on the grants awarded.

CROUS Lyon then handles the transfer. This aid can be combined with other CROUS grants and is renewable several times.

 [Aide de la Fondation GIVEKA | Étudiant.gouv \(etudiant.gouv.fr\)](#)

⑤ Départemental and Métropolitain Centre for Disabled Persons (MDPMPH)

The MDMPH is a place where people can find information and respond to requests relating to their disability. The MDMPH helps people with disabilities to access their rights. It allocates aid and resources to compensate for disability.

Services :

- Welcome and listen ;
- Information ;
- Help in formulating a life plan ;
- Evaluation ;
- Development of the compensation plan ;
- Decision on benefits and guidelines ;
- Monitoring compensation.

The telephone switchboard can be reached at [04 26 83 86 86](tel:0426838686) from Monday to Friday from 8 am to 12 pm, and from 1:30 pm to 4:30 pm (except on Tuesdays, when only the afternoon slot is available). The MDMPH file can be retrieved from any Maisons De la Métropole (MDM).

8 Rue Jonas Salk,
69007
LYON

IX- STUDENTS ON SANDWICH COURSES OR PROFESSIONALISATION CONTRACT

① Activity bonus

Students on sandwich courses (professional training contracts or apprenticeship contracts) can also receive the activity allowance. The activity allowance is not available to students on paid work placements.

Requirements :

- Age 18 years or older ;
- Live in France on a stable and effective basis (at least 9 months a year) ;
- Have a professional activity with a net monthly income of more than €1047.55 or be the sole carer for one or more children.

The request is made to CAF or Mutualité Sociale Agricole (MSA).

CAF simulation : [Simulateur prime d'activité - CNAF \(caf.fr\)](#)

MSA simulation : [MSA - Prime d'activité pour les actifs agricoles - MSA_FR](#)

Plus d'informations : [La Prime d'activité | Bienvenue sur Caf.fr](#)

② Accommodation

a. Mobili-Jeune

Action logement pays the mobili-jeune aid. This aid covers part of the rent between €10 and €100 per month for a maximum period of one year. The aid applies to people living in shared accommodation, hostels or social residences, and to furnished or unfurnished accommodation.

Requirements :

- Be under 30 years old;
- Be on an apprenticeship or professional training contract;
- Have a gross salary not exceeding 100% of the minimum wage.



MOBILI-JEUNE®

The application must be submitted 3 months before the start of the work-study contract or up to 6 months after the start of it.

To apply : [MOBILI-JEUNE® Help | Action Logement](#)

b. Mobili-Pass

Action logement established the **Mobili-Pass**. It is a financial aid for employees who have to move to a new home in the area following recruitment, a transfer or relocation by the company. **As an apprentice, you are considered an employee of your company.**

Mobili-Pass covers the cost of finding accommodation, relocation costs (double rent, agency fees, etc.), notary fees, early repayment of mortgage loans, etc.

The file to be completed then sent : [20230213_demande_aide_mobili-passrfev2023formulaire.pdf\(actionlogement.fr\)](https://20230213_demande_aide_mobili-passrfev2023formulaire.pdf?actionlogement.fr)

More information : [L'AIDE MOBILI-PASS® | Action Logement](#)



c. Form'Toit

The AuRA Region has set up a "Form'Toit" platform for students in apprenticeship contracts, professional training contracts, trainees or continuing education in order to find temporary housing.

Contact Rhône :

Apolline BOUTIN et Baptise MARTIN : 04 15 32 87 05 / alternance.69@formtoit.org

Contact Ain :

Jérémie GOURDON : 06 44 24 13 63 / alternance.01@formtoit.org

More information : [Home - Form'Toit\(formtoit.org\)](https://Home-Form'Toit(formtoit.org))



③ Getting around

a. Illico SOLIDAIRE

The SNCF offers a free Illico SOLIDAIRE card for students on apprenticeship and professional training contracts. This card offers a 75% discount on TER AuRA tickets.

For more information: illico SOLIDAIRE: TER discount card -75% on a means-tested basis | TER Auvergne-Rhône-Alpes (sncf.com).

b. Départ 18:25

Départ 18:25 is a programme offering assistance up to €250. It allows you to finance part of your holiday if you book your accommodation on the programme's partner websites.

Requirements :

- Be between 18 and 25 years old ;
- Reside in France ;
- Have an apprenticeship or work-linked training contract or receive a grant.



More information : [Départ 18:25: the holiday departure assistance programme \(depart1825.com\)](http://depart1825.com).

c. Financial assistance for driving licence category B

The government offers a grant of €500 to help finance the cost of a category B driving licence.

Requirements :

- Be at least 18 years old ;
- Have an apprenticeship contract ;
- Be committed to obtaining a category B driving licence.

To benefit from it, you must ask your Apprenticeship Training Center (CFA) to obtain the file.

For more information and access to the application form : [CFA | Help with the financing a category B driving licence | Work-Study Portal\(emoloi.gouv.fr\)](http://emoloi.gouv.fr).

④ Personal Training Account (CPF)

Everyone who works has a CPF. Your CPF offers you information on the credit (in euros) recorded on your account, eligible training courses and training funding.



Access your CPF: [Accueil du site Mon Compte Formation | Mon Compte Formation](http://moncompteformation.gouv.fr)

More information : [Personal training account \(CPF\) - Ministry of Labour, Full Employment and Integration\(travail-emploi.gouv.fr\)](http://travail-emploi.gouv.fr).

X- OTHERS

① Metropolis and Solidarity Centres (MDMS)-

The MDMS offers a unique social services area to benefit from all the help and support of the Communal Center for Social Action (CCAs) of the city of Lyon and the Greater Lyon Metropolis. Initial contact is drop in. You will then be directed to a single professional dedicated to your needs.

Find your local MDMS : [Les Maisons de la Métropole | City of Lyon](#)

② Youth Solidarity Income (RSJ)

The RSJ is a financial aid for young people under 25 years of age who reside in the Metropolis of Lyon. This aid can be up to €400 for 24 months.

Requirements :

- Be aged between 18 and 24;
- Be of French nationality or reside legally in France;
- Have lived in Lyon for at least 6 months;
- Have less than €400 in monthly income;
- Not getting help from family;
- Not benefiting from the Active Solidarity Income (RSA), the Disability Adult Allowance (Aah), the Disability Child Education Allowance (AEEH), the Youth Guarantee or a youth contract.

Applications should be submitted to the mission locale of your sector (see VII - Professional integration -> 4) Mission locale).

More information : <https://lyon.info-eunes.fr/le-revenu-solidarite-jeunes>

③ Earned income supplement (RSA)

The RSA is an allowance financed by the Métropole de Lyon, and is paid by the CAF or the MSA to guarantee a minimum income. The amount takes into account the resources and composition of the household. The RSA also includes support from your social adviser to help you integrate socially and professionally.

To qualify, you must be over 25.

More information : [<abbr title- 'Active solidarity income"RSA/abbr how to use - La Métropole de Lyon \(grandlyon.com\)](#)

④ Region Pass

**PASS
Région**

The Region Pass is a card offering a host of benefits on textbooks, culture, sport, health and driving licences. This card is issued to students in health and social care training establishments, CAP, CPJEPS and BPJEPS courses, as well as vocational lycées, CFA and Maisons Familiales Rurales (MFR).

More information about the benefits by logging into your Region Pass account or by checking out the "Benefits Guide" : [Region Pass Benefits Guide \(calameo.com\)](https://calameo.com).

⑤ Freevélo'v

The Métropole de Lyon offers free bicycles for a period of 3, 6, 9, 12 months and renewable for up to 24 months.

Requirements :

- Be between 18 and 25 years old;
- Be a student, looking for a job or on an integration pathway;
- Live in the Metropolis of Lyon.
-

To benefit, you must complete an application on the site : <https://freevelov.grandlyon.com>



Université Claude Bernard

