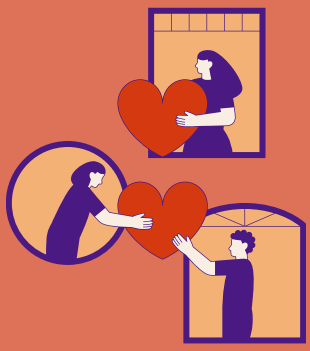
BOOKLET STUDENT SUPPORT

AT THE ENS AND IN LYON



2026 EDITION

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This booklet was made by ENtraideS association for ENS de Lyon students.

You will find in it all existing structures within the school and in Lyon which could be useful to you.

If you do not need it, we would be grateful if you could leave this booklet in the solidarity shelves for us to redistribute them.

Solidarity shelves can be found:
- Descartes site: under the stairs in Bâtiment A of the student residence Bonnamour
- Monod Site: in “rivière” space

FINANCIAL HELP

FSDIE

The **Fonds de Solidarité et de Développement des Initiatives Étudiantes** (FSDIE) meets every two months and examines applications for financial aid submitted by students. To submit an application, you need to make an appointment with **Madj Casoli**, who will send you the form and list of items to be provided. All applications are treated anonymously. You may be eligible for **assistance with living expenses or rent payments**. If you are having difficulty paying travel costs to take the agrégation or CAPES exam, you can also apply for assistance at the June commission.

- Contact: madj.casoli@ens-lyon.fr
- Website: https://www.ens-lyon.fr/campus/en-pratique/action-sociale

STUDENT SOLIDARITY FUNDS (CSE)

The **Student Solidarity Fund** (CSE) is a financial aid provided by the **Fédération des Associations** of ENS de Lyon. It can cover all or part of student association memberships and/or participation in **school events** (WEI, InterENS, Interludes, Gala, etc.).
This aid is available to all ENS students. Applications are anonymized before being reviewed by a committee led by the Fédération's secretary.
For more information and application form, visit: https://federation.ens-lyon.fr/cse

COMPUTING GRANT

AliENS association offers to unpaid students and auditors grants to buy or repair computing furnitures. AliENS offers 3 categories of grants:

- **the purchase of laptop** or tablet to take notes, be it **new or second-hand**;
- **the purchase of spare parts** for one to repair its computer by itself:
- **the repairs of a computer** by a professional.

To obtain a grant, you must send a mail to the board of the association with a receipt of the purchase/repairs and your RIB for us to transfer the money.

- Contact: aliens.contact@ens-lyon.fr
- Website: https://aliens-lyon.fr/pages/subventions.html

CROUS SOCIAL SERVICES

The **CROUS social service** is independent of the social grants service. It is open to all students under 35 (who are not returning students), regardless of nationality, even if they are not entitled to a grant or have exhausted their grant entitlement. It involves **support from a social worker** who can, for example, top up the Izly account or make a one-off financial payment.

- Contact: ssocial@crous-lyon.fr

ALIMENTARY HELP

SOLIDARITY FUND OF AMAP (CSA)

ENvertS manages an AMAP (Community-supported agriculture in English). The AMAP connects local farmers with consumers of the ENS who order and pay for products by check at the start of each semester.
For these products to be affordable, ENvertS implements a Solidarity Fund called "CSA". If you think you need help to buy baskets, the CSA can reduce the price of the goods.
To obtain it, first you will need to **order the baskets for the semester** on the website AMAPJ (your id will be sent by mail once you join ENvertS). Then you have to **fill the CSA form** with as much relevant information as possible. A committee made up of members from the board of ENvertS (and sometimes from AMAP) will examine your anonymised application to distribute CSA's funds. Through the CSA, you can be reimbursed **up to 90% of your order's amount**. If you want to wait for the commission's response before ordering, you just have to mention it in the form and fill it early (the due date will be given by mail).

SOLIDARITY SHELVES

Solidarity Shelves ("Étagères solidaires") is a student-led mutual aid project from **Entraides** at the ENS de Lyon, created to share **non-perishable goods** among students.
Two shelves – one in **Bâtiment A** of the Bonnamour residence, and another in the **"rivière" space** in Monod – are there to help fight student precarity and encourage kindness, solidarity, and the free exchange of goods.
The idea is simple: Give what you can (non-perishable food products), take what you need!

FOOD DISTRIBUTIONS

Linkee is a food distribution organization on registration. It is open to all students upon presentation of a **school certificate**.

- Every Tuesday from 7:00 PM to 8:00 PM at 90 rue de Marseille, 69007, Lyon.
- Every Friday from 3:45 PM to 4:10 PM at 19 rue Étienne Dolet, 69003, Lyon.

Website to register: https://linkee.co/distribution-lyon/

Restos du Coeur manages food distributions without registering **every Saturday from 9:00 AM to to 12:00 PM** at 13bis Rue Girié, 69003 Lyon to all students upon presentation of a **student card.**
Students receiving a CROUS grant must also present their grant certificate, while others must provide a rent receipt.

- Contact: +33 4 72 91 47 11

Cop1 is a **charity association for and by students**, who organize regularly distributions at "Maison des étudiants" (90 rue de Marseille, 69007 Lyon) or at Villeurbanne (15 rue Michel Servet). Distributions are free, but you have to register on the website and to show a student's card or a school certificate. Dates are updated on the website!

- Website: https://cop1.fr/ville/lyon/

EMF Lyon (Muslim Students of France) distributes **food baskets of more than 10 kg** at the symbolic price of **€3**. Distribution are available upon registration on their website, **twice a month** in the "Maison des étudiants" (90 rue de Marseille, 69007 Lyon).

- Website: https://ww1.lyon.emf-asso.com/qui-sommes-nous/nos-actions/social/colis-alimentaire

HEALTH

STUDENT'S HEALTH SERVICES (SSE)

At the ENS de Lyon, **the student health service (SSE)** offers healthcare support if you are experiencing psychological, physical or social difficulties. It has **doctors, nurses and psychologists** on hand to help you. You can make an appointment by mail or see them directly.

- Contact: **sante-etudiante@ens-lyon.fr**
- Location: **Descartes D2-040, ground floor**, at the end of D2 hallway, just before the gymnasium. **Monod, 46 allée d'Italie**, near the fountain, across from the CROUS entrance.
- Tel: +33 4 37 37 61 37
- Website: https://sante-etudiante.ens-lyon.fr

LISTENING SESSIONS

SEE offers listening sessions to students, **without appointment**. You can discuss with one of the nurses in a private space.

- Location: SSE (Descartes – D2-040):
- **Tuesday and Thursday from 6:30 PM to 8:00 PM**

PSYCHOLOGICAL SUPPORT

The student's health service (SSE) is here to listen, support, and guide students in a welcoming space and with respect for medical confidentiality.
Free psychological consultations are available by appointment, at the nursery on the Descartes campus.
Each session lasts around 45 minutes. Appointments are to be made with the nurses by email:

- Contact: sante-etudiante@ens-lyon.fr
- For more information: https://sante-etudiante.ens-lyon.fr

ASSOCIATION PRÉSENCES (ENS)

Présences association is always ready to listen to any problems you may encounter, to answer questions you may have, and to see to your general well-being. If you need or want to chat, don't hesitate to contact us by

- Email: **presences.contact@ens-lyon.fr**,
- Our website: https://presences-ensl.fr/
- Instagram: @presences_ensl

STUDENT LISTENING SERVICE

Nightline is a safe space that provides a **listening service or a chat** available **from 9:00 PM to 2:30 AM Thurs. to Mon.**, run by students for students. Conversations are strictly anonymous, **confidential and non-judgemental**. You can talk about anything that's on your mind, especially if you're going through a difficult time. On their site, you will also find lots of great resources on mental health, such as their survival kit, as well as help on finding free psychological support near you.

- https://www.nightline.en/
- English number: +33 4 85 30 00 20

You can also call **SOS HELP** **from 3:00 PM to 11:00 PM**.

- https://soshelpline.org/
- +33 1 46 21 46 46

You can also benefit from **free listening sessions with psychologists** speaking several languages.

- **From Monday to Friday 8AM to 8PM, by registration**.
- https://www.institutbergeret.fr/ecouteetudiantslyon/

PSYCHOLOGICAL CONSULTATIONS

SANTÉ PSY ÉTUDIANT

Santé psy étudiant program is available to all students and individuals enrolled in a higher education institution. It offers **free consultations with licensed psychologists.**
Up to **12 sessions per year** can be covered with a participating psychologist (the list is available at santepsy.etudiant.gouv.fr).

LE 102, CENTRE DE SANTÉ MENTALE POUR ÉTUDIANT·ES

The Mental Health Center (also known as "102", located at 102 rue de Marseille, 69007 Lyon) offers mental health support and care to all students in Lyon, providing help tailored to each individual's needs.

At the center, you can access consultations with doctors, psychologists, or nurses – and also take part in group activities! You can register for an appointment here:

- https://masante.universite-lyon.fr/sante-mentale/le-102-centre-de-sante/ or by phone +33 4 82 91 02 20

UNIVERSITY OF LYON HEALTH PORTAL

The ComUE University of Lyon provides information and lists all useful resources, procedures, and contacts related to physical and mental health.

- https://masante.universite-lyon.fr/

INCLUSION

ACCESS TO PERIODIC PROTECTIONS

Periodic protection dispensers have been placed in the restrooms of the **Monod "foyer"** and **Monod library** as well as on the **first and second floors of the D2 building on Descartes campus**. They add to dispensers already available in the **restrooms of CROUS** restaurants and allow anyone in need to benefit from periodic protection.
This initiative was led by ENtraideS and Salopettes, and financed by the CVEC.

FAMILY PLANNING OF RHÔNE

Medical consultations, information on social rights and prevention against discriminations.

- Location: **2 rue Lakanal, 69100 Villeurbanne**.
- Tel: +33 4 78 89 50 61.

DISABILITY SERVICES

The **disability services** at the ENS de Lyon are available for **accommodations in studies and exam settings**.
If you already benefit from adjustments or if you are wondering whether you might be eligible, you can contact the person in charge of disability services.

- Contact: mission.handicap@ens-lyon.fr
- tel : +33 4 26 23 39 81

STUDENT ASSISTANT

Are you a student providing support to a **close person who has lost autonomy** due to age, disability, or health issue? You can benefit from **supervision and accommodations**.

- Contact the designated student assistant coordinator Ghislaine Hernandez at the following email adresse: aidants@ens-lyon.fr

REPORTS OF VIOLENCES, DISCRIMINATIONS AND HARASSMENT

The ENS de Lyon manages a **process of reports for sexists, sexual or discriminatory violences**. This process guarantees confidentiality of the reports, handled by an Action Committee composed of formed members, namely the person in charge of the Equality Office, equality points of contact, and members of the medical services.
To report an incident, you can send a mail to the following address: signalement.violences.discriminations@ens-lyon.fr or fill the dedicated form on the ENS de Lyon website (https://ensform.ens-lyon.fr/view.php?id=197347). Reports are treated solely by the members of the committee and with **confidentiality**.

CHANGE OF FIRST NAME AT THE ENS DE LYON

ENS de Lyon allows students, PhD candidates, and staff to use a **preferred first name different from their legal name**. This process is primarily intended to recognize and respect the gender identity of transgender and non-binary individuals.
The chosen name can be used internally on items such as ID badges, class lists, grade summaries, and institutional email addresses.
No change to the civil registry (birth certificate) is required.
To benefit from this process, you must **complete the dedicated form**, available on the ENS website or from the Mission égalité, and send it to the following address**:** mission.egalite@ens-lyon.fr.
The Equality Office will acknowledge receipt, validate the request, and inform the relevant departments to update your information.
A certificate, signed by the ENS de Lyon presidency, will then be issued to the person concerned.

RESOURCES AND SUPPORT LGBTQIA+ ASSOCIATIONS

LGBTI+ Lyon Center offers legal and social guidance, gathering events for LGBTQI+ persons.

- Location: **19 rue des Capucins, 69001 Lyon**.
- Contact: contact@centrelgbtilyon.org

Contacts at the ENS:

- arcENSiel: arcensiel.bureau@ens-lyon.fr
- Mission égalité de l'ENS: mission.egalite@ens-lyon.fr
- Signalement violences et discriminations: signalement.violences.discriminations@ens-lyon.fr

LEISURE

LUDIC SOLIDARITY FUND (BUL)

The **BuL** association manages its **Solidarity Fund for Leisure Activities** (CSL), aimed at enabling every student to participate in recreational events. The CSL primarily finances **BuL events** such as Interludes and Intraludes, but it can also be used to **reimburse expenses for board games**, role-playing games, video games, live action role-playing (LARP), escape games, or laser tag.
To benefit from the fund, you must be a **member of BuL**. All details will be shared via the association's mailing list.

HELP TO BUY THEATER TICKETS

ENScène usually stages one play per month at the Kantor Theater, with ticket prices ranging from €4 to €6. If your financial situation does not allow you to buy a ticket, a solidarity system is in place that lets you **attend for free**. As its name suggests, this system works on a solidarity basis – anyone can contribute!
How to benefit from it? You can **contact the association before the play, or simply speak to us at the ticket office on the day of the show.**

ENScène offers also through "**ENSortie**" reduced-costs theater shows in theaters and cultural locations of Lyon!
You have to **book the shows by mail** or through social network.
Prices are as follows: **€4** for student members and **€8** for external members and non-members.

- Instagram: @ensortielyon and @enscenelyon
- Mail: contact@enscene.org

CAMPUS CULTURE

Lyon offers to students living in the city a pass at the price of **€18** allowing you to attend **3 theater plays and 1 movie** in cinema, for an amount of around **€4.50 a show**. The offers are manifold (Théâtre des Célestins, TNP, Maison de la Danse, Opéra...).
The only condition is to go in different places each time.
Pass available at Maison des étudiants of Métropole de Lyon.

- Location: **90 rue de Marseille, 69007 Lyon**
- Sales hours: from Monday to Friday 9:00 AM-12:15PM / 1:30 PM-5:15 PM.

Bring your **student card** or a school certificate with you.

Carte Lyon Culture

The 16 libraries of the Bibliothèque Municipale de Lyon network are offering every **18 to 25 years olds** to buy a **10€** pass that grants **unlimited access to every museums and libraries in Lyon**. This pass is free if you are eligible for minimum welfare benefits, non liable for tax or if you have a handicap.
With this pass you can access Musée des Beaux-Arts, Centre d'Histoire de la Résistance et de la Déportation and Musée d'Arts Contemporains de Lyon among others. It even grants access to **limited time exhibits** !
This pass also gives **discounts** on concert and theatre entries as well.
You can buy the pass in one of **the 16 libraries of the network**. Don't forget to bring a proof of identity !

- website: https://www.lyon.fr/sortir-et-decouvrir/se-cultiver-se-divertir/la-carte-culture

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ENTRAIDES IS AN ASSOCIATION OF THE ENS DE LYON FOUNDED IN NOVEMBER 2023 WHOSE MISSION IS TO IMPLEMENT SOLIDARITY PROJECTS WITHIN THE SCHOOL AND IN LYON, IN CONJUNCTION WITH OTHER STRUCTURES AND SOLIDARITY NETWORKS IN LYON.

INSTAGRAM: @ENTRAIDES_ASSO
MAIL: ENTRAIDES.BUREAU@ENS-LYON.FR

This booklet was produced by Alice Streiff and Maël Vanesse of the ENtraideS association.

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ENS DE LYON

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Contribution Vie Étudiante et de Campus