

LETTRE D'INFORMATION

Université Jean Monnet

COVID-19 - Infopoint - 11 December 2020

Special edition: "Don't be lonely during the holidays season"

STUDENTS

SUPPORT SCHEMES FOR ISOLATED STUDENTS DURING THE CHRISTMAS AND NEW YEAR HOLIDAYS

For the Christmas holidays and as the end of the year approaches, the Jean Monnet University wished to pay a special attention to the support given to isolated students. You will find below the list of all support measures during this period available to you, whether ongoing or new, if you are in a situation of isolation. All the information can also be found on [the dedicated UJM website](#).

DON'T STAY ALONE DURING THE HOLIDAYS: A SPECIAL LINKING SCHEME IN PLACE FOR YOU

University services, elected student representatives and student associations have teamed up to offer isolated students a system of self-reporting, putting them in touch with other students (or with staff for December 25th) of University. The objective is to make it easier for them to meet each other and to offer them the opportunity to share a moment of conviviality on Christmas day or New Year's Day.

Students (or staff for December 25th) who wish to welcome students will also have to register via a web form. Particular attention is paid to international students who are staying in France, far from their relatives, during this period. They are also invited to take advantage of this system and, to do so, to register on the dedicated form. Don't be shy and register!

In practical terms, it is the student liaison officers on each campus (see below) who will connect them, based on the contact details entered. They will study the possibilities and propose the most suitable contacts between individual students and those offering hospitality. There will be a minimum of 2 people hosted for every 1 host. These 3 people will then receive an e-mail giving their respective contact details and the rules to be respected within the framework of the scheme. The organisation of the evening itself will then be taken care of by them.

- [Access to the forms for the December 25th to be filled in up to December 21st included.](#)
- [Access to the forms for the midday meal on 1st January to fill in up to December 28th included.](#)

OPENING OF THE BU TREFILERIE DURING THE CHRISTMAS HOLIDAYS

At Christmas, the BU team is committed to enabling students to work and keep in touch: the BU Tréfilerie will be open from 21st to 23rd and from 28th to 30th December, from 9am to 5pm, by appointment (reservation of your place for half a day via the application "affluence"). [All information here.](#)

MEDICAL-PSYCHOLOGICAL SUPPORT: ACTIVE HELPLINES DURING THE HOLIDAYS

[Fil Santé Jeunes](#) : a telephone helpline for young people aged 12 to 25 on the free number 0 800 235 236 or by chat. The call is anonymous, free and possible from 9am to 11pm every day. A multidisciplinary team of professionals (doctors, psychologists, educators, counsellors, etc.) discusses, reflects on, informs and guides them on their various questions.

SOS Amitié: a listening service designed to listen to those who, at some point in their lives, are going through a difficult period. The call is anonymous, free and possible 24 hours a day, every day on 09 72 39 40 50 (for english people: 01 46 21 46 46).

Suicide Écoute: a listening service for those who are having suicidal thoughts, or for their loved ones. The call is anonymous, free and possible 24 hours a day, every day on 01 45 39 40 00.

Planning familial de Saint-Etienne: an association dedicated to right to sexuality education, contraception, abortion, equal rights between women and men and to combat all forms of violence and discrimination. A place where people can be listened to and informed on 04 77 25 24 91 from 9am to 5pm, contact@planningfamilial42.com

Helplines for cases of violence

SOS Violences conjugales 42: information and support for victims of domestic violence.

on 07 85 88 17 65 from 9am to 5pm

ARRAVEM Roanne: victim assistance on 04 77 70 97 08 / 09 83 85 97 08 from 10am to 12pm and from 2pm to 5.30pm.

Sauvegarde 42:: victim assistance on 04 27 40 27 17 from 9am to 12pm and from 2pm to 5pm.

Information Centre for Women's and Family Rights (CIDFF): on call during the week of 21/12 from 9am to 12pm and from 2pm to 5pm on 06 72 94 47 46.

University Preventive Medicine (MPU)

The MPU will be closed from 21 December to 3 January inclusive, but an emergency telephone number remains operational during this period: 04 69 66 11 14.

A doctor or a psychologist from the MPU will respond to requests and will listen and direct you to the appropriate services in the event of a serious emergency.

Response times from 8am to 6pm on working days, except on 25/12 and 01/01.

CROUS SERVICES MAINTAINED OVER THE END OF THE YEAR

The CROUS university residences remain open and the residences' referent students are present alongside the residents throughout the holidays to answer their questions and keep in touch:

- Residence Tréfilerie, the referral students are: Fouad et Dondé / referent.trefilerie@crous-lyon.fr
- Residence Métare, the referral students are: Tanguy and Manyane / referent.metare@crous-lyon.fr
- Residence Chavanelle, the referral student is: Mélody / referent.chavanelle@crous-lyon.fr
- Roanne residence, the referral student is: Charden / referent.roanne@crous-lyon.fr

The CROUS social service is open until 23rd December included and resumes appointments on 4th January..

STUDENT ASSOCIATIONS ARE MOBILISING TO FIGHT AGAINST ISOLATION AND PRECARIETY

Students with a liaison role on all campuses

To fight against isolation, one of the measures proposed is to maintain a strong link with the UJM student associations (information on the measures of the UJM and its partners, activities maintained, events...). To achieve this, several students, one per campus (from Saint-Etienne and Roanne), will be mobilised throughout the Christmas holidays to act as relays for isolated students during the Christmas holidays. Contacts :

etudiant.relais.trefilerie@univ-st-etienne.fr

etudiant.relais.metare@univ-st-etienne.fr

etudiant.relais.manufacture@univ-st-etienne.fr

etudiant.relais.medecine@univ-st-etienne.fr

etudiant.relais.roanne@univ-st-etienne.fr

Continued opening of solidarity grocery shops during the holiday period

> In Saint-Etienne

The Agorae maintains the distribution of food parcels and hygiene products during the Christmas holidays.

There will be two duty shifts on Mondays 21 and 28 December from 1pm to 5pm on the Agorae premises. Access will be from rue Tréfilerie. Online registration [via a form](#).

> In Roanne

The solidarity grocery shop on the Roanne campus will maintain a distribution of products during the holidays. More information to come [on the University's aid website](#).

" DISTANCED BUT NOT ALONE ": A NEW SECTION ON THE UJM AIDS SITE TO ENTERTAIN YOURSELF

SVPE photo competition, BU quizzes, SUAPS videos, CROUS animation, and availability of cultural resources... The UJM is mobilising to offer you a series of events and animations during the holidays and the distance learning period, in a [brand new section created in the UJM Aids website](#).

DIGITAL HELP: LOAN OF LAPTOP COMPUTERS

There are still a few laptops on loan on all the University's campuses. [All the information on the BU website](#).

PROTÉGEONS-NOUS LES UNS LES AUTRES



Se laver régulièrement les mains ou utiliser une solution hydro-alcoolique



Tousser ou éternuer dans son coude ou dans un mouchoir



Se moucher dans un mouchoir à usage unique puis le jeter



Éviter de se toucher le visage



Respecter une distance d'au moins un mètre avec les autres



Saluer sans serrer la main et arrêter les embrassades



Porter un masque quand la distance d'un mètre ne peut pas être respectée et dans tous les lieux où cela est obligatoire



Limiter au maximum ses contacts sociaux (6 maximum)



Aérer les pièces 10 minutes, 3 fois par jour



Utiliser les outils numériques (TousAntiCovid)



CONTACTS

communication@univ-st-etienne.fr

www.univ-st-etienne.fr

