

## Living with little money

The cost of living in Switzerland is quite expensive. This is why it may sometimes be useful to buy things that are second hand (already used). People with little money may receive financial assistance. They can shop in stores that have lower prices.

### State support

In general, people living with little money are entitled to state aid. It is possible to receive assistance (subsidies) for health insurance premiums or scholarships. In some situations you may receive money from social insurance or social assistance.

### Support from charities

Various charities help people in financial difficulty.

For example: Caritas Jura, the Croix-Rouge (Red Cross), Secours d'hiver (Winter Relief), Mimosa Jura or the Armée du Salut (Salvation Army).

Their support takes various forms, such as information, advice, direct financial assistance or food offers.

### Find help easily with JU-lien.org

On the website Ju-lien.org (FR) you can find the financial support available in the Jura. This site also offers a free and confidential information service. Online or by phone (079 677 37 65), you can have a free and confidential interview with a professional.

### Second-hand (used) items

COMM9 by Caritas (FR) offers cheap second-hand items.

These are things already used but in good condition.

There are COMM9 stores in Delémont, Porrentruy and Saignelégier.

Second-hand articles can also be found on the internet and social media.

### Solidarity groceries

If you have little money you can shop in solidarity-based grocery stores. You can buy food and necessities for everyday life at cheap prices.

To do so, you must register directly with the following associations: "Les cartons du cœur (Boxes from the Heart)", "Table couvre-toi (Table Cover Yourself)" and "Au P'tit plus (A Little More)". Not everyone has the right to go to solidarity-based grocery stores.

You must meet certain conditions.

### **The Culture Card: sport / culture / training**

With the CarteCulture (CultureCard), people living with little money can get cheaper prices for sporting, cultural and training events.

To receive the card, you must apply to Caritas.

Caritas provides all the necessary information.

### **Additional information (links, addresses, information sheets, brochures)**

[www.bonjour-jura.ch/en/money-and-taxes/living-with-little-money](http://www.bonjour-jura.ch/en/money-and-taxes/living-with-little-money)