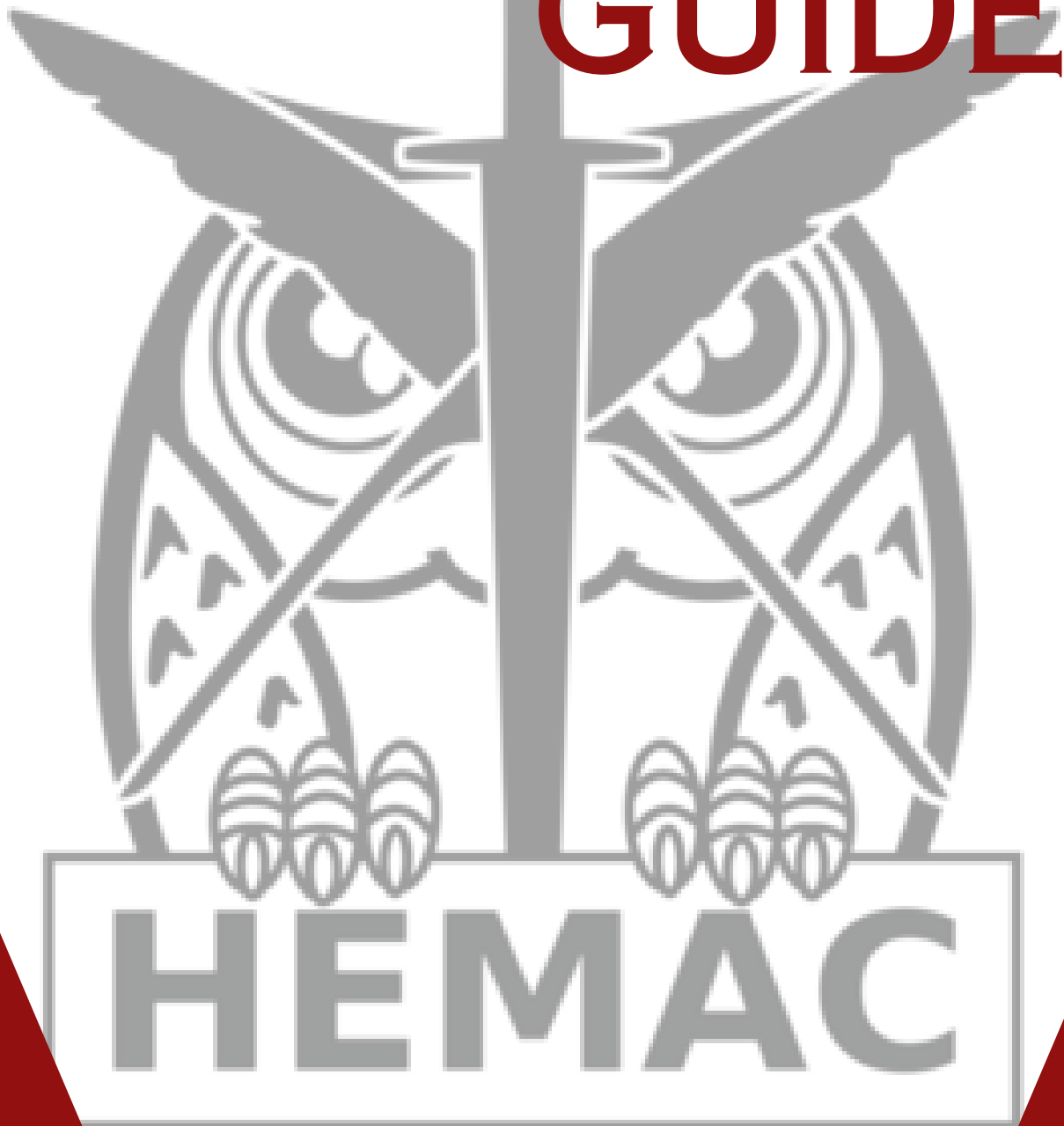


SURVIVAL GUIDE



**MAY 29 TO JUNE 1, 2025
UNIVERSITY OF BURGUNDY EUROPE**

CONTENTS

Arrival.....	p2
Getting around Dijon.....	p2
Hotel.....	p3
Lunch.....	p4
Places.....	p4
Parking.....	p4
Day Program.....	p5
Conferences.....	p5
Free Sparring.....	p6
Guided Tours.....	p6
Drinks.....	p6
Evenings.....	p6
Rules of etiquette.....	p7
Halls.....	p9
Checkrooms.....	p9
Maps.....	p10
Dijon Campus.....	p10
Halls.....	p11
City of Dijon.....	p12
Useful addresses.....	p12
Workshop and event addresses.....	p12
Hotel addresses.....	p13
Bars addresses.....	p13
Addresses of other hotels.....	p14
Restaurant addresses.....	p14
Useful numbers to know.....	p15
Hotline number.....	p15

HEMAC



ARRIVAL

On arrival in Dijon:

- If you arrive in the late afternoon or evening, please check in with your hotel first. They have registration lists, so all you need to do is give your name and the name of your group.
- If you're arriving in the morning, please check in first at the course site (see maps at the end of this document).

Once you've arrived at the event site, go to reception to give your name, receive your Welcome Pack and pay any outstanding amounts. It will be possible to pay your dues and purchases by credit card. We have a payment terminal.

GETTING AROUND DIJON

Reminder: Thursday May 29 is a public holiday. As a result, the frequency of public transport services on this day will be reduced.

Bus & streetcar network

The price of the “dépannage” ticket (which you may buy if you have no transport card), sold exclusively on buses, is €1.70. This ticket is valid for one hour on the entire transport network. It is also possible to buy a ticket at the kiosks at each streetcar stop. Other formulas are also available (daily, weekly, 10-trip card, etc.). If you're staying several days, we strongly advise you to use the terminals at streetcar stops to buy your tickets, in order to benefit from numerous discounts.

Streetcar T1 (direction “Quetigny Centre”) and bus L5 (direction “Université”) lead directly to the sports halls (stop “Université” respectively).

- *Please note: Always punch your ticket when boarding the streetcar bus and at every transfer. Offenders are liable to heavy fines, and ticket inspectors are not known for their leniency.*

By car

New traffic plans, introduced with the arrival of the streetcar, have defined many one-way streets, bicycle lanes and bus lanes, especially in the city center. So don't be fooled: bus lanes sometimes start or end abruptly, and can confuse the driver. Keep your wits about you.

Signs on the ground are not always very clear, and drivers can sometimes get confused between bus and streetcar lanes and their own lanes. In addition, a large number of speed cameras have been installed on the main traffic arteries, as well as at red lights. Speed cameras do not tolerate exceeding the speed limit. So be very careful if you don't want a nasty surprise.



Beware, too, of the often very heavy traffic at peak times: 7.30am - 9am and 5pm - 7pm. When crossing a tramway line, be sure to obey the traffic lights indicating the arrival of a streetcar, and don't get stuck on the tramway line when traffic is heavy.

The city center has numerous underground municipal parking lots, where you can leave your car overnight. In the city center, parking spaces can be hard to find if you don't want to use the underground parking lots. In the streets around the hotels, you may find free parking spaces.

Cabs

A cab rank is located at Dijon station, opposite the Tourist Office. You can also order a cab at any time from the Taxi Radio Dijon call center.

Number: (+33 (0)3 80 41 41 12).

By bike

The Dijon Tourist Office has rental bicycles available for your stay (Tel.: +33 (0)892 700 558(0.34 €/mn.)). The Velodi service allows you to use the bikes at over 40 stations throughout the city. More information is available on the Velodi website.

On foot

Dijon has the advantage of being a city on a human scale. You can easily get from one end of the city to the other in about 30 minutes (if you walk briskly). If you're having trouble finding your way around, maps of the city are available at all bus and streetcar stops.

HOTEL

We would like to remind all participants that the organization of the event is totally dependent on the goodwill of the hotels in Dijon. It is also very difficult to find affordable accommodation in such a small town. For these reasons, and out of respect for the organizers of this congress, we ask you to take particular care to respect the establishments that welcome you, both with regard to the furnishings made available to you and to the staff who work there, as well as other guests staying in these places.

Breakfast is not included.

Please note: If you expect to arrive at your hotel after 10 pm, please contact them beforehand to obtain the entry code.

[Are you unable to secure a hotel room, or would you like to arrange your own accommodation? We've put a list of available establishments in the center of Dijon at the end of this document.](#)



LUNCH

These meals are not included.

There are numerous food outlets around the campus. These are listed on the map posted near reception. In addition, there will be foodtrucks nearby (see map at end of document) on Thursday, Friday and Saturday lunchtimes.

- Thursday May 29: Petit Bambou
- Friday, May 30: Le Foodies
- Saturday, May 31: Le Foodies
- Sunday June 1: Petit Bambou

In addition, we have a self-service microwave oven, located on the permanent buffet area, which will enable those who so wish to reheat their meals.

VENUES

We'll be occupying the Halle des Sports, the Salle de Sports Collectifs, the Salle Multiplex and the Salle de Combat (you'll find a map below). Conferences will be held in the Salle Multiplex.

Indoor and outdoor areas (indicated on the map) will be available for your sparrings, in compliance with the rules of cordiality and safety. However, these areas may be requisitioned for any impromptu program changes.

This year, the Multiplex hall will be the place where you'll find the welcome desk, **the permanent buffet, the SAFE point and the fixed infirmary.**

In the sports halls, it is imperative to:

- Wear indoor shoes that do not mark the floor.
- Do not drink anything other than water.
- Do not eat.
- Do not smoke (e-cigarettes included).
- Do not use the equipment in the rooms (mats, barriers, apparatus, etc.).

Quenching your thirst is tolerated inside (water only), but don't leave containers lying around, and above all, don't spill anything!

If you fail to comply with these simple instructions, we will be forced to ask you to leave the event, as you have been warned.

PARKING

The University of Burgundy Europe has a number of parking lots close to the venues. Please do not park in the small parking lot between the Salle de Combat, the Salle de Sport Co and the Salle Multiplex, to allow access for emergency services and university staff.



PROGRAM

The program will be sent to you shortly in a separate document. The Dijon 2025 reception will start at 8:00 a.m. so that you can receive your WP and badge. We ask you to wear your badge at all times outside the workshops and to carry it with you in the evening. The meeting point is located in the Multiplex room on the Université de Bourgogne campus.

Here is the accessibility of the rooms by day:

- Thursday from 8am to 8:30pm.
- Friday from 8:30am to 8:30pm.
- Saturday from 8:30am to 7pm.
- Sunday from 10am to 5pm.

We remind you that welcoming buffets will be held on Thursday and Friday from 6.30pm. This means you can collect your personal belongings until 8.30pm. After this time, access to the rooms will be denied. Finally, we'll start tidying up the reception area at 4pm on Sunday. We'll give you an hour from 4pm to 5pm to collect your belongings and see you next year.

The event will take place entirely within the area marked with a white circle (see: Plan Campus Dijon). As room availability is variable, access is forbidden during the blacked-out areas on the program.

Essential information is available on social networks (HEMAC Dijon), on the screens in the Salle Multiplex, and at reception. Some workshops will be numerus clausus, so please refer to their description on the event website. Please register for these workshops at the reception desk in the Salle Multiplex.

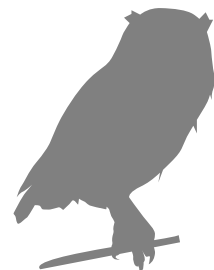
Reminder: Our event officially closes at 5 p.m. on Sunday evening.

CONFERENCE

This year, conferences will be held throughout the event. We will do our utmost to ensure video coverage.

Thursday afternoon will be devoted to a round-table discussion between academics, AMHE practitioners and community representatives. You are of course invited to attend, but seating will be limited. As with conferences, this round table will take place in the salle Multiplex.

Please: Respect the speakers and researchers by keeping noise to a minimum.



FREE SPARRING

Dedicated free sparring zones are available (they will be indicated by signs, as well as on the posted map and program). A white board will be set up next to each zone, so that you can organize your own sparring.

GUIDED TOURS

Guided tours will take place on Friday May 30 at 2pm, in French and English. Each tour is limited to 29 people and will last until 3.45pm. You can register at reception on Thursday morning. Departure from the Salle Multiplex is at 1.30pm. Two members of staff will accompany you to the meeting point at the Tourist Office. If you wish to make your own way to the Tourist Office, it is located behind the Hôtel de Ville and Place de la Libération, at **11 rue des forges**.

RECEPTION BUFFETS

The receptions will take place outdoors in front of the Salle de Combat, under the covered playground

These buffets will be held on Thursday and Friday evenings. We'll be offering a glass of friendships, as well as some local specialties. They will start at 6.30pm and finish at 8.30pm. We remind you that, as we're on the Dijon Campus, alcoholic drinks are limited to two. So you'll have the joy and honor of having a pretty, colorful stamp on your hands, with every glass served.

Please note : These pot are not dinner. This is an old French tradition called « apéritif »

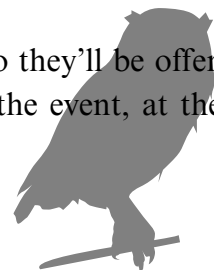
EVENINGS

Apart from Saturday evening, no official gatherings are planned.

Nevertheless, we'll be gathering in some of the town's bars from 9pm onwards.

- Wednesday: The Blue Dog.
- Thursday: L'Antre II Mondes (more information, below).
- Friday: L'Univers.
- Saturday after party: Le Cellier.
- Sunday: Le Grill Laure and other restaurants in town will be open, so there's something for everyone/ We'll meet at Flannery's after the meal.

L'Antre II Monde and Le Cellier are friendly bars to De Taille et d'Estoc, so they'll be offering special ecocups during the evenings they host. You'll also be able to buy them at the event, at the reception desk.



For the evening of Thursday 29th, l'Antre II Monde will be offering reduced prices and food to suit your appetite. Signs will indicate the composition of the dishes.

-15 € tartines (bread slices garnished with various ingredients)

-5,5€ draft beer, excluding Guinness

-5 € non-alcoholic cocktail

-6 € cocktail with alcohol

-7 € potions (special recipes you'll find only there!)

Gala dinner (Saturday evening)

It will take place at Salle Devosge, 5 rue Devosge, starting at 8.00 pm. The venue is close to Place Darcy and easily accessible from the « Darcy » streetcar stop. There's no particular dress code for this evening, but formal attire is appreciated.

The meal will bring together 300 guests, and tables are not reserved. So, if you want to be sure of eating with your friends, please be punctual. Drinks are not included.

Please note: We would also like to remind you that we will not be able to modify the composition of the menu, and apologize for any food allergies. In addition, due to the increased level of « Vigipirate » regulations (counterterrorist regulations applied in France), we may have to control bags and access to the hall. Thank you for your cooperation and understanding.

During dinner, several awards will be presented, and the lottery drawn (tickets will be sold at the event reception desk)

The evening will continue at Le Cellier bar after dinner (around midnight), to which you are all invited. This year, we should be able to accommodate all participants and associative staff at the Saturday evening meal. Should numbers be exceptionally high, participants who were unable to register will find a list of restaurants at the end of this document.

GOOD

The staff of De Taille et d'Estoc is entirely made up of volunteers, and despite our best efforts to satisfy you, our resources and skills may be limited (knowledge of Fiore's top 13 guards, foreign language skills, coffee skills, etc.). Please remain courteous if we are unable to satisfy your request.

For a number of years now, the site's toilets have been too quickly soiled and even put out of use. The De Taille et d'Estoc staff can't spend all their time cleaning and unclogging the toilets. We invite users to show a minimum of common sense: don't throw away whole rolls of toilet paper, or menstrual pads. Please dispose of your waste in the garbage cans provided!



The people you meet don't necessarily have the same level, the same knowledge or the same approach to HEMA that you do. So, adapt your practice and exchange courteously.

Finally, the Hotels, bars and restaurants that work with us expect you to respect their staff, furniture and other customers.

Respect for all is everyone's business. A **Safe Point** will be located next to the reception. Staff members displaying an armband with the SAFE logo (below) will be present throughout the event, as well as in the evenings. You can go and see them or contact them if you need to. Contact details will be posted.



Likewise, **the Infirmary** will be located close to the Multiplex hall reception area, so don't hesitate to go there if you have any concerns. Our carers will also be on hand in each room, to direct you to our services if necessary. We may ask for your first and last names, but you don't have to give them. We'll also have menstrual protection available if you need it.

FFAMHE safety rules: please consult the FFAMHE safety recommendations:
<https://www.ffamhe.fr/recommandations-de-securite-pour-la-pratique-des-amhe/>

Final reminder: Any behavior we deem inappropriate or dangerous (in the workshops, outdoors, in tournaments, etc) may result in your exclusion from the event, with no refund possible. For this point, we invite you to read the event rules at this link : Règlement » HEMAC-Dijon

Our event, our rules



ROOM

We remind you that there are specific rules concerning rooms:

- Fighting room (Salle de Combat):

It is forbidden to wear shoes (except boxing shoes) on the tatamis.

- Sports Hall (Halle des Sports):

Shoes specifically designed for indoor sports must be used. These shoes must not leave any marks. It is therefore forbidden to use outdoor shoes in the hall. We advise you to bring two separate pairs. Eating is absolutely forbidden.

- Salle des Sports Co:

Shoes specially designed for indoor sports must be used. These shoes must not leave any marks. It is therefore forbidden to use outdoor shoes in the hall. We advise you to bring two separate pairs. Eating is absolutely forbidden. It is also forbidden to store heavy equipment on the floor. Carpeted areas are provided to support the weight of your belongings for the duration of the workshops, but these must be moved.

You can leave your belongings in the changing rooms at the Halle des Sports (to be confirmed).

CHANGING ROOMS

Several changing rooms will be at your disposal

- In Fighting Room :

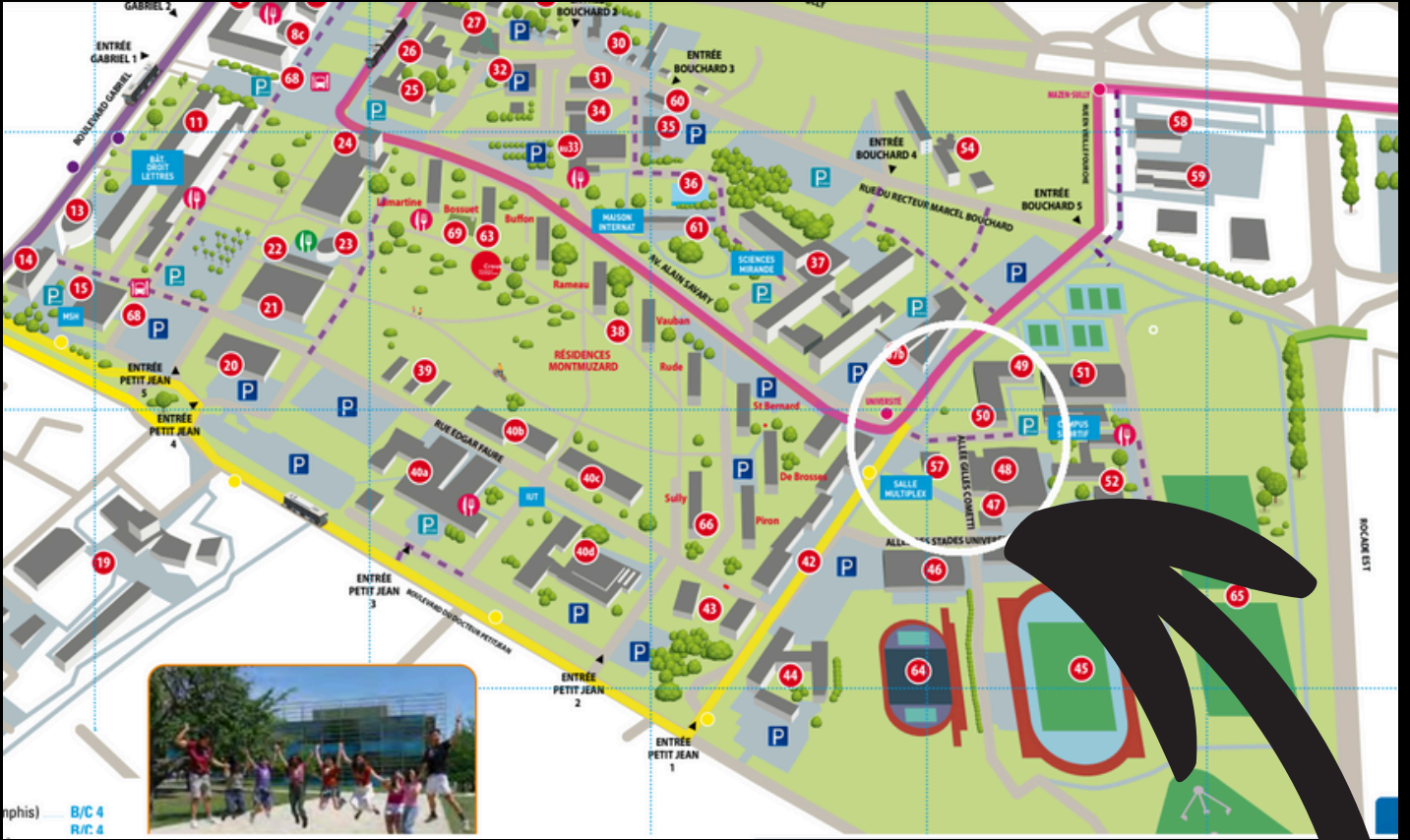
A changing room with showers is located on the right, next to the sanitary facilities

- In the Halle des Sports and Salle des sport Co :

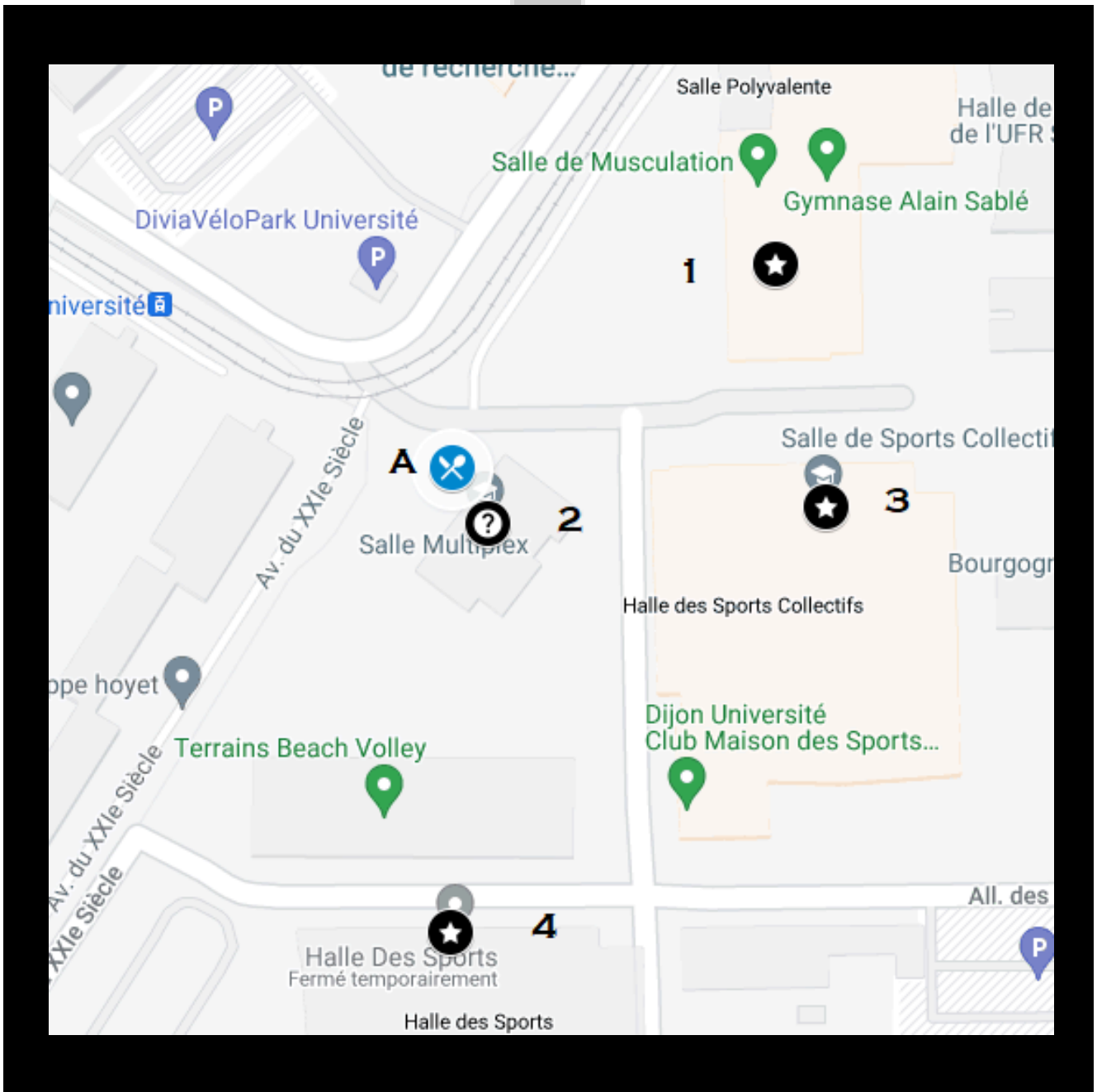
The changing rooms are on the left and right as you enter, and have showers



MAPS
DIJON CAMPUS



ROOMS



- 1: Fighting room (Salle de Combat)
- 2 : Multiplex hall
- 3 : Salle des Sports Collectifs (SPORT CO)
- 4 : Hall des Sports / Halle d’Athlétisme

A : Foodtruck





This map will be available in large format at the reception. We invite you to consult and save the interactive map available online :

[HEMA GATHERING 2025](#)

USEFUL ADDRESSES

Address Workshop and event

- Meeting point for guided tour

L'office de tourisme, 11 rue des forges (derrière l'hôtel de ville) à 15h (durée d'environ 1h45)



Hotel addresses:

- City Loft
96 Rue des Godrans,
21000 Dijon
03 80 54 27 54
- Hôtel de Paris
9 Avenue Maréchal Foch,
21000 Dijon
03 80 42 96 01
- Le Jacquemart
32 rue Verrerie
21000 Dijon
03 80 60 09 60

Addresses of Bars / Restaurants

- ·The Blue Dog
Le mercredi 28 mai au soir
3 place Emile Zola
- ·L'Antre II Monde
Le jeudi 29 mai au soir.
21 rue d'Ahuy
- ·L'Univers
Le vendredi 30 mai au soir.
47 rue Berbisey
- ·Le Cellier
Le samedi 31 mai après le repas.
1 rue Auguste Perdrix
- ·Le Flannery's
Le dimanche 1^{er} juin au soir.
4 Place Sainte Benigne
- ·Le Grill Laure
Le dimanche 1^{er} juin au soir, pour la partie restaurant.
8 place Sainte Bénigne
- ·Salle Devosges
Le samedi 31 mai à 20h.
5 rue Devosge



Address other hotels

If you'd like to manage your own hotel bookings in addition to those offered by the organization, here's a short list of those available:

- Le République

3 Rue du Nord

Tel : 03 80 73 23 73

<https://www.hotel-republique-dijon.fr/>

- Le Chambellan

92 Rue Vannerie

Tel : 03 80 67 12 67

<https://le-chambellan-hotel-dijon.hotelmix.fr/>

- B&b Hôtel, Dijon centre-ville.

5 Rue du château

Tel : 08 92 70 75 06

B&B Hôtel à Dijon Centre, proche gare dans le centre-ville (hotel-bb.com)

Restaurant addresses

- L'Epicerie

5, Place Emile Zola

Tel : 03 80 30 70 69

Carte du restaurant L'Epicerie & Compagnie, cuisine traditionnelle bourguignonne originale, Place Emile Zola, centre-ville Dijon (21 – Côte d'Or) (restaurant-lepicerie.fr)

- Le carpe Diem

6 rue Bouhier

Tel : 06 80 30 27 56

LE CARPE DIEM - DIJON | Française cuisine près de moi | Réserver maintenant (metro.rest)

- Les Friands Disent

2 rue Monge

Tel : 09 87 01 49 53

l'information digitale meilleur support de promotion. – lesfriandsdisent.fr

- Chez Léon

20 rue des Godrans

Tel : 03 80 50 01 07

Restaurant Chez Léon Dijon - nos formules midi et soir (restochezleon.fr)



Useful numbers to know

- Samu : 15
- SOS-Viols femmes informations : 0 800 059 595 (anonymous and free)
- Croix-Rouge écoute : 0 800 858 858
- Police Secours : 17
- Fire department : 18
- Emergencies (single number) : 112
- Emergency calls for people with hearing or speech difficulties : 114
- Ecoute alcool : 0 811 913 030 (prix appel local)
- SOS psychiatrie : 01 47 07 24 24
- SNCF : 36 35

This year, we have set up a telephone hotline. It will be manned by reception staff during the day and by volunteers outside opening hours. Please call the number in case of absolute necessity. Our team will do their best to help you.

Telephone answering service: 06 37 39 53 05
(This line will only be activated on the week of the event)



